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Sirio

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Tao Wei



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Sistema taoísta de salud Masao Hayashima,2000 **Los secretos de la sexualidad taoísta** Chian Zettnersan,2001

Bibliografía española ,2004 *Taoísmo en casa para la salud, la energía y las emociones* 3 Phi,2023-10-14 Este libro te guía a través de unas cuantas prácticas TAOISTAS básicas sencillas y eficaces para transformar la energía negativa en positiva también para eliminar los obstáculos en tu campo energético reducir el estrés y vivir con salud física emocional y mental La primera práctica se llama sonrisa interior y consiste en centrarse en la energía sonriente y feliz y dirigirla a diferentes partes del cuerpo Al relajar la mente las emociones y el cuerpo en esta energía sonriente se libera el estrés y la tensión que puedas sentir El siguiente conjunto de prácticas consiste en seis sonidos curativos En la tradición taoísta las emociones específicas están asociadas a diferentes órganos del cuerpo Y también lo están diferentes sonidos que ayudan a despejar cualquier obstáculo energético en estos órganos El sonido y los movimientos que lo acompañan están diseñados para limpiar y equilibrar la energía del órgano en cuestión El trabajo con los sonidos curativos también implica centrarse en las imágenes asociadas al órgano en cuestión En su forma más sencilla se trata de un color Aprenderás Qué es la curación Taoísta La sonrisa interior La meditación de la órbita microcósmica Los seis sonidos curativos El Taoísmo en la vida diaria Ejercicios prácticos y fáciles Meditaciones guiadas para hacer en casa Concentra energía positiva para cuidar tu salud física mental y espiritual **El éxtasis shamánico de la conciencia** Heinz Valentín Hampejs,1995 *Chi Kung para la salud prostática y el vigor sexual* MANTAK CHIA,2016-03-14 La edad no tiene por qué ser una sentencia de muerte para la salud y la vitalidad sexual masculina En esta guía los maestros taoístas Mantak Chia y William U Wei nos explican cómo utilizar los ejercicios físicos y energéticos del chi kung para mantener no sólo una vigorosa vida sexual hasta una edad avanzada sino también para reducir el agrandamiento de la próstata y prevenir el cáncer de esta glándula Paso a paso con instrucciones ricamente ilustradas los autores nos muestran ejercicios y técnicas tiles para abrir los canales energéticos relacionados con los órganos reproductores masculinos y eliminar los bloqueos energéticos que provocan disfunciones y enfermedades sexuales Se trata de unos sencillos masajes energéticos sexuales y de la glándula prostática así como de diversos ejercicios de estiramiento y de levantamiento de pesas chi que si bien son técnicas principalmente preventivas se pueden utilizar asimismo para regenerar y restablecer la función sexual previniendo cualquier intervención quirúrgica en las primeras etapas de una enfermedad de la próstata **Amor curativo a través del Tao** Maneewan Chia,2002 **Chi Kung para la salud y vitalidad femenina** MANTAK CHIA,2016-03-14 En esta guía ricamente ilustrada Mantak Chia y William U Wei nos explican cómo utilizar los ejercicios energéticos y físicos del chi kung para equilibrar las secreciones hormonales compensar los crecimientos celulares anormales prevenir el cáncer de útero y restablecer el vigor sexual femenino Paso a paso y con instrucciones detalladas nos ofrecen ejercicios para abrir los canales energéticos vinculados a los órganos reproductores femeninos y para eliminar los bloqueos energéticos que provocan disfunciones y enfermedades sexuales Los autores nos indican cómo realizar el masaje de

mamas y genitales para que circule el chi y la energía sexual y detallan asimismo la práctica del levantamiento de pesas chi tácnica equiparable a la Kegel que utiliza un huevo de jade para estimular el retraso hormonal debido a la edad y fortalecer el suelo pélvico. A estos ejercicios se suman consejos dietéticos, limpiezas depurativas y remedios herbales que estimulan a n m s la sanación de los órganos reproductores femeninos y la conservación del deseo sexual. Arandute Nuevo Método Natural
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