

Healing from Within presents...
Gilles Marín's



Harmonizing Our Inner Earth CD

The Power of Nutrition, Harmony, and Comfort

- Improve your capacity to heal
- Relieve digestive problems
- Overcome eating disorders, pancreatic dysfunction—including hypoglycemia and diabetes
- Increase self-esteem
- Learn to trust yourself
- Be comfortable in the present moment
- Bring stability and comfort to your life
- Accept unconditional support

Harmonizing our Inner Earth Meditation Series addresses the most critical issues of physical, mental emotional and spiritual health

- **The physical aspect of our Earth Elemental Force** encompasses our digestive system, our ability to efficiently extract nutrition from the food we eat and the capacity to precisely eliminate everything we don't need. Our Earth Elemental Force is responsible for harmonizing the function of all of our internal organs. Our Earth Elemental Force is also present in the health of our muscles and manifests in our coordination and ease of movement.
- **The mental aspect of our Earth Elemental Force** is our ability to be practical, to have a good perspective, to have good taste and good judgement, to be fair and just, to be precise, to be regular and on time, to have a good sense of rhythm, to be balanced, stable, solid and consistent, to be conciliatory and in harmony with life.
- **The emotional aspect of our Earth Elemental Force** allows us to have satisfaction, to be comfortable, to feel at ease in the present moment, to be spontaneous, to have a good sense of self-esteem, to feel we are at the right place, at the right time, doing the right thing. The Earth Elemental Force allows us to be able to provide and receive nurturing, to give comfort and receive comfort and to provide this comfort and nurturing to ourselves.
- **The spiritual aspect of our Earth Elemental Force** is responsible for the stability of our heart and spirit. It gives us faith and trust in life and in ourselves, and provides us with a good sense of our life purpose and the determination to follow it through and accept its different manifestations.

Satisfaction in nutrition, comfort in habitat, and emotional support are the three pillars of our Inner Earth.

Health issues brought on by Earth Elemental Force disharmonies include, but are not limited to poor digestion, stomach pains, hypoglycemia and diabetes, back and leg pains. Such health issues often manifest psychologically in chronic anxiety, bulimia and anorexia, poor self-esteem, guilt and shame, adaptation problems, poor mental attention, difficulty in being mentally present, autism, difficulties in standing up for oneself or others, poor coordination (clumsiness), etc.

In **Harmonizing our Inner Earth double CD recording** you will experience a series of lectures, exercises and meditations which will help you to progressively and naturally develop and cultivate all the positive physical, mental, emotional and spiritual aspects of a properly harmonized and cultivated Inner Earth.

This series of **guided meditations, lectures and guided internal exercises** will guide you in finding your personal diet and help you to develop a true sense of physical satisfaction. You will also begin to increase your ability to be more comfortable in your body and in your habitat, as you cultivate greater self-support in your emotional life.

- **The 3 Laws of Fundamental Dietary Hygiene** will explain how to build solid health by respecting food combinations and eating rhythms, to help you develop a healthy and precise appetite with your diet. It will help you maintain the kind of diet you need to make you stronger instead of weaker. It will help you reverse hypoglycemia and help diabetics to lessen and eventually eliminate their need for insulin supplementation.

- **Harmonizing our Inner Earth Meditation** will guide you in developing an inner sense of satisfaction and contentment and help you regulate your metabolism and regain solid physical health.

- **Earth Relationship Chi-Kung and Anchoring our Seven Levels of Individuation** will transform the way you stand up for yourself, will give you a sense of clear perspective in life and progressively help you develop a sense of ease and comfort both in your habitat and your relationships. Practicing these meditations regularly will make you feel at home in any kind of situation.

- **Essence of Earth Chi-Kung and Peace on Earth Chi-Kung** will help you develop the sensitivity and skills required to help you get rid of deeply seated emotional charges such as emotional abandonment, lack of validation and support, shame and guilt, related to Earth issues and existential anxieties. These meditations, when practiced regularly, will help you heal and outgrow such emotional charges and create a solid sense of confidence and trust in yourself, in others, and in life in general.

To order contact

CHI NEI TSANG INSTITUTE

www.chineitsang.com (Pay Pal)

Phone: 510-848-9558 Fax: 510-848-0686

2812 Telegraph Ave., Berkeley, CA 94705

E-mail: cni@chineitsang.com

Double CD: \$25 + CA sales tax for residents + S/H

Purchase any combo of 10 or more CDs and SAVE 40%

© Gilles Marin