

## Iron Shirt Chi Kung li

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### Chi Nei Ching

Combining Chinese Taoist astrology, Western zodiac astrology, and birth destiny cards to develop your innate talents and transform your negative traits • Includes charts to discover your Chinese animal year, your Western zodiac sun sign, your moon sign, and your birth destiny card as well as those of your friends, lovers, relatives, and colleagues • Provides insightful and accurate descriptions for each animal year, zodiac sun sign, and birth card as well as each year and sun sign combination and each sun and moon sign combination • Offers career suggestions based on your innate gifts and relationship advice on which animals, sign combos, and birth cards to seek out and which to avoid With your first breath of life, you take in the energy pattern radiated by the sun, moon, and stars at that moment in time and space. This internal energy pattern underlies your persona--your behavioral patterns, personality traits, and life's path. Understanding these underlying patterns enables you to balance and transform your negative traits and highlight and develop your innate talents. Blending Eastern and Western astrological methods, Master Mantak Chia and William Wei explain how to identify the five key patterns of your internal energy persona based on the year, month, and day of your birth. Including charts to discover your Chinese animal year, your Western zodiac sun sign, your moon sign, and your birth destiny card, they explore how each of these astrological profiles interact to build your unique persona and provide profoundly accurate descriptions for each year and sun sign combination, each sun and moon sign combination, and each birth card. Each description also includes career recommendations to best utilize your innate gifts and relationship advice on which animals, sign combinations, and birth cards to seek out and which to avoid. Not only useful for personal insight and self-development, this new astrological approach can also be used to understand the underlying energetic personality patterns of your lovers, friends, relatives, and colleagues.

## **The Inner Structure of Tai Chi**

This comprehensive, indexed volume includes short, one-page listings of pertinent facts about a particular movement, its founder, how it claims to work, scientific evaluations done, and its potential dangers. Some topics covered are angels, visualization, shamanism, hypnosis, new age medicine and martial arts.

## **The Tao of Immortality**

A guide to the practice of the Lesser Kan and Li that gives birth to the soul body and the immortal spirit body • Shows how to awaken higher consciousness through practices in total darkness that stimulate the release of DMT by the pineal gland • Shows how to transform sexual energy into life-force energy to feed the soul body The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies (yang/fire) with sexual energies originating in the kidneys (yin/water) to form and feed the soul or energy body. Practice of the Chinese formula Siaow Kan Li (yin and yang mixed) uses darkness technology to literally “steam” the sexual energy (jing) into life-force energy (chi) by re-versing the location of yin and yang power. This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water of the sexual energy of the perineum, thereby activating the liberation of transformed sexual energy. Darkness technology has been a key element of Taoist practice--and of all Inner Alchemy traditions--throughout the ages. A total darkness environment stimulates the pineal gland to release DMT into the brain. The darkness actualizes successively higher states of consciousness, correlating with the accumulation of psychedelic chemicals in the brain. In the darkness, mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. Death is no longer to be feared because life beyond the physical body is known through direct experience. The birth of the soul is not a metaphor. It is an actual process of converting energy into a subtle body. Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li.

## **Iron Shirt Chi Kung**

Achieve vibrant health by combining ancient Taoist principles, modern alternative health practices, and acid-alkaline balance • Offers complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions • Provides detailed information on fasting, detoxification, and food combining for acid-alkaline and yin-yang balance • Includes illustrated guides to several self-diagnostic methods from the East, allowing you to interpret your body’s signs before disease manifests The human body, like all phenomena in nature, possesses the inherent power of self-regeneration when the conditions of true health are adopted. In Cosmic Nutrition, Taoist Master Mantak Chia and senior Universal Tao teacher William Wei reveal the secret to true health and longevity: keeping all four

