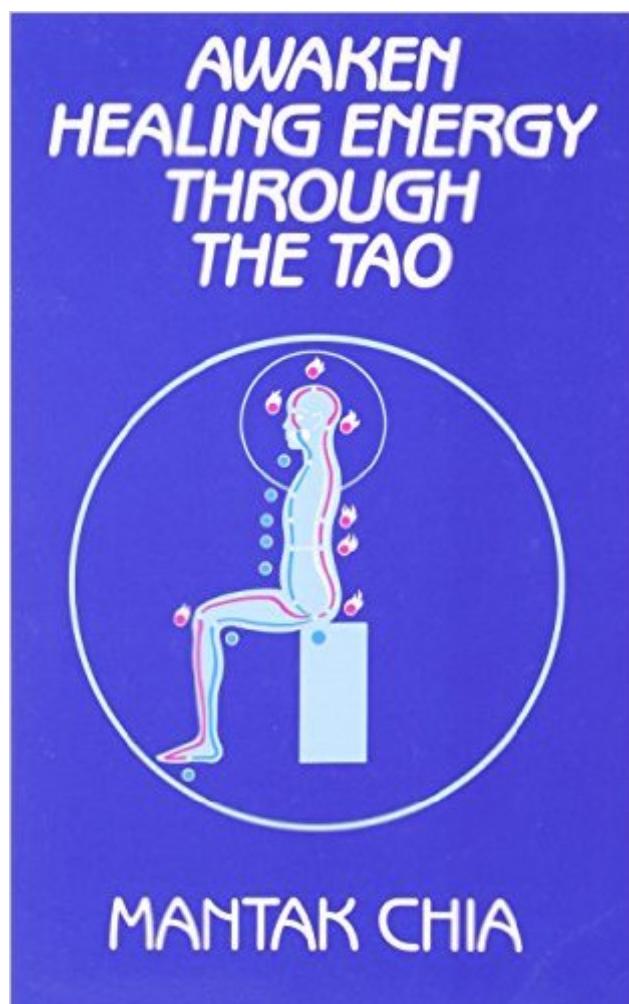


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Awaken Healing Energy Through The Tao: The Taoist Secret Of Circulating Internal Power



Synopsis

This unique and comprehensive book reveals the Taoist secret of circulating Chi, the generative life force, through the acupuncture meridians of the body. Illustrated with detailed diagrams that aid the development of a powerful energetic flow, for psychological and spiritual health and balance.

Book Information

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Customer Reviews

I have been working with Mantak Chia's materials for the past 17 years. Originally I found few of his books in one small Chinese store, and decided to give them a shot. I was thrilled when even my very first attempt resulted in noticing the difference. While the books were wonderful I did wish to have personal instruction, too. Lucky for me, about few weeks after I purchased the books, Mantak Chia was teaching a workshop in Toronto. Even though these initial practices are rather simple, it helped attending a workshop, too. I have attended all the workshops he came to teach in Toronto at the time. In the meantime, videos came out, so in time I got those too. You may or may not want to attend a workshop, but if for any reason you don't feel comfortable proceeding on your own, you may consider getting Mantak Chia's videos. I like them very much (I have just about all of them) Another excellent resource is the book *Qigong Empowerment*. The focus of this book, *Awaken Healing Energy Through Tao*, is learning to circulate the energy through Microcosmic Orbit. It is the essential practice for all future practices in Taoist Alchemy. The book also gives an overview of practices you can do if you wish to continue with your studies and practice. It is not hard to do. It is really simple. If you are new to this, the more complex part than the practice may be the use of

different names in Chinese for different points and a lot of theoretical information behind the practice. The practice essentially involves guiding the energy with your imagination - generating it, circulating it and storing it in your body. You can experience many benefits of this practice from the very beginning. What I experienced from the very beginning is a sense of calm.

I read this book when it first came out. You can and will open the microcosmic orbit using this book. I went on to spend some time with Mantak Chia. He's a fine guy and an excellent teacher and communicator. No one EVER left one of Chia's events thinking, "gee, I really don't know how to practice this." He's the best actual teacher of this sort of thing I've ever been with. The problem with some of these lousy reviews is as follows. There's something about spiritual subjects--maybe because they're so dear to people's hearts--that arouses a nasty level of fanaticism in human beings, especially westerners, but it's pretty universal. No matter how good and sincere a teacher you are there are always people in the back row sneering and screaming that you are "doing it all wrong!" On top of that, and not to be at all discounted, is the fact that Mantak Chia is BY FAR the most successful teacher of Taoism in the west and there are a lot of people who are just plain old green with jealousy and envy and they hate him for it. It's an ugly side of human nature but one we all know all about. The only legitimate criticism of Chia's books is this--he is consciously writing for "the ages" and he makes them almost encyclopedic, and the result is actually more information than you may need to do the practice. Some people find this confusing. Lastly, Chia is one of the great modernizers and debunkers, doing basically for Taoist spiritual practice what TCM in modern China tries to do for Chinese medicine: sift it to find out what we actually can use and separate it from what we don't need because it is just superstition.

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