

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Iron
Now The Practice
The Strengthens
The Internal
Kung I
Organs Roots
Once A Solidly
And Unifies
Martial
Physical Menta
Art Now
The
Practice

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Shirt Chi Kung I

That Stre

Once A Martial Art

ngthens

Now The Practice

The

That Strengthens

Internal

The Internal

Organs

Organs Roots

Roots

Oneself Solidly

Oneself

And Unifies

Solidly

Physical Menta

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And

Once A Martial Art

Unifies

Now The Practice

Physical

That Strengthens

Menta

The Internal

Using a lively

style and the

languages of

transpersonal

psychology,

meditation,

Physical Menta

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Once A Martial Art
esoteric magic,
Now The Practice
and kundalini,
That Strengthens
Glenn Morris
recounts his
The Internal
amazing
Organs Roots
adventures and
Oneself Solidly
hair-raising
And Unifies
close calls
Physical Menta
while training
and then
practicing as a
master of
martial arts.
Following in the

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Shirt Chi Kung I
Once A Martial Art
tradition of the
Now The Practice
legendary
Togakure Ryu of
Japan, whose
fighting
techniques and
lore inspired
the fascination
of westerners
with Ninja
warriors, he
offers
guidelines on
how to tell sham

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Once A Martial Art
from
Now The Practice
authenticity,
That Strengthens
how to keep
The Internal
friends while
Organs Roots
developing
Oneself Solidly
power, how to
And Unifies
voyage safely
Physical Mental
into the inner
landscape, and
how to deal with
dark forces-
incarnate and
disincarnate. At
the same time,

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Shirt Chi Kung I
Once A Martial Art
he provides
Now The Practice
exercises,
That Strengthens
tests, and
The Internal
adventures for
Organs Roots
the courageous-
Oneself Solidly
as well as
And Unifies
spiritual and
Physical Menta
ethical compass.
A guide to the
practice of
Inner Alchemy,
which allows you
to control the
energies of your

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Shirt Chi Kung I
Once A Martial Art
inner universe
Now The Practice
to better
connect with
energies of the
outer universe •
Teaches the
essential first-
level
meditations in
Taoist practice,
also known as
Fusion of the
Five Forces, for
self-healing and

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Shirt Chi Kung I
Once A Martial Art
emotional and
Now The Practice
spiritual
That Strengthens
development •
Shows step-by-
The Internal
step how to
Organs Roots
remove negative
Oneself Solidly
emotions from
And Unifies
the organs in
Physical Menta
which they are
lodged by
neutralizing and
transforming the
negativity back
into positive

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Shirt Chi Kung I
Once A Martial Art
energy •
Includes basic
and advanced-
level
meditations
Fusion of the
Five Elements is
the necessary
first step in
the Taoist
practice of
Inner Alchemy,
in which one
learns to

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Shirt Chi Kung I
Once A Martial Art
control the
Now The Practice
generation and
That Strengthens
flow of
Emotional,
The Internal,
mental, and
Organs Roots
physical
Oneself Solidly
energies within
And Unifies
the body. It is
Physical Menta
a series of
meditations
designed to
locate and
dissolve
negative

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Shirt Chi Kung I
Once A Martial Art
energies trapped
Now The Practice
inside the body
That Strengthens
by making a
The Internal
connection
between the five
Organs Roots
outer senses
Oneself Solidly
(experienced
And Unifies
through the
Physical Menta
ears, eyes,
nose, mouth, and
tongue) and the
five major
negative
emotions (anger,

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Shirt Chi Kung I
Once A Martial Art
hate, worry,
Now The Practice
sadness, and
That Strengthens
fear). When the
The Internal
body is cleared
Organs Roots
of negative
Oneself Solidly
energy,
And Unifies
universal chi
Physical Menta
energy flows
freely and
productively,
nourishing both
body and soul.
The practice is
divided into two

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
parts. The first
Now The Practice
works with
That Strengthens
controlling the
The Internal
forces of the
Organs Roots
five elements on
Oneself Solidly
the five major
And Unifies
organs of the
Physical Monta
body by learning
the elements'
effects upon
each other and
how to balance
and utilize
these energies

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
properly. The
Now The Practice
advanced Fusion
That Strengthens
exercises then
The Internal
show how to
Organs Roots
channel the
Oneself Solidly
greater energies
And Unifies
of the stars and
Physical Menta
planets to
strengthen
internal
weaknesses and
crystallize
positive energy.
By "fusing" all

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
the different
Now The Practice
kinds of energy
That Strengthens
together, a
The Internal
harmonious whole
is created--the
Organs Roots
key to
Oneself Solidly
manifesting an
And Unifies
Immortal
Physical Menta
existence.

Iron Shirt Chi
KungDestiny
Books

A guide to
nourishing the

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
body through
Now The Practice
bone marrow
That Strengthens
rejuvenation
The internal
exercises •
Presents
Organs Roots
exercises to
Oneself Solidly
“regrow” bone
And Unifies
marrow, revive
Physical Menta
the internal
organs, and
prevent
osteoporosis •
Explains the use
of bone

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
breathing and
Now The Practice
bone
compression,
That Strengthens
"hitting" to
The Internal
detoxify the
Organs Roots
body, and sexual
Oneself Solidly
energy massage
And Unifies
and chi weight
Physical Menta
lifting to
enhance the life
force within
Most Westerners
believe that a
daily physical

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
exercise program
Now The Practice
helps slow the
aging process.
That Strengthens
The Internal
bodies appear
Organs Roots
most physically
Oneself Solidly
fit on the
And Unifies
outside often
Physical Menta
enjoy only the
same life span
as the average
nonathletic
person. It is
the internal

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
organs and
Now The Practice
glands that
That Strengthens
nourish every
The Internal
function of the
Organs Roots
body, and it is
Oneself Solidly
the bone marrow
And Unifies
that nourishes
Physical Mental
and rejuvenates
the organs and
glands through
the production
of blood. By
focusing only on
the muscles

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Shirt Chi Kung I
Once A Martial Art
without
Now The Practice
cultivating the
That Strengthens,
internal organs,
The Internal
bones, and
Organs Roots
blood, the
Oneself Solidly
Western fitness
And Unifies
regimen can
Physical Menta
ultimately
exhaust the
internal system.
In Bone Marrow
Nei Kung Master
Mantak Chia
reveals the

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Shirt Chi Kung I
Once A Martial Art
ancient mental
Now The Practice
and physical
Taoist Strengthens
Techniques used
to “regrow” bone
marrow,
strengthen the
bones, and
rejuvenate the
organs and
glands. An
advanced
practice of Iron
Shirt Chi Kung,

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Shirt Chi Kung I
Once A Martial Art
Bone Marrow Nei
Now The Practice
Kung was
developed as a
way to attain
the "steel body"
coveted in the
fields of
Chinese medicine
and martial
arts. This
method of
absorbing energy
into the bones
revives the bone

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
marrow and
Now The Practice
reverses the
effects of aging
through the
techniques of
bone breathing,
bone
compression, and
sexual energy
massage, which
stimulates the
hormonal
production that
helps prevent

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
osteoporosis.
Also included is
extensive
information on
chi weight
lifting and the
practice of
"hitting" to
detoxify the
body.

The Inner Smile
The Complete
Book of Tai Chi
Chuan

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Shirt Chi Kung I
Once A Martial Art
An Illustrated
Now The Practice
Guide to Levels
1 through 6
That Strengthens
Tai Chi Wu Style
The Internal
Internal
Organs Roots
Strength and
Oneself Solidly
Health Set
And Unifies
The Multi-
Physical Manta
Orgasmic Woman
Advanced
Techniques for
Internalizing
Chi Energy
Instant Health

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Shirt Chi Kung I
Once A Martial Art
In his loft in New York
City's Greenwich
Village, Sifu Shi Yan
Ming trains men and
women of all ages,
body types and
backgrounds in the
fundamentals of kung
fu. A 34th generation
Shaolin Warrior monk
from China's Shaolin
Temple—the birthplace
of Chan Buddhism
and the mecca of all

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
The Origins
The Internal
Organs Roots
Oneself Solidly
And Unities
Physical Menta

martial arts—Yan Ming teaches the students at his USA Shaolin Temple that there is no better workout program than his brand of kung fu for getting the body and mind into warrior condition. Lavishly illustrated with hundreds of four-color photographs, the warrior workout,

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental

distills a lifetime of Shaolin training and wisdom into a 28-day workout. The Shaolin Workout is a complete-into-itself program of both fitness and spiritual lessons can be applied to every aspect of one's life: work, relationships, family. Kung fu gives a superb aerobic workout at the same

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Shirt Chi Kung I
Once A Martial Art
time that it
Now The Practice
dramatically increases
That Strengthens
flexibility, power, and
The Internal
speed. The ultimate
Organs Roots
promise of the book is
Oneself Solidly
this: stick to the plan
And Unifies
for 28 days—for as little
Physical Merit
as 15 minutes a
day—to be transformed
inside and out. And
the enormous sense
of accomplishment
that results will radiate
through your life,

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
The Strengthens
Calm, and poise.