bodies--physical, emotional, mental, and spiritual--vibrant and balanced. They show you how to work with the four bodies through simple, step-by-step nutritional and energetic practices for everyday life. Combining the ancient Taoist principles of yin and yang energy with acid-alkaline balance and metabolic body types, the authors offer complete guidelines on what to eat for different yin-yang constitutions, specific health problems and organ systems, and energetic conditions. They provide an easy-to-follow food combining method for acid-alkaline and yin-yang balance, recipes for healing meals, detailed information on fasting and detoxification, and illustrated guides to several self-diagnostic methods from the East that allow you to interpret your body's signs before disease manifests. Dispelling the myth of germs as the cause of disease, they reveal the cancerous dangers of too much protein or pharmaceutical drugs. They also examine the life-force-increasing and youth-renewing benefits of powerful "superfoods" such as sprouts and specific vitamins and minerals. Exploring emotional and mental balance, the authors explain the psychological aspects of yin and yang and offer simple practices to release fear and worries, promote inner calm, and build a positive attitude. Balancing body, mind, and blood chemistry, this book lays out the Universal Tao's holistic path to a long and happy life.

### **Chi Nei Tsang and Microcurrent Therapy**

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.

### **Encyclopedia of New Age Beliefs**

A guide to nourishing the body through bone marrow rejuvenation exercises • Presents exercises to "regrow" bone marrow, revive the internal organs, and prevent osteoporosis • Explains the use of bone breathing and bone compression, "hitting" to detoxify the body, and sexual energy massage and chi weight lifting to enhance the life force within Most Westerners

believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In Bone Marrow Nei Kung Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to “regrow” bone marrow, strengthen the bones, and rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, Bone Marrow Nei Kung was developed as a way to attain the “steel body” coveted in the fields of Chinese medicine and martial arts. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. Also included is extensive information on chi weight lifting and the practice of “hitting” to detoxify the body.

### **Bone Marrow Nei Kung**

Craniosacral therapy and Chi Kung practices to harmonize emotions, release chronic tensions, and optimize the flow of energy • Provides illustrated instructions for movement exercises, breathwork, self-massage, and emotional intelligence meditations to free the flow of energy in the body • Reveals clear parallels between the craniosacral rhythm and the flow of chi • Explains how to release energetic blockages and emotional and physiological knots, activate the energetic pumps of the 3 tan tiens, and tap in to the Cosmic Flow Exploring the connections between Western craniosacral therapy and Chi Kung, Taoist master Mantak Chia and craniosacral instructor Joyce Thom detail movement exercises, breathwork practices, self-massage techniques, and focused meditations from Taoist and other wisdom traditions to release and harmonize the flow of energy in the body and optimize our potential for physical, emotional, and spiritual well-being. The authors link the craniosacral rhythm--the gentle flow of cerebrospinal fluid from the head (cranium) to the tailbone (sacrum)--and the flow of chi throughout the body, circulated by the pumps of the three tan tiens. They explain how these subtle energetic flows indicate the harmony or disharmony of the whole person and are greatly affected by physical traumas, chronic tensions, and unresolved emotions. For example, the psoas muscle, known in Taoism as the muscle of the Soul, connects the spine to the legs and is the first muscle to contract when anger or fear triggers our fight-or-flight response. Often a storehouse of subconscious stressors, this muscle’s sensitivity is connected to many common ailments like back pain. Providing step-by-step illustrated exercise instructions, the authors explain how to identify and unwind energetic blockages and emotional and physiological knots. They explore emotional intelligence exercises for tuning in to our hearts so we can listen to our bodies’ messages and learn to relieve related emotional burdens. They also reveal how to activate the cranial, respiratory/cardiac, and sacral pumps of the three tan tiens to optimize the body’s energetic flow and explain how, when our energy is flowing freely, we can enter the Cosmic Flow--a state of calm well-being and extraordinary creativity where we

find ourselves truly at one with the universe.

### **Fusion of the Five Elements**

Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen--the tan tien. Known as the Ocean of Chi, this lower abdominal area holds the key to opening the body to the free and continuous movement of chi. Included are exercises to develop chi for increased vitality and the mind-body balance essential for spiritual growth and well-being.

