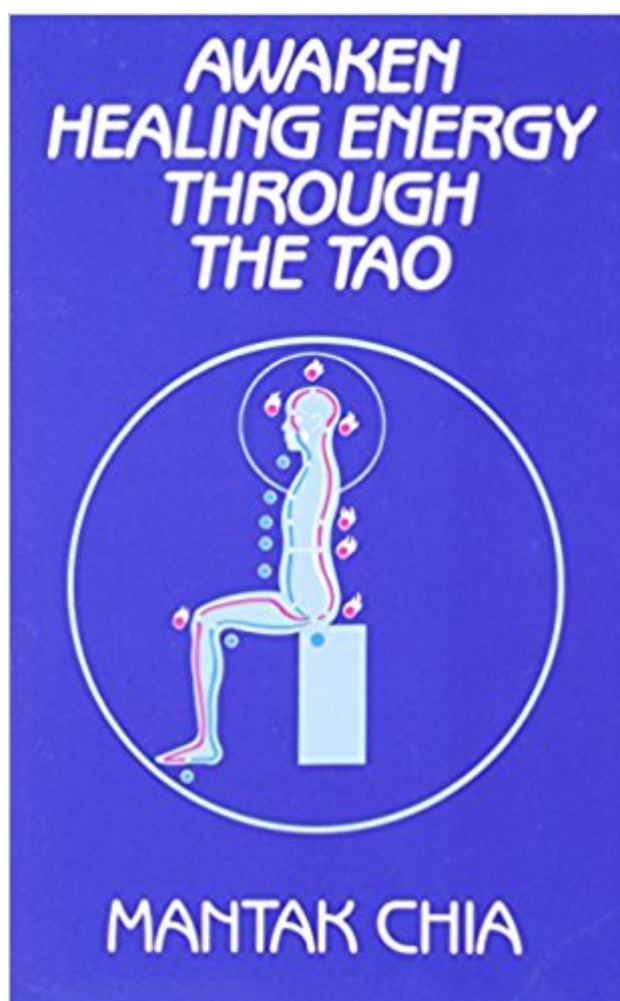


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# Awaken Healing Energy Through The Tao: The Taoist Secret Of Circulating Internal Power



## Synopsis

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

## Book Information

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Best Sellers Rank: #101,819 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #50 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Taoism #67 in Books > Politics & Social Sciences > Philosophy > Eastern > Taoism

## Customer Reviews

A student of several Taoist masters, Mantak Chia founded the Healing Tao System in North America in 1979 and developed it worldwide as European Tao Yoga and Universal Healing Tao. He has taught and certified tens of thousands of students and instructors from all over the world and tours the United States annually, giving workshops and lectures. He is the director of the Tao Garden Health Spa and the Universal Healing Tao training center in northern Thailand and is the author of 50 books, including "Taoist Foreplay", "Inner Smile, Cosmic Fusion", "Sexual Reflexology", and the bestselling "The Multi-Orgasmic Man."

I think this is a must-have for any spiritual seeker or energy practitioner. I do love Mantak Chia and his work (have several of his books for 20 years now). This is one of his first...you can tell he was still honing his English writing skills, as a few things could have been explained better (I was able to figure out what he means by cross-referencing to other books of his). Would love to see an updated version! Still, I think it's a key book to have! Also, in re-acquainting myself with a few of the exercises, they are great for relaxation and sleeping well.

I have attended Master Mantak Chia's courses like "Iron shirt ,Dien Tian Qi gong,and others",but have skipped the very first part of the course,which was "Opening the small circulation and the macro cosmic orbit..".When i could not succeed to feel ,at the class ,the energy,which the others where feeling,i finally understood that ,because i have skipped the first part of the course,and jumped to all the others,the reason why i could not feel some of the energy.This book is a must ,and it is the base for all the teachings of Master Mantak. It will save time,and will make one achieve to reach ,in a short time ,to open the small circulation..and it is easily explained.

Great info for energy management and sharing, especially for couples.

Outstanding good book. Good purchase as described.

fHow to start connecting your bodies energies with those in the universe - evolution 101 - thank you Mantak

This is a very good introduction to Chi gong

Energy heals-learn how by this master mantak chia

My master. This book along with a workshop of his I attended in 1983 in NYC elevated him to that level.And still his best book.

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