

# Mantak Chia Français

Les Livres disponibles

La voie de la sagesse émotionnelle

Taoist Wisdom for Radiant Health

Chi Massage for the Vital Organs

Taoist Cosmic Healing

Applied Chi Kung in Internal Organs Treatment

Massage thérapeutique des organes génitaux

The Taoist Way of Rejuvenation

Taoist ways to transform stress into vitality. Français

Méridiens de l'amour et points d'acupression

L'énergie sexuelle masculine

Chi Kung for Prostate Health and Sexual Vigor

Nei Kung de la moëlle des os

méthodes taoïstes pour améliorer la santé par la régénération de la moëlle des os et du sang

Chi Kung

Chi Nei Tsang

Life Pulse Massage

Comment les femmes peuvent considérablement augmenter, améliorer, renforcer leur plaisir, leur intimité et leur santé

L'intégration du corps et des émotions dans le flux cosmique

Manuel d'exercices et de techniques simples

Increasing Chi through the Cultivation of Joy

Craniosacral Chi Kung

Practices from the Wheel of Life

Chi nei tsang : Massage chi des organes internes

Karsai Nei Tsang

Chi kung crano-sacré

Enhancing Chi Energy in the Vital Organs

A Handbook of Simple Exercises and Techniques

Taoist Techniques for Enhanced Circulation and Detoxification

Love Meridians and Pressure Points

Pour la santé de la prostate et la vigueur sexuelle

Internal Organ Chi Massage

Mastering the Classic Forms of Tai Chi Chi Kung

The Yoni Egg

Exercises for Awakening the Life-Force Energy

The Six Healing Sounds

Taoist Secrets of Love

French books in print

The Alchemy of Sexual Energy

*Mantak Chia Français*

Downloaded from [blog.gmercyu.edu](http://blog.gmercyu.edu) by guest

## RILEY ROCCO

*Les Livres disponibles* Simon and Schuster

Reveals the practices and rituals of the yoni egg for physical, emotional, sexual, and spiritual growth and healing • Explains how to use a yoni egg at different stages of life to access inner beauty and wisdom, improve your sex life, prevent urinary incontinence and other women's concerns, prepare for and recover from childbirth, release emotional trauma, boost confidence, and enhance vital energies • Reveals the properties and benefits of 12 different stone eggs along with guidelines for choosing the egg that will work best for you • Includes contributions from Taoist and tantric master teachers, including Mantak Chia, Minke de Vos, Aisha Sieburth, Jutta Kellen-Shepherd, Sarina Stone, Shashi Solluna, and Jose Toirà, as well as testimonials from women of all ages Used for thousands of years throughout Asia, including by the royal concubines of the Chinese emperors, yoni eggs are egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. In this full-color step-by-step guide, Lilou Macé details the techniques and rituals of yoni egg practice, aiming to dispel fears and reservations about its use and reveal its profound benefits for body, mind, and spirit. She explains how the yoni is not merely a body part, but the portal to greater wisdom and self-knowledge--your temple of the sacred feminine. Providing an anatomical guide to the yoni, she shows how it contains reflexology points and energy meridians that can be worked with through different placements of the yoni egg. She offers detailed instructions for yoni egg exercises, including how to use a yoni egg for the first time, and explores how these techniques can help you have more intense orgasms, prevent urinary incontinence and other women's health issues, prepare for and recover from childbirth, release trauma and negative emotions trapped within your body, boost your confidence and femininity, and unlock access to your inner source of creativity and wisdom. The author explores the properties and healing benefits of 12 different gemstone eggs, from the well-known jade egg to lesser-known eggs such as amethyst, obsidian, and green aventurine, along with guidelines for choosing the stone type and egg size that will work best for you. Concluding with rituals for initiating yourself into the power of your yoni and for releasing the sacred feminine within, the author shows how each of us has the power to heal, to be kind to ourselves, and to reveal our own inner beauty and wisdom.

*La voie de la sagesse émotionnelle* Simon and Schuster

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.

**Taoist Wisdom for Radiant Health** Simon and Schuster

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.

