

# **Taoist Astral Healing Chi Kung Healing Practices Using Star And Planet Energies By Chia Mantak Oellibrandt Dirk 2004 Paperback**

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*Fusion of the Eight Psychic Channels*

- Mantak Chia 2009-01-15

Advanced Inner Alchemy exercises that promote the free flow of energy throughout the body in preparation for the Practice of the Immortal Tao

- Explains how to open the Great Bridge Channel and the Great Regulator Channel
- Includes exercises to strengthen and wrap the spinal cord with energy
- Reveals how to create a thicker aura to protect the body and receive the higher frequencies of the Universal Force

The Fusion of the Eight Psychic Channels practice builds upon the Fusion of the Five Elements and Cosmic Fusion practices and is the final step in preparation for the Practice of the Immortal Tao. Master Mantak Chia shows how to open the Great Bridge Channel and the Great Regulator Channel--the last of the eight psychic channels that connect the twelve organ meridians and enable energy to flow from one meridian to

another. By opening these psychic channels in conjunction with the Microcosmic Orbit, practitioners can balance and regulate the energy flow throughout the body to protect all the body's centers. Master Chia also illustrates the Spinal Cord Microcosmic Orbit practice, which strengthens and wraps the spinal cord with energy, and the practice of Sealing the Aura, which creates a thicker aura to protect the body and facilitate the reception of higher frequencies of the Universal Force. Mastery of the practices in this book enables the creation of the energy body needed to receive the larger Universal Force vibrations accessible through the Practice of the Immortal Tao.

**The Six Healing Sounds** - Mantak Chia  
2009-03-09

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

- Presents vocalizations and accompanying postures that dissolve

the tensions at the root 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 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 activate the acupuncture meridians, or energy channels, of the corresponding organs. In *The Six Healing Sounds* Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs, causing energy blockages and sickness. He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute

this excess heat to the cooler regions of the body, thereby stimulating and balancing chi 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.

*Chronicles of Tao* - Ming-Dao Deng  
1993-10-08

This extraordinary spiritual odyssey "transcends the tangible and points to the mysteries of all we can imagine and all we cannot" (Los Angeles Times). Part adventure, part parable, this true story of the making of a Taoist master leads readers through a labyrinth of Taoist practice, martial arts discipline, and international intrigue. Line drawings.

*Fusion of the Five Elements* - Mantak Chia  
2007-04-30

A guide to the practice of Inner Alchemy, which allows you to control

the energies of your inner universe 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 emotional and spiritual development • Shows step-by-step how to remove negative emotions from the organs in which they are lodged by neutralizing and transforming the negativity back into positive 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 control the generation and flow of emotional, mental, and physical energies within the body. It is a series of meditations designed to locate and dissolve negative energies trapped inside the body by making a connection between the five outer senses (experienced through the ears, eyes, nose, mouth, and tongue) and

the five major negative emotions (anger, hate, worry, sadness, and fear). When the body is cleared of negative energy, universal chi energy flows freely and productively, nourishing both body and soul. The practice is divided into two parts. The first works with controlling the forces of the five elements on the five major organs of the body by learning the elements' effects upon each other and how to balance and utilize these energies properly. The advanced Fusion exercises then show how to channel the greater energies of the stars and planets to strengthen internal weaknesses and crystallize positive energy. By "fusing" all the different kinds of energy together, a harmonious whole is created--the key to manifesting an Immortal existence.

The Alchemy of Sexual Energy - Mantak Chia 2009-12-23

Taoist techniques for replenishing our internal energy with universal

cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual

Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

**Life Pulse Massage** - Mantak Chia  
2015-08-15

A fully illustrated guide to abdominal massage for improved cardiovascular health, organ detoxification, and enhanced vital energy • Includes fully illustrated massage instructions to open restricted blood vessels, direct

blood flow for healing, balancing blood pressure, and detoxifying organs • Details specific massage treatments for many common ailments such as lower back pain, sciatica, asthma, headaches, and reproductive issues • Explains the ancient art of reading pulses to diagnose organ health • Reveals how blood acts as the vehicle for our vital energy Blood and chi often flow side by side throughout the body, the blood acting as the vehicle for our vital energy. Areas of slow or congested circulation lead to blockages in the flow of vital energy and toxin accumulation in the body. The practice of Life Pulse Massage allows these blockages to be cleared, revitalizing cardiovascular function, detoxifying the organs, and restoring the flow of blood and chi throughout the body. In this fully illustrated guide to Life Pulse Massage, Master Mantak Chia details abdominal massage practices to open restricted blood

