



Taoist Astral Healing



Chi Kung Healing Practices Using
Star and Planet Energies

Mantak Chia and Dirk Oellibrandt

Taoist Astral Healing Chi Kung Healing Practices Using Star And Planet Energies

Mantak Chia



Taoist Astral Healing Chi Kung Healing Practices Using Star And Planet Energies:

Taoist Astral Healing Mantak Chia,Dirk Oellibrandt,2004-04-12 Advanced techniques for utilizing the universal healing connections revealed by Taoist astrology and astronomy Provides meditations and healing techniques based on Taoist astrology Allows readers to develop a personal practice based on an understanding of their planetary strengths and weaknesses Includes Taoist star practices for expanding personal awareness into a cosmic field of chi that will support others in their efforts to heal and grow spiritually Taoist Astral Healing provides a step by step program for refining our ability to cultivate circulate and retain chi from the stars and planets While the initial focus of Taoism centers on creating physical health that is deeply rooted in the energies provided by the earth individuals may also draw down energies from the stars and planets to continue to grow in awareness and to develop their full soul potential Harnessing these energies allows us to break through the cycles of attraction and addiction promote longevity and transform the physical and energy body into a light body in order to heal ourselves and others Taoist Astral Healing teaches how to connect the body with the five elemental forces of nature as well as the moon sun planets stars and galaxies Noting the relationships between specific constellations and points on the body such as the Big Dipper s correspondence to the bones of the skull the authors offer planetary and stellar meditations that allow the inner and outer universes to become more connected Following the numerous meditations and techniques provided throughout the book readers develop a personal practice based on an understanding of their planetary strengths and weaknesses and their own spiritual growth

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

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 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 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 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 *Planetary Intelligence* Simeon Hein, 2006 Imagine feeling more aware confident and energetic Develop your seventh sense connect with the power of the planet in a way you never thought possible and get ready to enjoy the ride Planetary Intelligence shows you 101 simple activities designed to help you slow down smell the roses and actually feel the energy that keeps our earth spinning through the cosmos It s the ultimate tonic for keeping life fresh alive and meaningful *American Book Publishing Record* ,2004 **The Writers Directory** ,2013 **Forthcoming Books** Rose Arny, 2004 **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 **Awaken Healing Energy Through the Tao** Mantak Chia, 1983 Taoist Esoteric Yoga is an ancient powerful system of physical psychological and spiritual development encompassing meditative and internal energy practices This unique and comprehensive book reveals the Taoist secret of circulating Chi the generative life force through the acupuncture meridians of the body This comprehensive list includes Opening the Energy Channels Proper Wiring of the Etheric Body Acupuncture and the Microcosmic Orbit Taoist Yoga and Kundalini How to Prevent Side Effects MD s Observations on the Microcosmic Orbit Written in clear easy to understand language and illustrated with many detailed diagrams that aid the development of a powerful energetic flow for psychological and spiritual health and balance **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

Healing Light of the Tao Mantak Chia,2008-05-27 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

Basic Practices of the Universal Healing Tao Mantak Chia,William U. Wei,2013-04-05 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

The Practice of Greater Kan and Li Mantak Chia, Andrew Jan, 2014-02-01 A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body Includes illustrated instructions to connect astral energy with the energies of animals children and plants to grow the immortal fetus or spirit body Provides warm up exercises and a complete daily Kan and Li routine Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state Building on the Lesser Kan and Li formulas for the development of the soul body this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body Used by Taoist masters for thousands of years these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun Moon Earth North Star and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body They explain how to reverse yin and yang power through energetic work at the solar plexus thereby activating the liberation of transformed sexual energy They explore how to open the heart center and how to connect astral energy with the energies of animals children and plants to grow the immortal fetus or spirit body The authors provide warm up exercises including the Inner Smile and Fusion practices and outline a complete daily Kan and Li routine for mental and physical health longevity astral flight and realization of the Wu Wei state

Cosmic Healing I , **Cosmic Healing II** , Healing from Within with Chi Nei Tsang Gilles Marin, 1999-12-01 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 Pi Gu Chi Kung Mantak Chia, Christine Harkness-Giles, 2016-04-15 A step by step guide to the Taoist fasting practice of Pi Gu Explains how you do not stop eating

with this fasting practice and details the simple pi gu diet Illustrates the chewing and chi kung practices to accompany pi gu for natural chi energy production Reveals how Pi Gu Chi Kung activates the body s natural healing abilities accelerates the elimination of toxins reduces appetite and cravings and enables you to draw energies from the Earth and Universe Pi gu is an ancient Taoist method of fasting for spiritual and healing purposes Unlike traditional fasting you do not need to stop eating when practicing pi gu Used by ancient Taoist masters during their months or years of solitary retreat in pursuit of enlightenment the practice centers on a simple diet of fruits teas nuts and eggs paired with special chewing techniques and chi kung exercises During the pi gu state the need for food decreases yet the body s energy levels actually increase The body gathers chi not from food but from chi kung and the golden elixir produced by the pi gu chewing practices The chi produced through pi gu charges your internal organs activating the body s natural healing abilities and enabling you to draw energies from the Earth and Universe In the pi gu state the body automatically balances itself the mind is more relaxed and sleep improves The pause in normal eating makes the body s cells more sensitive accelerating the elimination of toxins The stomach reduces in size flattening the belly eliminating cravings decreasing appetite and naturally producing weight loss The body s meridians stay open making it easier to attune to meditation chi kung and energies from the cosmos Providing a step by step guide to Pi Gu Chi Kung Master Mantak Chia and coauthor Christine Harkness Giles explain the pi gu diet provide immortality tea recipes detail the pi gu chewing exercises and illustrate the corresponding chi kung energy exercises They also explain the use of pi gu during darkness retreats to enhance spiritual awareness and increase mental powers and wisdom

Wisdom Chi Kung ,

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Taoist Astral Healing Chi Kung Healing Practices Using Star And Planet Energies Introduction

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