*Chi Massage for the Vital Organs* Guy Trédaniel

• 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.

**Taoist Cosmic Healing** Simon and Schuster

Les femmes croient souvent - à tort - qu'avancer en âge signifie pour elles la fin de leur capacité de séduction, une baisse de la libido, de la vie sexuelle et même du bien-être physique et psychique. Pourtant, vieillir peut tout aussi bien rimer avec un épanouissement global et durable lorsque l'on dispose des bonnes méthodes et que l'on pratique les bons exercices. Dans cet ouvrage pratique, Mantak Chia et William U. Wei expliquent comment la pratique physique et énergétique du Chi Kung peut aider à équilibrer les hormones, à contrebalancer la croissance de cellules anormales, à prévenir le cancer de l'utérus et à restaurer la vigueur du système reproducteur féminin. Grâce à cet ouvrage richement illustré, vous découvrirez : • Des techniques pour ouvrir les circuits énergétiques liés aux organes reproducteurs de la femme et libérer les blocages qui mènent à des dysfonctionnements sexuels et à la maladie. • Des exercices de renforcement musculaire - en ayant recours à un oeuf de jade - et des massages sexuels énergétiques, afin de stimuler les hormones anti-âge et tonifier le vagin, le périnée et la poitrine. • Des conseils diététiques pour se régénérer, avec notamment des compléments nutritionnels d'origine végétale. MANTAK CHIA, maître internationalement connu de l'Alchimie interne et de Chi Kung, a fondé le Système curatif du Tao universel en 1979. Il a transmis ses enseignements à des dizaines de milliers d'étudiants et d'instructeurs à travers le monde et est l'auteur d'une cinquantaine d'ouvrages, parmi lesquels les best-sellers L'Homme multi-orgasmique et La Femme multi-orgasmique, parus chez le même

éducateur. WILLIAM U. WEI, instructeur de grade supérieur du Tao curatif universel, a enseigné avec Maître Chia dans plus de trente pays.

□□□□□□

An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

**Applied Chi Kung in Internal Organs Treatment** Simon and Schuster

Découvrez la manière d'apprendre le Tai Chi Chi Kung, une ancienne forme simple mais très puissante de Tai Chi de style Yang. Comment attirer vers nous le Chi - l'Énergie universelle -, afin de revitaliser et de dynamiser pas à pas l'ensemble de notre organisme ? En appliquant régulièrement les principes taoïstes révélés ici par Mantak Chia, notre corps se transforme, se raffermi, nos émotions se stabilisent, nous gagnons en sérénité et en harmonie, et notre capacité à accéder à d'inépuisables sources extérieures d'énergie augmente de façon extraordinaire. Grâce à de nombreuses séquences illustrées, le maître nous guide vers le travail intérieur d'absorption, de transformation et de redistribution des énergies du Ciel et de la Terre qui sont les fondations de tout Tai Chi.

**Massage thérapeutique des organes génitaux** Simon and Schuster

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.

**The Taoist Way of Rejuvenation** Guy Trédaniel

L'âge ne doit pas être un frein pour la santé sexuelle et la virilité. Dans cet ouvrage pratique et richement illustré, le maître taoïste Mantak Chia et William U. Wei expliquent comment la pratique énergétique et physique du Chi Kung permet non seulement de conserver une vie sexuelle florissante jusqu'à un âge avancé, mais aussi de réduire le risque de cancer et d'hypertrophie de la prostate. Grâce à cet ouvrage illustré, vous découvrirez : Des techniques pour ouvrir les voies énergétiques liées aux organes reproducteurs mâles et libérer les blocages qui mènent à un dysfonctionnement sexuel et à la maladie. Des massages sexuels énergétiques et des massages de la prostate. Des exercices d'étirement utilisant la pratique avancée des Levers de poids avec le chi. Des conseils pour se détendre, avec notamment des compléments nutritionnels d'origine végétale.

**Taoist ways to transform stress into vitality.** Français Guy Trédaniel

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.