vessels, direct blood flow to specific areas for healing, release arterial tension to rebalance high or low blood pressure, and detoxify individual organs and body systems such as the liver, lungs, lymph nodes, and colon. He shows how to clear and activate the master pulses of the navel and aorta and synchronize these master pulses with the 52 pulses of the whole body for optimum circulation and energy balance. He explains the ancient art of reading pulses to diagnose organ health as well as how to recognize internal health states through the unique positions and shapes of the navel. Detailing specific Life Pulse Massage treatments for many common ailments such as lower back pain, sciatica, asthma, headaches, and reproductive issues, Master Chia shows how liberating the flow of blood and chi can prevent illness before it takes hold, revitalize the organs, and set the stage for optimum

health.

Taoist Foreplay - Mantak Chia

2010-07-13

Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies.

Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

**Energy Balance Through the Tao** -

Mantak Chia 2005-08-30

In the Western world, exercise focuses mainly on physical fitness and developing muscular strength.

**Taoist Astral Healing** - Mantak Chia

2004-04-12

While Taoism centers on creating physical health that is deeply rooted

in the earth's energies, individuals also require energies from the stars and planets to continue to grow and to develop their full soul potential, as addressed by this step-by-step program.

Empty Force - Paul Dong 2006-01-19  
Ling Kong Jing, the "Empty Force," is the highest martial arts skill in China. This extraordinary technique harnesses the power of chi, the body's vital energy, enabling masters of the art to defend themselves against opponents without making physical contact. The book takes readers step by step from theory to the actual practice used to generate Empty Force, and shows how to use its remarkable power for healing as well as self-defense.

**Chi Gung** - L. V. Carnie 1997  
Practising Chi Gung helps you to tap into the chi, the life force, a power that permeates everything in existence. By directing your flow of chi you can achieve better health and

pursue your ultimate dreams and desires. This text explores the discipline.

**Keys to Healing and Self-Mastery According to the Hathors** - Ricardo B. Serrano 2011-11

A Guide for Emotional and Self-Mastery, Healing and Stress Management The goal of the fourth book Keys to Healing and Self-Mastery according to the Hathors, a supplementary book to Holographic Sound Healing taught at the Meditation and Qigong Mastery book, and the Omkabah Heart Lightbody Activation video, is to build the Ka and offer readers an effective Hathor's emotional mastery technique to manage emotional stress, the main cause of disease, in their daily lives and spiritually awaken when emotional stress is cleared, released and stabilized. Doing this practice will provide a fast, safe way to stabilize your chaotic emotions such as anger or fear. Holographic Sound



Healing with the Four Sacred Elements is integrated with Ka (Merkaba) Meditation to complement Holographic Lightbody activation, and build the Sahhu or immortal golden lightbody. Dr. Johanna Budwig's Diet for Cancer and Chronic Diseases and Sun gazing are included as adjunct keys to healing. In summary, the four books Meditation and Qigong Mastery, Return to Oneness with the Tao, Return to Oneness with Spirit, and Keys to Healing and Self-Mastery according to the Hathors form a four-sided basic pyramid foundation, so to speak, of dietary and energy-based psychoneuroimmunology or neuroimmunomodulation strategies to effectively heal substance abuse and chronic diseases mainly caused by emotional stress, diet that is high in trans-fatty acids and low in Essential Fatty Acids, and unhealthy lifestyle. These strategies bring the physical, mental, emotional, and spiritual aspects of a person into

homeostasis, and at the same time spiritually awaken a person in the process of being in the flow because the individual being is one with universal being.

Meditation Within Eternity - Eric Pepin 2012-03-14

Inner Alchemy Astrology - Mantak Chia 2013-07-01

Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies

dictated by the stars overhead 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 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 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 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 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 control of your health and destiny by connecting your personal energy with the energies of the cosmos.

