

Reflexologia Sexual Activando Los Puntos Taoistas Del Amor

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The Multi-Orgasmic Woman - Mantak Chia 2006-08-08

A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

Cosmic Healing I -

Bone Marrow Nei Kung - Mantak Chia 2006-10-25

A guide to nourishing the body through bone marrow rejuvenation exercises • Presents exercises to “regrow” bone marrow, revive the internal organs, and prevent osteoporosis • Explains the use of bone breathing and bone compression, “hitting” to detoxify the body, and sexual energy massage and chi weight lifting to enhance the life force within Most Westerners believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In Bone Marrow Nei Kung Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to “regrow” bone marrow, strengthen the bones, and rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, Bone Marrow Nei Kung was developed as a way to attain the “steel body” coveted in the fields of Chinese medicine and martial arts. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. Also included is extensive information on chi weight lifting and the practice of “hitting” to detoxify the body.

Cosmic Detox - Mantak Chia 2011-04-25

How to cleanse the nine openings of the body for detoxification and self-healing • Explains how to purify the body’s internal environment through mono diets, fasts, and colonic cleanses to prevent degenerative disease and premature aging • Presents a 14-day total-body cleansing guide • Includes chi self-massage and healing sound practices as well as natural recipes for herbal tonics and cleansing flushes Long known by Taoist masters, the body has an innate ability to heal itself, an ability that is hampered by toxins in the food we ingest and energy blockages that arise from illnesses and obstacles in our lives. These blockages transform the body’s energy rivers into a polluted and stagnant swamp--the root of degenerative disease as well as premature aging. Revealing the detoxification and rejuvenation practices of the Taoist sages, Master Mantak Chia and William U. Wei show how to reactivate your body’s self-healing abilities by gradually and safely expelling accumulated toxins through fasting, mono diets, and cleansing the nine openings of the body. Using the practices of chi self-massage and healing sounds along with natural recipes for herbal tonics and cleansing flushes for each of the openings and their related organs, the authors explain how to balance and purify the body’s internal environment through acid and alkaline foods, urine therapy, colonic cleanses, dry skin brushing, ear candling, and energized water. Concluding with a 14-day total-body cleansing program, Cosmic Detox offers tools to keep the energy rivers clean and flowing, preparing the body for higher level Taoist practices as well as enabling healing of our emotional and spiritual bodies.

Sounds of Healing - Mitchell L. Gaynor 1999

An examination of sound's healing effects brings a physician's perspective to the popular sound medicine movement, showing the way to inner harmony for the body, mind, and spirit

Chakras for Beginners - David Pond 2011-01-08

You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in the outer world—instead, your imbalances create the situations that interfere with your sense of well-being and peace. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

Nanow - eric rolf 2008-02-11

Emotional Wisdom - Mantak Chia 2011-02-09

A groundbreaking book, Emotional Wisdom reveals powerful ancient tools for transforming our painful emotions into happiness and health. So-called negative emotions are valuable messages that let us know we are out of balance. With compassion and humor, Taoist authors Mantak Chia and Dena Saxer explain the messages that anger, depression, fear, worry, and stress offer us. They present three easy-to-learn twenty-minute internal energy practices, with helpful illustrations, to turn these imbalances into harmony and joy. They provide unusual nutritional advice for emotional healing and a Taoist First Aid section with proven natural remedies for minor ailments such as insomnia, indigestion, headaches, and overeating. Relevant quotes from the Tao Te Ching add inspiration to this practical, life-changing book.

Tao Yin - Mantak Chia 1999

Tan Tien Chi Kung - Mantak Chia 2004-09-01

A fundamental Taoist practice for enhancing and utilizing chi • Includes breathing and movement exercises to promote vitality and healing through the cultivation of chi in the tan tien and perineum areas • Presents the foundational exercises that are essential for more advanced practices such as Iron Shirt Chi Kung and Cosmic Healing Tan Tien Chi Kung is the art of cultivating and condensing chi in the lower abdomen--the tan tien--the fundamental power storehouse of the body. Known as the Ocean of Chi to the ancient Taoists, this lower abdominal area holds the key to opening the body and the mind for the free and continuous movement of chi. Tan Tien Chi Kung contains specific breathing and movement exercises that develop the power of the chi stored in the body to increase vitality, strengthen organs, and promote self-healing. Mantak Chia explains how these exercises also provide a safe and effective method for receiving earth energy, which allows the practitioner to achieve balance physically, mentally, and spiritually--all of which are essential for the more advanced practices of Iron Shirt Chi Kung and Cosmic Healing. It is our mind that directs and guides our chi, but if the mind and body are out of balance or under stress, the mind cannot perform this function. The tan tien actually contains a large quantity of neurotransmitters, making it a key source of body intelligence. It is for this reason the Taoists also referred to Tan Tien Chi Kung as Second Brain Chi Kung and created exercises that would allow practitioners to gain awareness of the tan tien’s function to restore the mind-body balance that is essential for spiritual growth and optimal well-being.