### **Cosmic Nutrition**

A guide to the practice of Inner Alchemy, which allows you to control the energies of your inner universe to better connect with energies of the outer universe • Teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for self-healing and emotional and spiritual development • Shows step-by-step how to remove negative emotions from the organs in which they are lodged by neutralizing and transforming the negativity back into positive energy • Includes basic and advanced-level meditations Fusion of the Five Elements is the necessary first step in the Taoist practice of Inner Alchemy, in which one learns to control the generation and flow of emotional, mental, and physical energies within the body. It is a series of meditations designed to locate and dissolve negative energies trapped inside the body by making a connection between the five outer senses (experienced through the ears, eyes, nose, mouth, and tongue) and the five major negative emotions (anger, hate, worry, sadness, and fear). When the body is cleared of negative energy, universal chi energy flows freely and productively, nourishing both body and soul. The practice is divided into two parts. The first works with controlling the forces of the five elements on the five major organs of the body by learning the elements' effects upon each other and how to balance and utilize these energies properly. The advanced Fusion exercises then show how to channel the greater energies of the stars and planets to strengthen internal weaknesses and crystallize positive energy. By "fusing" all the different kinds of energy together, a harmonious whole is created--the key to manifesting an Immortal existence.

### **Craniosacral Chi Kung**

A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin • Explains how to collect energy within and discharge it for self-defense as well as healing • Explores how to counter the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi • Illustrates routines for the partner practice of "Push Hands" (Tui Shou) Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism. Fa Jin enables adepts to

harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques. Integrating the teachings of many Taoist masters, including Chang San-Feng, the creator of Tai Chi; Wang Tsung-Yueh, the legendary 19th-century master; Bruce Lee, the actor and martial artist who made the “one-inch punch” technique famous; and the Magus of Java, a living master able to discharge energy in the form of electric shocks, this book explores the history, philosophy, internal exercises, and physical practices of Fa Jin. Drawing on Iron Shirt Chi Kung and Tan Tien Chi Kung techniques, Master Mantak Chia and Andrew Jan reveal the secrets to collecting yin and yang in the lower tan tien and discharging the energy in a seemingly effortless yet explosive blow. Illustrating several routines of the Tai Chi partner practice of “Push Hands” (Tui Shou), they explain how to apply Fa Jin techniques by “listening” to your opponent’s intentions and countering the natural instinct to resist force with force through yielding softness and redirection. The authors also detail how to prepare for this advanced practice through stretching, meditation, breathing, relaxation, and energetic exercises.

### **Healing Light of the Tao**

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.

### **Golden Elixir Chi Kung**

### **Emotional Wisdom**

Chi theory and practice for health and a deeper understanding of Tai Chi.

## **Taoist Yoga and Sexual Energy**

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.

## **Inner Alchemy Astrology**

ETERNAL CHI: Martial Art Meditations for cultivating Chi and Life-Force energies. Chi is the life force energy of the universe. Everyone has chi, but not everyone has the same level of chi. The Shaolin Monks and Nuns devised certain meditation practices in order to tap into and cultivate chi. This book teaches 14 seated meditations and 18 standing meditations based on martial arts movements. In this book, clear, concise instruction is given for each meditation in both basic and advanced levels. These meditations are presented in as much authenticity as possible and can be readily learned by a wide variety of people from absolute beginners to seasoned practitioners. This book teaches not only how to meditate but also the theory and principles behind meditation. Detailed instruction is given on the proper way to breathe and how to develop good breathing habits. In a nutshell, there are essentially 2 methods of meditation: Spiritual meditation and Martial Art meditation. Spiritual meditation develops clear-mind awareness and higher-consciousness. Martial Art meditation develops focus, concentration, strength, and chi life-force energies. There are similarities between Spiritual meditation and Martial Art meditation, but the difference is on the focus. This book teaches martial art meditations created by the Shaolin Monks and Nuns. These meditations are designed to build chi and life force energies. Each meditation is unique unto itself and contain both a basic and advanced level. At the advanced level, a special breathing pattern is used that deepens focus, enhances concentration, and taps into higher levels of life force energies. This book is the first in a series of books pertaining the martial art meditations. There are many, many martial art meditations in existence that build chi and life force energies, strengthen the body and develop mental focus and clarity. [www.EternalChi.net](http://www.EternalChi.net)

## **Sexual Reflexology**

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.

