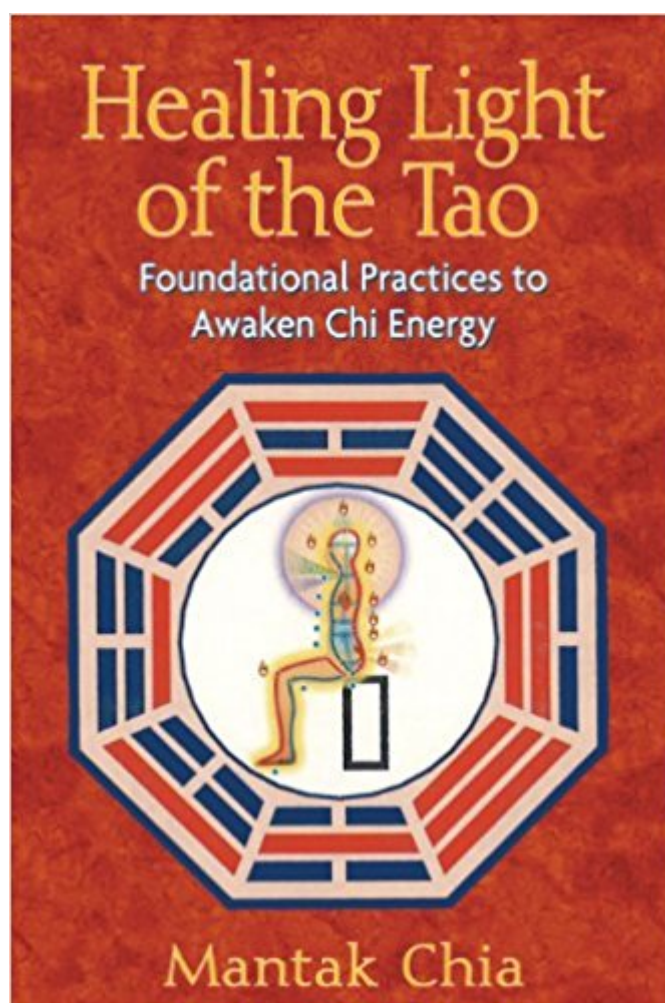


The book was found

Healing Light Of The Tao: Foundational Practices To Awaken Chi Energy



Synopsis

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.

Book Information

Paperback: 608 pages

Publisher: Destiny Books (May 27, 2008)

Language: English

ISBN-10: 1594771138

ISBN-13: 978-1594771132

Product Dimensions: 6 x 1.4 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 21 customer reviews

Best Sellers Rank: #565,810 in Books (See Top 100 in Books) #224 in Books > Health,

Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #392 in Books > Politics & Social

Sciences > Philosophy > Eastern > Taoism #735 in Books > Health, Fitness & Dieting >

Alternative Medicine > Energy Healing

Customer Reviews

HEALTH / MARTIAL ARTS 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 both introductory and more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of 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 the physical rejuvenation that the Taoists called immortality. A student of several Taoist masters, MANTAK CHIA founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and is the author of thirty-one books, including Taoist Cosmic Healing and the bestselling The Multi-Orgasmic Man.

A student of several Taoist masters, Mantak Chia founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and is the author of 31 books, including Taoist Cosmic Healing and the bestselling The Multi-Orgasmic Man.

Follow up to Mantak's original 1st book on the Microcosmic Orbit & Inner Smile. This includes the 6 Healing Sounds info - vital to know in order to Balance emotions after circulating energy in microcosmic & especially when doing Healing Love/Sexual Energy Cultivation also. More detailed info on Inner Smile. Ch. 10 - excellent summary of Sexual Practises. This is a vital component to add to the Microcosmic Orbit meditation & basic practises.....so important & great to see in this book, gives it a more complete & thorough understanding. The 3rd chapter on Virtues was brilliant - the drawing diagrams really give the reader a great feel for emotions & their effects & on the importance

of balancing them. This chapter was one of the most helpful for me. A much more thorough explanation of the Microcosmic Orbit meditation.....yet in truth, it is a very simple exercise when you get used to it. I recommend Sarina Stone website & order Mp3, \$19.95, 20 mins long & guides you through the practise. She has a great voice too. Still.....an abundance of great technical info in this book to help you with this practise. I learnt everything from the books & it works for me brilliantly.

This book give the basic foundational practices of the Universal Healing Tao System, which is the school/philosophy of Mantak Chia. It is a rather large book just under 600 pages. It can be used as a reference for those interested in Mantak Chia's teachings or to learn his philosophies regarding chi. Of note, there is a disclaimer at the beginning of the book not to practice these methods without receiving training and instruction from a certified Universal Healing Tao System instructor. Whether or not Mantak Chia wrote this book is questionable, anyone who has seen him speak or watched his DVD's will see that his English is not that good, it is known that he uses ghost writers to write books for him. Those interested in the topic of chi, would be recommended to check out others works on the topic as well and not solely rely on these works.

A great comprehensive treatment that covers the material in numerous other books written by Master Chia. A great way to look at the practice in order and is written with great clarity. Highly recommended! If I was limited to owning only two books by Mantak Chia this would be one of them.

Won't quit reading this book.

You can actually harm yourself doing these exercises without proper supervision. And some of them are nonsense. Just go to a qigong group or find an instructor.

Good.

I purchased this book after seeing this man's knowledge of Chinese energy medicine highly recommended by a teacher I respect. As a Westerner, I was afraid that the explanations and instructions would be too esoteric to be useful to me. That was not the case. I was able to get some relief for my osteoarthritis and my fibromyalgia using the information in the book.

Very comprehensive book with easy to follow instructions.

[Download to continue reading...](#)

Healing Light of the Tao: Foundational Practices to Awaken Chi Energy Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Healing Touch Meditations: Guided Practices to Awaken Healing Energy For Yourself and Others Awaken Healing Energy Through The Tao: The Taoist Secret of Circulating Internal Power The Rebirths of Tao: Tao Series Book Three (Lives of Tao 3) 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) Chakras: Awaken Your Internal Energy & Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation Healing from Within with Chi Nei Tsang: Applied Chi Kung in Internal Organs Treatment Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Chakras, Kundalini: 2 in 1 Bundle: Book 1: How to Awaken Your Internal Energy through Chakra Meditation + Book 2: The Kundalini Awakening Guide for Healing and Unlocking Your Spiritual Power

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)