

circling the sun meditations pdf

In a short video that I have included below is a simple Qigong-like exercise to help a heart with any excess condition. Excess conditions are those of too much Yang in the heart, (or too little Yin elsewhere).

Fun With Qigong Â» Qigong as Medicine

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4.2 The texts. The total number of manuscripts found at Mawangdui is thirty, covering forty-five separate texts . This means that some pieces of silk or bundles of bamboo slips contained more than one text, which in some cases gives an indication of how certain techniques or ideas were possibly related.

Health Maintenance in Ancient China

Evelyn Underhill (6 December 1875 – 15 June 1941) was an English Anglo-Catholic writer and pacifist known for her numerous works on religion and spiritual practice, in particular Christian mysticism.

Evelyn Underhill - Wikipedia

With this post we begin a monthly discussion of The Cosmic Doctrine by Dion Fortune, which I consider the most important work of 20th century occult philosophy. Climb in and fasten your belts; itâ€™s going to be a wild ride. As noted in earlier posts here, there are two widely available editions of The Cosmicâ€™

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