### **Iron Vest Qigong**

### **Healing from Within with Chi Nei Tsang**

### **The Essence of Tai Chi Chi Kung**

A guide to strengthening and repairing the tendons to reverse the effects of aging • Shows how strengthening the tendons can lead to more energy, healthier organs, and prevention of arthritis • Explains how to practice the postures alone or with a partner • Includes the Mung Beans hitting practice, which repairs damaged tendons and joints; relieves constipation, stomach cramps, and headaches; and aids in detoxification Healthy tendons are the foundation of true strength in the body. Strong and supple tendons and open joints allow more space to store raw energy, which can then be transformed into higher creative and spiritual energy. The eight postures of Tendon Nei Kung are specifically designed to open the joints and fortify and grow all the tendons in the body, strengthening them as a unit. Like the practice of Iron Shirt Chi Kung, Tendon Nei Kung cultivates the ability to move the earth force up from the ground, through the feet, and into the body, in this case raising it to nourish the tendons. In Tendon Nei Kung, Mantak Chia explains how to perform the eight postures individually as well as with a partner. He reveals how regular practice of Tendon Nei Kung can help prevent and relieve arthritis by forcing poisoning acid out of the body to make room for healing chi energy. He provides ten supplementary exercises to help heal damaged tendons and joints without strenuous movement and also includes information on the Mung Beans hitting practice, an ancient practice that in addition to repairing damaged tendons and joints also aids in detoxification and relieves constipation, stomach cramps, and headaches.

### **Taoist Foreplay**

Distills the many different Chi Kung practices into one simple daily routine for abundant health, calmness, and mental clarity • Provides step-by-step illustrated instructions for a complete yet easy daily Chi Kung routine • Perfect for beginners

and ideal as a warm-up to more advanced practices • Clears physical and mental stress, stimulates healing and disease prevention, detoxifies the body, releases tensions, improves circulation, and works to develop flexibility, strength, resiliency, and suppleness Within every person there is a place full of energy, health, and happiness. Practicing Chi Kung allows us to visit this place of inner vitality and harmony, clearing physical and mental stress, detoxifying the body and mind, and helping us return to our natural state of abundant health, calmness, and mental clarity. An ideal complement to the treatment of chronic pain, asthma, diabetes, high blood pressure, headaches, and even heart disease and cancer, Chi Kung is a way to take control of your physical, mental, and spiritual health and live a long and healthy life. In Simple Chi Kung, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices. Designed to relax our muscles, loosen the joints, improve circulation, and develop flexibility, strength, resiliency, and suppleness, the gentle, flowing movements of Chi Kung mirror the movements of nature and help practitioners connect to their own inner flow of chi, clearing blockages and stagnation in our life-force energy and tapping in to our natural powers of healing and disease prevention. Walking readers step-by-step through each exercise, from movement work with the knees, hips, and spine to internal energy work through controlled breathing, Master Chia explains how daily practice of Chi Kung cultivates life-force energy, a stronger immune system, emotional balance, and spiritual awareness, transforming the patterns and assumptions that limit our body and mind as well as enhancing our connection to nature and the universe.

### **Wisdom Chi Kung**

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.

## Simple Chi Kung

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.

## Tai Chi Fa Jin

A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy • Explains each of the nine levels of Inner Alchemy and their more than 240 formulas • Explores the Four Healing Arts for transformation of the emotional body, physical body, energy body, and spiritual body • Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life • Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system, Master Mantak Chia and William U. Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master, Yi Eng, more than 60 years ago. Beginning with the basic principles called the Five Enlightenments, the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas, including simplified versions of the Microcosmic Orbit, the Inner Smile, Sexual Alchemy exercises for men and women, Fusion of the Five Elements practices, Kan and Li Alchemy, the Sealing of the Five Senses, and Star and Galaxy Alchemy. They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy--Living Tao practices for transformation of your emotional body, Chi Nei Tsang practices for transformation of the physical body, Cosmic Healing practices for transformation of the energy body, and Immortal Tao practices for transformation of the spiritual body--all aimed toward the survival of consciousness in a self-aware vessel. They also offer simplified versions of the other core practices, such as Iron Shirt Chi Kung, Bone Marrow Nei Kung, and Wisdom Chi Kung, to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life. Providing a primer not only on the

foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy, Master Chia and William U. Wei show how these exercises were designed to increase longevity, providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death.