How to cleanse the
nine openings of the
body for detoxification
and self-healing □

Explains how to purify
the body's internal
environment through
mono diets, fasts, and
colonic cleanses to
prevent degenerative

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Shirt Chi Kung I
Once A Martial Art
disease and
Now The Practice
premature aging ☐
That Strengthens
Presents a 14-day
The Internal
total-body cleansing
Organs Roots
guide ☐ Includes chi
Oneself Solidly
self-massage and
And Unifies
healing sound
Physical Menta
practices as well as
natural recipes for
herbal tonics and
cleansing flushes
Long known by Taoist
masters, the body has
an innate ability to

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental
heal itself, an ability
that is hampered by
toxins in the food we
ingest and energy
blockages that arise
from illnesses and
obstacles in our lives.
These blockages
transform the body's
energy rivers into a
polluted and stagnant
swamp--the root of
degenerative disease
as well as premature

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Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

aging. Revealing the
detoxification and
rejuvenation practices
of the Taoist sages,
Master Mantak Chia
and William U. Wei
show how to
reactivate your body's
self-healing abilities
by gradually and
safely expelling
accumulated toxins
through fasting, mono
diets, and cleansing

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental
the nine openings of
the body. Using the
practices of chi self-
massage and healing
sounds along with
natural recipes for
herbal tonics and
cleansing flushes for
each of the openings
and their related
organs, the authors
explain how to
balance and purify the
body's internal

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Shirt Chi Kung I
Once A Martial Art
environment through
Now The Practice
acid and alkaline
That Strengthens
foods, urine therapy,
The Internal
colonic cleanses, dry
Organs Roots
skin brushing, ear
Oneself Solidly
candling, and
And Unifies
energized water.
Physical Menta
Concluding with a
14-day total-body
cleansing program,
Cosmic Detox offers
tools to keep the
energy rivers clean
and flowing, preparing

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

the body for higher
level Taoist practices
as well as enabling
healing of our
emotional and
spiritual bodies.
Devoted to the most
enigmatic and little-
known aspect of
training of Shaolin
monks. Training
methods allow
supernatural abilities
to develop, far beyond

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Shirt Chi Kung I
Once A Martial Art
abilities of an ordinary
Now The Practice
man. The book was
That Strengthens
written with the
blessing and direct
participation of the
Organs Roots
Head of the Shaolin
Oneself Solidly
Monastery Reverend
And Unifies
Miao Xing, nicknamed
Physical Monta
"The Golden Arhat,"
one of the best
Shaolin fighters of all
times. These secret
practices traditionally
called "72 arts of

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Shirt Chi Kung I
Once A Martial Art
Shaolin" or the
Now The Practice
essence of the
That Strengthens
Shaolin Combat
Training.
The Internal
Strengthen the
Organs Roots
qualities in your
Oneself Solidly
Taoist astrological
And Unifies
chart with Inner
Physical Menta
Alchemy techniques
and Universal Healing
Tao exercises □
Describes how to
interpret your Taoist
astrology birth chart

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Shirt Chi Kung I
Once A Martial Art
and discover the
Now The Practice
unique combination of
That Strengthens
Five Elements
Underlying your
The Internal
personality, health,
Organs Roots
and destiny □ Reveals
Oneself Solidly
how to strengthen
And Unifies
your birth chi with
Physical Menta
Inner Alchemy
techniques and
Universal Healing Tao
exercises □ Explains
how to calculate your
wealth phase, organ

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Shirt Chi Kung I
Once A Martial Art
health, and luck
Now The Practice
cycles Each of us is
That Strengthens
born with a unique
The Internal
combination of
Organs Roots
heavenly and earthly
Oneself Solidly
energies dictated by
And Unifies
the stars overhead
Physical Mental
and the season on
Earth at the moment
you take your first
breath. Known in
Taoist astrology as
the Four Pillars of
Destiny, this birth

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Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

chi can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of

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Shirt Chi Kung I
Once A Martial Art
the Five
Elements--Wood,
Fire, Earth, Metal, and
Water--in a Yin or
Yang state. For each
Element and Yin or
Yang combination,
the authors describe
personality traits,
ideal career paths,
and emotional and
health issues. They
reveal how to
discover your levels of

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental
success, wealth, and
power; how your
astrological strengths
will manifest; and how
to understand your
relationships with
partners, friends, and
family. They also
explain how to use
your chart to calculate
your organ health and
annual luck cycles.
The authors show
how to use Inner

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental
Alchemy techniques,
such as color therapy
and feng shui, and
Universal Healing Tao
exercises, such as the
Healing Sounds and
Chi Kung, to
harmonize and
strengthen the inborn
imbalances and
weaknesses in your
chart. This hands-on
method of astrology
allows you to take

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Shirt Chi Kung I
Once A Martial Art
control of your health
and destiny by
connecting your
personal energy with
the energies of the
cosmos.
Chi Self-Massage
Advanced Practices
for Becoming a Taoist
Immortal
Walking On Air
Foundational
Exercises for Empty
Force and Perineum

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Shirt Chi Kung I
Once A Martial Art
Power
Now The Practice
Fusion of the Five
Elements
Taoist Techniques for
Rejuvenating the
Blood and Bone
Tendon Nei Kung
Training Methods of
72 Arts of Shaolin
**For the past 1500
years, the Qigong
workout for
longevity has been**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
**secretly passed
from generation to
generation at the
Shaolin Temple of
Zen in Henan
Province, China.
Now, for the first
time, a 34th-
generation fighting
disciple from the
temple shows how
to optimize energy,**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
**alleviate stress,
boost the immune
system, and achieve
optimum health.**
The complete
workout is shown
with easy-to-follow
instructions and
images, covering
everything from
stretches and
stances to the

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Shirt Chi Kung I
Once A Martial Art
**Instant Health self-
massage. This
comprehensive
guide provides
detailed advice on
adapting Shaolin
Qigong to suit any
life stage, and
includes training
tips, Zen wisdom,
and a personalized
mind-body**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
**workout created
especially for the
busy Western
lifestyle.**

**A guide to the
internal martial
arts exercises of
short-form Wu-
Style Tai Chi •
Details the 8 core
forms of Wu-Style
Tai Chi with fully**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
illustrated
Now The Practice
instructions • Ideal
That Strengthens
for older
The Internal
practitioners as
Organs, Roots,
well as those with
Oneself Solidly
health disabilities
And Unifies
due to the “small
Physical Menta
frame” primary
stance, slower and
smaller movements,
and conservation of
energy • Explains

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
**how Wu Style
provides a natural
introduction to
martial arts boxing**
• Reveals how Wu
Style eases stiffness,
relieves back pain,
and reduces
abdominal fat
Following the flow
of chi energy,
rather than

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**directing it as in
traditional Tai Chi,
Wu-Style Tai Chi
focuses on internal
development,
seeking to conserve
chi energy and
gather jin power
from the Earth
through the tan
tien. Centered on a
“small frame”**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental
stance--that is, feet
closer together and
arms closer to the
body--and a slower
progression of
movements in solo
practice, Wu Style
offers a gentle Tai
Chi form for
beginners and,
when practiced
with a partner, a

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Shirt Chi Kung I
Once A Martial Art
grounding
Now The Practice
introduction to
That Strengthens
martial arts boxing
The Internal
and Fa Jin (the
Organs Roots
discharge of energy
Oneself Solidly
for self-defense).

The more
Physical Menta
functional stance,
smaller movements,
and conservation of
internal energy
make Wu-Style Tai

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**Chi ideal for older
practitioners as
well as those with
health disabilities.
Condensing the 37
movements of Wu
Style into 8 core
forms, Master**

**Mantak Chia and
Andrew Jan
illustrate how to
build a personal**

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Shirt Chi Kung I
Once A Martial Art
**short-form Wu-
Style Tai Chi
practice. They
explain how Wu-
Style Tai Chi
removes energetic
blockages and helps
to elongate the
tendons, reducing
stiffness and
allowing the limbs
to return to their**

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Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**natural length and
full range of
motion. Regular
practice of Wu
Style relieves back
pain as well as
reducing
abdominal fat, the
biggest hindrance
to longevity.
Exploring the
martial arts**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**applications of Wu
Style, the authors
trace its history
beginning with
founder Wu Chuan-
Yu (1834-1902) as
well as explain how
to apply Wu Style
to “Push Hands”
(Tui Shou) and Fa
Jin. Through
mastering the short-**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
form Wu Style
Now The Practice
detailed in this
That Strengthens
book, Tai Chi
The Internal
practitioners
Organs Roots
harness a broad
Oneself Solidly
range of health
And Unifies
benefits as well as
Physical Menta
build a solid
foundation for
learning the
complete long-form
Wu Style.

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**A renowned expert
in Chinese sports
medicine and
martial arts reveals
ancient Eastern
secrets for healing
common injuries,
including sprains,
bruises, deep cuts,
and much more.
For centuries,
Chinese martial**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**arts masters have
kept their highly
prized remedies as
carefully guarded
secrets, calling such
precious and
powerful
knowledge "a tooth
from the tiger's
mouth." Now, for
the first time, these
deeply effective**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
**methods are
revealed to
Westerners who
want alternative
ways to treat the
acute and chronic
injuries
experienced by any
active person.**

**While many books
outline the popular
teachings of**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical Menta

**traditional Chinese
medicine, only this
one offers step-by-
step instructions
for treating
injuries. Expert
practitioner and
martial artist Tom
Bisio explains the
complete range of
healing strategies
and provides a**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**Chinese first-aid kit
to help the reader
fully recover from
every mishap: cuts,
sprains, breaks,
dislocations,
bruises, muscle
tears, tendonitis,
and much more. He
teaches readers
how to: Examine
and diagnose**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
**injuries Prepare
and apply herbal
formulas Assemble
a portable kit for
emergencies Fully
recuperate with
strengthening
exercises and
healing dietary
advice
Comprehensive
and easy to follow,**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**with drawings to
illustrate both the
treatment
strategies and the
strengthening
exercises, this
unique guidebook
will give readers
complete access to
the powerful
healing secrets of
the great Chinese**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
warriors.

