



Pratiche Taoiste (Italian Edition)

Patricia Muller

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‘Pratiche Taoiste’ è un libro d’introduzione all’uso della Rete Taoista, che collega la teoria con vari campi d’applicazione attraverso il metodo del ‘librogame’. Oltre ad essere letto in modo tradizionale, può essere consultato secondo le esigenze del lettore, passando ai vari argomenti attraverso gli schemi consigliati.

Nel libro la divinazione e l’oroscopo vengono collegati alla medicina cinese, ai suoi meridiani, alla respirazione e alla meditazione. Tutto ciò viene poi compreso meglio attraverso il T’ai Chi Chuan, lo Yoga Taoista e gli esercizi collegati all’emissione di suoni particolari, chiamati Otto Pezzi di Broccato. Non mancano neanche rimandi a vari metodi di massaggio, del fare all’amore, della giusta dieta e così via.

Questo libro è perciò particolarmente indicato a coloro che, per la prima volta, si vogliono avvicinare al mondo taoista, ma non sanno ancora quale campo scegliere.

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