### **The Magus of Java**

A guide to the internal martial arts exercises of short-form Wu-Style Tai Chi • Details the 8 core forms of Wu-Style Tai Chi with fully illustrated instructions • Ideal for older practitioners as well as those with health disabilities due to the “small frame” primary stance, slower and smaller movements, and conservation of energy • Explains how Wu Style provides a natural introduction to martial arts boxing • Reveals how Wu Style eases stiffness, relieves back pain, and reduces abdominal fat Following the flow of chi energy, rather than directing it as in traditional Tai Chi, Wu-Style Tai Chi focuses on internal development, seeking to conserve chi energy and gather jin power from the Earth through the tan tien. Centered on a “small frame” stance--that is, feet closer together and arms closer to the body--and a slower progression of movements in solo practice, Wu Style offers a gentle Tai Chi form for beginners and, when practiced with a partner, a grounding introduction to martial arts boxing and Fa Jin (the discharge of energy for self-defense). The more functional stance, smaller movements, and conservation of internal energy make Wu-Style Tai Chi ideal for older practitioners as well as those with health disabilities. Condensing the 37 movements of Wu Style into 8 core forms, Master Mantak Chia and Andrew Jan illustrate how to build a personal short-form Wu-Style Tai Chi practice. They explain how Wu-Style Tai Chi removes energetic blockages and helps to elongate the tendons, reducing stiffness and allowing the limbs to return to their natural length and full range of motion. Regular practice of Wu Style relieves back pain as well as reducing abdominal fat, the biggest hindrance to longevity. Exploring the martial arts applications of Wu Style, the authors trace its history beginning with founder Wu Chuan-Yu (1834-1902) as well as explain how to apply Wu Style to “Push Hands” (Tui Shou) and Fa Jin. Through mastering the short-form Wu Style detailed in this book, Tai Chi practitioners harness a broad range of health benefits as well as build a solid foundation for learning the complete long-form Wu Style.

### **Karsai Nei Tsang**

An illustrated guide to follow the path to the Immortal Tao • Reveals the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses and activating the Thrusting Channels • Explores how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind • Explains how to transmute warm chi into energy for the immortal spirit body, created through mastery of the three Kan and Li practices In ancient times, the Sealing of the Five Senses involved both Taoist Inner Alchemy and physical sealing of the sensory organs to prepare the master for extended periods of astral travel and meditation, during which he would remain completely

motionless for years at a time. In modern times, physical sealing of the senses with wax is no longer required; however, in order to accumulate profound energy and gather cosmic light for the immortal spirit body one must stop the energy losses that occur through the senses. In this guide to energetic sealing of the senses, Master Mantak Chia and William Wei reveal the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses, connecting the senses to the organs, activating the Thrusting Channels, and harnessing the energies of the Big Dipper and the North Star. They explain how to stop energy losses through the five senses and transmute warm chi into energy for the immortal spirit body. The authors explore the importance of proper diet and eating habits in this practice, providing striking examples of World War II concentration camp survivors who were able to obtain energy from chewing water. Revealing the benefits of Sealing the Five Senses for non-Immortals, the authors explain how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind and crying too much harms your blood. They show how sealing the senses allows one to create the Crystal Room cauldron, where fire and water energy can couple to generate a superior essence used to achieve greater awareness and “steam” all the body’s major organ systems. An advanced practice for those who have mastered the three Kan and Li practices, the Sealing of the Five Senses is the final step on the Taoist path to Immortality.

