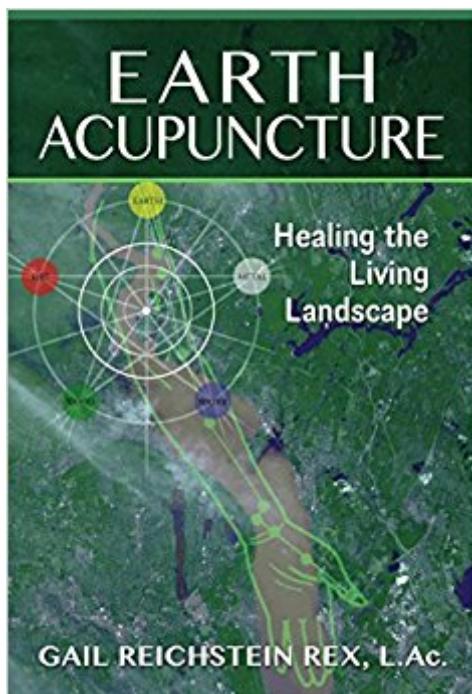


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# Earth Acupuncture: Healing The Living Landscape



## Synopsis

Applying the principles of Chinese medicine and Native American shamanism to answer the call of the Earth and heal its polluted landscapes. Explains how to build a healing relationship with the natural world by making offerings of thanks and listening to the Earth's responses. Details methods of diagnosis and several types of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles. Shares the author's journey of healing a river with these methods. After experiencing a powerful vision of the nuclear power plant near her home and its toxic effects on the Hudson River, acupuncturist Gail Rex was inspired to help heal the river and surrounding lands but was unsure how to begin. Soon after, at a workshop with Cherokee-wisdom teacher Venerable Dhyani Ywahoo, she discovered the answer: she could treat the landscape just as she treated her patients--by taking its pulses and treating the points of stagnant energy and pollution with acupuncture. Tracing her journey from initial vision and pulse taking to building a stone circle to open a major energy meridian of the Hudson, the author reveals how our rivers, valleys, and forests are capable of illness and healing just like a living being. She explains simple practices for attuning with the living landscape and responding appropriately to the messages and images received from the Earth's intelligence. By making offerings of thanks and asking the land's permission before every interaction, Gail Rex demonstrates the power of right relationship in action. Drawing upon the principles of Chinese medicine and her work with Native American shamanic traditions, Rex shows how the landscape itself reveals both its imbalances and the opportunities for treatment. Using a broad range of diagnostic tools--including direct observation, principles of feng shui, listening to pulses, and working with maps--she demonstrates ways of identifying the master points of the surrounding landscape. She then explores different methods of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance. Offering not only a proactive method for healing the environment, Rex also reveals how to communicate with the rivers, mountains, trees, and rocks that surround us, allowing each of us to develop an authentic spiritual relationship with the living body of the Earth.

## Book Information

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## Customer Reviews

“Gifted storyteller Gail Rex follows the wisdom threads of her own deep longing into the heart of nature—mystery-making it clear that we and the Earth are one. The nature within and around you will come alive as you follow her steps to restore sacred relationship, healing yourself as you bring harmony to the Earth.” (Llyn Roberts, award-winning author of *Shapeshifting into Higher Consciousness* and coauthor of *Speak!*) “An eminently readable compilation of both Eastern and Western geomantic techniques . . . Earth Acupuncture is an excellent book . . .” (Sig Lonegren, geomancer and author of *Sacred Space Handbook*)

Gail Reichstein Rex, L.Ac. (1965-2016), was an acupuncturist, author, and editor. A graduate of the University of Pennsylvania and the Tri-State College of Acupuncture, she had practiced Chinese medicine since 1995, first in New York and then in Vermont. She is also the author of *Wood Becomes Water: Chinese Medicine in Everyday Life*.

this is a wonderful engrossing read for anyone interested in earth healing

Not much to say not a lot of details but nice

good book and thank you!

Yes !

I strongly recommend Gail Rex’s book to anyone who is interested in acupuncture

and to anyone who is committed to the humanity's survival in the face of the environmental problems. This book is courageously autobiographic, as it tells a story of an experience and of an experiment (I am not going to tell what the experiment is like, so as not to give it away). It is a great read: the whole book works through the tension between deep personal involvement and a continuous and necessary scientific distance and doubt. It is a well-told adventure in acupuncture. The story involves inspiring and interesting characters, and when the book is finished, one is compelled to seek out more information. One of the aspects I loved most was how Gail Rex delved into the mechanics of human acupuncture in order to explain what she means by earth acupuncture. Even if the reader may have doubts about the earth acupuncture practice itself, one learns a lot about the traditional human acupuncture. The author/narrator's tone is absolutely honest, and the reader learns from both the expected and unexpected outcomes of the narrated adventure.

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