



Luminous Essence: Exploring the Body Consciousness

By Daniel Santos

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2001. Softcover. Book Condition: New. Blending Chinese medicine, the martial arts, and Native American knowing, Daniel Santos challenges us to view the body and its healing in an exciting new way. This book is about exploring a new way of being conscious of our bodies. It addresses the relationship between body, mind and spirit. It is an inspiring account of healing, presenting valuable insight into the magic and mystery of the path toward wholeness. It will help you imagine and inhabit your body in a new and wholesome way. There is a touch of magic here.



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