**A guide to
strengthening and
repairing the
tendons to reverse
the effects of aging**

**• Shows how
strengthening the
tendons can lead to
more energy,
healthier organs,
and prevention of**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**arthritis • Explains
how to practice the
postures alone or
with a partner •
Includes the Mung
Beans hitting
practice, which
repairs damaged
tendons and joints;
relieves
constipation,
stomach cramps,**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical Mental

**and headaches; and
aids in
detoxification
Healthy tendons
are the foundation
of true strength in
the body. Strong
and supple tendons
and open joints
allow more space to
store raw energy,
which can then be**

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Shirt Chi Kung I
Once A Martial Art
**transformed into
higher creative and
spiritual energy.**
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
Kung are
And Unifies
specifically
Physical Menta
designed to open
the joints and
fortify and grow all
the tendons in the
body, strengthening

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Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**them as a unit. Like
the practice of Iron
Shirt Chi Kung,
Tendon Nei Kung
cultivates the
ability to move the
earth force up from
the ground,
through the feet,
and into the body,
in this case raising
it to nourish the**

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Shirt Chi Kung I
Once A Martial Art
tendons. In Tendon
Now The Practice
Nei Kung, Mantak
That Strengthens
Chia explains how
The Internal
to perform the
Organs Roots
eight postures
Oneself Solidly
individually as well
And Unifies
as with a partner.
Physical Menta
He reveals how
regular practice of
Tendon Nei Kung
can help prevent
and relieve arthritis

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**by forcing
poisoning acid out
of the body to make
room for healing
chi energy. He
provides ten
supplementary
exercises to help
heal damaged
tendons and joints
without strenuous
movement and also**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
includes
Now The Practice
information on the
That Strengthens
Mung Beans hitting
The Internal
practice, an ancient
Organs Roots
practice that in
Oneself Solidly
addition to
And Unifies
repairing damaged
Physical Menta
tendons and joints
also aids in
detoxification and
relieves
constipation,

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Shirt Chi Kung I
Once A Martial Art
**stomach cramps,
and headaches.**
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
Health and
Happiness
Meditations for
Transforming
Negative Emotions

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
Physical Menta

**The Shaolin Qigong
Workout for
Longevity
The Eight
Immortal Healers
How to Treat Your
Injuries with
Powerful Healing
Secrets of the Great
Chinese Warrior
Qigong
Empowerment**

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Shirt Chi Kung I
Once A Martial Art
**The Tao of
Immortality
That Strengthens
The Six Healing
Sounds
The shamanic
roots of
Taoist
practice •
Explains the
principles of
the Taoist
Medicine**

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Shirt Chi Kung I
Once A Martial Art
Wheel,
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical Mental
• Includes
exercises from
the “Wheel of
Love” to

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Shirt Chi Kung I
Once A Martial Art
access the Tao
Now The Practice
of Ecstasy •
That Strengthens
Contains
The Internal
illustrated
Organs Roots
teaching
Oneself Solidly
stories about
And Unifies
the Eight
Physical Menta
Immortals
Thousands of
years ago the
immortals
known as the

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Shirt Chi Kung I
Once A Martial Art
**Shining Ones
shipwrecked on
the Chinese
coast. Passing
their shamanic
practices--suc
h as ecstatic
flight and how
to find power
animals and
spirit
guides--on to**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical Menta
Physical Menta

**the indigenous
people, they
also taught
them the
wisdom of the
Medicine
Wheel. From
the Taoist
Medicine Wheel
came the
principles of
Yin and Yang,**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical Menta

**the Five
Elements, the
Eight Forces,
the Chinese
zodiac, and
the I Ching.
The Taoist
Medicine Wheel
can also be
found at the
foundation of
traditional**

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Shirt Chi Kung I
Once A Martial Art
**Chinese
medicine and
the esoteric
sexual
practices of
Taoist
Alchemy. In
the Taoist
Shaman, Master
Mantak Chia
and Kris Deva
North explain**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**the shamanic
principles of
the Taoist
Medicine
Wheel, how it
is oriented on
the Five
Elements
rather than
the Four
Directions,
how it relates**

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
to the twelve
animals of the
Chinese zodiac
and the
trigrams of
the I Ching,
and how it
aligns with
the Eight
Forces of the
Pakua. Through
illustrated

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Shirt Chi Kung I
Once A Martial Art
teaching
Now The Practice
stories, the
That Strengthens
authors show
The Internal
how the
Organs Roots
energetic
Oneself Solidly
principles of
And Unifies
each of the
Physical Menta
Eight Forces
are reflected
in the Eight
Immortals.
Revealing the

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Shirt Chi Kung I
Once A Martial Art
wheel's
Now The Practice
application to
That Strengthens
sacred
The Internal
sexuality,
Organs Roots
they offer
Oneself Solidly
exercises from
And Unifies
the "Wheel of
Physical Menta
Love" to
strengthen and
deepen
relationships
as well as

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Shirt Chi Kung I
Once A Martial Art
providing a
Now The Practice
means to
That Strengthens
access the Tao
The Internal
of Ecstasy.
Organs Roots
A guide to
Oneself Solidly
Taoist
And Unifies
exercises to
Physical Menta
return to the
Wu Wei state
of mind and
create the
immortal

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
spirit body •
Now The Practice
Includes
That Strengthens
illustrated
The Internal
instructions
Organs Roots
to connect
Oneself Solidly
astral energy
And Unifies
with the
Physical Menta
energies of
animals,
children, and
plants to grow
the immortal

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
fetus, or
spirit body •
Provides warm-
up exercises
and a complete
daily Kan and
Li routine •
Explores how
these advanced
formulas are
used for
astral flight

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Shirt Chi Kung I
Once A Martial Art
and
Now The Practice
realization of
That Strengthens
the Wu Wei
The Internal
state Building
Organs Roots
on the Lesser
Oneself Solidly
Kan and Li
And Unifies
formulas for
Physical Menta
the
development of
the soul body,
this book
provides

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Shirt Chi Kung I
Once A Martial Art
illustrated
Now The Practice
descriptions
That Strengthens
of the Greater
The Internal
Kan and Li
Organs Roots
formulas to
Oneself Solidly
create the
And Unifies
immortal
Physical Menta
spirit body.
Used by Taoist
masters for
thousands of
years, these

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical, Menta
exercises are
for advanced
students of
Taoist Inner
Alchemy and
mark the
beginning of
the path to
immortality.
Master Mantak
Chia and
Andrew Jan

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental
reveal how to
use Taoist
inner alchemy
to harness the
energies of
Sun, Moon,
Earth, North
Star, and Big
Dipper and
transform them
to feed the
soul body and

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Shirt Chi Kung I
Once A Martial Art
begin
Now The Practice
development of
That Strengthens
the immortal
The Internal
spirit body.
Organs Roots
They explain
Oneself Solidly
how to reverse
And Unifies
yin and yang
Physical Mental
power through
energetic work
at the solar
plexus,
thereby

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
activating the
liberation of
transformed
sexual energy.
They explore
how to open
the heart
center and how
to connect
astral energy
with the
energies of

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
animals,
Now The Practice
children, and
That Strengthens
plants to grow
The Internal
the immortal
Organs Roots
fetus, or
Oneself Solidly
spirit body.
And Unifies
Physical Menta
The authors
provide warm-
up exercises,
including the
Inner Smile
and Fusion

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Shirt Chi Kung I
Once A Martial Art
practices, and
Now The Practice
outline a
That Strengthens
complete daily
The Internal
Kan and Li
Organs Roots
routine for
Oneself Solidly
mental and
And Unifies
physical
Physical Menta
health,
longevity,
astral flight,
and
realization of

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Shirt Chi Kung I
Once A Martial Art
the Wu Wei
Now The Practice
state.
That Strengthens
A
The Internal
comprehensive
Organs Roots
guide to the
Oneself Solidly
core practices
And Unifies
of the
Physical Menta
Universal
Healing Tao
System and the
advanced
esoteric

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
practices of
Now The Practice
Inner Alchemy
That Strengthens
• Explains
The Internal
each of the
Organs Roots
nine levels of
Oneself Solidly
Inner Alchemy
And Unifies
and their more
Physical Menta
than 240
formulas •
Explores the
Four Healing
Arts for

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

**transformation
of the
emotional
body, physical
body, energy
body, and
spiritual body**

- **Provides
simplified
versions of
core Universal
Healing Tao**

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Shirt Chi Kung I
Once A Martial Art
practices to
Now The Practice
more easily
That Strengthens
integrate the
The Internal
system into
Organs Roots
your daily
Oneself Solidly
life • Shows
And Unifies
how these
Physical Menta
exercises were
designed to
increase
longevity and
ensure the

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Shirt Chi Kung I
Once A Martial Art
**survival of
consciousness
beyond death
Explaining the
evolution and
core of the
Universal
Healing Tao
system, Master
Mantak Chia
and William U.
Wei offer a**

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
condensed
Now The Practice
approach to
That Strengthens
the Inner
The Internal
Alchemy
Organs Roots
practices
Oneself Solidly
taught to
And Unifies
Master Chia by
Physical Menta
his first
Taoist Master,
Yi Eng, more
than 60 years
ago. Beginning

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
with the basic
principles
called the
Five Enlighten
ments, the
authors
explain each
of the nine
levels of
Inner Alchemy
and their more
than 240

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Shirt Chi Kung I
Once A Martial Art
formulas,
including
That Strengthens
simplified
The Internal
versions of
Organs Roots
the
Oneself Solidly
Microcosmic
And Unifies
Orbit, the
Physical Menta
Inner Smile,
Sexual Alchemy
exercises for
men and women,
Fusion of the

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
Five Elements
practices, Kan
and Li
The Internal
Alchemy, the
Organs, Roots
Sealing of the
Oneself Solidly
Five Senses,
And Unifies
and Star and
Physical Menta
Galaxy

Alchemy. They
explore the
Four Healing
Arts that

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
Inner Alchemy-
-Living Tao
practices for
transformation
of your
emotional
body, Chi Nei
Tsang
practices for
transformation

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Shirt Chi Kung I
Once A Martial Art
of the
Now The Practice
physical body,
That Strengthens
Cosmic Healing
The Internal
practices for
Organs Roots
transformation
Oneself Solidly
of the energy
And Unifies
body, and
Physical Menta
Immortal Tao
practices for
transformation
of the
spiritual