**Méridiens de l'amour et points d'acupression** Simon and Schuster

Explores the deep, internal work necessary for the effective practice of tai chi • Reveals the Taoist principles that gave birth to the Yang-style tai chi forms • Shows how tai chi can circulate powerful healing energies through the body Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown. The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

**L'énergie sexuelle masculine** Guy Trédaniel

A groundbreaking book, Emotional Wisdom reveals powerful ancient tools for transforming our painful emotions into happiness and health. So-called negative emotions are valuable messages that let us know we are out of balance. With compassion and humor, Taoist authors Mantak Chia and Dena Saxer explain the messages that anger, depression, fear, worry, and stress offer us. They present three easy-to-learn twenty-minute internal energy practices, with helpful illustrations, to turn these imbalances into harmony and joy. They provide unusual nutritional advice for emotional healing and a Taoist First Aid section with proven natural remedies for minor ailments such as insomnia, indigestion, headaches, and overeating. Relevant quotes from the Tao Te Ching add inspiration to this practical, life-changing book.

**Chi Kung for Prostate Health and Sexual Vigor** Simon and Schuster

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.

**Nei Kung de la moëlle des os** Guy Trédaniel

A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

**méthodes taoïstes pour améliorer la santé par la régénération de la moëlle des os et du sang** Simon and Schuster

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

**Chi Kung** Simon and Schuster

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.

**Chi Nei Tsang** Simon and Schuster

An illustrated guide to releasing emotional and physical blockages in the pelvic area through massage • Presents step-by-step instructions for sexual organ massages for women and men • Explains techniques to release knots, unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow • Effective for impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido as well as back pain, sciatica, and hormone imbalance Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the jing chi of the sexual organs--a powerful source of healing energy--Karsai Nei Tsang helps to resolve physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification. Illustrating complete sexual organ massages for women and for men, this book guides you through the techniques of Karsai Nei Tsang--including necessary detox preparations and the underlying Chi Nei Tsang principles--and shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. Addressing common problems associated with our sexual organs, this practice can be used to treat impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is also effective in alleviating back pain and sciatica, improving the body's alignment, strengthening the pelvic floor, balancing the hormones, and increasing general vitality.

**Life Pulse Massage** North Atlantic Books

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.

**Comment les femmes peuvent considérablement augmenter, améliorer, renforcer leur plaisir, leur intimité et leur santé** Guy Trédaniel Editeur

HARMONISER LES ÉMOTIONS, LIBÉRER LES TENSIONS CHRONIQUES ET OPTIMISER LE FLUX D'ÉNERGIE Mantak Chia, le maître taoïste, et Joyce Thom établissent un lien entre le rythme cranio sacré - le doux écoulement du liquide céphalo-rachidien de la tête (crâne) au coccyx (sacrum) - et le flux de chi dans le corps. Ces flux énergétiques subtils indiquent l'harmonie ou la disharmonie de la personne dans son ensemble et sont grandement affectés par les traumatismes physiques, les tensions chroniques et les émotions refoulées, provoquant de nombreuses affections courantes. Grâce à cet ouvrage, vous découvrirez : • Des instructions illustrées d'exercices étape par étape, pour identifier et dénouer les blocages énergétiques et les nœuds émotionnels et physiologiques. • Des exercices d'intelligence émotionnelle pour vous mettre à l'écoute de votre cœur et des messages de votre corps et ainsi apprendre à soulager les charges émotionnelles qui y sont liées. • Des pratiques de respiration pour activer les pompes crânienne, respiratoire/cardiaque et sacrée pour optimiser le flux énergétique du corps. • Des techniques d'automassage et des méditations ciblées des traditions de sagesse taoïste et autres pour libérer et harmoniser le flux d'énergie dans le corps et optimiser votre potentiel de bien-être physique, émotionnel et spirituel.

*L'intégration du corps et des émotions dans le flux cosmique* Simon and Schuster

Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and

muscles, and alleviating back and joint pain • Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles • Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage • Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health.

Related with Mantak Chia Français:

- Use The Drop Down Menus To Analyze The Writing Prompt Format : [click here](#)