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Bibliografía española ,2004 **Taoísmo en casa para la salud, la energía y las emociones** 3 Phi,2023-10-14 Este

libro te gu a a trav s de unas cuantas pr cticas TAOISTAS b sicas sencillas y eficaces para transformar la energ a negativa en positiva tambi n para eliminar los obst culos en tu campo energ tico reducir el estr s y vivir con salud f sica emocional y mental La primera pr ctica se llama sonrisa interior y consiste en centrarse en la energ a sonriente y feliz y dirigirla a diferentes partes del cuerpo Al relajar la mente las emociones y el cuerpo en esta energ a sonriente se libera el estr s y la tensi n que puedas sentir El siguiente conjunto de pr cticas consiste en seis sonidos curativos En la tradici n tao sta las emociones espec ficas est n asociadas a diferentes rganos del cuerpo Y tambi n lo est n diferentes sonidos que ayudan a despejar cualquier obst culo energ tico en estos rganos El sonido y los movimientos que lo acompa an est n dise ados para limpiar y equilibrar la energ a del rgano en cuesti n El trabajo con los sonidos curativos tambi n implica centrarse en las im genes asociadas al rgano en cuesti n En su forma m s sencilla se trata de un color Aprender s Qu es la curaci n Tao sta La sonrisa interior La meditaci n de la rbita microc smica Los seis sonidos curativos El Tao smo en la vida diaria Ejercicios pr cticos y f ciles Meditaciones guiadas para hacer en casa Concentra energ a positiva para cuidar tu salud f sica mental y espiritual *Chi Kung para la salud prostática y el vigor sexual* MANTAK CHIA,2016-03-14 La edad no tiene por qu ser una sentencia de muerte para la salud y la vitalidad sexual masculina En esta gu a los maestros tao stas Mantak Chia y William U Wei nos explican c mo utilizar los ejercicios f sicos y energ ticos del chi kung para mantener no s lo una vigorosa vida sexual hasta una edad avanzada sino tambi n para reducir el agrandamiento de la pr stata y prevenir el c ncer de esta gl ndula Paso a paso con instrucciones ricamente ilustradas los autores nos muestran ejercicios y t cnicas tiles para abrir los canales energ ticos relacionados con los rganos reproductores masculinos y eliminar los bloqueos energ ticos que provocan disfunciones y enfermedades sexuales Se trata de unos sencillos masajes energ ticos sexuales y de la gl ndula prost tica as como de diversos ejercicios de estiramiento y de levantamiento de pesas chi que si bien son t cnicas principalmente preventivas se pueden utilizar asimismo para regenerar y restablecer la funci n sexual previniendo cualquier intervenci n quir rgica en las primeras etapas de una enfermedad de la pr stata **El éxtasis shamánico de la conciencia** Heinz Valentín Hampejs,1995 *Chi Kung para la salud y vitalidad femenina* MANTAK CHIA,2016-03-14 En esta gu a ricamente ilustrada Mantak Chia y William U Wei nos explican c mo utilizar los ejercicios energ ticos y f sicos del chi kung para equilibrar las secreciones hormonales compensar los crecimientos celulares an malos prevenir el c ncer de tero y restablecer el vigor sexual femenino Paso a paso y con instrucciones detalladas nos ofrecen ejercicios para abrir los canales energ ticos vinculados a los rganos reproductores femeninos y para eliminar los bloqueos energ ticos que provocan disfunciones y enfermedades sexuales Los autores nos indican c mo realizar el masaje de mamas y genitales para que circule el chi y la energ a sexual y detallan asimismo la pr

ctica del levantamiento de pesas chi t cnica equiparable a la Kegel que utiliza un huevo de jade para estimular el retraso hormonal debido a la edad y fortalecer el suelo p lvico A estos ejercicios se suman consejos diet ticos limpiezas depurativas y remedios herbales que estimulan a n m s la sanaci n de los rganos reproductores femeninos y la conservaci n del deseo sexual *Amor curativo a travs del Tao* Maneewan Chia,2002 **Aranduet** **Nuevo Mtodo Natural Auxilio en la**

Salud Humana Integral Abel Lpez Aguilera / Angeles Vargas,Angeles Vargas Bello,2022-04-14 EL PRESENTE M TODO NATURAL SE PRESENTA COMO UNA ALTERNATIVA UNA DETERMINACI N POR MANIFESTAR LAS INFINITAS POSIBILIDADES DE AUX LIO PARA EL CUIDADO Y TRATAMIENTO DE LA SALUD QUE LA NATURALEZA FUENTE DE TODA VIDA Y EXISTENCIA PUEDE OTORGAR A LOS SERES QUE HABITAN EL PLANETA UN UNIVERSO AL QUE S LO A LA NATURALEZA MISMA PERTENECE ste un Novo M todo para una Literal Aproximaci n que Vivencie e Exalte las Capacidades Naturales Humanas Nutriendo a trav s de la Adecuada Respiraci n las Necesidades Profundas del Cuerpo Incluyendo los Sistemas Sutiles y Energ ticos del mismo con la Seguridad que s lo la Inmaculada Naturaleza puede Proveer

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