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Shirt Chi Kung I
Once A Martial Art
**body--all
aimed toward
the survival
of
consciousness
in a self-
aware vessel.
They also
offer
simplified
versions of
the other core**

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Shirt Chi Kung I
Once A Martial Art
practices,
Now The Practice
such as Iron
That Strengthens
Shirt Chi
The Internal
Kung, Bone
Organs, Roots
Marrow Nei
Oneself Solidly
Kung, and
And Unifies
Wisdom Chi
Physical Mental
Kung, to help
you easily
integrate
Inner Alchemy
and **Universal**

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Shirt Chi Kung I
Once A Martial Art
Healing Tao
Now The Practice
practices into
That Strengthens
your daily
The Internal
life.
Organs Roots
Providing a
Oneself Solidly
primer not
And Unifies
only on the
Physical Menta
foundational
practices of
the Universal
Healing Tao
System but

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Shirt Chi Kung I
Once A Martial Art
also a
Now The Practice
condensed
That Strengthens
guide to the
The Internal
esoteric
Organs Roots
practices of
Oneself Solidly
Inner Alchemy,
And Unifies
Master Chia
Physical Menta
and William U.
Wei show how
these
exercises were
designed to

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Shirt Chi Kung I
Once A Martial Art
**increase
longevity,
providing you
with enough
time to master
the more
advanced
spiritual
techniques and
ensure the
survival of
consciousness**

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Shirt Chi Kung I
Once A Martial Art
beyond death.
Now The Practice
entered here
That Strengthens
make the
The Internal
process of
Organs Roots
linking sexual
Oneself Solidly
energy and
And Unifies
transcendent
Physical Menta
states of
consciousness
accessible to
the reader.
Authentic

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Shirt Chi Kung I
Once A Martial Art
Shaolin
Now The Practice
Heritage
That Strengthens
Inner Alchemy
The Internal
Energy Fasting
Organs Roots
Energy Balance
Oneself Solidly
Through the
And Unifies
Tao
Physical Menta
The Inner
Structure of
Tai Chi
Mastering the
Classic Forms

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Shirt Chi Kung I
Once A Martial Art
of Tai Chi Chi
Now The Practice
Kung
That Strengthens
Exercises for
The Internal
Awakening the
Organs Roots
Life-Force
Oneself Solidly
Energy
And Unifies
Basic
Practices of
the Universal
Healing Tao
Simple Chi
Kung

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Shirt Chi Kung I
Once A Martial Art
Forty-five
Now The Practice
fully
That Strengthens
illustrated Tao
The Internal
Yin exercises
Organs Practise
are introduced
in a guide that
explains the
history behind
the practice of
the exercise
system and its
connections to
other

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
complementary
Now The Practice
Chinese
That Strengthens
exercise forms.
Original.
A guide to the
seemingly Solidly
effortless yet
explosively
powerful
martial art
techniques of
Fa Jin •
Explains how to

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Shirt Chi Kung I
Once A Martial Art
collect energy
Now The Practice
within and
That Strengthens
discharge it
The Internal
for self-
Cleans Roots
defense as well
as healing •
Solidly
Explores how to
And Unifies
counter the
Physical Menta
natural
instinct to
resist force
with force and
develop

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
yielding
Now The Practice
softness
That Strengthens
through the 13
Original
Movements of
Tai Chi • Solidly
Illustrates
routines for
the partner
practice of
"Push Hands"
(Tui Shou) Fa
Jin, an

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Shirt Chi Kung I
Once A Martial Art
advanced yang
Now The Practice
style of Tai
Chi, That Strengthens
The Internal
complements the
physical, Roots
mental, and
spiritual
conditioning
Physical Menta
available
through solo
Tai Chi
practice and
the internal

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Shirt Chi Kung I
Once A Martial Art
martial arts of
Now The Practice
Taoism. Fa Jin
That Strengthens
enables adepts
The Internal
to harness the
Energy For
Oneself Daily
yang, and the
And Unifies
earth in the
Physical Mental
lower tan tien
and discharge
it as an
extremely close-
range yet
explosively

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Shirt Chi Kung I
Once A Martial Art
powerful blow
Now The Practice
in self-defense
That Strengthens
and partner
practice as
The Internal
Organs Roots
well as in
healing of Solidly
One of Solidly
And Unifies
Integrating the
Physical/Menta
teachings of
many Taoist
masters,
including Chang
San-Feng, the

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Shirt Chi Kung I
Once A Martial Art
creator of Tai
Now The Practice
Chi; Wang Tsung-
Yueh, the
That Strengthens
The Internal
19th-
Century Master;
Bruce Lee, the
actor and
And Unifies
martial artist
Physical Menta
who made the
"one-inch
punch"
technique
famous; and the

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Shirt Chi Kung I
Once A Martial Art
Magus of Java,
Now The Practice
That Strengthens
The Internal
Energy in the
form of Solidly
Electric
shocks, this
book explores
the history,
philosophy,
internal
exercises, and

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Shirt Chi Kung I
Once A Martial Art
physical
practices of Fa
Jin. Drawing on
Iron Shirt Chi
Kung and Tan
Tien Chi Kung
techniques,
Master Mantak
Chia and Andrew
Jan reveal the
secrets to
collecting yin
and yang in the

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Shirt Chi Kung I
Once A Martial Art
lower tan tien
Now The Practice
and discharging
That Strengthens
the energy in a
The Internal
seemingly
effortless yet
explosive blow.
Illustrating
several
Physical Menta
routines of the
Tai Chi partner
practice of
"Push Hands"
(Tui Shou),

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Shirt Chi Kung I
Once A Martial Art
they explain
Now The Practice
how to apply Fa
That Strengthens
Jin techniques
The Internal
by "listening"
Excess Roots
to your
Opponent's
opponent's
slidly
intentions and
And Comes
countering the
Physical/Menta
natural
instinct to
resist force
with force
through

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Shirt Chi Kung I
Once A Martial Art
yielding
Now The Practice
softness and
That Strengthens
redirection.
The authors
also detail how
to prepare for
this advanced
practice
through
stretching,
meditation,
breathing,
relaxation, and

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Shirt Chi Kung I
Once A Martial Art
energetic
Now The Practice
exercises.
That Strengthens
An illustrated
The Internal
guide to follow
Organs Roots
the path to the
One of Sundry
Immortal Tao •
Ancient
Reveals the 9
Physical Mental
inner alchemy
formulas for
the Sealing of
the Five Senses
practice,
including

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Shirt Chi Kung I
Once A Martial Art
strengthening
Now The Practice
the senses and
That Strengthens
activating the
The Internal
Thrusting
Channels • Roots
Explores how
abuse of the
senses leads to
energy loss and
degradation,
for example,
listening too
much hurts the

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Shirt Chi Kung I
Once A Martial Art
mind • Explains
Now The Practice
how to
That Strengthens
transmute warm
The Internal
chi into energy
Organs Roots
Immortal Spirit
body, created
And Joints
through mastery
Physical Mental
of the three
Kan and Li
practices In
ancient times,
the Sealing of

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Shirt Chi Kung I
Once A Martial Art
the Five Senses
Now The Practice
involved both
Taoist Inner
Alchemy and
physical
sealing of the
sensory organs
to prepare the
master for
extended
periods of
astral travel
and meditation,

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organ Roots
oneself bodily
And In The
Physical Menta

during which he
would remain
completely
motionless for
years at a
time. In modern
times, physical
sealing of the
senses with wax
is no longer
required;
however, in
order to

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Immortal Spirit
Body One must
stop the energy
losses that
occur through
the senses. In
this guide to
energetic

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs
Reveal the 9
inner alchemy
formulas for
the Sealing of
the Five Senses
practice,
including
strengthening
the senses,

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Channels, and
Solidly
Harnessing the
energies of the
Big Dipper and
the North Star.
They explain
how to stop
energy losses

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Shirt Chi Kung I
Once A Martial Art
through the
Now The Practice
five senses and
That Strengthens
transmute warm
The Internal
chi into energy
Organs Roots
for the
immortal spirit
body. The
And Unifies
authors explore
Physical Mental
the importance
of proper diet
and eating
habits in this
practice,

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Shirt Chi Kung I
Once A Martial Art
providing
Now The Practice
striking
That Strengthens
examples of
World War II
concentration
camp survivors
who were able
to obtain
energy from
chewing water.
Revealing the
benefits of
Sealing the

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Shirt Chi Kung I
Once A Martial Art
Five Senses for
Now The Practice
non-Immortals,
That Strengthens
the authors
The Internal
explain how
Qigong Roots
abuse of the
Cult of Body
senses leads to
And the
energy loss and
Physical Menta
degradation,
Physical Menta
for example,
listening too
much hurts the
mind and crying
too much harms

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Shirt Chi Kung I
Once A Martial Art
your blood.
Now The Practice
That Strengthens
The Internal
Organs Roots
the Crystal
Room cauldron,
where fire and
water energy
can couple to
generate a
superior
essence used to

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
achieve greater
Now The Practice
awareness and
That Strengthens
"steam" all the
The Internal
body's major
Organs, Bats
organ systems.
One of Coldly
An advanced
And Differs
practice for
Physical Mental
those who have
mastered the
three Kan and
Li practices,
the Sealing of
the Five Senses

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Shirt Chi Kung I
Once A Martial Art
is the final
Now The Practice
step on the
That Strengthens
Taoist path to
The Internal
Immortality!
Tai Chi is
Roots
known for its
Only
health benefits
And On The
and effective
Physical Menta
martial
strategy. The
practice
improves
physical

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Shirt Chi Kung I
Once A Martial Art
fitness,
Now The Practice
enhances
That Strengthens
awareness, and
The Internal
promotes self
Growth. It is a
way of life
that emphasizes
sincerity,
integrity and
commitment. Tai
Chi
incorporates
slow,

