

The world of esoterica that encompasses the Taoist concepts of enlightenment and the hua jing experience are revealed in this graphic portrayal of the human energy system. Taoist concepts are shown to have a basis in the process itself, and they are equated with the martial arts concepts of Taiji. The unique thing about this book is the detail in which the author draws and describes the structure of the many energy force centers of the body. There is something beautiful about these force centers as they are depicted, and everyone should have this experience.

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