

# TCM Congress - Workshops

## 3rd Scandinavian TCM Congress

### „Chinese Medicine and the Fertile Spirit: Childhood, Nourishment and Long Life“



## Lillian Pearl Bridges

### The Alchemy of the Spirit for Rejuvenation and Longevity

The ancient Taoists were on a perpetual hunt for the magical Elixir of Immortality, believing it to be a concoction that they made from a series of sacred ingredients that they ingested. Unfortunately, it usually caused their early demise instead. Imagine, though, that these ingredients were instead a code that could be interpreted as behavioral metaphors. This means that by living in certain ways, aging could be forestalled and longevity insured. From the face, there are numerous clues about how each person needs to live that enhances their health both physically and mentally and maximizes their longevity. These signs include measurements of the Three Treasures - the Jing, Qi and Shen and important information about the flow and meeting points of these have been found to help people rejuvenate from my practice. Most important, participants will be given insight into the activation of the spirit - the alchemical process that occurs from the meeting of the the cosmic and earth energies in the crucible of the human heart.