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Shirt Chi Kung I
Once A Martial Art
deliberate
Now The Practice
movements,
That Strengthens
meditation, and
The Internal
breathing
exercises that
advance Solidly
circulation,
And Builds
balance, and
Physical Mental
alignment while
restoring
energy.
Cultivating
Male Sexual

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Shirt Chi Kung I
Once A Martial Art
Energy
Now The Practice
Sealing of the
That Strengthens
Five Senses
Increasing Chi
through the
Organs
Cultivation of
Joy
And Unifies
Path Notes of
Physical Mental
an American
Ninja Master
A Tooth from
the Tiger's
Mouth

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Shirt Chi Kung I
Once A Martial Art
The Shaolin
Now The Practice
Workout
That Strengthens
Once a Martial
Art, Now the
Practice that
Strengthens the
Internal
Organs, Roots
Oneself
Solidly, and
Unifies
Physical,
Mental, and

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Shirt Chi Kung I
Once A Martial Art
Spiritual
Now The Practice
Health
That Strengthens
The Taoist Way
The Internal
of Rejuvenation
Organs Roots
Energetic massage
On Self
techniques that
Unify
dispel negative
Physical Health
emotions, relieve
stress, and
strengthen the
senses, internal
organs, and nervous
system • Shows

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
how Chi Massage
Now The Practice
employs one ' s own
That Strengthens
internal energy to
The Internal
promote
Organs Roots
rejuvenation •
Presents Chi
Candidly
Massage
ifies
techniques for every
My Great Wenta
organ and bodily
system • Provides a
daily practice
routine that requires
only 5 to 10 minutes

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
to complete The
Now The Practice
Western concept of
That Strengthens
massage primarily
The Internal
concerns muscle
Organs Roots
manipulation. In the
Practice of Chi
Massaging, internal
energy, or Chi, is
manipulated to
strengthen and
rejuvenate the
sense organs--eyes,
ears, nose, tongue,

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
teeth, and skin--and
Now The Practice
the internal organs.
That Strengthens
The Taoist
The Internal
techniques in this
Organs Roots
practice are more
Growth Quality
than 5,000 years old
A Unified
and, until very
Physical/Mental
recently, were
closely guarded
secrets passed
down from master to
student with each
master often

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
knowing only a
Now The Practice
small part of the
That Strengthens
complete method. In
The Internal
Chi Self-Massage
Organs Roots
Master Mantak Chia
pieces together the
A Unified
entire system of Chi
Myself
Massage into a
logical routine,
revealing the
methods used by
Taoist masters to
maintain their

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
youthfulness. He
Now The Practice
explains the
That Strengthens
energetic theory
The Internal
behind Chi Massage
Organs Roots
and how negative
One of Sixty
emotions affect the
Ablirifia
organs and nervous
My Great Menta
system. By
practicing the
exercises outlined
and following the
daily routine that
requires only 5 to 10

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
minutes to
Now The Practice
complete, readers
That Strengthens
can strengthen their
The Internal
senses--most
Organs Roots
notably vision,
Ground Solidly
hearing, and
A Unified
taste--detoxify their
My Great Master
internal organs and
glands, help control
negative emotions,
relieve stress and
constipation, and
improve their

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
complexion, teeth
Now The Practice
and gums, and
That Strengthens
overall stamina.

The comprehensive
reference guide to
the foundational
Taoist practices
taught by Master
Mantak Chia •

Organized by level
and chi kung system
for quick reference
during practice or

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
teaching • Includes
Now The Practice
220 exercises from
That Strengthens
more than 20 of
The Internal
Master Chia ' s
Organs Roots
practice systems,
One If Slightly
including the Inner
A Unified
Smile, the Six
Physical Health
Healing Sounds, the
Microcosmic Orbit,
Chi Self-Massage,
Cosmic Detox, and
Iron Shirt Chi Kung •
Covers all of the

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Organized
progressively by
level and system for
quick reference
during practice or
teaching, this
illustrated guide
covers all of the
foundational

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
exercises in the
Now The Practice
Universal Healing
That Strengthens
Tao ' s first 6 levels of
The Internal
instruction. Keyed to
Organs Root
the corresponding
book for each
book for each
complete practice,
such as Healing
Physical Health
Light of the Tao and
Chi Self-Massage,
this guide includes
220 exercises from
more than 20 of

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Master Mantak
Now The Practice
Chia ' s practice
That Strengthens
systems, including
the Inner Smile, the
The Internal
Six Healing Sounds,
Organs Roots
the Microcosmic
Orbit, Iron Shirt Chi
Kung, Wisdom Chi
Kung, Tao Yin, Chi
Nei Tsang, Cosmic
Detox, Bone Marrow
Nei Kung, Cosmic
Healing, Tendon Nei

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Kung, and Karsai
Now The Practice
Nei Kung. Offering a
That Strengthens
comprehensive
The Internal
reference to the
Organs Roots
beginning and
Solidly
intermediate
Aptly
practices of the
Universal Healing
Physical Health
Tao, this book
allows you to build a
regular Taoist
practice combining
internal and external

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Shirt Chi Kung I
Once A Martial Art
chi and sexual
Now The Practice
energy exercises
That Strengthens
from the full range
The Internal
of Master Chia ' s
Organs Roots
you to purify, solidly
transform,ifies
regenerate, and
transcend not only
your own energy but
the energy around
you as well.

Priceless Heritage

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Shirt Chi Kung I
Once A Martial Art
of Southern Shaolin
Now The Practice
Inherited from the
That Strengthens
Past and Handed
Down by Venerable
Grandmaster Lam
Sai Wing. Provides a
detailed description
of the old Southern
Shaolin method of
"Internal Training". A
master of the Iron
Thread can
withstand, with no

consequences, the strongest of blows, including ones with heavy objects or cold steel arms, bend thick iron rods with his hands, and his "rooting power" is so strong that he cannot be displaced by a group of strong people. In addition, this wonderful

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Shirt Chi Kung I
Once A Martial Art
method strengthens
Now The Practice
all internal organs,
That Strengthens
bones, muscles and
The Internal
sinews. The entire
Organs Roots
body thrives and
Cure It Solidly
rejuvenate.

A detailed guide to
restoring the eight
foundational areas
of health • Explains
how each of
legendary Taoist
masters known as

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
the Eight Immortals
Now The Practice
has a specific area
That Strengthens
of health as the
The Internal
focus of his or her
Organs Roots
teachings • Offers
practices, Solidly
techniques and
multiplicities
guidelines for each
physical health
of the Eight
Immortal Healer
teachings, including
the important roles
of oxygen and water

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Shirt Chi Kung I
Once A Martial Art
in the body,
Now The Practice
nutrition,
That Strengthens
detoxification,
The Internal
exercise, energy
Organs, Roots
work, emotional
pollution, and
spiritual hygiene
The Eight Immortals
are a group of
legendary ancient
Taoist masters,
each associated
with a specific area

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Shirt Chi Kung I
Once A Martial Art
of health or a
Now The Practice
powerful healing
That Strengthens
technique. These
The Internal
eight disciplines can
Organs Reels
bestow vibrant
Qigong Daily
health and well-
A Little
being and provide
Physical Mental
the antidote to the
stresses, ailments,
degenerative
diseases, and toxins
of modern life. In
this guide to the

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Shirt Chi Kung I
Once A Martial Art
healing practices of
Now The Practice
the Eight Immortals,
That Strengthens
Master Mantak Chia
The Internal
and Johnathon Dao
Organs Roots
share the legends of
Each Immortal
teacher and detail
the many ways to
apply their wisdom
through nutrition,
exercises,
supplements,
detoxification

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Shirt Chi Kung I
Once A Martial Art
methods, spiritual
Now The Practice
practices, and
That Strengthens
energy work. They
The Internal
explain how the first
Organs Roots
Immortal, born
during the 8th
century AD, is
associated with
oxygen, considered
in the Taoist healing
perspective as the
body ' s primary
nutrient. They

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Of Health
And Well Being
Physical Health

discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system.

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Of Solidly
Physical Health

The second
Immortal Healer
centers on water,
and the authors
explain how chronic
dehydration can
lead to a host of
ailments and offer
advice for
rehydrating. The
other teachings of
the Immortal
Healers include

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Of Solidly
Detoxification, with
detailed guidelines
for cleansing the
body ' s organs and
glands; Avoiding
environmental
poisons, with advice

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Of Health
And Well-Being
In Your Mouth
on vaccines, dental
amalgam fillings,
sunscreen,
chemotherapy,
fluoride, and
pesticides; Exercise,
with step-by-step
instructions for Inner
Alchemy practices,
yoga, and breathing
techniques;
Maintenance of the
energy body,

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
through
Now The Practice
acupuncture, chi
That Strengthens
kung healing,
The Internal
magnet therapy,
Organs Boosts
and photon sound
beams; and
Solidly
Emotional pollution
and spiritual
Myseumenta
hygiene, with a
wealth of practices
for balancing the
emotional body and
staying connected

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Shirt Chi Kung I
Once A Martial Art
to Source, including
Now The Practice
forgiveness,
That Strengthens
meditation, and
The Internal
karmic yoga. By
Organs Roots
following these
Eight Immortal
Healers, you can
Mystical Monks
take control of your
health, remove the
root causes of the
chronic ailments
that inhibit well-
being and longevity,

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
and choose to live
Now The Practice
life to the fullest in
That Strengthens
happiness and
The Internal
radiant health.
Organs Boats
A Guide to Medical,
Taoist, Buddhist,
and Wushu Energy
Cultivation Menta
Techniques for
Creating the
Immortal Self
Taoist Secrets of
Love

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Taoist Techniques
Now The Practice
for Balancing Chi
That Strengthens
Advanced
Techniques for
Discharging Chi
Energy Solidly
Taoist Wisdom for
Radiant Health
Bone Marrow Nei
Kung
Iron Shirt Chi Kung
Distills the many

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Shirt Chi Kung I
Once A Martial Art
different Chi Kung
Now The Practice
practices into one
That Strengthens
simple daily routine
The Internal
for abundant health,
Organs Roots
calmness, and
Oneself Solidly
mental clarity •
And Unifies
Provides step-by-
Physical Menta
step illustrated
instructions for a
complete yet easy
daily Chi Kung
routine • Perfect for

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
beginners and ideal
Now The Practice
as a warm-up to
That Strengthens
more advanced
The Internal
practices • Clears
Organs Roots
physical and mental
Oneself Solidly
stress, stimulates
And Unifies
healing and disease
Physical Menta
prevention,
detoxifies the body,
releases tensions,
improves circulation,
and works to

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Shirt Chi Kung I
Once A Martial Art
develop flexibility,
Now The Practice
strength, resiliency,
That Strengthens
and suppleness
The Internal
Within every person
Organs Roots
there is a place full
Oneself Solidly
of energy, health,
And Unifies
and happiness.

