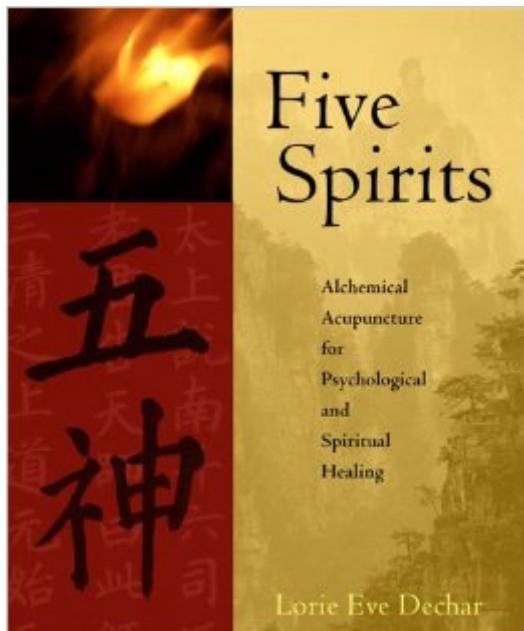


The book was found

# Five Spirits: Alchemical Acupuncture For Psychological And Spiritual Healing



## **Synopsis**

The Five Spirits are the Taoist map of the human psyche. The system provides a view of the nervous system and forms the basis of Chinese medical psychology. It also describes a precise and efficient technology for spiritual transformation, the process through which a human being rediscovers their essential wholeness and innate connection to the divine. The Five Spirits themselves can be understood as the Taoist version of the chakra system of Vedic India. Like the chakras, the spirits exist as centers of consciousness in the subtle body rather than as structures in the physical body. Just as each chakra relates to a particular level of consciousness, each spirit relates to a particular aspect of human awareness, a particular vibration or frequency of psychic energy. An understanding of the Five Spirits is the key that opens the doorway to the mysteries of Taoist psycho-spiritual alchemy. By taking advantage of the discoveries of Western archetypal psychology and new discoveries about the mind and nervous system, we can decipher the Five Spirits and reorganize the system in a way that has proven to be clinically invaluable in treating psychosomatic, emotional, and psychospiritual distress.

## **Book Information**

Paperback: 448 pages

Publisher: Lantern Books; 1St Edition edition (January 1, 2006)

Language: English

ISBN-10: 1590560922

ISBN-13: 978-1590560921

Product Dimensions: 7.1 x 1 x 8.4 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #377,775 in Books (See Top 100 in Books) #145 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #359 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine #1947 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## **Customer Reviews**

This definitely ranks as one of the top books I have read all year. The author has unique and fascinating insights into humanity and how we can heal physically, emotionally, and spiritually. She is an acupuncturist and a teacher/trainer in New York City. Her basic philosophy is a blend of traditional Chinese medicine (TCM), archetypal psychology, gestalt, focus-oriented psychotherapy

and Taoism. Alchemical acupuncture uses all of these systems mentioned above and takes the "lead" of life such as life threatening diseases, irritating symptoms, alcohol and drug addiction, child abuse, chronic pain, obsessions and compulsions and turns them into the "gold" of transformation and healing. It is a creative process in which the practitioner and the patient are actively involved and is more of a work of art than science. This book is about a lot more than acupuncture because she is delving into the essence of what life is all about and seeing what you would normally think of as irritating, terrible or catastrophic situations as fodder for growth and healing. She also give specific and beneficial advice so you can turn your own lead into gold. The five spirits are: Shen: The Spirit of Fire--Inspiration, Insight, Awareness and Compassion; Hun: The Spirit of Wood--Vision, Imagination, Direction and Benevolence; Yi: The Spirit of Earth--Integrity, Intention, Clear Thought and Devotion; Po: The Spirit of Metal--Animal Wit, Embodied Knowing, Receptivity, and Appreciation; Zhi: The Spirit of Water--Instinctual Power, Courage, Will and Wisdom. I learned a great deal about myself by reading about these five spirits.

[Download to continue reading...](#)

Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing; Pictorial Atlas of Acupuncture: An Illustrated Manual of Acupuncture Points; Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing; Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1); Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1); Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing); Awakening Spirits: A Native American Path to Inner Peace, Healing, and Spiritual Growth (Religion and Spirituality); The Creation of Health: The Emotional, Psychological, and Spiritual Responses That Promote Health and Healing: Three Rivers Press Edition; REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing); BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma); The Mystic Triangle: Alchemical Secrets about Being a Better Person and Transforming Life with the Law of Attraction; BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness); White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong); The Alchemical Body: Siddha Traditions in Medieval India; The Initiatory Path in Fairy Tales: The

Alchemical Secrets of Mother Goose Embodying Osiris: The Secrets of Alchemical Transformation  
Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience  
a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner)  
Unmasking Psychological Symptoms: How Therapists Can Learn to Recognize the Psychological  
Presentation of Medical Disorders Distinguishing Psychological From Organic Disorders, 2nd  
Edition: Screening for Psychological Masquerade Clinical Handbook of Psychological Disorders,  
Fifth Edition: A Step-by-Step Treatment Manual (Barlow: Clinical Handbook of Psychological  
Disorders) Psychological Masquerade: Distinguishing Psychological from Organic Disorders, 3rd  
Edition

[Dmca](#)