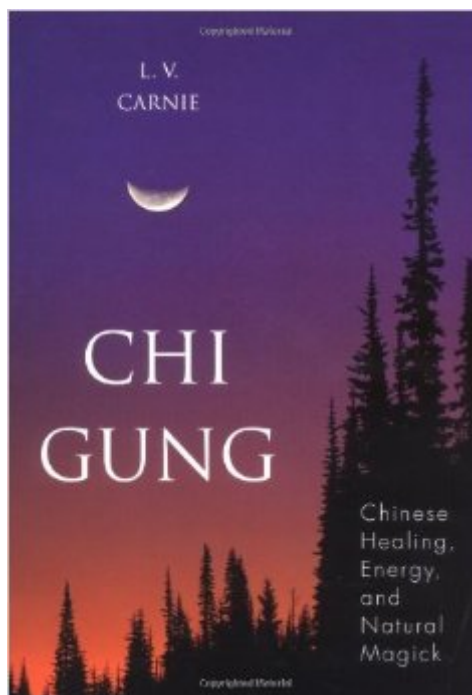


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Chi Gung: Chinese Healing, Energy And Natural Magick



Synopsis

You possess the ability to tap a bottomless well of physical and psychic energy (called "chi" in Chinese). With it you can harness the magickal power of the universe. How do you do it? By learning the ancient Chinese art of breath, posture, and sensory awareness as explained in Chi Gung by L. V. Carnie. As you learn this system to direct your flow of chi, you will be able to achieve ultimate health and things you have only dreamed of:

- Look and feel younger
- Add healthy years to your life
- Progress faster in martial arts training
- Develop different types of psychic ability: heal at a distance, talk with spirits, move objects with your mind
- Increase your fitness level
- Help damaged tissue heal more quickly
- Improve sexual performance
- Learn to control your body temperature
- Bond with your pets or with animals in the wild

Chi Gung is filled with simple but effective exercises for mind, body, and spirit that will open your flow of chi as they open you to a whole new world of possibilities. No other chi gung self help book covers such a broad range of material or presents the actual training techniques for mastering the more advanced skills. The exercises include simple stretches and slow movements with creative visualization and breathwork. One technique that is fully explained is called the small circulation, or the microcosmic cycle. It will teach you to circulate your chi around your body and head without having it enter your arms or legs. Another technique, the grand circulation or heavenly cycle, teaches you to move chi throughout your entire body. It's not difficult, and you can do it no matter your current level of health or fitness. The powerful techniques here can be used alone or within any spiritual or magical system. Add them to what you are doing today!

Book Information

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Customer Reviews

This book is much deeper than any other self-help type book that I have ever read. The material is fresh and the perspective is totally unique. It is a right-brained styled, easy to read and understand book. The secret to the book seems to be that the exercises only appear to be simple. In actuality, they are able to improve the skill of not only the beginner but also the advanced student and even the master. In fact, the secret behind this book seems to be its very simplicity because the book shows how mastering the basics is really the key to success in any field from business to professional sports. This is truly a wonderful book. Lily is a knowledgeable and understanding teacher who knows how to present and teach advanced topics using simple exercises and concepts. All that the reader needs is an open mind and patience. Many of the advanced techniques might be unfamiliar to the average reader but Lily's stories and examples are detailed and if the reader is open-minded, it is easy to sense the genuineness and authenticity of what she says. The 100 or so exercises consist of apparently simple activities such as breathing and meditation but as any skilled practitioner in any field knows, it is the repeated practice of the basics which leads to mastery. One of the unique elements of this book is that Lily reveals the skills of a full Chi Gung program ranging from the beginner to the master. She openly stresses the basics and only apparently alludes to some of the most advanced skills, but in actuality, she carefully weaves a pattern of writing that teaches the reader the proper skill development at the proper time for their personal situation.

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