



Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy

Gilles Marin

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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.

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