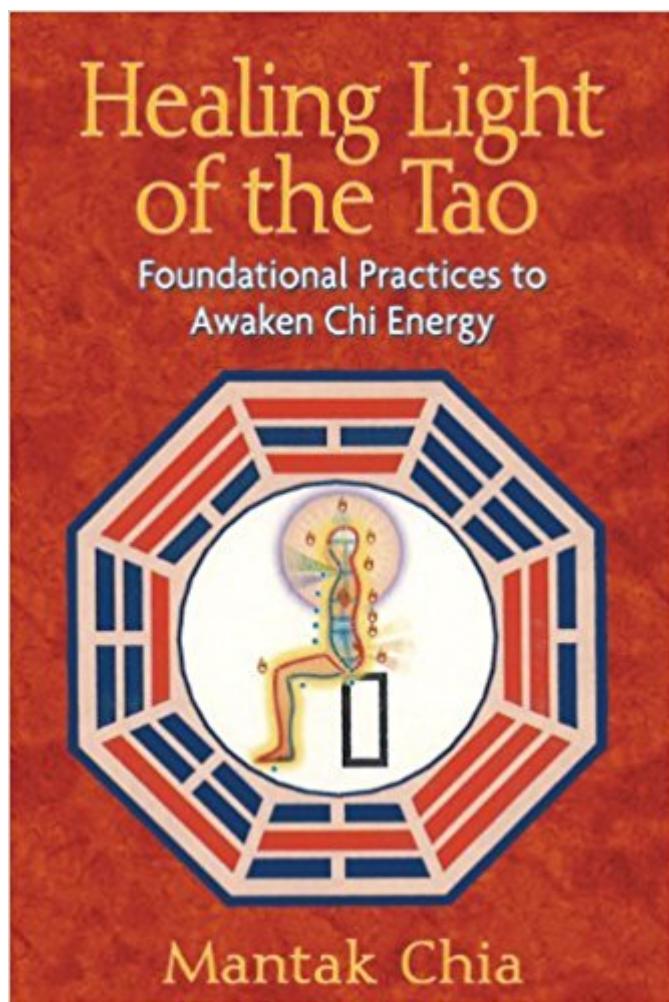


The book was found

Healing Light Of The Tao: Foundational Practices To Awaken Chi Energy



Synopsis

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.

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Customer Reviews

HEALTH / MARTIAL ARTS 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 both introductory and more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of 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 the physical rejuvenation that the Taoists called immortality. A student of several Taoist masters, MANTAK CHIA founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and is the author of thirty-one books, including Taoist Cosmic Healing and the bestselling The Multi-Orgasmic Man.

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Follow up to Mantak's original 1st book on the Microcosmic Orbit & Inner Smile. This includes the 6 Healing Sounds info - vital to know in order to Balance emotions after circulating energy in microcosmic & especially when doing Healing Love/Sexual Energy Cultivation also. More detailed info on Inner Smile. Ch. 10 - excellent summary of Sexual Practises. This is a vital component to add to the Microcosmic Orbit meditation & basic practises.....so important & great to see in this book, gives it a more complete & thorough understanding. The 3rd chapter on Virtues was brilliant - the drawing diagrams really give the reader a great feel for emotions & their effects & on the importance

of balancing them. This chapter was one of the most helpful for me. A much more thorough explanation of the Microcosmic Orbit meditation.....yet in truth, it is a very simple exercise when you get used to it. I recommend Sarina Stone website & order Mp3, \$19.95, 20 mins long & guides you through the practise. She has a great voice too. Still.....an abundance of great technical info in this book to help you with this practise. I learnt everything from the books & it works for me brilliantly.

This book give the basic foundational practices of the Universal Healing Tao System, which is the school/philosophy of Mantak Chia. It is a rather large book just under 600 pages. It can be used as a reference for those interested in Mantak Chia's teachings or to learn his philosophies regarding chi. Of note, there is a disclaimer at the beginning of the book not to practice these methods without receiving training and instruction from a certified Universal Healing Tao System instructor. Whether or not Mantak Chia wrote this book is questionable, anyone who has seen him speak or watched his DVD's will see that his English is not that good, it is known that he uses ghost writers to write books for him. Those interested in the topic of chi, would be recommended to check out others works on the topic as well and not solely rely on these works.

A great comprehensive treatment that covers the material in numerous other books written by Master Chia. A great way to look at the practice in order and is written with great clarity. Highly recommended! If I was limited to owning only two books by Mantak Chia this would be one of them.

Won't quit reading this book.

You can actually harm yourself doing these exercises without proper supervision. And some of them are nonsense. Just go to a qigong group or find an instructor.

Good.

I purchased this book after seeing this man's knowledge of Chinese energy medicine highly recommended by a teacher I respect. As a Westerner, I was afraid that the explanations and instructions would be too esoteric to be useful to me. That was not the case. I was able to get some relief for my osteoarthritis and my fibromyalgia using the information in the book.

Very comprehensive book with easy to follow instructions.

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