When Society Becomes an Addict - Anne Wilson Schaeff 2013-09-17

An incisive look at the system of addiction pervasive in Western society today.

A Scientist in Wonderland - Edzard Ernst 2015-01-28

This is the story of the author’s life as a doctor and a scientist. Despite a

youthful ambition to become a jazz musician, he studied medicine and eventually became a medical research scientist, taking up appointments in Germany, Austria and finally in England. His reverence for the pursuit of truth through the application of scientific methods, coupled with a growing interest in the history of medicine during the Nazi era, did not always endear him to others. At the time he was appointed to the world's first chair in alternative medicine, this was an area of health care that had rarely been studied systematically, and was almost entirely dominated by outspokenly evangelical promoters and enthusiasts - among them, famously, HRH Prince Charles - many of whom exhibited an overtly hostile, anti-scientific attitude towards the objective study of their favoured therapies. Clashes were inevitable, but the sheer ferocity with which advocates of alternative medicine would operate in order to protect their field from scrutiny came as a profound surprise. This memoir provides a unique insight into the cutthroat politics of academic life and offers a sobering reflection on the damage already done by pseudoscience in health care.

Taoist Ways to Transform Stress Into Vitality - Mantak Chia 1985

Domination & Submission - Michael Makai 2013-09-22

The definitive handbook on Domination and Submission (D/s) relationships and the BDSM lifestyle. A must-read for anyone considering or curious about non-traditional relationships within a fetish culture context. Funny, insightful, educational, and inspiring. Author Michael Makai goes in-depth on Dominants, submissives, switches, primals, and their relationship dynamics. Learn about BDSM activities, bondage, toys, groups, protocols, and safety. This book even dares to go where others fear to tread: The Korean subculture, online D/s & BDSM, first meetings, religion vs. kink, and what could go wrong. You'll love Michael Makai's irreverent and humorous treatment of this subject as he gives you the benefit of his 35+ years of experience in the D/s and BDSM lifestyles. (Paperback, 496 pages)

Trick or Treatment? - Dr. Simon Singh 2009-10-06

Welcome to the world of alternative medicine. Prince Charles is a staunch defender and millions of people swear by it; most UK doctors consider it to be little more than superstition and a waste of money. But how do you know which treatments really heal and which are potentially harmful? Now at last you can find out, thanks to the formidable partnership of Professor Edzard Ernst and Simon Singh. Edzard Ernst is the world's first professor of complementary medicine, based at Exeter University, where he has spent over a decade analysing meticulously the evidence for and against alternative therapies. He is supported in his findings by Simon Singh, the well-known and highly respected science writer of several international bestsellers. Together they have written the definitive book on the subject. It is honest, impartial but hard-hitting, and provides a thorough examination and judgement of more than thirty of the most popular treatments, such as acupuncture, homeopathy, aromatherapy, reflexology, chiropractic and herbal medicine. In *Trick or Treatment?* the ultimate verdict on alternative medicine is delivered for the first time with clarity, scientific rigour and absolute authority.

[Bibliografía española](#) - 2004

Key Words for Astrology - Hajo Banzhaf 1996-01-15

Excellent instruction manual for people who want to learn traditional astrological concepts and interpretation. The book covers all the basics as well as the not-so-obvious, and the planetary glyphs in the thumb margins make it a reference that every student of astrology will want to keep within easy reach. Bibliography.

The Inner Structure of Tai Chi - Mantak Chia 2005-12-15

Explores the deep, internal work necessary for the effective practice of tai chi • Reveals the Taoist principles that gave birth to the Yang-style tai chi forms • Shows how tai chi can circulate powerful healing energies through the body Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown. The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of

the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

[Qigong for Health and Martial Arts](#) - Jwing-Ming Yang 1998

Increase your strength, improve your health, and discover greater martial power with ten separate sets of Qigong exercises. A special chapter discusses the application and uses of Qi and Qigong for enhancing martial arts ability as well as a section on soothing massage techniques to help recover quickly from various injuries.

Zone Therapy; Or, Relieving Pain at Home - Wm. H. Fitzgerald 2021-05-20

"Zone Therapy; Or, Relieving Pain at Home" by Wm. H. Fitzgerald, Edwin F. Bowers. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten--or yet undiscovered gems--of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Chi Self-Massage - Mantak Chia 2006-06-05

Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one's own internal energy to promote rejuvenation • Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

Chi Kung for Prostate Health and Sexual Vigor - Mantak Chia 2013-11-02

A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

Women's Bodies, Women's Wisdom - Christiane Northrup 1995

Based on the connection between physical and spiritual health, a popular holistic guide to alternative medicine for women contains an alphabetical

list of women's ailments and conditions, including fibroids, menstruation, vaginitis, and menopause. Reprint.

