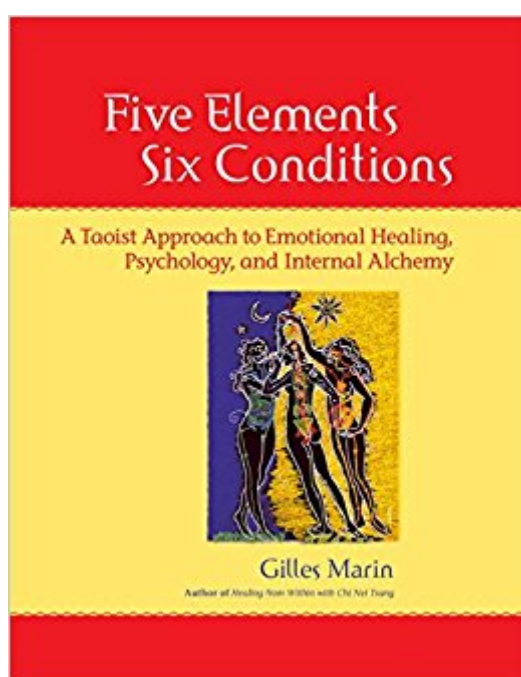


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# Five Elements, Six Conditions: A Taoist Approach To Emotional Healing, Psychology, And Internal Alchemy



## Synopsis

Taoism and the use of the five elemental forces of nature for healing, says Gilles Marin, are esoteric, understandable only through daily experience with a knowledgeable mentor. Marin's 25 years of clinical practice teaching the ancient Taoist method of Chi Nei Tsang, which uses hands-on techniques and Taoist meditations to help clients heal, uniquely qualifies him for the task. Five Elements, Six Conditions shows how simple and practical the ancient Taoist healing principles are and how effectively they deepen all methods of healing, including modern medical approaches. Step-by-step, he shows how to work with instead of against the body, whereby healing becomes not only possible but inevitable. His clear language, along with color-coded maps and diagrams, enables readers to understand the alchemical principles formed and refined over hundreds of years. Each chapter includes specific exercises and meditations to help anyone integrate the essence of the teaching and develop at the physical, mental, emotional, and spiritual levels.

## Book Information

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## Customer Reviews

"Five Elements, Six Conditions is a much-needed tool for practitioners of Traditional Chinese Medicine, Tai-Chi Chuan, and Chi-Kung. It will help them greatly in understanding the principles of Taoist internal alchemy and its modern applications. Thanks to Gilles Marin, a nearly extinct esoteric practice from the Far East has the chance of becoming an important healing discipline, helping readers to step into the mysterious world of healing, and creating a better and gentler world for future generations." Mantak Chia, Director of The International Healing Tao, Thailand

Gilles Marin is founder and director of the Chi Nei Tsang Institute ([www.chineitsang.com](http://www.chineitsang.com)). He studied Traditional Chinese Medicine with Dr. Stephen T. Chang and Taoist disciplines with Master Mantak Chia, and is certified by Master Chia to teach the International Healing Tao System and Chi Nei Tsang. Marin is the author of *Healing from Within with Chi Nei Tsang*. He lives in Richmond, California.

*Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy*—Gilles Marin the author of this book knows what he is talking about. His format is well laid out and the progression of the book is logical. There are many beautiful charts and visual guides throughout the book. At no point does Mr. Marin come from his ego—he always stays true to the subject and presents the material in a compassionate manner. Although, the book is recommended for practitioners of Chinese Medicine I think it can be of great help to the lay person that is seeking to have a deeper understanding of what has caused disease in them and methods that could be used to help them truly heal. Hopefully this would give them the discernment needed to find a professional that could help them facilitate true healing versus one that would just apply another bandage.

Excellent book. It explains the theory very clearly in a very accessible way. As a patient it helps understand the background. I had some knowledge of the five elements, this book brought more in-depth knowledge.

I took this book out of the package as soon as it arrived in the mail and could not put it down until I was finished. It contains a lot of easy-to-understand information relating to the five elements and the conditions associated with the elements and helped me to gain a better understanding of the subject in general. I would recommend this book to student's of TCM and professionals alike.

This is a must have for the emotional aspects of TCM. Had it before and gave away my copies because of how useful these books are. Thank you

This is an excellent book on the emotional aspect of the five elements. I highly recommend it.

Wonderful book that addresses the healing quality of "digesting" your emotions, moving through

difficult feelings and moving on stronger and healthier than before.

Excellent!

It comes with some good illustrations. I got it because its "approach" to psychology, but it is not a book for western psychologists. It has nothing to do with western psychology. It is for those who already have acknowledgements on Oriental Medicine and need to know more about the Taoism way of life. I already have some books of five elements but all of them have something missing. There is a lack of good books in English on this subject. We need more translation from original books that can be found in China.

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Awaken Healing Energy Through The Tao: The Taoist Secret of Circulating Internal Power  
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