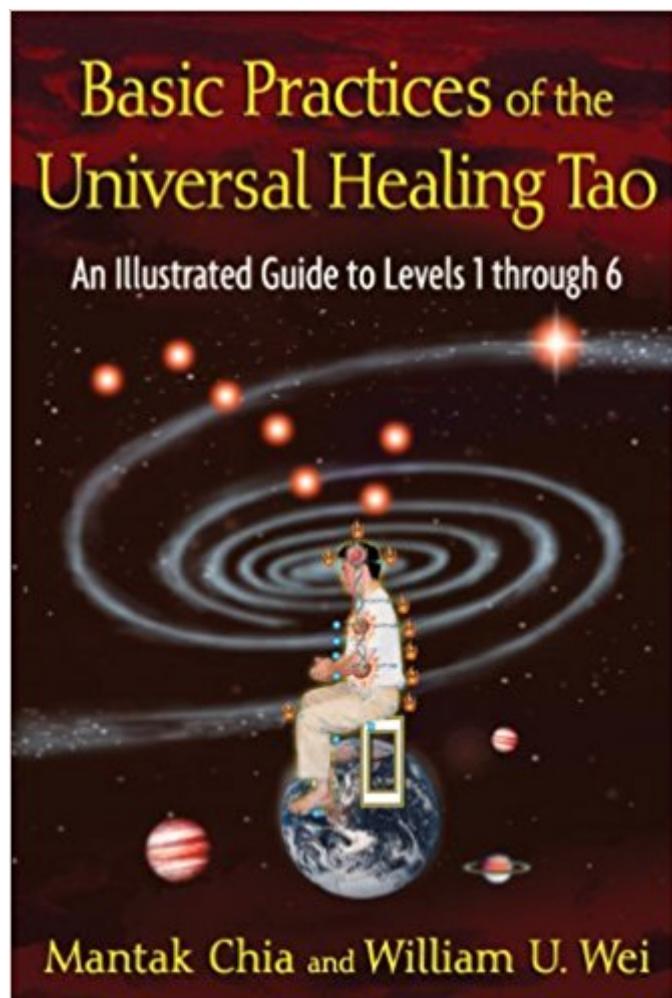


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Basic Practices Of The Universal Healing Tao: An Illustrated Guide To Levels 1 Through 6



Synopsis

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.

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Customer Reviews

Any serious student of Taoist and Tantric energy has benefitted from the wisdom and offerings of Mantak Chia's books. Unfortunately, for a home student, the mass of information is overwhelming and can be difficult to organize into a structured path of learning. Step 1... Step 2... Step 3.... I've read and studied and practiced from many of his books, and have had to utilize intuition and best guess work on what I needed to focus on and when. From the Healing Light of the Tao: Foundational Practices to Awaken Chi Energy, to The Inner Smile: Increasing Chi through the Cultivation of Joy, to The Six Healing Sounds: Taoist Techniques for Balancing Chi, to Iron Shirt Chi Kung, Healing Love through the Tao: Cultivating Female Sexual Energy, Fusion of the Five Elements: Meditations for Transforming Negative Emotions, and many more.

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