



## The Backward-Flowing Method: The Secret of Life and Death

By JJ Semple

Paperback. Book Condition: New. Paperback. 160 pages. Want to live a longer, healthier life This book proposes specific exercises on the subject, instructing readers in the backward-flowing method, a powerful meditation technique that can also be used to control addiction. This method not only prolongs life, it also provides tools for facing death without fear. Most people are scared to death of dying. They dont have to be. Death is only a transition. The spirit lives on. For anyone wishing to connect the dots between the various aspects of the Secret Teachings, this book is a must. Semple looks at meditation techniques across cultures and throughout the ages, demonstrating decisively that the backward-flowing method holds the key to prolonging life and preparing for death. For the first time ever, a book dares to reveal the secrets of the worlds most influential meditation method, a series of techniques originally compiled in the 9th. Century masterpiece of Chinese alchemy, The Secret of the Golden Flower. Not even Richard Wilhelm, the translator, or Carl Gustav Jung, the famous psychologist, who wrote the original commentary to The Secret of the Golden Flower, were able to plumb the depths of this method. This book is...



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