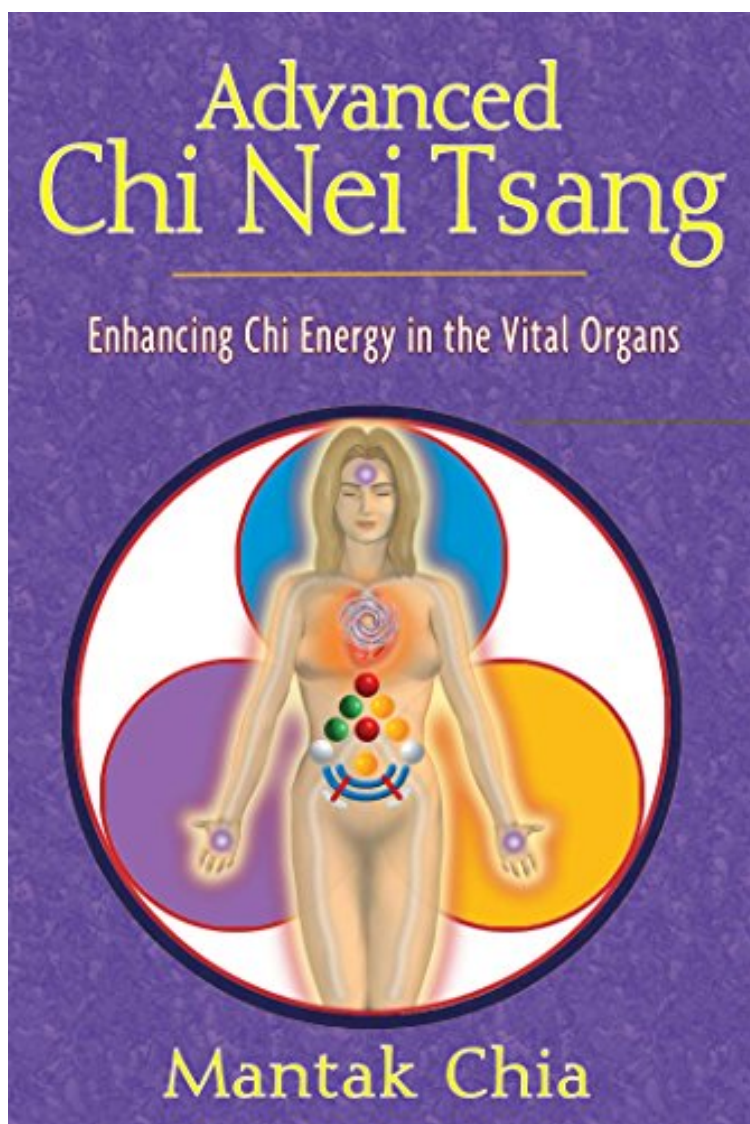


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Advanced Chi Nei Tsang: Enhancing Chi Energy in the Vital Organs (English Edition)



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Description :

Prsentation de l'diteurAdvanced Taoist techniques for detoxifying and rejuvenating the internal organs through the release of negative chi Works with the navel center, where negative emotions, stress, and illness accumulate Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs From the Taoist point of view, good health depends upon the free flow of chi--healthy life-force energy--throughout the body. Taoists refer to healthy chi as good wind. When energy is trapped in the body it stagnates and becomes negative, manifesting in the symptoms of physical or emotional illness. Taoists call this negative energy sick or evil wind. The advanced Chi Nei

Tsang practices focus on mastering these winds. They include techniques for developing sensitivity to sick winds, releasing internal energy blockages, and chasing sick winds from the body to reestablish a healthy flow of energy. Negative energies caused by stress, tension, and the effects of past illnesses tend to accumulate in the naval center, so the advanced Chi Nei Tsang techniques use elbow pressure on specific reflex points around the navel to release energy blockages associated with each internal organ. They also work with wind access points found near the standard acupuncture points. These advanced practices build upon the organ detoxification and rejuvenation practices introduced in Chi Nei Tsang, allowing the practitioner to work intensively at an energetic level toward the restoration of optimum health and well-being.

Chapter 5 Working on the Winds

The First Wind

Wind that Attacks the Liver, the Pericardium, and the Heart

This wind rises from the small intestines and spleen and attacks the liver, pericardium, and heart making them weak. Symptoms usually manifest as a burning itching feeling and restless sleep, sometimes accompanied by a burning rash. The liver and heart tend to hold the emotions of anger, envy, hatred, and so forth. Working on the First Wind can elicit a strong emotional release. Pressing the Navel Points for the First Wind

Use your elbow to press the navel points for the first wind. Follow the arrows in the illustration. This will help spiral all winds out from the organs. Remember to flush out the wind after pressing each point.