Practicing Chi Kung
Physical Menta
allows us to visit this
place of inner
vitality and
harmony, clearing

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Shirt Chi Kung I
Once A Martial Art
physical and mental
Now The Practice
stress, detoxifying
That Strengthens
the body and mind,
The Internal
and helping us return
Organs Roots
to our natural state
Oneself Solidly
of abundant health,
And Unifies
calmness, and
Physical Menta
mental clarity. An
ideal complement to
the treatment of
chronic pain,
asthma, diabetes,

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

high blood pressure,
headaches, and even
heart disease and
cancer, Chi Kung is
a way to take control
of your physical,
mental, and spiritual
health and live a
long and healthy life.
In Simple Chi Kung,
Taoist master
Mantak Chia distills

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
thousands of Chi
Now The Practice
Kung practices into
That Strengthens
one simple daily
The Internal
routine perfect for
Organs Roots
beginners and ideal
Oneself Solidly
as a warm-up to
And Unifies
more advanced
Physical Menta
practices. Designed
to relax our muscles,
loosen the joints,
improve circulation,
and develop

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Shirt Chi Kung I
Once A Martial Art
flexibility, strength,
Now The Practice
resiliency, and
That Strengthens
suppleness, the
The Internal
gentle, flowing
Organs Roots
movements of Chi
Oneself Solidly
Kung mirror the
And Unifies
movements of nature
Physical Menta
and help

practitioners connect
to their own inner
flow of chi, clearing
blockages and

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

stagnation in our life-
force energy and
tapping in to our
natural powers of
healing and disease
prevention. Walking
readers step-by-step
through each
exercise, from
movement work
with the knees, hips,
and spine to internal

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
energy work through
Now The Practice
controlled breathing,
That Strengthens
Master Chia explains
The Internal
how daily practice of
Organs Roots
Chi Kung cultivates
Oneself Solidly
life-force energy, a
And Unifies
stronger immune
Physical Menta
system, emotional
balance, and
spiritual awareness,
transforming the
patterns and

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
assumptions that
Now The Practice
limit our body and
That Strengthens
mind as well as
The Internal
enhancing our
Organs, Roots
connection to nature
Oneself Solidly
and the universe.

And Unifies
Physical Mental
A step-by-step guide
to the Taoist fasting
practice of Pi Gu •

Explains how you do
not stop eating with
this fasting practice

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
and details the
Now The Practice
simple pi gu diet •
That Strengthens
Illustrates the
The Internal
chewing and chi
Organs Roots
kung practices to
Oneself Solidly
accompany pi gu, for
And Unifies
natural chi energy
Physical Menta
production • Reveals
how Pi Gu Chi Kung
activates the body's
natural healing
abilities, accelerates

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
the elimination of
Now The Practice
toxins, reduces
That Strengthens
appetite and
The Internal
cravings, and
Organs Roots
enables you to draw
Oneself Solidly
energies from the
And Unifies
Earth and Universe
Physical Menta
Pi gu is an ancient
Taoist method of
fasting for spiritual
and healing
purposes. Unlike

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
traditional fasting,
Now The Practice
you do not need to
That Strengthens
stop eating when
The Internal
practicing pi gu.
Organs Roots
Used by ancient
Oneself Solidly
Taoist masters
And Unifies
during their months
Physical Menta
or years of solitary
retreat in pursuit of
enlightenment, the
practice centers on a
simple diet of fruits,

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
teas, nuts, and eggs
Now The Practice
paired with special
That Strengthens
chewing techniques
The Internal
and chi kung
Organs Roots
exercises. During the
Oneself Solidly
pi gu state, the need
And Unifies
for food decreases
Physical Menta
yet the body's
energy levels
actually increase.
The body gathers chi
not from food but

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

from chi kung and
the “golden elixir”
produced by the pi
gu chewing
practices. The chi
produced through pi
gu charges your
internal organs,
activating the
body’s natural
healing abilities and
enabling you to draw

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
energies from the
Now The Practice
Earth and Universe.
That Strengthens
In the pi gu state the
The Internal
body automatically
Organs Roots
balances itself, the
Oneself Solidly
mind is more
And Unifies
relaxed, and sleep
Physical Menta
improves. The pause
in normal eating
makes the body's
cells more sensitive,
accelerating the

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
elimination of
Now The Practice
toxins. The stomach
That Strengthens
reduces in size,
The Internal
flattening the belly,
Organs Roots
eliminating cravings,
Oneself Solidly
decreasing appetite,
And Unifies
and naturally
Physical Menta
producing weight
loss. The body's
meridians stay open,
making it easier to
attune to meditation,

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Shirt Chi Kung I
Once A Martial Art
chi kung, and
Now The Practice
energies from the
That Strengthens
cosmos. Providing a
The Internal
step-by-step guide to
Organs, Roots
Pi Gu Chi Kung,
Oneself Solidly
Master Mantak Chia
And Unifies
and coauthor
Physical Menta
Christine Harkness-
Giles explain the pi
gu diet, provide
immortality tea
recipes, detail the pi

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Shirt Chi Kung I
Once A Martial Art
gu chewing
Now The Practice
exercises, and
That Strengthens
illustrate the
The Internal
corresponding chi
Organs Roots
kung energy
Oneself Solidly
exercises. They also
And Unifies
explain the use of pi
Physical Menta
gu during darkness
retreats to enhance
spiritual awareness
and increase mental
powers and wisdom.

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Golden Elixir Chi
Now The Practice
Kung contains
That Strengthens
twelve postures that
The Internal
develop and utilize
Organs, Roots
the healing power of
Oneself Solidly
saliva, long
And Unifies
considered by
Physical Menta
Taoists as a key
component for
optimum health.
Taoists believe that
this Golden Elixir is

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
a physical healing
Now The Practice
agent, and also a
That Strengthens
major transformative
The Internal
agent in preparing
Organs Roots
for higher spiritual
Oneself Solidly
work.

And Unifies
Physical Menta
An introduction to
the ancient Kung Fu
practice designed to
unify physical,
mental, and spiritual
health • Describes

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
the unique Iron Shirt
Now The Practice
air-packing
That Strengthens
techniques that
The Internal
protect vital organs
Organs Roots
from injuries •
Oneself Solidly
Explains the rooting
And Unifies
practice exercises
Physical Mental
necessary to stabilize
and center oneself •
Includes guidelines
for building an Iron
Shirt Chi Kung daily

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
practice Long before
Now The Practice
the advent of
That Strengthens
firearms, Iron Shirt
The Internal
Chi Kung, a form of
Organs Roots
Kung Fu, built
Oneself Solidly
powerful bodies able
And Unifies
to withstand hand-to-
Physical Menta
hand combat. Even
then, however,
martial use was only
one aspect of Iron
Shirt Chi Kung, and

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
today its other
Now The Practice
aspects remain
That Strengthens
vitaly significant for
The Internal
anyone seeking
Organs Roots
better health, a
Oneself Solidly
sound mind, and
And Unifies
spiritual growth. In
Physical Menta
Iron Shirt Chi Kung
Master Mantak Chia
introduces this
ancient practice that
strengthens the

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Shirt Chi Kung I
Once A Martial Art
internal organs,
Now The Practice
establishes roots to
That Strengthens
the earth's energy,
The Internal
and unifies physical,
Organs Roots
mental, and spiritual
Oneself Solidly
health. Through a
And Unifies
unique system of
Physical Menta
breathing exercises,
he demonstrates how
to permanently pack
concentrated air into
the connective

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
tissues (the fasciae)
Now The Practice
surrounding vital
That Strengthens
organs, making them
The Internal
nearly impervious to
Organs Roots
injuries--a great
Oneself Solidly
benefit to athletes
And Unifies
and other
Physical Menta
performers. He
shows readers how
once they root
themselves in the
earth they can direct

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

its gravitational and
healing power
throughout their
bone structure.

Additionally, Master
Chia presents
postural forms,
muscle-tendon
meridians, and
guidelines for
developing a daily
practice routine.

