

A SELF-CARE PROGRAM FOR
PAIN RELIEF AND WELLNESS

Buddhist Healing Touch



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Buddhist Healing Touch A Selfcare Program For Pain Relief And Wellness

David J. WEINER



Buddhist Healing Touch A Selfcare Program For Pain Relief And Wellness:

Buddhist Healing Touch Ming-Sun Yen, Joseph Chiang, Myrna Louison Chen, 2001-05-01 An introduction to the unique healing practices of the Buddhist monks Examines a wide range of specific conditions and includes detailed illustrated instructions First English translation of the most widely used book on self massage in China and Taiwan When Dr Ming Sun Yen was sentenced to hard manual labor during China's Cultural Revolution he served his sentence in the shadow of the Lin Yang Shih an ancient Buddhist temple in the mountains near Fuchow There he witnessed the impressive healing work performed by a Buddhist monk on the Red Guard's prisoners many of whom had sustained beatings and physical injuries For the next three years he worked as the monk's assistant learning techniques that had been handed down in Buddhist tradition for centuries In Buddhist Healing Touch Dr Yen teaches us how to care for ourselves naturally by using acupressure self massage breathing techniques exercises and herbal remedies He looks at a wide range of conditions from abdominal cramps to sinusitis A brief diagnostic description is provided for each condition followed by a step by step guide to the most effective acupressure and massage techniques for treating it Illustrations of the acupressure points accompany each treatment as well as tips regarding diet and relevant folk cures Possible complications are also indicated with clear instructions for when to seek the care and advice of a qualified physician

Pain Relief Without Drugs Jan Sadler, 2007-02-07 A practical effective and inspiring guidebook for dealing with chronic pain Explains how to reduce pain's grip on the body and mind by changing your personal reaction to pain Presents successful strategies from the author's 25 years of coping with her own pain Includes 55 minute CD of author's key techniques for controlling pain In 1989 following surgery for a back injury Jan Sadler was left in constant pain with no hope of any further conventional treatment and no adequate prescription drug therapy Rather than settle for a life of chronic suffering she gave up her career teaching English and began an investigation into the self treatment of her pain Building on her skills as a teacher she incorporated the pain management techniques she discovered into programs that would help other sufferers learn how to cope with pain and find truly effective relief from its debilitating effects Sadler shows how we can reduce pain's grip by changing our personal reactions to the pain we are feeling Chronic pain keeps our attention fixed firmly on our anguish which then feeds the painful reaction back into our perception of being in pain creating a vicious cycle By allowing our reaction to become one of relaxation and acceptance the pain is dramatically lessened both by the absence of a negative perception and by the infusion of relaxation into the point of pain In Pain Relief without Drugs Sadler provides easy to use self help techniques that offer support and understanding in breaking pain's cycle from relaxation visualization and breathing techniques to setting goals building self esteem and coping with pain flare ups The author's 25 years of coping with her own pain and 16 years of teaching pain management techniques result in a book that is filled with practical activities and possibilities for a better life The book is accompanied by a 55 minute CD narrated by the author of key techniques for controlling pain

Zen in Motion Neil Claremon, 1992-07 Both a fascinating glimpse of the

interaction between spiritual master and disciple and a lucid analysis of the Zen path of awareness this book describes techniques for breathing standing walking concentrating moving the mind overcoming ego healing the body and finally opening a window of opportunity between stillness and motion that allows the expansion of time and consciousness

Jamaican in China Walt F.J. Goodridge,2021-06-09 Follow my amazing six month nomad adventure through Beijing Kunming Xishuangbanna and Hainan in the People s Republic of China along with stints in Singapore and Laos See Asia like you ve never seen it before through the eyes and experiences of a nomadic minimalist vegan Jamaican vagabond that would be me With tons more never before published stories bloopers and photographs of my nomadpreneur life in China 340 pages 7 x 10 ISBN 978 1478326892 Read more at <https://www.waltgoodridge.com/books> **Reiki** Phd Jeannie Kidwell,Phd Gianna Settin,2012 *Reiki The Mystery Teachings* is a groundbreaking book on the threshold of a new phase in the history of Reiki Ancient wisdom from esoteric mystery teachings is merged with thought provoking insights into the philosophy of Reiki New concepts are presented that enrich understanding of the spiritual energy of Japanese Reiki and how the Reiki Spirit Path leads toward enlightened Self Delving into the great mysteries of Usui Sensei s Reiki reveals spiritual keys with relevance for our changing times Advanced topics in Reiki are examined in a new light These include Invocation Meditation and Empowerment and how the Reiki Wave facilitates the connection between the human heart mind and Kokoro the Big Heart Mind of the Universe This intriguing book teaches inspires and may even stir controversy It offers rich material for Reiki teachers and practitioners and all who are interested in healing and spiritual advancement Jeannie Kidwell PhD and Gianna Settin PhD are long time Reiki teachers Of their collaboration they write We began this project after decades of experience in our similar careers in psychology in private clinical practice and teaching in university settings then later in Reiki While on separate but converging Reiki paths we engaged in dialogues about metaphysics healing and the philosophy of Reiki Throughout our journey we were aided by intuition meditation and guidance from our Higher Selves Jeannie and Gianna teach and practice Reiki in California and Colorado respectively For more information visit dogearpublishing.net or KokoroReiki.com **Yoga Journal** ,2001-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Forthcoming Books** Rose Army,2001 **The Publishers Weekly** , **Library Journal** ,2001 *The Doctrine of Awakening* Julius Evola,2018-07-13 In a probing analysis of the oldest Buddhist texts Julius Evola places the doctrine of liberation in its original context The early teachings he suggests offer the foremost example of an active spirituality that is opposed to the more passive modern forms of theistic religions This sophisticated highly readable analysis of the theory and practice of Buddhist asceticism first published in Italian in 1943 elucidates the central truths of the eightfold path and clears away the later accretions of

Buddhist doctrine Evola describes the techniques for conscious liberation from the world of maya and for achieving the state of transcendence beyond dualistic thinking Most surprisingly he argues that the widespread belief in reincarnation is not an original Buddhist tenet Evola presents actual practices of concentration and visualization and places them in the larger metaphysical context of the Buddhist model of mind and universe The Doctrine of the Awakening is a provocative study of the teachings of the Buddha by one of Europe s most stimulating thinkers **Subject Guide to Books in Print** ,1991

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