1. Press point 35, located just above the navel, on the left side.
2. Press point 35 on the right side.
3. Press point 32, located below the navel toward the outside of the body, on the left side.
4. Press point 32 on the right side.
5. Press point 37, located on a line right above the navel, on the left side.
6. Press point 37 on the right side.
7. Press point 30, located below the lower end of the sternum.

Releasing the Wind from the Liver

To release the wind from the liver, observe the shape of your students rib cage. If there is a problem, the ribs may be raised on one side.

1. Loosen the area under the ribs and massage the liver. Have the student make the livers sound, sh-h-h-h-h-h-h.
2. Press your knuckles on and between the rib bones all around the bottom of the rib cage on your students right side. This might be particularly painful since the emotional energy stuck on the liver tends to rise and get stuck in the rib bones.

Releasing Wind from the Heart and Pericardium

The heart is the seat of emotions, and a lot of the blocked emotional energy is stored around that area. Assist your student in learning how to release the energy of emotions trapped in the chest by breathing deeply and smiling into the area. Making the heart sound, haw-w-ww- w-w, as he or she exhales can help ease the pain. The pericardium is the sack around the heart that operates as the hearts heat exchanger and emergency heat vent. It helps to wick off the hearts excess energy. To increase the effectiveness of this approach you can also guide your student to make the triple warmer sound, hee-e-e-e-e-e, directing the vibration of the sound into the pericardium. Feel love, feel soft; teach the student to smile. This will help cool the heart and prevent heart attacks. Practice every day for ten minutes. When this wind exits, it leaves the heart, travels up the chest to the left shoulder, and then down the left arm to the fingernail of the little finger.

1. Begin by pressing your knuckle into points 22 and 23 on the left side. Point 22 is located right above the left nipple. For women you can find the point above the left breast approximately between the fourth and fifth ribs, 1 to 2 inches down from the collarbone. Point 23 is about an inch from point 22 toward the arm. These points are usually very sensitive. Use soft stimulation instead of a heavy pressure. Spiral the knuckle in the small area--a depression--where the knuckle fits. Spiral counterclockwise to loosen.
2. Flush the wind from the heart area by spiraling your hand above it counterclockwise and then moving your hand above the heart meridian down the left arm. You will normally feel the dense, hot, or itchy energy leaving the heart, and you should direct it into the ground. The wind will flow out through the fingertips, especially the middle and pinkie fingers. Your student can also focus on these fingers, exhaling out any excess heat from the pericardium also directing it toward the earth. The pericardium is like a cooling system for the heart.
3. Check the right side of the chest. Although wind trapped on this side does not affect the heart as much, if you do not release it this wind can later move into the left side. Work on points 22 and 23 on this side and then flush the wind out through the right hand.
4. With your knuckle, release the area of the sternum, massaging between the ribs and directly on the rib bones, especially on the area around the heart. For women, work around the breast, moving it to the side to work on the ribs under it. When you work on the sternum be aware of how soft it is and do not press too hard. Usually, you will find the problem area close to the heart, and you may feel a kind of swelling like the surface of a balloon.
5. Flush the wind down from the left part of the chest through the left arm. Note: If the chest area is too sensitive use the tip of your finger instead of the knuckle.

Releasing Wind through the Knee Point

1. To find point 53, the related knee point, place the palm of your hand on the midline above your students knee. Your extended index finger should just about touch the gap above the kneecap. You will find the point as you extend your thumb to the

inside of the leg and grab the inner thigh muscle. 2. Flush the wind down. 3. Repeat on the other leg. *Revue de presse* "This is a must for any practitioner working with detoxification on an energetic level with his or her clients." (Rahsya Poe, Lotus Guide magazine, Oct-Dec 2009) . . . a guide to the chi energy that resides in all of our bodies. . . of interest to any with a strong interest in metaphysical spirituality." (The Midwest Book , Oct 2009)". . . will take you to your next level of understanding, even if you are not a practitioner. There is enough in this book for all students of the Asian healing arts to deepen their understanding of the ancient and integrated theory of how the body, mind, and spirit interrelate in the manifestation of 'qi energy' and form." (Diane Macchiavelli, Dip. Ac., Journal of Asian Martial Arts, Vol. 19, No. 1, Feb 2010)"As with all his books, Mantak Chia shows respect for the tradition of Chi Nei Tsang as well as for the reader. . . a purely informative volume that clarifies much of the misunderstanding of energy systems and directs the reader to a new experience of healing." (Deborah Adams, Curled Up With a Good Book, Sept 2009)