



Taoist Cosmic Healing



Chi Kung Color Healing Principles
for Detoxification and Rejuvenation

Mantak Chia
Coauthor of Sexual Reflexology

Taoist Cosmic Healing Chi Kung Color Healing Principles For Detoxification And Rejuvenation

Mantak Chia



Taoist Cosmic Healing Chi Kung Color Healing Principles For Detoxification And Rejuvenation:

Taoist Cosmic Healing Mantak Chia, 2003-10-20 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 Astral Healing Mantak Chia, Dirk Oellibrandt, 2004-04-12 While Taoism centers on creating physical health that is deeply rooted in the earth's energies individuals also require energies from the stars and planets to continue to grow and to develop their full soul potential as addressed by this step by step program

Chi Kung Yves Réquena, 1996-11 Comprehensive overview of Chi Kung's theoretical background and more than fifty exercises for anyone regardless of age or physical condition

Wisdom Chi Kung Mantak Chia, 2008-06-24 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 Golden Elixir Chi Kung Mantak Chia,2004-01-23 Techniques for preparing and using the Golden Elixir to achieve optimum health and spiritual vitality Includes practical exercises and postures to produce regenerative effects in one's own saliva Reveals how combining saliva with the hormonal fluids released during sexual practices creates the Elixir of Immortality Golden Elixir is the fountain or water of life It is the combination of saliva hormonal fluids and external essences that when mixed together become the Elixir of Immortality Saliva has long been considered by Taoists as a key component for optimum health Some Taoist texts recommend swallowing the saliva up to 1 000 times a day to promote physical healing Thousands of years ago Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices They learned that by combining saliva with the hormonal fluids and essences released during sexual activities a powerful elixir is formed Taoists believe that this Golden Elixir is not only a physical healing agent but also is a major transformative agent in preparing for higher spiritual work Golden Elixir Chi Kung contains twelve postures that develop and utilize the healing power of saliva Ten of these involve gathering energy and forces through the body's hair which acts as a negative energy filter and can also be used to store surplus positive energy Taoists regard the hair as antennae extending out into nature and the universe By utilizing the practices in this book readers can develop self healing abilities and establish a better connection to the universe as a whole **Tan Tien Chi Kung** Mantak Chia,2004-09 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 **The Multi-Orgasmic Woman** Mantak Chia,Rachel Carlton Abrams,2006-08-08 A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential Reprint 20 000 first printing **The Tao of Immortality** Mantak Chia,William U. Wei,2018-02-20 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

Cosmic Fusion Mantak Chia, 2007-08-27 A guide to the advanced practice of Inner Alchemy which brings the physical body into balance with the energy body Presents the second level of Inner Alchemy practices that use the eight forces of the pakua bagwa to collect gather and condense chi in the body Explains how to balance negative emotional energy with positive energy to detoxify nourish and integrate the physical and the energy body with the forces of nature Shows how to collect and channel the greater energies of the stars and planets to create unity between what is above and below Cosmic Fusion is an advanced level of Inner Alchemy that teaches how to bring the physical body into balance with the energy body a necessary prerequisite for the formation of the universal body the pearl of compassion that is one with Original Creation and the Universal Tao Cosmic Fusion works with the expression of the eight pakua bagwa of Chinese cosmology through which all creation is divided and given form nature and definition Cosmic Fusion exercises establish the spiritual body firmly in the lower abdomen where chi energy is gathered and distributed to all parts of the body and into all creation The fully illustrated exercises in this book also show how to collect and channel the greater energies of the stars and planets By fusing all these different energies together a harmonious whole is created a unity of what is above and below As heavenly and earthly forces are brought into balance the life perfectly suited to the practitioner manifests allowing the spirit body to prepare to move into worlds beyond and back

