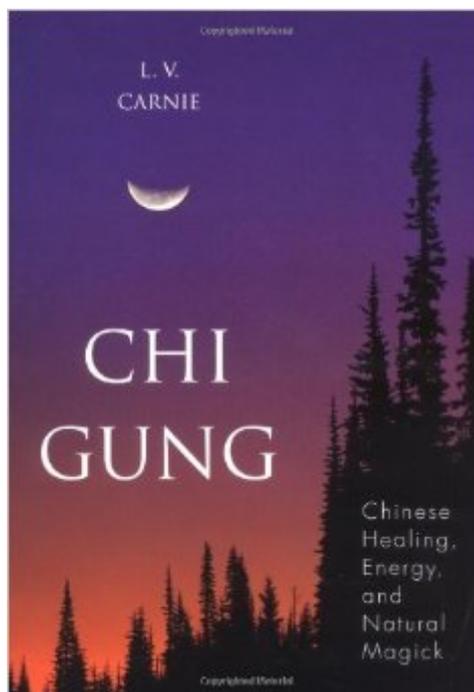


The book was found

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

Paperback: 288 pages

Publisher: Llewellyn Publications; 1 edition (September 8, 2002)

Language: English

ISBN-10: 1567181139

ISBN-13: 978-1567181135

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #154,931 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #250 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #308 in Books > Health, Fitness & Dieting > Exercise &

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.

[Download to continue reading...](#)

Chi Gung: Chinese Healing, Energy and Natural Magick
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1)
Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki)
Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners)
REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing)
5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1)
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing

Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Chinese Cookbook - 25 Delicious Chinese Recipes to Chinese Food Made Easy: Recipes from Chinese Restaurants Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The Way of Energy: Mastering the Chinese Art of Internal Strength with Chi Kung Exercise (A Gaia Original) MAGICK: For Beginners! Spells & Rituals To Attain Abundance, Wealth, Health, Happiness & Your Deepest Desires! (Magick Spells, Witchcraft, Book Of Shadows, New Age) Vashikaran Magick: Learn The Dark Mantras Of Subjugation (Mantra Magick Series Book 1) Kali Mantra Magick: Summoning The Dark Powers of Kali Ma (Mantra Magick Series Book 2) Moldavite Magick: Tap Into The Stone Of Transformation Using Mantras (Crystal Mantra Magick) (Volume 1) 9 Gates of Chaos Magick: How to Start Practicing Effective Magick Reiki: The Ultimate Guide: The Definitive Guide: Improve Health, Increase Energy and Feel Amazing with Reiki Healing (reiki, reiki healing, chakras, energy ... techniques, aura, reiki for beginners) The Tai Chi Healing Bible: Improve Your Energy, Coordination and Effectiveness by Embracing the Movements, Culture and Philosophy of this Ancient Practice Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones,Relieve Stress, Energy Healing) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible)

[Dmca](#)