Food of the Gods - Cassandra Khaw 2017-05-04

GODS. GORE. GOOD FOOD. By day, Rupert Wong—sorcerer, chef, former triad—prepares delicious meals of human flesh for a dynasty of ghouls in Kuala Lumpur; by night, he's an administrator for the Ten Chinese Hells. It's a living, of sorts. When the Dragon of the South demands that Rupert investigate the murders of his daughter and her mortal husband, Rupert is caught in a war between gods that's as bewildering as it is bloody. If he's going to survive, he'll need to stay sharp, stay lucky, and always read the fine print... This volume collects the novellas Rupert Wong, Cannibal Chef and Rupert Wong and the Ends of the Earth.

Massage and Aromatherapy - Reader's Digest Australia Staff 2011

This beautifully illustrated, contemporary full-colour guide shows you how to use essential oils and apply different massage and aromatherapy techniques. It explains the therapeutic properties of essential oils, demonstrates how to use aromatherapy in massage, and introduces the most common types of massage - from Swedish and Chinese to deep tissue and reflexology. There are step-by-step guides to both the basic strokes and full body massage, as well as massage treatments and aromatherapy remedies for common ailments, from computer-related problems to headaches and back pain. Written for the home user by qualified teachers and practitioners, this informative volume will show you how aromatherapy and massage can help you achieve a relaxed, healthy, more vital life.

Living Water - Viktor Schauberger

The Hayashi Reiki Manual - Frank Arjava Petter 2003

The manual consists of the story of Dr. Hayashi including unpublished photos and main exercises of the Hayashi Reiki system.

Advanced Chi Nei Tsang - Mantak Chia 2009-07-13

Advanced Taoist techniques for detoxifying and rejuvenating the internal organs through the release of negative chi • Works with the navel center, where negative emotions, stress, and illness accumulate • Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs From the Taoist point of view, good health depends upon the free flow of chi—healthy life-force energy—throughout the body. Taoists refer to healthy chi as good wind. When energy is trapped in the body it stagnates and becomes negative, manifesting in the symptoms of physical or emotional illness. Taoists call this negative energy sick or evil wind. The advanced Chi Nei Tsang practices focus on mastering these winds. They include techniques for developing sensitivity to sick winds, releasing internal energy blockages, and chasing sick winds from the body to reestablish a healthy flow of energy. Negative energies caused by stress, tension, and the effects of past illnesses tend to accumulate in the navel center, so the advanced Chi Nei Tsang techniques use elbow pressure on specific reflex points around the navel to release energy blockages associated with each internal organ. They also work with wind access points found near the standard acupuncture points. These advanced practices build upon the organ detoxification and rejuvenation practices introduced in Chi Nei Tsang, allowing the practitioner to work intensively at an energetic level toward the restoration of optimum health and well-being.

October Moon - Michael Scott 1995

After moving to a horsebreeding farm in Ireland, fifteen-year-old Rachel and her parents are beset with a series of stable fires and mysterious accidents that always seem to have Rachel as their target.

A Short History of Medicine - Erwin H. Ackerknecht 2016-05-01

A new bibliographic essay by Lisa Haushofer explores recent scholarship in the history of medicine.

The Secret Life of the Unborn Child - Dr. Thomas Verny 1982-07-15

YOU CAN GIVE YOUR BABY A GREATER CHANCE FOR HEALTH AND HAPPINESS—MONTHS BEFORE BIRTH! A pioneering physician, Dr. Thomas Verny, gives startling new evidence based on two decades of medical research. Your unborn baby is: • Capable of learning • Able to warn you of medical problems you and your doctor may not be aware of • Able to hear and respond to voices and sounds—including music • Sensitive to his parents' feelings about him • Capable of responding to love • An active, feeling human being. The ways in which you respond to and care for your unborn child may affect his physical and emotional well-being for the rest of his life. The choices you make today about your child's birth may make a vital difference for years to come. You can prepare your unborn baby for a happy, healthy life. This remarkable book

will show you how! A gift to every loving, caring parent. A book that will change the experience of pregnancy and childbirth forever!

The Secret Teachings of the Tao Te Ching - Mantak Chia 2005-01-31

Reveals techniques for achieving spiritual immortality through an in-depth exploration of Lao-tzu's Tao Te Ching • Includes practices and meditations for living in harmony with the Tao (universal essence) and Te (kind action) • Reveals the integration of heavenly and human power in the mystic field within us • Presents Tao Huang's English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Lao-tzu, whose name means "the ancient child," wrote these brief but essential verses that have both confounded and conferred blessings on humankind. Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins of this philosophy, the meaning behind its 5,000 pictographs, and the way of living that generations have followed. While the text of the Tao Te Ching has been passed down in literary form for generations, the essence of the text can be understood only through heart awakening—a true integration of body and mind—made possible with the insights and exercises in this book. The authors analyze Lao-tzu's teachings, line by line, and offer meditations, interpretations, and practical illustrations that clarify the true meaning and purpose of this classic text.