Chinese Healing Exercises Livia Kohn, 2008-09-30 Daoyin the traditional Chinese practice of guiding the qi and stretching the body is the forerunner of Qigong the modern form of exercise that has swept through China and is making increasing inroads in the West Like other Asian body practices Daoyin focuses on the body as the main vehicle of attainment sees health and spiritual transformation as one continuum leading to perfection or self realization and works intensely and consciously with the breath and with the conscious guiding of internal energies This book explores the different forms of Daoyin in historical sequence beginning with the early medical manuscripts of the Han dynasty then moving into its religious adaptation in Highest Clarity Daoism After examining the medieval Daoyin Scripture and ways of integrating the practice into Tang Daoist immortality the work outlines late imperial forms and describes the transformation of the practice in the modern world Presenting a rich crop of specific

exercises together with historical context and comparative insights Chinese Healing Exercises is valuable for both specialists and general readers It provides historical depth and opens concrete details of an important but as yet little known health practice

Tendon Nei Kung Mantak Chia, 2009-08-11 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

The Taoist Soul Body Mantak Chia, 2007-11-15 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 reversing 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 *Cosmic Nutrition* Mantak Chia, William U. Wei, 2012-06-18

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 *The Book of Ki* Mallory Fromm, 1998-05-01 Illustrated exercises for strengthening your life energy to heal yourself and others Presents a thorough understanding of ki and teaches how to access ki through breathing Includes a series of exercises accompanied by photographs for strengthening smoothing balancing and transmitting ki One morning in 1979 Mallory Fromm awoke in his Tokyo apartment with agonizing pain shooting through half of his body A series of specialists were unable to cure the pain which grew worse until Fromm could no longer walk Just when he had given up all hope a friend introduced him to an aged Japanese woman who cured him using her healing art based on ki the life energy that animates the entire universe and that flows through each and every one of us *The Book of Ki* presents you with a thorough understanding of what ki is then teaches you how to access your ki A series of exercises teaches you how to strengthen smooth and balance your ki and shows you how to transmit your ki to heal yourself and others Photographs accompanying each exercise clearly show you where to position your hands to maximize the flow of ki in the body *The Book of Ki* also tells the story of Kayoko Matsuura the brilliant healer who saved Mallory Fromm and countless others It is an in

depth and moving account of a woman whose simple but revolutionary healing art the West is only now ready to understand

Fusion of the Eight Psychic Channels Mantak Chia, 2009-01-15 Advanced Inner Alchemy exercises that promote the free flow of energy throughout the body in preparation for the Practice of the Immortal Tao Explains how to open the Great Bridge Channel and the Great Regulator Channel Includes exercises to strengthen and wrap the spinal cord with energy Reveals how to create a thicker aura to protect the body and receive the higher frequencies of the Universal Force The Fusion of the Eight Psychic Channels practice builds upon the Fusion of the Five Elements and Cosmic Fusion practices and is the final step in preparation for the Practice of the Immortal Tao Master Mantak Chia shows how to open the Great Bridge Channel and the Great Regulator Channel the last of the eight psychic channels that connect the twelve organ meridians and enable energy to flow from one meridian to another By opening these psychic channels in conjunction with the Microcosmic Orbit practitioners can balance and regulate the energy flow throughout the body to protect all the body's centers Master Chia also illustrates the Spinal Cord Microcosmic Orbit practice which strengthens and wraps the spinal cord with energy and the practice of Sealing the Aura which creates a thicker aura to protect the body and facilitate the reception of higher frequencies of the Universal Force Mastery of the practices in this book enables the creation of the energy body needed to receive the larger Universal Force vibrations accessible through the Practice of the Immortal Tao

Cosmic Detox Mantak Chia, William U. Wei, 2011-04-25 How to cleanse the nine openings of the body for detoxification and self healing Explains how to purify the body's internal environment through mono diets fasts and colonic cleanses to prevent degenerative disease and premature aging Presents a 14 day total body cleansing guide Includes chi self massage and healing sound practices as well as natural recipes for herbal tonics and cleansing flushes Long known by Taoist masters the body has an innate ability to heal itself an ability that is hampered by toxins in the food we ingest and energy blockages that arise from illnesses and obstacles in our lives These blockages transform the body's energy rivers into a polluted and stagnant swamp the root of degenerative disease as well as premature aging Revealing the detoxification and rejuvenation practices of the Taoist sages Master Mantak Chia and William U Wei show how to reactivate your body's self healing abilities by gradually and safely expelling accumulated toxins through fasting mono diets and cleansing the nine openings of the body Using the practices of chi self massage and healing sounds along with natural recipes for herbal tonics and cleansing flushes for each of the openings and their related organs the authors explain how to balance and purify the body's internal environment through acid and alkaline foods urine therapy colonic cleanses dry skin brushing ear candling and energized water Concluding with a 14 day total body cleansing program Cosmic Detox offers tools to keep the energy rivers clean and flowing preparing the body for higher level Taoist practices as well as enabling healing of our emotional and spiritual bodies