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs, Roots
Oneself Solidly
And Unifies
Physical Menta
After becoming
rooted and
responsive,
practitioners of Iron
Shirt Chi Kung can
then focus on higher
spiritual work.
Iron Vest Qigong
Tai Chi Life Practice
Tan Tien Chi Kung
A Taoist Approach
to Internal Cleansing

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Shirt Chi Kung I
Once A Martial Art
Pi Gu Chi Kung
Now The Practice
Inner Alchemy
That Strengthens
Astrology
The Internal
Vitamins and
Organs Roots
Minerals from A to
Oneself Solidly
Z
And Unifies
Practical Techniques
Physical Mental
for Controlling Your
Destiny

*A fundamental
Taoist
practice for*

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Shirt Chi Kung I
Once A Martial Art
enhancing and
Now The Practice
utilizing chi
That Strengthens
• Includes
The Internal
breathing and
Organs Roots
movement
Oneself Solidly
exercises to
And Unifies
promote
Physical Menta
vitality and
healing
through the
cultivation of
chi in the tan

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
tien and
Now The Practice
perineum areas
That Strengthens
• Presents the
The Internal
foundational
Organs, Roots
exercises that
Oneself Solidly
are essential
And Unifies
for more
Physical Menta
advanced

practices such
as Iron Shirt
Chi Kung and
Cosmic Healing

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
Tan Tien Chi
Kung is the
art of
cultivating
and condensing
chi in the
lower
abdomen--the
tan tien--the
fundamental
power
storehouse of

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Shirt Chi Kung I
Once A Martial Art
the body.
Now The Practice
Known as the
That Strengthens
Ocean of Chi
The Internal
to the ancient
Organs Roots
Taoists, this
Oneself Solidly
lower
And Unifies
abdominal area
Physical Menta
holds the key
to opening the
body and the
mind for the
free and

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
continuous
Now The Practice
movement of
That Strengthens
chi. Tan Tien
The Internal
Chi Kung
Organs, Roots
contains
Oneself Solidly
specific
And Unifies
breathing and
Physical Menta
movement

exercises that
develop the
power of the
chi stored in

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Shirt Chi Kung I
Once A Martial Art
the body to
Now The Practice
increase
That Strengthens
vitality,
The Internal
strengthen
Organs, Roots,
oneself solidly,
And Unifies
healing.

Mantak Chia

explains how
these

exercises also
provide a safe

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
and effective
Now The Practice
method for
That Strengthens
receiving
The Internal
earth energy,
Organs Roots
which allows
Oneself Solidly
the
And Unifies
practitioner
Physical Menta
to achieve

balance

physically,

mentally, and

spiritually--a

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
11 of which
Now The Practice
are essential
That Strengthens
for the more
The Internal
advanced
Organs, Roots
practices of
Oneself Solidly
Iron Shirt Chi
And Unifies
Kung and
Physical Menta
Cosmic

Healing. It is
our mind that
directs and
guides our

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Shirt Chi Kung I
Once A Martial Art
chi, but if
Now The Practice
the mind and
That Strengthens
body are out
The Internal
of balance or
Organs Roots
under stress,
Oneself Solidly
the mind
And Unifies
cannot perform
Physical Menta
this function.

The tan tien
actually
contains a
large quantity

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Shirt Chi Kung I
Once A Martial Art
of neurotransm
Now The Practice
itters, making
That Strengthens
it a key
The Internal
source of body
Organs Roots
intelligence.
Oneself Solidly
It is for this
And Unifies
reason the
Physical Menta
Taoists also
referred to
Tan Tien Chi
Kung as Second
Brain Chi Kung

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
and created
Now The Practice
exercises that
That Strengthens
would allow
The Internal
practitioners
Organs, Roots
to gain
Oneself Solidly
awareness of
And Unifies
the tan tien's
Physical Menta
function to
restore the
mind-body
balance that
is essential

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Shirt Chi Kung I
Once A Martial Art
for spiritual
Now The Practice
growth and
That Strengthens
optimal well-
The Internal
being.

Organs, Roots
Oneself Solidly
And Unifies
the Lesser Kan
Physical Menta
and Li that
gives birth to
the soul body
and the
immortal

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Shirt Chi Kung I
Once A Martial Art
spirit body •
Now The Practice
Shows how to
That Strengthens
awaken higher
The Internal
consciousness
Organs Roots
through
Oneself Solidly
practices in
And Unifies
total darkness
Physical Menta
that stimulate
the release of
DMT by the
pineal gland •
Shows how to

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
transform
Now The Practice
sexual energy
That Strengthens
into life-
The Internal
force energy
Organs Roots
to feed the
Oneself Solidly
soul body The
And Unifies
Lesser
Physical Menta
Enlightenment
of Kan and Li
practice
combines the
compassion of

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Shirt Chi Kung I
Once A Martial Art
the heart
Now The Practice
energies
That Strengthens
(yang/fire)
The Internal
with sexual
Organs, Roots
energies
Oneself Solidly
originating in
And Unifies
the kidneys
Physical Mental
(yin/water) to
form and feed
the soul or
energy body.
Practice of

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Shirt Chi Kung I
Once A Martial Art
the Chinese
Now The Practice
formula Siaow
That Strengthens
Kan Li (yin
The Internal
and yang
Organs Roots
mixed) uses
Oneself Solidly
darkness
And Unifies
technology to
Physical Menta
literally
“steam” the
sexual energy
(jing) into
life-force

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Shirt Chi Kung I
Once A Martial Art
energy (chi)
Now The Practice
by re-versing
That Strengthens
the location
The Internal
of yin and
Organs Roots
yang power.
Oneself Solidly
This inversion
And Unifies
places the
Physical Menta
heat of the
bodily fire
from the heart
center beneath
the coolness

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
of the bodily
Now The Practice
water of the
That Strengthens
sexual energy
The Internal
of the
Organs Roots
perineum,
Oneself Solidly
thereby
And Unifies
activating the
Physical Menta
liberation of
transformed
sexual energy.
Darkness
technology has

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
Taoist
The Internal
practice--and
Organs Roots
of all Inner
Oneself Solidly
Alchemy tradit
And Unifies
ions--througho
Physical Menta
ut the ages. A
total darkness
environment
stimulates the
pineal gland

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
to release DMT
Now The Practice
into the
That Strengthens
brain. The
The Internal
darkness
Organs Roots
actualizes
Oneself Solidly
successively
And Unifies
higher states
Physical Menta
of

consciousness,
correlating
with the
accumulation

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
of psychedelic
Now The Practice
chemicals in
That Strengthens
the brain. In
The Internal
the darkness,
Organs Roots
mind and soul
Oneself Solidly
begin to
And Unifies
wander freely
Physical Menta
in the vast
realms of
psychic and
spiritual
experience.

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Death is no
Now The Practice
longer to be
That Strengthens
feared because
The Internal
life beyond
Organs Roots
the physical
Oneself Solidly
body is known
And Unifies
through direct
Physical Menta
experience.

The birth of
the soul is
not a
metaphor. It

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
is an actual
Now The Practice
process of
That Strengthens
converting
The Internal
energy into a
Organs Roots
subtle body.
Oneself Solidly
Developing the
And Unifies
soul body is
Physical Menta
the
preparation
for the growth
of the
immortal

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta
spirit body in
the practice
of the Greater
Enlightenment
of Kan and Li.
Explores the
deep, internal
work necessary
for the
effective
practice of
tai chi •

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Reveals the
Now The Practice
Taoist
That Strengthens
principles
The Internal
that gave
Organs Roots
birth to the
Oneself Solidly
Yang-style tai
And Unifies
chi forms •
Physical Menta
Shows how tai
chi can
circulate
powerful
healing

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
energies
Now The Practice
through the
That Strengthens
body Taoist
The Internal
adepts
Organs Roots
developed tai
Oneself Solidly
chi as both a
And Unifies
martial art
Physical Menta
and a way to
cultivate
their physical
body, energy
body, and

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
spirit body.
Now The Practice
Like all
That Strengthens
Taoist
The Internal
exercises, its
Organs Roots
main purpose
Oneself Solidly
is to form a
And Unifies
connection to
Physical Menta
the basic
energy that is
the foundation
of all life:
chi. Until the

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
beginning of
Now The Practice
the twentieth
That Strengthens
century, tai
The Internal
chi was
Organs, Roots
considered a
Oneself Solidly
secret
And Unifies
practice that
Physical Menta
was passed
down only
within a
closely knit
structure of

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Shirt Chi Kung I
Once A Martial Art
family and
Now The Practice
loyal
That Strengthens
disciples.
The Internal
Despite its
Organs Roots
widespread
Oneself Solidly
growth in
And Unifies
popularity as
Physical Menta
a martial art
and health
exercise, many
of its
underlying

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
internal
Now The Practice
practices
That Strengthens
remain
The Internal
unknown. The
Organs Roots
Inner
Oneself Solidly
Structure of
And Unifies
Tai Chi
Physical Menta
explores the
deep, internal
work necessary
for the
effective

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Shirt Chi Kung I
Once A Martial Art
practice of
Now The Practice
tai chi.
That Strengthens
Designed for
The Internal
practitioners
Organs Roots
at every
Oneself Solidly
level, the
And Unifies
book contains
Physical Menta
step-by-step
illustrated
instructions
for mastering
the 13 forms

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Shirt Chi Kung I
Once A Martial Art
of early Yang-
Now The Practice
style tai chi,
That Strengthens
also known as
The Internal
Tai Chi Chi
Organs Roots
Kung. The
Oneself Solidly
authors
And Unifies
demonstrate
Physical Menta
the

relationship
of the inner
structure of
tai chi to the

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

*absorption, tr
ansformation,
and
circulation of
the three
forces that
animate all
life--the
Universal
force, the
Cosmic force,
and the Earth*

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
force--reveali
Now The Practice
ng the
That Strengthens
principles and
The Internal
practices
Organs Roots
necessary to
Oneself Solidly
receive the
And Unifies
full spectrum
Physical Menta
of physical,
psychological,
and spiritual
benefits that
tai chi can

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
bring.
Now The Practice
A holistic
That Strengthens
guide to
The Internal
female
Organs Roots
sexuality
Oneself Solidly
integrates the
And Unifies
latest in
Physical Menta
Western
medical
research with
the wisdom of
the East to

Read Free Iron
Shirt Chi Kung I
Once A Martial Art
explain how
Now The Practice
any woman can
That Strengthens
enhance her
The Internal
pleasure in
Organs Roots
lovemaking and
Oneself Solidly
reach her full
And Unifies
sexual
Physical Menta
potential.

Reprint.

20,000 first
printing.