Taoist Cosmic Healing - Mantak Chia  
2003-10-20

- Includes practices for cleansing the blood of toxins, relieving pain, using sexual energy for healing, and other tools for the treatment and prevention of disease
- Explains the unique healing potential of chi kung color therapy and how to harness universal and earthly elemental energies in healing
- By Mantak Chia, coauthor of The Multi-Orgasmic Man

Taoists believe in an underlying unity that permeates the universe and intimately binds all things. Taoist Cosmic Healing presents chi kung techniques that develop and strengthen awareness of the forces and energetic principles of the universe and the earthly six directions, allowing the reader to draw upon these forces for healing themselves and others. Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and, when combined with specific body positions and the chi kung stance, to heal others. Through Mantak Chia's profound understanding of the ancient esoteric science of guiding chi energy, students can learn how to harness the astral energies of specific stars. Master Chia also

explains the important role that compassion and positive energy play in enhancing one's ability to heal. He presents for the first time in the West the details of chi kung color therapy and how it can activate and strengthen the immune system.

**Cosmic Fusion** - Mantak Chia  
2007-08-27

A guide to the advanced practice of Inner Alchemy, which brings the physical body into balance with the energy body • Presents the second level of Inner Alchemy practices that use the eight forces of the pakua (bagwa) to collect, gather, and condense chi in the body • Explains how to balance negative emotional energy with positive energy to detoxify, nourish, and integrate the physical and the energy body with the forces of nature • Shows how to collect and channel the greater energies of the stars and planets to create unity between what is above and below Cosmic Fusion is an

advanced level of Inner Alchemy that teaches how to bring the physical body into balance with the energy body--a necessary prerequisite for the formation of the universal body, the pearl of compassion that is one with Original Creation and the Universal Tao. Cosmic Fusion works with the expression of the eight pakua (bagua) of Chinese cosmology, through which all creation is divided and given form, nature, and definition. Cosmic Fusion exercises establish the spiritual body firmly in the lower abdomen, where chi energy is gathered and distributed to all parts of the body--and into all creation. The fully illustrated exercises in this book also show how to collect and channel the greater energies of the stars and planets. By "fusing" all these different energies together, a harmonious whole is created, a unity of what is above and below. As heavenly and earthly forces are brought into balance, the life

perfectly suited to the practitioner manifests, allowing the spirit body to prepare to move into worlds beyond--and back.

Taoist Shaman - Mantak Chia

2011-01-25

The shamanic roots of Taoist practice

- Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching
- Includes exercises from the "Wheel of Love" to access the Tao of Ecstasy
- Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices-- such as ecstatic flight and how to find power animals and spirit guides--on to 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, 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 Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates 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 teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the "Wheel of Love" to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

**Qi Gong for Total Wellness** - Baolin Wu 2013-10-29

Qi Gong for Total Wellness is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces--of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

Dark Light Consciousness - Edward Bruce Bynum 2012-06-19

How to awaken the Ureanus--the serpent power of spiritual transcendence within each of us--and connect to the

superconscious of the universe •  
Reveals the biochemistry of how the  
body's melanin provides the template  
for the subtle energy body or light  
body • Shows how embracing the dark  
light consciousness of the awakened  
Ureaus opens a portal to the sacred  
darkness of the superconscious •  
Provides illustrated instructions for  
meditation practices, breathing  
exercises, and yoga postures to  
safely awaken Ureaus/Kundalini energy  
Within each of us lies the potential  
to activate a personal connection to  
the superconscious. Called "Ureaus"  
in ancient Egyptian texts and  
"Kundalini" in ancient Hindu yoga  
traditions, our innate serpent power  
of spiritual transcendence inhabits  
the base of the spine in its dormant  
state. When awakened, it unfurls  
along the spinal column to the brain,  
connecting individual consciousness  
to the consciousness of the universe  
enfolded within the dark matter of  
space. At the root of creativity and

spiritual genius across innumerable  
cultures and civilizations, this  
intelligent force reveals portals  
that enfold time, space, and the  
luminous matrix of reality itself.  
Combining physics, neuroscience, and  
biochemistry with ancient traditions  
from Africa and India, Edward Bruce  
Bynum, Ph.D., explores the ancient  
Egyptian science of the Ureaus and  
reveals how it is intimately  
connected to dark matter and to  
melanin, a light-sensitive, energy-  
conducting substance found in the  
brain, nervous system, and organs of  
all higher life-forms. He explains  
how the dark light of melanin serves  
as the biochemical infrastructure for  
the subtle energy body, just as dark  
matter, together with gravity, holds  
the galaxies and constellations  
together. With illustrated  
instructions, he shows how to safely  
awaken and stabilize the spiritual  
energy of the Ureaus through  
meditation practices, breathing

exercises, and yoga postures as well as how to prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