Taoist Shaman Mantak Chia, Kris Deva North, 2011-01-25 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 **Living in the Tao** Mantak Chia, William U. Wei, 2009-10-13 Taoist techniques that can quiet your mind so you can discover your true self in the wisdom of the heart Teaches that the Tao is the flow of nature the effortless middle path of self discovery Shows how to quiet the monkey mind the ego and listen within for your inner voice Fosters a connection to the Tao through diet exercise livelihood and sexuality Taoists say that we must learn to observe with the mind and think with the heart In the West we get caught up in the monkey mind of our ego We think we can control our individual destinies by swimming upstream against the current but we are mistaken When we learn to quiet the monkey mind with meditation practices we are able to go beyond the linear thinking of the upper brain and connect to the multidimensional thinking of supreme consciousness in the heart center In Living in the Tao Master Mantak Chia and William Wei present techniques to help us learn to move beyond the limits of time and space to connect with the universal truth within without striving Living in the Tao is effortless Just as a small seed grows into a mighty tree with a little water and a little sunshine every day a few minutes of Taoist practice each day can transform your life into one of peace and joy

Aura-Soma Vicky Wall, 2005-03-29 A compelling account of the development of Aura Soma color therapy by its founder Vicky Wall Shows how Aura Soma uses the symbolism energies and effect of color to promote growth in consciousness Explains the nature and use of the dual colored Equilibrium combinations Explores the subtle anatomy of the individual to balance the body s chakras Aura Soma is an innovative approach to soul therapy that relies on bottles of dual colored liquids that incorporate plant extracts essential oils and the energies and extracts of precious and semiprecious stones The energetic properties found in the liquids interact with the individual s aura to help support equilibrium in the body mind and spirit The practice of Aura Soma was developed by Vicky Wall who drew upon the mystical traditions of the Kabbalah and the medicinal and healing qualities of living plants that she learned from her father Clairvoyant from childhood she was able to perceive the

subtle energies surrounding an individual As an adult this clairvoyant ability was amplified as her physical sight diminished and was eventually lost Having been an apprentice to a pharmacist in an earlier phase of her life her understanding of the significance of combining substances resurfaced as she created the first dual colored Equilibrium bottle At first she did not know the significance of what she had discovered but it soon became clear that the oils extracts and essences contained in these bottles had remarkable qualities to facilitate perception and self remembering

Hunab Ku Karen Speerstra,Joel Speerstra,2011-04-27 The Mayan symbol Hunab Ku represents movement and energy the principle of life itself in a spiraling design reminiscent of the Eastern yin yang symbol As an embodiment of harmony and balance Hunab Ku invites us into the age of consciousness which is predicted to begin on December 21 2012 HUNAB KU prepares us for this cosmic awakening by presenting 77 sacred symbols that create an interactive system for learning healing and meditation Beautifully illustrated and exhaustively researched this virtual pilgrimage invites us to explore artifacts earthworks numerological patterns and archetypes from diverse traditions the world over ancient Greece the Americas Africa the British Isles Babylon India and beyond Hunab Ku waits for you at the book s center the threshold between our present age and the coming age of enlightenment Like runes tarot and other pathworking systems the archetypes herein open doors create bridges and shed light on our past and our future These spiritual signposts are all around us and within waiting to be interpreted Let HUNAB KU be your guide A richly illustrated book that draws on cross cultural ancient symbols numerology archetypes and earthworks and the chakras Includes 77 vivid full color illustrations placed within the framework and palette of the seven chakras Builds on the growing popularity of Jos Arguelles s The Mayan Factor and Carl Johan Calleman s The Mayan Calendar and the Transformation of Consciousness

Delve into the emotional tapestry woven by Crafted by in Experience **Taoist Cosmic Healing Chi Kung Color Healing Principles For Detoxification And Rejuvenation** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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