



## The Backward-Flowing Method: The Secret of Life and Death

---

By JJ Semple

Paperback. Book Condition: New. Paperback. 160 pages. Want to live a longer, healthier life This book proposes specific exercises on the subject, instructing readers in the backward-flowing method, a powerful meditation technique that can also be used to control addiction. This method not only prolongs life, it also provides tools for facing death without fear. Most people are scared to death of dying. They dont have to be. Death is only a transition. The spirit lives on. For anyone wishing to connect the dots between the various aspects of the Secret Teachings, this book is a must. Semple looks at meditation techniques across cultures and throughout the ages, demonstrating decisively that the backward-flowing method holds the key to prolonging life and preparing for death. For the first time ever, a book dares to reveal the secrets of the worlds most influential meditation method, a series of techniques originally compiled in the 9th. Century masterpiece of Chinese alchemy, The Secret of the Golden Flower. Not even Richard Wilhelm, the translator, or Carl Gustav Jung, the famous psychologist, who wrote the original commentary to The Secret of the Golden Flower, were able to plumb the depths of this method. This book is...



**READ ONLINE**  
[ 4.01 MB ]

### Reviews

*This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.*

-- **Lillie Toy**

*It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.*

-- **Miss Marge Jerde**