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The Tao of Tarot: The Way to Health, Happiness and Spiritual Illumination Through Qigong Dreaming

By Christina Bjergo

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Tao of Tarot: The Way to Health, Happiness and Spiritual Illumination Through Qigong Dreaming, Christina Bjergo, Christina Bjergo reveals the tarot as keeper of the secret Taoist practice of Qigong and the 'Way' to health, happiness, and spiritual truth. Woven within the major arcana cards are little known wisdom teachings for inner cultivation through the body-minded practice of Qigong. Spiral Qigong is an easy-to-learn and empowering meditative exercise for enhancing vitality and harmonious living for people of all spiritual faiths. For the unsuspecting author, the practice of Qigong activated sacred dreaming and a kundalini/alchemical transformation. Tarot dream images appeared leading her through stages of psychological growth and initiation. The tarot ultimately showed Dreaming as a potent tool for transcending duality and a practice for personal and global rebirth. "The Tao of Tarot" shares the author's mythical journey through different spiritual traditions; at the same time, it creates a practical guidebook to teach others how to explore dream symbols to unity consciousness and enhance intuitive connection to the divine.



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