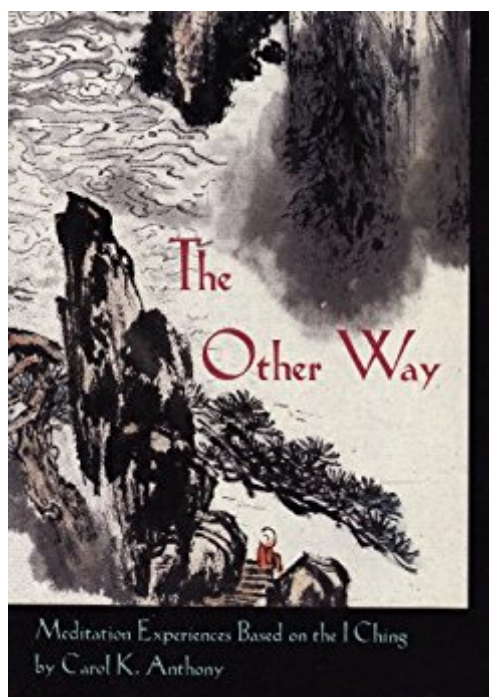


The book was found

The Other Way, Meditation Experiences Based On The I Ching



Synopsis

Welcome to a whole new world of meditating that the author describes as the Ching Meditation. The meditation described in this book brought her the unique insights that enabled her to write her first book, *A Guide to the I Ching*. These insights brought her into contact with her inner life while at the same time helping her resolve the problems in her outer life. In time, the meditations became a direct contact with the Sage that speaks through the I Ching. The book contains over 200 meditations that are grouped under themes that were active in her life between 1971 and 1990. One group of meditations helped her learn how to meditate (with the help of Hexagram 52, Keeping Still). Another group made her aware of attitudinal defects that were referred to in several hexagrams. Another group addressed what the I Ching calls the inferior man, making her aware that it was referring to the ego. These showed the ego to be a false self composed of a group of self-images; as self-images, they were unable to become real, nevertheless, they never stopped trying to become real. Another group of meditations concerned what the I Ching calls the superior man. She was to learn it was referring to her true self. A full understanding was completed when in a meditation, she saw herself in a jail cell but noticed that the key was in the cell door and she only needed to unlock it to leave. Other meditations dealt with self-healing, with being forewarned of difficulties about to happen, and with how to respond to them; still other meditations helped her respond to problems in her business. The meditations not only helped her understand herself and her problems, it helped her understand the I Ching, and how it communicates. The book starts with giving the reader help in learning to meditate in the same way. The table of contents (see pdf) lists all the meditations included in the book.

Book Information

File Size: 665 KB

Print Length: 275 pages

Publisher: Anthony Publishing Co., Inc.; First edition (June 9, 1990)

Publication Date: June 9, 1990

Sold by: Digital Services LLC

Language: English

ASIN: B005P8CA14

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #892,792 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #72

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Divination > I Ching #208

inÂ Books > Religion & Spirituality > New Age & Spirituality > Divination > I Ching #1775 inÂ Kindle

Store > Kindle eBooks > Religion & Spirituality > Other Eastern Religions & Sacred Texts

Customer Reviews

one of the more helpful books written about meditation, as it is intimate sharing by the author of her own personal journey this way. I esp. enjoy reading about the development of her following her body wisdom, Sage in this. I also like her approach, reason for meditating. To know self, become aware of what is going on inside us with the helpful guidance, lantern of the Sage. This has inspired me to develop my own relationship with Sage and allow it to lead me in my own meditation practice. My experiences are different than hers. She shares more the art of meditating, does give basic tips, and a few technics but by far the best guidance in it is to let a source of Wisdom guide you. Relax, turn awareness inside and prepare to be led by Wise Helper. all that is really needed.

[Download to continue reading...](#)

The Other Way, Meditation Experiences Based on the I Ching Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Tao Te Ching: The New Translation from Tao Te Ching, The Definitive Edition (Tarcher Cornerstone Editions) The Dude De Ching: A Dudeist Interpretation of the Tao Te Ching Waterway: a new translation of the Tao Te Ching and introducing the Wu Wei Ching Lao Tzu : Tao Te Ching : A Book About the Way and the Power of the Way A New Way of Thinking, A New Way of Being: Experiencing the Tao Te ching Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) The Tao of Yoda: Based Upon the Tao Te Ching by Lao Tzu Guided

Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief The Meditation Doctor: A Practical Approach to Healing Common Ailments Through Meditation Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Karma and Chaos: New and Collected Essays on Vipassana Meditation (Vipassana Meditation and the Buddha's Teachings)

[Dmca](#)