
Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energies. Mantak Chia. 4.5 out of 5 stars 19. “This book will be very useful for anyone interested in learning how to work with ‘Cosmic’ or spiritual healing.” (The Empty Vessel, Winter 2004). 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. Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energies. Destiny Books. Mantak Chia, Dirk Oellibrandt. Year: 2004. Language: english. PAX Study Guide Book 2020 & 2021: NLN PAX RN & PN Study Guide 2020 & 2021 and Practice Test Questions for the NLN Pre Entrance Exam [Updated for the NEW Outline]. Test Prep Books. Test Prep Books. Year: 2019. Language: english. The Universal Healing Tao is a practical system of self-development that enables individuals to complete the harmonious evolution of their physical, mental and spiritual, bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioner learns to increase physical energy, release tension, improve health, practice self-defense and gain the ability to heal oneself and others. The Tai Chi Chi Kung I short form consists of the basic movements of Yang style Tai Chi. This ancient Taoist healing practice, an advanced branch of traditional Chi Nei Tsang abdominal massage, opens a new dimension of healing based on the flow of our vital essence of blood and Chi to improve, revitalize and balance the health of our organs and functions. (See Taoist Cosmic Healing, Inner Smile Practice.) These energies are gathered in collection areas (the pa kua collection points) around the navel. From these collection points, the energy is blended, purified, and stored in the lower Tan Tien. Through these practices, the energy is condensed until it becomes a radiating pearl, located at the original meeting point where the information of the first cell and basic spark of the body is kept (in the area of the small intestine). Taoists use the metaphor of the pearl or crystal to refer to this highly concentrated, purified energy. Verified Purchase. I brought this after dreaming about Chi Kung and stars. However the book continually tells you that you should read the colours book first and can be confusing when reading. Read more. Mantak Chia, Dirk Oellibrandt: Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energy. Author: Mantak Chia, Dirk Oellibrandt Number of Pages: 224 pages Published Date: 27 May 2004 Publisher: Inner Traditions Bear and Company Publication Country: Rochester, VT, United States Language: English ISBN: 9780892810895 Download Link: Click Here.