

Life Force Books presents

AMAZON REVIEW

“The information the author is presenting – the meditation techniques – the results he has obtained, and the results he believes the techniques will produce in others – this information is fascinating, and possibly of the highest value.”

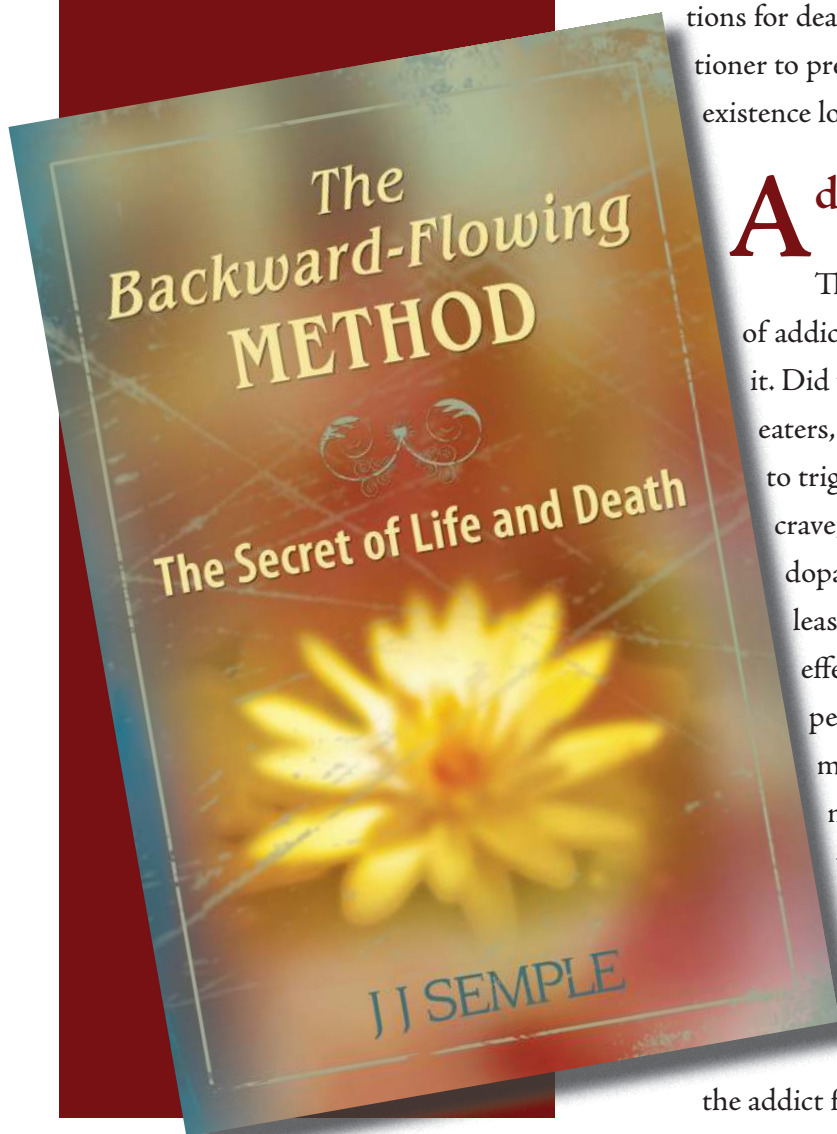
A Manual of Secret Meditation Techniques

S cared to death of dying?

You don't have to be. Death is a natural occurrence. Yet most people don't realize they can overcome it. The *Backward-Flowing Method: The Secret of Life and Death* introduces the science of dying. By learning the **backward-flowing method**, the reader will master the alchemical procedures used by ancient adepts to overcome death. This is not some sort of morbid philosophy or ritual; it's an update of the techniques first described in *The Tibetan Book of the Dead*. Modernized by the author, these techniques involve advanced self-awareness exercises used by the Tibetans and Chinese in their preparations for death. The **backward-flowing method** enables the practitioner to prepare for a new incarnation while continuing sentient existence long after the “old” body is no longer able to function.

A ddiction is paralyzing the world ...

This book also contains vital information on the nature of addiction and proposes a revolutionary means of controlling it. Did you know that all addicts—dopers, drinkers, smokers, eaters, gamblers, shoppers, lechers—pursue their addictions to trigger the dopamine response? That's the element they crave; it isn't heroin, or sex, or alcohol, or tobacco, per se; it's dopamine, a chemical element the body produces and releases into the brain at the moment a craving is satisfied. In effect, the reward or payoff takes place in the brain, not the penis, or the stomach, or any other part of the body. Most methods of fighting addiction are based on reprogramming or behavior modification—a process that “trains” the addict to replace his bad habits with good ones. Reprogramming has a low rate of success and a high rate of recidivism. The **backward-flowing method**, on the other hand, doesn't use behavior modification. It uses sublimation, a process that tempers the cravings the addict feels by triggering neuroplastic activity in the brain.



Life Force Books presents

AMAZON REVIEW

"I've now read both of Semple's books and what sets them apart from most in the genre is their direct approach. Many authors with a major publisher would be persuaded to add much more repetition and fluff in order to expand the book. As the method is taken from a Chinese source, I don't believe many who've tried "kundalini yoga" will be familiar with it. A reader who is familiar with *qi gong* might find the backward flowing method similar to preparatory exercises for the microcosmic orbit."



In his masterwork, *Kundalini: The Evolutionary Energy in Man*, Gopi Krishna summoned us to search for, "...the safest methods for awakening Kundalini" that would, "...yield for humanity a periodic golden crop of towering spiritual and mental prodigies." Since those words were written forty years ago, how has the search for the "safest methods" progressed? In his world-renowned lecture, *Activating the Life Force*, JJ Semple presents his candidate for the safest method—**Golden Flower Meditation**. It's a method he discovered through trial and error experimentation with *The Secret of the Golden Flower*. A method he discussed with Gopi Krishna in 1977 and recently wrote about in his highly acclaimed first book, *Deciphering the Golden Flower One Secret at a Time*.

Now, in *The Backward-Flowing Method: The Secret of Life and Death*, JJ Semple examines the meditation techniques that led to his Kundalini awakening, in particular the **backward-flowing method**, a powerful alchemical procedure that holds the secret to prolonging life and preparing for death, a procedure so secret the ancients took an oath never to reveal it.

The Backward-Flowing Method

By JJ Semple



Published by Life Force Books, Box 302, Bayside, CA 95524.

THE BACKWARD-FLOWING METHOD: THE SECRET OF LIFE AND DEATH

ISBN: 978-0-9795331-2-9

Price: \$13.95

160 pages

To order, please contact **Ingram Books** or **Baker & Taylor**.

<http://www.lifeforcebooks.com>

About JJ Semple

- Author of DECIPHERING THE GOLDEN FLOWER ONE SECRET AT A TIME
- Author of two award winning screenplays: EVERYONE WANTS TO MAKE MOVIES and LITTLE DAN.
- Founder of ARAZON School, Paris, France.
- Along with noted Kundalini authority, Gopi Krishna, a pioneer in the field of Life Force research.
- Speaker/Lecturer: *Activating the Life Force / Changing Human Nature*
- Creator of the **Golden Flower Podcast** (available on iTunes)