### **Tao Yin**

Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath. Known in Taoist astrology as the Four Pillars of Destiny, this “birth chi” can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of the Five Elements--Wood, Fire, Earth, Metal, and Water--in a Yin or Yang state. For each Element and Yin or Yang combination, the authors describe personality traits, ideal career paths, and emotional and health issues. They reveal how to discover your levels of success, wealth, and power; how your astrological strengths will manifest; and how to understand your relationships with partners, friends, and family. They also explain how to use your chart to calculate your organ health and annual luck cycles. The authors show how to use Inner Alchemy techniques, such as color therapy and feng shui, and Universal Healing Tao exercises, such as the Healing Sounds and Chi Kung, to harmonize and strengthen the inborn imbalances and weaknesses in your chart. This hands-on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the

cosmos.

## **The Taoist Soul Body**

The story of John Chang, the first man to be documented performing pyrokinesis, telekinesis, levitation, telepathy, and other paranormal abilities. • The author, a mechanical engineer, provides scientific explanations of how these powers work. • For the first time, the discipline of Mo-Pai is introduced to the West. In 1988 the documentary Ring of Fire was released to great acclaim. The most startling sequence in the film is that of a Chinese-Javanese acupuncturist who demonstrates his full mastery of the phenomenon of chi, or bio-energy, by generating an electrical current within his body, which he uses first to heal the filmmaker of an eye infection and then to set a newspaper on fire with his hand. Ring of Fire caused thousands to seek out this individual, John Chang, in pursuit of instruction. Of the many Westerners who have approached him, John Chang has accepted five as apprentices. Kosta Danaos is the second of those five. In his years of study with John Chang, Danaos has witnessed and experienced pyrokinesis, telekinesis, levitation, telepathy, and much more exotic phenomena. He has spoken with spirits and learned the secrets of reincarnation. Most important, he has learned John Chang's story. John Chang is the direct heir to the lineage of the sixth-century b.c. sage Mo-Tzu, who was Confucius's greatest rival. His discipline, called the Mo-Pai, is little-known in the West and has never before been the subject of a book. Now, John Chang has decided to bridge the gap between East and West by allowing a book to be published revealing the story of his life, his teachings, and his powers. It will surely expedite what may well become the greatest revolution of the twenty-first century--the verification and study of bio-energy.

## **Eternal Chi**

Taoist meditation practices for increasing and maintaining mental awareness, memory, and clarity • Details techniques to increase the level of chi energy in the brain • Explains how to synchronize the left and right brain by activating the body's energetic potentials • Shows that by emptying the mind there is more energy to heal the body Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's capacity to function that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity. Using the Inner Smile meditation technique, practitioners learn how to recharge chi energy for the brain in a form that is most useful. Practitioners smile and empty the mind into the lower tan tien and the organs. The organs then transform this chi energy. When the mind is empty, the energy transformed by the organs is sent back to the brain to revitalize it. This process synchronizes the left and right brain by activating and tapping in to the body's energetic

potentials. As the mind continues to empty, receive, and also enhance the transformed chi energy, it is able to open itself to connect with universal chi energies and fill the body with enhanced life force.

### **Taoist Cosmic Healing**

An introduction to the ancient Kung Fu practice designed to unify physical, mental, and spiritual health • Describes the unique Iron Shirt air-packing techniques that protect vital organs from injuries • Explains the rooting practice exercises necessary to stabilize and center oneself • Includes guidelines for building an Iron Shirt Chi Kung daily practice Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other aspects remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth. In Iron Shirt Chi Kung Master Mantak Chia introduces this ancient practice that strengthens the internal organs, establishes roots to the earth's energy, and unifies physical, mental, and spiritual health. Through a unique system of breathing exercises, he demonstrates how to permanently pack concentrated air into the connective tissues (the fasciae) surrounding vital organs, making them nearly impervious to injuries--a great benefit to athletes and other performers. He shows readers how once they root themselves in the earth they can direct its gravitational and healing power throughout their bone structure. Additionally, Master Chia presents postural forms, muscle-tendon meridians, and guidelines for developing a daily practice routine. After becoming rooted and responsive, practitioners of Iron Shirt Chi Kung can then focus on higher spiritual work.

### **The Art of Cosmic Vision**

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.