*The Magus of Java* - Kosta Danaos  
2000-06-01

The story of John Chang, the first man to be documented performing pyrokinesis, telekinesis, levitation, telepathy, and other paranormal abilities. • The author, a mechanical engineer, provides scientific explanations of how these powers work. • For the first time, the discipline of Mo-Pai is introduced to the West. In 1988 the documentary Ring of Fire was released to great acclaim. The most startling sequence in the film is that of a Chinese-Javanese acupuncturist who demonstrates his full mastery of the

phenomenon of chi, or bio-energy, by generating an electrical current within his body, which he uses first to heal the filmmaker of an eye infection and then to set a newspaper on fire with his hand. Ring of Fire caused thousands to seek out this individual, John Chang, in pursuit of instruction. Of the many Westerners who have approached him, John Chang has accepted five as apprentices. Kosta Danaos is the second of those five. In his years of study with John Chang, Danaos has witnessed and experienced pyrokinesis, telekinesis, levitation, telepathy, and much more exotic phenomena. He has spoken with spirits and learned the secrets of reincarnation. Most important, he has learned John Chang's story. John Chang is the direct heir to the lineage of the sixth-century b.c. sage Mo-Tzu, who was Confucius's greatest rival. His discipline, called the Mo-Pai, is little-known in the West and has never before been

the subject of a book. Now, John Chang has decided to bridge the gap between East and West by allowing a book to be published revealing the story of his life, his teachings, and his powers. It will surely expedite what may well become the greatest revolution of the twenty-first century--the verification and study of bio-energy.

**Twenty-Five Doors to Meditation** -

William Bodri 1998-06-01

Twenty-Five Doors to Meditation is the first guide to provide extensive, comprehensive, and detailed information about a variety of meditation methods. Together, William Bodri and Lee Shu-Mei make sense of that seemingly conflicting information that exists today regarding the path to spiritual enlightenment. Each meditation technique is fully described as is the interrelationship between the different paths to enlightenment. The authors show how Buddhist techniques

can be explained through Taoist principles, Christian techniques through Hindu principles, and so on. Each meditation technique is designed to help you attain samadhi, the crux of spiritual development. The authors explore the scientific basis behind each technique, developmental stages of accomplishment, and each path's effectiveness for entering samadhi. Especially useful is an extensive list of recommended references for the further study of individual techniques. An indispensable book for individuals searching to find the meditation technique that is best for them.

**Taoist Secrets of Love** - Mantak Chia 1984

ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

**Chi Nei Tsang and Microcurrent**

**Therapy** - Mantak Chia 2018-08-14

An illustrated guide to combining the



new healing modality of microcurrent therapy with Chi Nei Tsang energy massage • Explains how microcurrent therapy harmonizes the body's cells, regenerates the nervous system, and boosts the body's natural self-healing abilities • Provides illustrated, step-by-step instructions for using microcurrent therapy during massage and for the basic techniques of Chi Nei Tsang massage • Shows how combining these therapies can relieve pain, reduce inflammation, and help specific ailments, such as arthritis, sciatica, fibromyalgia, and shingles Each cell of the body is animated by a highly organized and intelligent bioenergy, or bioelectricity. When cells are damaged, they become electrically imbalanced. Recently it has been discovered that microcurrent therapy--applying low-amperage electrical currents to the body--harmonizes the cells, returns them to a normal state of cellular activity,

and boosts the body's natural self-healing abilities. Combining this innovative new modality with ancient Taoist healing methods, Mantak Chia and Aisha Sieburth detail how to integrate microcurrent therapy with Chi Nei Tsang energy massage for pain relief, self-healing, and rejuvenation. The authors explain how microcurrent has a regenerative effect on the nervous system, helping to increase energy levels, promote circulation of blood and lymph, relieve acute or chronic pain, restore pH balance of the blood, balance hormone function, and improve the immune system. Its effects on circulation extend to all the body's vessels, tissues, and cells as well as enhancing toxin elimination and reducing inflammation. The authors show how microcurrent therapy pairs extraordinarily well with Chi Nei Tsang massage. The microcurrent, flowing through the hands of the massage practitioner into the body,

enhances the effects of the massage within the nerves and tissues, making it easier to harmonize the flow of energy, release tensions, and dissolve energetic knots in the meridians. With illustrated, step-by-step instructions, the authors explain how to use microcurrent therapy during massage and describe the basic techniques of CNT massage. They also show how CNT microcurrent therapy is beneficial for general physical health and for a host of specific ailments, such as nerve pain, arthritis, sciatica, fibromyalgia, shingles, headaches, slow-healing wounds, and tendon and ligament pain.