Sexual Reflexology - Mantak Chia 2003-05-22

Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of *The Multi-Orgasmic Man*. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

Tai Chi Fa Jin - Mantak Chia 2012-02-08

A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin • Explains how to collect energy within and discharge it for self-defense as well as healing • Explores how to counter the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi • Illustrates routines for the partner practice of "Push Hands" (Tui Shou) Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism. Fa Jin enables adepts to harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques. Integrating the teachings of many Taoist masters, including Chang San-Feng, the creator of Tai Chi; Wang Tsung-Yueh, the legendary 19th-century master; Bruce Lee, the actor and martial artist who made the "one-inch punch" technique famous; and the Magus of Java, a living master able to discharge energy in the form of electric shocks, this book explores the history, philosophy, internal exercises, and physical practices of Fa Jin. Drawing on Iron Shirt Chi Kung and Tan Tien Chi Kung techniques, Master Mantak Chia and Andrew Jan reveal the secrets to collecting yin and yang in the lower tan tien and discharging the energy in a seemingly effortless yet explosive blow. Illustrating several routines of the Tai Chi partner practice of "Push Hands" (Tui Shou), they explain how to apply Fa Jin techniques by "listening" to your opponent's intentions and countering the natural instinct to resist force with force through yielding softness and redirection. The authors also detail how to prepare for this advanced practice through stretching, meditation, breathing, relaxation, and energetic exercises.

Natural Healing Through Macrobiotics - Michio Kushi 1979

Proposes illnesses and maladies are the result of improper diet and presents a macrobiotic diet, heavily dependent on whole grains and whole foods, that will speed healing by maintaining a balance of the

universal forces, yin and yang.

Reflexologia Sexual - Mantak Chia 2006-09-01

Tantra - Andre van Lysebeth 2002-10-01

Known only for the virtues of its sexual practice, ancient Tantric ideology is a universal and wide-reaching ideology virtually ignored in the West. In *Tantra: The Cult of the Feminine*, one of Europe's foremost Tantric authors and teachers, Andre Van Lysebeth, gives readers a balanced, well-informed, modern examination of the secret teachings and symbolism of Tantra. Espousing no dogma, Tantra involves a search for reality that contradicts neither science nor religion. For Tantra, all of the myriad energy forms in the universe -- gravity, nuclear cohesion, electromagnetism -- exist throughout the cosmos. "Scientifically speaking, the universe is a gigantic continuum ranging from sub-atomic to astronomical dimensions. Tantrists have perceived this unity for over thirty-five centuries," points out van Lysebeth in his introduction. Originally published in 1992, *Tantra* has become the classic text on the subject, the source for serious students. Eight full-color illustrations and 36 line drawings complement a comprehensive and contemporary explanation of Tantra, complete with meditations. Andre does a remarkable job of bringing ancient theories into the modern world.

[Woman as Healer](#) - Jeanne Achterberg 1991-03-13

This groundbreaking work examines the role of women in the Western healing traditions. Drawing on the disciplines of history, anthropology, botany, archaeology, and the behavioral sciences, Jeanne Achterberg

discusses the ancient cultures in which women worked as independent and honored healers; the persecution of women healers in the witch hunts of the Middle Ages; the development of midwifery and nursing as women's professions in the nineteenth century; and the current role of women and the state of the healing arts, as a time of crisis in the health-care professions coincides with the reemergence of feminine values.

Taoist Secrets of Love - Mantak Chia 1984

ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

Fire in the Heart - Deepak Chopra 2008-06-23

A fifteen-year-old boy is walking through a swirling fog on his way to school when a voice calls out, "Come here. We need to talk." Out of the mist emerges an old man with a white beard. He is a fantastic figure, as wizardly as Merlin, as wise as Socrates, as peaceful as Buddha. Whoever he is, the old man has appeared on that very day to change the boy's life. "You are old enough to learn about things," he says mysteriously. "And who is going to teach you but me?" The old man gives the boy four days of "soul training," a time of riddles, tricks, parables, and incredible twists that brings out surprising answers to each of four burning questions about spirituality: Do I have a soul? How do wishes come true? What is the supreme force in the universe? How can I change the world? "The old man with the white beard showed me the spiritual side of life," writes Deepak Chopra, "where real passion and excitement come from. So before you begin, take a deep breath. This story could turn out to be yours."