The Four

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Shirt Chi Kung I
Once A Martial Art
*Healing Arts
and the Nine
That Strengthens
Levels of
The Internal
Alchemy
Organs Roots
Oneself Solidly
And Unifies
Your Body and
Physical Menta
Soul the*

*Warrior's Way
Cosmic Detox
Golden Elixir
Chi Kung*

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Once A Martial Art
Revised
Now The Practice
Edition
That Strengthens
Tai Chi Fa Jin
The Internal
Exercises for
Organs Roots
Cultivating
Oneself Solidly
Yin Energy
And Unifies
The Practice
Physical Menta
of Greater Kan
and Li

A guide to the
foundational
practice of "smiling

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Shirt Chi Kung I
Once A Martial Art
to the organs" to
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

to the organs" to
promote deep
relaxation and
internal health •
Presents exercises
that dissolve the
physical and mental
tensions that can
cause energy
blockages and
unhealthy chi flow •
Shows how to
recognize illness at
its inception on the

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Shirt Chi Kung I
Once A Martial Art
organ level and how
Now The Practice
to balance the
That Strengthens
emotions to heal it
The Inner Smile is a
practice that
focuses gratitude
and joy on the
internal organs to
resolve the physical
and mental tensions
that can lead to
illness. In Taoism
negative
emotions--anger,

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Shirt Chi Kung I
Once A Martial Art
sadness,
Now The Practice
depression, fear,
That Strengthens
and worry--are seen
The Internal
as low-grade energy
Organs Roots
that causes chronic
Oneself Solidly
disease and steals
And Unifies
our major life force
Physical Monte
by creating energy
blockages. Master
Mantak Chia shows
that the internal
awareness
produced by the
simple yet powerful

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meditation practice
flushes the organs

of poisonous

negative energy that

may be blocking chi

energy flow in order

to nourish the entire

body. Just as a

genuine outer smile

transmits positive

energy and has the

power to warm and

heal, an inner smile

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Shirt Chi Kung I
Once A Martial Art
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Mental

produces a high
grade of energy that
promotes powerful
internal healing,
deep relaxation,
happiness, and
longevity. Smiling to
the organs and
thanking them for
the work they do
helps to reawaken
the intelligence of
the body, which,
once activated, can

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Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta

dissipate emotional
imbalances and
inner disharmony
before serious
illness manifests.
Master the ancient
Chinese art of Tai
Chi Chuan with this
informative guide.

One of the most
popular Chinese
martial arts, Tai Chi
Chuan is also one of
the most effective

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stress relievers
Now The Practice
available. In China it
That Strengthens
is also used
The Internal
extensively for the
Organs Roots
prevention and
Oneself Solidly
treatment of
And Unifies
illnesses, and its
Physical Menta
beneficial effects for
health and fitness
are now widely
recognized in the
West. The Complete
Book of Tai Chi
Chuan is a

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Once A Martial Art
comprehensive and
Now The Practice
fascinating guide to
That Strengthens
the practical
The Internal
application and
potential benefits of
Organs Roots
Tai Chi Chuan.

Oneself Solidly
And Unifies
Packed with step-by-
Physical Menta
step illustrations for
practice at home,
this tai chi guide
covers everything
you would want to
know about this
ancient art,

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Shirt Chi Kung I
Once A Martial Art
including its
Now The Practice
benefits for mental,
The Strengthens
spiritual and
The Internal
emotional
development. This
Organs Roots
tai chi book is both
Oneself Solidly
an ideal introductory
And Unifies
guide and an
Physical Mental
invaluable reminder
for those who have
already taken
classes. Topics in
The Complete Book
of Tai Chi Chuan

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Shirt Chi Kung I
Once A Martial Art
include: Tai Chi
Chuan as a Martial
ArtThe Concept of
Yin-Yang and Tai
Chi ChuanThe
Organs Roots
Historical
Oneself Solidly
Development of the
And Unifies
Various
Physical Menta
StylesAdvice from
the Great
MastersTechniques
and Skills of
Pushing
HandsSpecific

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Techniques for
Now The Practice
Combat
Situations Taoism
and Spiritual
Development in Tai
Chi Chuan And many
more
Qigong
Empowerment is the
most unique and
complete volume
ever written in the
English language on
qigong (Chi Kung).

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This volume can be used for attaining better health, for healing, for gaining extraordinary power, and for spiritual development. This volume consists of five books which covers: - Traditional Chinese Medical theories and qi cultivation methods.
- Taoist methods to

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foster Essence, Qi,
Now The Practice
and Spirit. -
Buddhist Esoteric
Abilities of the
Body, Speech, and
Mind. - Emitting,
Absorbing, and
Healing Qigong. -
Wushu (martial arts)
Iron Shirt training.
Qigong (Chi Kung)
has been an integral
part of Chinese
culture since

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ancient China. High
level qigong

masters have
always been

respected and held
in high esteem in

Chinese society. Qi
is a Chinese term

used to refer to all
types of energy. It is

the intrinsic

substance or the

vital force behind all

things in the

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universe. It is the medium between and within all material substances. We are all immersed in it. The term gong refers to the power to produce an effect, an attainment of, or an accomplishment that is achieved with steady practice.

Loosely, qigong can be translated as the

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attainment of qi.
Now The Practice
Healers and the
The Strengtheners
medical society use
The Internal
qigong for healing
Organs Roots
and preventing
Oneself Solidly
illness. Martial
And Unities
artists use qigong
Physical Mental
for developing
incredible strength
and abilities. Others
use qigong to attain
a greater
consciousness.

The guide to
Page 263/278

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Shirt Chi Kung I
Once A Martial Art
engaging and
Now The Practice
directing the three
That Strengthens
primordial forces of
The Internal
Earth, Heaven, and
Organs Roots
Higher Self to
Oneself Solidly
achieve
And Unifies
enlightenment and
Physical Menta
immortality •
Explains how to
circulate the life
force, or chi, by
balancing yang
(male) and yin
(female) currents of

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Once A Martial Art

bioenergy •

Includes an

overview of the

complete Taoist

body/mind/spirit

system along with

newly refined

methods of

activating the life

force • The sequel

to the classic

Awaken Healing

Energy Through the

Tao In 1983, Mantak

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Chia introduced the
“Microcosmic Orbit”
to the West. Prior to
that time, most of
the Eastern energy
practices
transmitted to the
West were
incomplete, dealing
only with the
ascending
yang/masculine
channel, which
shoots life-force

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Once A Martial Art
energy up the spine.
Now The Practice
The Microcosmic
Orbit showed
practitioners how to
establish the
descending
yin/feminine channel
of the life-force
energy loop. Within
Taoist systems,
cultivating feminine
energy has always
been seen as the
key to gaining

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Once A Martial Art
balance and
New The Practice
wholeness. Healing
That Strengthens
Light of the Tao
The Internal
presents the more
Organs Roots
advanced methods
Oneself Solidly
of chi cultivation in
And Unifies
the Microcosmic
Physical Mental
Orbit, offering a full
understanding of
Taoist spiritual
theory through its
comprehensive
overview of the
complete Taoist

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Once A Martial Art
body/mind/spirit
Now The Practice
system. The book
That Strengthens
also includes more
The Internal
advanced
Organs Roots
meditation methods
Oneself Solidly
for absorbing the
And Unifies
higher frequencies
Physical Mental
of Earth Force,
Cosmic Force, and
Universal Force
(Heavenly chi) into
the basic orbit. It
establishes a
spiritual science

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Once A Martial Art

that not only
emphasizes
practical benefits to
health, sexual
vitality, and
emotional balance,
but also shows how
changes made in the
energy body can
lead to physical
rejuvenation that the
Taoists called
immortality.
Iron Thread.

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Once A Martial Art
Southern Shaolin
Now The Practice
Hung Gar Kung Fu
Classics Series
Foundational
Practices to Awaken
Chi Energy
Building Strength,
Power, and
Flexibility in the
Joints
Harnessing the
Power of Kan and Li
Healing Light of the

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Once A Martial Art
Tao
Now The Practice
Iron Shirt Chi Kung I
That Strengthens
The Taoist Soul
Body Internal

**The Six Healing
Sounds that keep
the vital organs in
optimal condition •
Presents**

**vocalizations and
accompanying
postures that
dissolve the
tensions at the root**

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Shirt Chi Kung I
Once A Martial Art
of unhealthy chi
flow and organ
malfunction •
Shows how to
release excess heat
trapped around the
organs and
redistribute it to
cooler regions of the
body to bring
balance, health, and
calmness to the
entire system
Thousands of years

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Once A Martial Art
ago Taoist masters
discovered that a
healthy organ
vibrates at a
particular frequency.
They found six
sounds with the
correct frequencies
to keep each organ
in optimal condition.
To accompany these
Six Healing Sounds,
six postures were
developed to

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Shirt Chi Kung I
Once A Martial Art
activate the
Now The Practice
acupuncture
The Strengthens
meridians, or energy
The Internal
channels, of the
Organs Roots
corresponding
Oneself Solidly
organs. In The Six
Healing Sounds
And Unifies
Master Mantak Chia
Physical Menta
explains how the
pressures of
modern life can
cause excess heat
to become trapped
around the organs,

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Shirt Chi Kung I
Once A Martial Art
causing energy
Now The Practice
blockages and
That Strengthens
sickness. He shows
The Internal
readers how the
Organs Roots
vibrations of the Six
Oneself Solidly
Healing Sounds and
And Unifies
their accompanying
Physical Menta
postures
redistribute this
excess heat to the
cooler regions of the
body, thereby
stimulating and
balancing chi

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Once A Martial Art
energy and
restoring the vital
organs. Regular
practice of the Six
Healing Sounds
promotes optimal
health for the
organs, increased
sexual pleasure,
emotional balance,
and the prevention
of illness.

**Taoist Shaman
Practices from the**

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Shirt Chi Kung I
Once A Martial Art
Wheel of Life
Now The Practice
That Strengthens
The Internal
Organs Roots
Oneself Solidly
And Unifies
Physical Menta