**The Practice of Greater Kan and Li -**

Mantak Chia 2014-02-01

A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body • Includes illustrated instructions to connect astral energy with the energies of animals, children, and

plants to grow the immortal 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 and realization of the Wu Wei state Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body. Used by Taoist masters for thousands of years, these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality. Master Mantak Chia and Andrew Jan 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 begin development of the immortal spirit body. They explain how to reverse yin and yang power through energetic work at the solar plexus, thereby

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 animals, children, and plants to grow the immortal fetus, or spirit body. The authors provide warm-up exercises, including the Inner Smile and Fusion practices, and outline a complete daily Kan and Li routine for mental and physical health, longevity, astral flight, and realization of the Wu Wei state.

**Golden Elixir Chi Kung** - Mantak Chia  
2004-11-23

Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva, long considered by Taoists as a key component for optimum health. Taoists believe that this Golden Elixir is a physical healing agent, and also a major transformative agent in preparing for higher spiritual work.

*Simple Chi Kung* - Mantak Chia  
2011-12-30

Distills the many different Chi Kung practices into one simple daily routine for abundant health, calmness, and mental clarity • Provides step-by-step illustrated instructions for a complete yet easy daily Chi Kung routine • Perfect for beginners and ideal as a warm-up to more advanced practices • Clears physical and mental stress, stimulates healing and disease prevention, detoxifies the body, releases tensions, improves circulation, and works to develop flexibility, strength, resiliency, and suppleness Within every person there is a place full of energy, health, and happiness. Practicing Chi Kung allows us to visit this place of inner vitality and harmony, clearing physical and mental stress, detoxifying the body and mind, and helping us return to our natural state of abundant health, calmness, and mental clarity. An ideal complement to the treatment of

chronic pain, asthma, diabetes, 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 thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices. Designed to relax our muscles, loosen the joints, improve circulation, and develop flexibility, strength, resiliency, and suppleness, the gentle, flowing movements of Chi Kung mirror the movements of nature and help practitioners connect to their own inner flow of chi, clearing blockages and 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 energy work through controlled breathing, Master Chia explains how daily practice of Chi Kung cultivates life-force energy, a stronger immune system, emotional balance, and spiritual awareness, transforming the patterns and assumptions that limit our body and mind as well as enhancing our connection to nature and the universe.

**The Eight Limbs of Yoga** - Stuart Ray Sarbacker 2015-07-07

A clear, concise guidebook to the essentials of yogic thought and practice Many people think yoga simply means postures and breathing. Not true. The intention of this short guide is practical and straightforward: to say what yoga really is and to apply its principles to everyday life. It leads us through the eight-limbed system, a coherent framework that has been handed down and elaborated upon for thousands of years and consists of five "outer

limbs," which pertain to our experience of the social world and the operation of our senses, and three "inner limbs," which focus on the mind. Stuart Ray Sarbacker and Kevin Kimple present the eight-limbed system as something that can be turned to again and again to deepen and expand understanding and practice. As an introduction and overview to the essence of yoga, *The Eight Limbs of Yoga* is unparalleled for clarity, usefulness, and concision.

Healing Light of the Tao - Mantak Chia 2008-05-27

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of 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 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 energy up the spine. 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 balance and wholeness. *Healing Light of the Tao* presents the more advanced methods of chi cultivation in the *Microcosmic Orbit*, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more

advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science 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.

