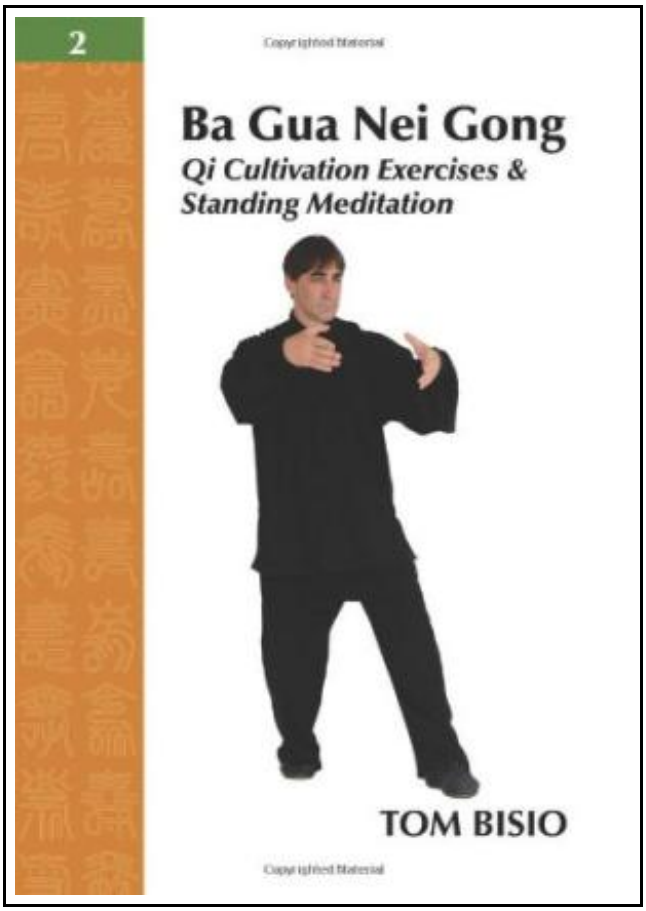
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Outskirts Press, United States, 2013. Paperback. Book Condition: New. 251 x 173 mm. Language: English . Brand New Book ***** Print on Demand *****.At its heart, Daoist meditation is a simple and practical method of establishing unity between our internal environment and the external world so that we can engage with life in a clear and present way. Decoding the Dao: Nine Lessons in Daoist Meditation, by Tom Bisio, is a complete and comprehensive guide to Daoist meditation. In Decoding the Dao: Nine Lessons in Daoist Meditation, author Tom Bisio introduces the reader to the poetry and pragmatism of Daoist meditation and the practice of Internal Alchemy. The first half this unique book consists of nine progressive lessons that guide the reader step by step through the practice of Daoist meditation, ending with an introduction to Daoist Internal Alchemy. The nine lessons teach the reader how to observe and transform their own internal landscape, in order to rejuvenate and replenish the body s innate energies, thereby promoting health and nourishing life and spirit. The lessons can be practiced in sequence or individually, providing the reader with a veritable toolbox of meditative practices that can be used flexibly to address different situations and circumstances. Each lesson contains both practice exercises and discussions of relevant topics to flesh out the reasoning behind the various methods of meditation and help the reader more deeply understand the principles and theories that underlie the practice. Beyond the nine lessons, additional chapters introduce advanced practices like the Greater Heavenly Orbit Meditation and other traditional Daoist methods of promoting health and longevity. This is followed by a unique discussion of Daoist symbolism and imagery and its relationship to meditation and internal alchemy. Daoist symbols and images act as a kind of code that, when decoded and understood,...

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