



## Live the Seven: 7 Tools to Honor Your Body, Sharpen Your Mind Ignite Your Spirit (Paperback)

By John Nies

Fulton Books, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you want authentic power; to live a life with peace of mind; to create mental, physical, emotional, and spiritual harmony for yourself; and have the ability to love and be loved, then you ll want to learn and make the Seven Disciplines a part of your life (John Nies). 1. Nourish your body. The Live the Seven eating philosophy centers around eating as close to nature as possible as the path to living a healthy, disease-free existence. 2. Breathe with intent. This discipline advocates meditation, visualization, and Qigong practice to interrupt the daily cycle of repetitive thinking, give the mind an opportunity to rest and revive, and tap into a powerful energy source within. 3. Elevate your Chi. This speaks to live the Seven s ancient energy-building exercises using breathing techniques and a mind-over-body philosophy to break through perceived physical limitations to new heights. 4. Know thyself. This discipline advocates the importance of self-development and pursuing your unique purpose as a means to personal empowerment. 5. Pray for others. Express your gratitude for life and sympathy for those less fortunate. This discipline...



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