Golden Elixir Chi Kung - Mantak Chia  
2004-01-23

Techniques for preparing and using the Golden Elixir to achieve optimum health and spiritual vitality

- Includes practical exercises and postures to produce regenerative effects in one's own saliva
- Reveals how combining saliva with the hormonal fluids released during sexual practices creates the Elixir of Immortality

Golden Elixir is the fountain or water of life. It is the combination of saliva, hormonal

fluids, and external essences that when mixed together become the Elixir of Immortality. Saliva has long been considered by Taoists as a key component for optimum health. Some Taoist texts recommend swallowing the saliva up to 1,000 times a day to promote physical healing. Thousands of years ago Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices. They learned that by combining saliva with the hormonal fluids and essences released during sexual activities a powerful elixir is formed. Taoists believe that this Golden Elixir is not only a physical healing agent, but also is a major transformative agent in preparing for higher spiritual work. Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva. Ten of these involve gathering energy and forces through the body's hair, which acts as a negative-energy filter and can also

be used to store surplus positive energy. Taoists regard the hair as antennae extending out into nature and the universe. By utilizing the practices in this book, readers can develop self-healing abilities and establish a better connection to the universe as a whole.

*Tai Chi Fa Jin* - Mantak Chia

2012-02-08

A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin • Explains how to collect energy within and discharge it for self-defense as well as healing • Explores how to counter the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi • Illustrates routines for the partner practice of "Push Hands" (Tui Shou) Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the

internal martial arts of Taoism. Fa Jin enables adepts to harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques. Integrating the teachings of many Taoist masters, including Chang San-Feng, the creator of Tai Chi; Wang Tsung-Yueh, the legendary 19th-century master; Bruce Lee, the actor and martial artist who made the "one-inch punch" technique famous; and the Magus of Java, a living master able to discharge energy in the form of electric shocks, this book explores the history, philosophy, internal exercises, and 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 lower tan tien and discharging the energy

in a seemingly effortless yet explosive blow. Illustrating several routines of the Tai Chi partner practice of "Push Hands" (Tui Shou), they explain how to apply Fa Jin techniques by "listening" to your opponent's intentions and countering the natural instinct to resist force with force through yielding softness and redirection. The authors also detail how to prepare for this advanced practice through stretching, meditation, breathing, relaxation, and energetic exercises.

**Basic Practices of the Universal Healing Tao** - Mantak Chia 2013-04-05

A 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 teaching • Includes 220 exercises from more than 20 of Master Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Chi

Self-Massage, Cosmic Detox, and Iron Shirt Chi Kung • Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching, this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction. Keyed to the corresponding book for each complete practice, such as Healing Light of the Tao and Chi Self-Massage, this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems, including the Inner Smile, the Six Healing Sounds, 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 Kung, and Karsai Nei Kung. Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao, this



book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings, enabling you to purify, transform, regenerate, and transcend not only your own energy but the energy around you as well.

Cosmic Nutrition - Mantak Chia

2012-06-18

Achieve vibrant health by combining ancient Taoist principles, modern alternative health practices, and acid-alkaline balance • Offers complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions • Provides detailed information on fasting, detoxification, and food combining for acid-alkaline and yin-yang balance • Includes illustrated guides to several self-diagnostic methods from the East, allowing you to interpret your body's signs before disease manifests The human body,

like all phenomena in nature, possesses the inherent power of self-regeneration when the conditions of true health are adopted. In Cosmic Nutrition, Taoist Master Mantak Chia and senior Universal Tao teacher William Wei reveal the secret to true health and longevity: keeping all four bodies--physical, emotional, mental, and spiritual--vibrant and balanced. They show you how to work with the four bodies through simple, step-by-step nutritional and energetic practices for everyday life. Combining the ancient Taoist principles of yin and yang energy with acid-alkaline balance and metabolic body types, the authors offer complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions. They provide an easy-to-follow food combining method for acid-alkaline and yin-yang balance, recipes for healing meals,

detailed information on fasting and detoxification, and illustrated guides to several self-diagnostic methods from the East that allow you to interpret your body's signs before disease manifests. Dispelling the myth of germs as the cause of disease, they reveal the cancerous dangers of too much protein or pharmaceutical drugs. They also examine the life-force-increasing and youth-renewing benefits of powerful "superfoods" such as sprouts and specific vitamins and minerals. Exploring emotional and mental balance, the authors explain the psychological aspects of yin and yang and offer simple practices to release fear and worries, promote inner calm, and build a positive attitude. Balancing body, mind, and blood chemistry, this book lays out the Universal Tao's holistic path to a long and happy life.

