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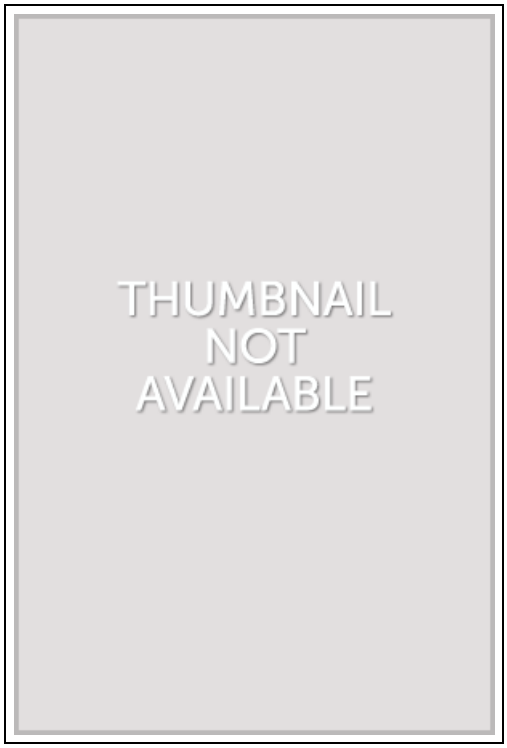


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Inner Traditions Bear and Company, United States, 2011. Paperback. Condition: New. Reprint. Language: English . Brand New Book. How to connect with universal energy for inner peace, happiness, and individual and global healing - How to transform the energy around us into positive loving energy - How to perform the World Link meditation to unite with global consciousness - How to fuse the observing mind, the conscious mind, and the mind of awareness Western science now recognizes the three minds associated with the three tan tiens of Taoism: the observing mind centered in the brain, the conscious mind centered in the heart, and the mind of awareness centered in the lower abdomen. By unifying the three minds--what in Chinese is called Yi--we can transform the energy around us into positive loving energy and be empowered to manifest our goals and dreams. This can lead to a more balanced, less negative way of life and offers a way to gain inner peace, wholeness, and happiness as well as the ability to heal yourself and others. In The Healing Energy of Shared Consciousness, Master Mantak Chia shows how to fuse the three minds and form the Protective Sacred Circle of Fire, which creates a seal around us allowing in only good energy and intentions. He explains step-by-step how to perform the World Link meditation to connect with global and universal energy for inner peace, happiness, and healing. Accessible even for those who have never worked with the Universal Healing Tao, this practice offers a way to unite people all over the world in a form of shared consciousness that amplifies collective loving energy to benefit the world.

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