



Chi Energy - Activation, Cultivation and Flow (Paperback)

By Richard E Clear

Clear Silat Inc, United States, 2007. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book explains real high level, beginner to advanced practices regarding Chi/Qi/Ki (Life-Force) activation, cultivation and flow. These practices will allow you to personally experience, build and work with Chi energy. The practices are fully explained in depth and concepts and principles are described in simple detail so that the average person can fully utilize and understand the knowledge imparted. The book includes a chapter on the role that the mind plays in Chi Kung energy work and a basic definition of the word Chi and related terms. There are also specific chapters in the book on mind intent, breathing, body states, physical alignments, Wu Chi, Bone Marrow Washing, Kidney Breathing, the Energy Ball, Rooting, Body Connection secrets, the Dan Tiens, important energy points, the 3 Dan Tiens Linear and how to get the real maximum benefits out of your Tai Chi Training. The information in this book applied to Tai Chi, martial arts or energetic arts of any kind will greatly enhance and benefit those practices. We are pleased to offer a text for Westerners...



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