**The Tao of Immortality** - Mantak Chia  
2018-02-20

A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy • Explains each of the nine levels of Inner Alchemy and their more than 240 formulas • Explores the Four Healing Arts for transformation of the emotional body, physical body, energy body, and spiritual body • Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life • Shows how these exercises were designed to increase longevity and ensure the 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 condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master, Yi Eng, more than 60 years ago. Beginning with the basic principles called the Five Enlightenment, the authors explain

each of the nine levels of Inner Alchemy and their more than 240 formulas, including simplified versions of the Microcosmic Orbit, the Inner Smile, Sexual Alchemy exercises for men and women, Fusion of the Five Elements practices, Kan and Li Alchemy, the Sealing of the Five Senses, and Star and Galaxy Alchemy. They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy--Living Tao practices for transformation of your emotional body, Chi Nei Tsang practices for transformation of the physical body, Cosmic Healing practices for transformation of the energy body, and Immortal Tao practices for transformation of the spiritual body--all aimed toward the survival of consciousness in a self-aware vessel. They also offer simplified versions of the other core practices, such as Iron Shirt Chi Kung, Bone Marrow Nei Kung, and Wisdom Chi Kung, to help you easily

integrate Inner Alchemy and Universal Healing Tao practices into your daily life. Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy, Master Chia and William U. Wei show how these exercises were designed to increase longevity, providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death.

**Cosmic Astrology** - Mantak Chia  
2012-07-26

Combining Chinese Taoist astrology, Western zodiac astrology, and birth destiny cards to develop your innate talents and transform your negative traits • Includes charts to discover your Chinese animal year, your Western zodiac sun sign, your moon sign, and your birth destiny card as well as those of your friends, lovers, relatives, and colleagues •

Provides insightful and accurate descriptions for each animal year, zodiac sun sign, and birth card as well as each year and sun sign combination and each sun and moon sign combination • Offers career suggestions based on your innate gifts and relationship advice on which animals, sign combos, and birth cards to seek out and which to avoid With your first breath of life, you take in the energy pattern radiated by the sun, moon, and stars at that moment in time and space. This internal energy pattern underlies your persona--your behavioral patterns, personality traits, and life's path. Understanding these underlying patterns enables you to balance and transform your negative traits and highlight and develop your innate talents. Blending Eastern and Western astrological methods, Master Mantak Chia and William Wei explain how to identify the five key patterns of your internal energy persona based

on the year, month, and day of your birth. Including charts to discover your Chinese animal year, your Western zodiac sun sign, your moon sign, and your birth destiny card, they explore how each of these astrological profiles interact to build your unique persona and provide profoundly accurate descriptions for each year and sun sign combination, each sun and moon sign combination, and each birth card. Each description also includes career recommendations to best utilize your innate gifts and relationship advice on which animals, sign combinations, and birth cards to seek out and which to avoid. Not only useful for personal insight and self-development, this new astrological approach can also be used to understand the underlying energetic personality patterns of your lovers, friends, relatives, and colleagues. [Iron Shirt Chi Kung](#) - Mantak Chia 2006-06-05 An introduction to the ancient Kung

Fu practice designed to unify physical, mental, and spiritual health • Describes the unique Iron Shirt air-packing techniques that protect vital organs from injuries • Explains the rooting practice exercises necessary to stabilize and center oneself • Includes guidelines for building an Iron Shirt Chi Kung daily practice Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other aspects remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth. In Iron Shirt Chi Kung Master Mantak Chia introduces this ancient practice that strengthens the internal organs, establishes roots to the earth's energy, and unifies physical, mental, and spiritual health. Through a unique system of breathing exercises,

he demonstrates how to permanently pack concentrated air into the connective tissues (the fasciae) surrounding vital organs, making them nearly impervious to injuries--a great benefit to athletes and other performers. He shows readers how once they root themselves in the earth they can direct 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. After becoming rooted and responsive, practitioners of Iron Shirt Chi Kung can then focus on higher spiritual work.