### **Basic Practices of the Universal Healing Tao**

An illustrated guide to combining the new healing modality of microcurrent therapy with Chi Nei Tsang energy massage • Explains how microcurrent therapy harmonizes the body's cells, regenerates the nervous system, and boosts the body's natural self-healing abilities • Provides illustrated, step-by-step instructions for using microcurrent therapy during massage and for the basic techniques of Chi Nei Tsang massage • Shows how combining these therapies can relieve pain, reduce inflammation, and help specific ailments, such as arthritis, sciatica, fibromyalgia, and shingles Each cell of the body is animated by a highly organized and intelligent bioenergy, or bioelectricity. When cells are damaged, they become electrically imbalanced. Recently it has been discovered that microcurrent therapy--applying low-amperage electrical currents to the body--harmonizes the cells, returns them to a normal state of cellular activity, and boosts the body's natural self-healing abilities. Combining this innovative new modality with ancient Taoist healing methods, Mantak Chia and Aisha Sieburth detail how to integrate microcurrent therapy with Chi Nei Tsang energy massage for pain relief, self-healing, and rejuvenation. The authors explain how microcurrent has a regenerative effect on the nervous system, helping to increase energy levels, promote circulation of blood and lymph, relieve acute or chronic pain, restore pH balance of the blood, balance hormone function, and improve the immune system. Its effects on circulation extend to all the body's vessels, tissues, and cells as well as enhancing toxin elimination and reducing inflammation. The authors show how microcurrent therapy pairs extraordinarily well with Chi Nei Tsang massage. The microcurrent, flowing through the hands of the massage practitioner into the body, enhances the effects of the massage within the nerves and tissues, making it easier to harmonize the flow of energy, release tensions, and dissolve energetic knots in the meridians. With illustrated, step-by-step instructions, the authors explain how to use microcurrent therapy during massage and describe the basic techniques of CNT massage. They also show how CNT microcurrent therapy is beneficial for general physical health and for a host of specific ailments, such as nerve pain, arthritis, sciatica, fibromyalgia, shingles, headaches, slow-healing wounds, and tendon and ligament pain.

### **Sealing of the Five Senses**

How to achieve perfect vision naturally through proven eye-training methods • Explains how vision problems are related to

imbalances in the internal organs • Provides Taoist and Ayurvedic practices for harmonizing the liver and kidneys, the organs directly associated with eye problems In the West, problems with eyesight are treated separately from overall health, usually with prescription glasses or contact lenses. But Eastern systems of holistic healing view the eyes as mirrors of physical health. Eye problems reflect problems with the internal organs, most specifically the liver and kidneys. The Art of Cosmic Vision offers Taoist healing sound exercises for strengthening the liver and kidneys as well as seven internal Chi Kung exercises and Dao-Yin self-massage practices for toning the organ meridians. It also provides extensive dietary recommendations, including a complete Ayurvedic analysis of the three main nutritional body types. The wide variety of eye-strengthening exercises in The Art of Cosmic Vision includes the Egyptian Black Dot technique, the Taoist Long Swing technique, the Tai Chi Rocker Eye technique, and relaxing Yoga Eye Palming techniques. Rather than viewing the ciliary muscle within the eye as the only muscle responsible for focus, these exercises improve focus by training all of the muscles surrounding the eyes. With attention to improved diet, physical exercise, and these proven eye-training techniques, readers can restore their vision to vibrant health.

### **Tan Tien Chi Kung**

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.

### **The Alchemy of Sexual Energy**

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.

### **Instant Health**

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 Kung for Prostate Health and Sexual Vigor**

Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva, long considered by Taoists as a key component for optimum health. Taoists believe that this Golden Elixir is a physical healing agent, and also a major transformative agent in preparing for higher spiritual work.

### **Cosmic Astrology**

• 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.

### **Kung Fu & Tai Chi: Chinese Karate & Classical Exercises**

Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of *The Multi-Orgasmic Man*. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

## **Tai Chi Wu Style**

This 14-week course applies the long-suppressed secrets of Taoist yoga, Chi Kung, internal alchemy, and sexual kung fu, to improve every aspect of one's health and well-being.

## **Tendon Nei Kung**

For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle.

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