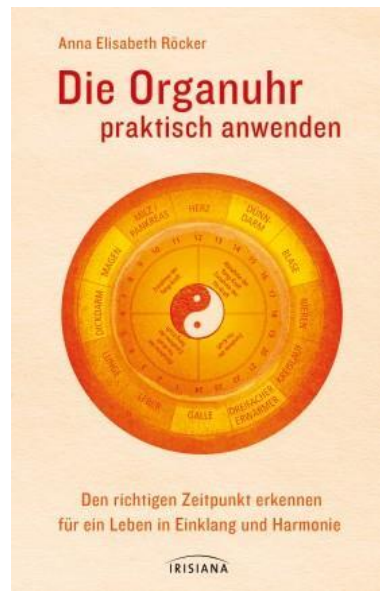


Healing at the best point in time



Anna E. Röcker
**Making Use of the Organ
Clock**

[Die Organuhr praktisch
anwenden]

Recognizing the right times
for a life in unison and
harmony

Irisiana
120 pages
Format 10,0 x 15,5 cm
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25 colour illustrations

Rights sold to:

The Netherlands (Akasha)

Anna Elisabeth Röcker is a natural healer, music therapist, and yoga teacher. She completed a 3-year training in Guided Imagery and music in the U.S. and Germany, and furthered her education in analytical psychology at the C.G. Jung Institute. For the past ten years she has been training yoga teachers and giving seminars at home and abroad. She has a music therapy practice in Munich and is the author of successful health and life-help books.

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Through the organ clock of traditional Chinese medicine, the rhythmic flow of life energy (chi) through the body can be brought into balance. Every two hours the wave of energy reaches a particular meridian and its associated organ, supplying both intensively with life energy.

This handy book provides an optimal introduction by clearly explaining the principles and, in particular, the practical application of the organ clock. Using numerous illustrations and exercises about the courses of the meridians, the expert author Anna Elisabeth Röcker comprehensibly imparts this practical healing knowledge.

- Traditional Chinese healing methods presented clearly and practically
- With many exercises for inner balance and health day and night
- Handy and clearly arranged: the times of the organ clock and their correspondences
- Nutrition tips according to the five elements

Also available:

Atlas des ganzheitlichen Heilens [Atlas of Holistic Healing], 2012

Ganzheitlich heilen zum richtigen Zeitpunkt – Set [Holistic Healing at the Best Point in Time – Set], 2012

Jede Woche ein Stück vom Glück [Every Week a Piece of Happiness], 2011

Beckenboden-Training [Lower Pelvis Training], 2011

Sold to: France (Trédaniel), The Netherlands (ZNU)

Klang als Weg zur Achtsamkeit [Tone as a Way to Attentiveness], 2010
Trimurti [Trimurti], 2008
Sold to: Russia (VES Publishing)