**Bone Marrow Nei Kung** - Mantak Chia  
2006-10-25

A guide to nourishing the body through bone marrow rejuvenation exercises • Presents exercises to "regrow" bone marrow, revive the internal organs, and prevent osteoporosis • Explains the use of

bone breathing and bone compression, “hitting” to detoxify the body, and sexual energy massage and chi weight lifting to enhance the life force within. Most Westerners believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In Bone Marrow Nei Kung Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to “regrow” bone marrow, strengthen the bones, and

rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, Bone Marrow Nei 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 marrow and 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 osteoporosis. Also included is extensive information on chi weight lifting and the practice of “hitting” to detoxify the body. Taoist Secrets of Eating for Balance - Mantak Chia 2019-08-20 Explains how to use your Taoist astrology birth chart as a personal nutritional guide for health, longevity, and organ energy balance • Explores how to help balance your birth chi through your eating habits as well as explaining how foods

address your five-element energetic profile • Provides detailed food lists based on ancient Taoist wisdom that reveal their effect on the Yin, Yang, and five-element energies • Shows how your five-element energies outline your life and influence success in relationships and at work We are each born with a unique combination of heavenly and earthly energies defined by the five elements and dictated by the universe at the moment you take your first breath. This “birth chi” can be calculated using the year, month, day, and time of your birth, and it reveals your personal profile of health and emotional strengths and weaknesses as well as the energy cycles you will encounter throughout your life. In this Inner Alchemy astrology nutrition guide, Master Mantak Chia and Christine Harkness-Giles explore how to strengthen your birth chi through your eating habits, revealing which foods will address imbalances

in your five-element organ energy profile. The authors explain which organs are connected with each element--fire, earth, metal, water, and wood--and provide detailed food lists based on ancient Taoist wisdom that reveal the energetic temperature, flavor, and organ related to many common foods and superfoods. They emphasize the importance of local, seasonal, and fresh foods and of yin-yang balance for health. The authors illustrate the five elements’ characteristics through sample profiles for celebrities such as Paul McCartney and Meryl Streep, along with Taoist nutritional recommendations based on their charts. The authors also explore how your Inner Alchemy astrology profile determines your life and relationships and explain how Inner Alchemy practices and five-element nutrition can improve all aspects of your life. By eating in line with your personal five-element

energetic profile, as part of ancient Inner Alchemy techniques, you can improve health and longevity and strengthen connections with your loved ones and the energies of the cosmos.

**Sealing of the Five Senses** - Mantak Chia 2014-12-15

An illustrated guide to follow the path to the Immortal Tao • Reveals the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses and activating the Thrusting Channels • Explores how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind • Explains how to transmute warm chi into energy for the immortal spirit body, created through mastery of the three Kan and Li practices In ancient times, the Sealing of the Five Senses involved both Taoist Inner Alchemy and physical sealing of the sensory organs to prepare the master for extended periods of astral

travel and meditation, 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 accumulate profound energy and gather cosmic light for the immortal spirit body one must stop the energy losses that occur through the senses. In this guide to energetic sealing of the senses, Master Mantak Chia and William Wei reveal the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses, connecting the senses to the organs, activating the Thrusting Channels, and harnessing the energies of the Big Dipper and the North Star. They explain how to stop energy losses through the five senses and transmute warm chi into energy for the immortal spirit body. The authors explore the importance of proper diet and eating habits in this practice, providing striking examples of World



War II concentration camp survivors who were able to obtain energy from chewing water. Revealing the benefits of Sealing the Five Senses for non-Immortals, the authors explain how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind and crying too much harms your blood. They show how sealing the senses allows one to create the Crystal Room cauldron, where fire and water energy can couple to generate a superior essence used to achieve greater awareness and “steam” all the body’s major organ systems. An advanced practice for those who have mastered the three Kan and Li practices, the Sealing of the Five Senses is the final step on the Taoist path to Immortality.

*The Teachings and Practices of the Early Quanzhen Taoist Masters -*

Stephen Eskildsen 2012-02-01  
Explores the religion developed by the Quanzhen Taoists, who sought to cultivate the mind not only through seated meditation, but also throughout the daily activities of life.

**Healing from Within with Chi Nei Tsang** - Gilles Marin 2016-04-12

Chi Nei Tsang is a Taoist visceral manipulation body-work and massage which emphasizes moving chi energy to the abdominal organs. Developed by Taoist Master Mantak Chia as part of his Healing Tao System, it works on internal dysfunctions and energy blocks using the breathing exercises of chi-kung, therapeutic manipulations, and meditation. Students learn how to recycle negative energy, recognize personal patterns of tension, and use simple manipulations to restore vitality to parts of the body.