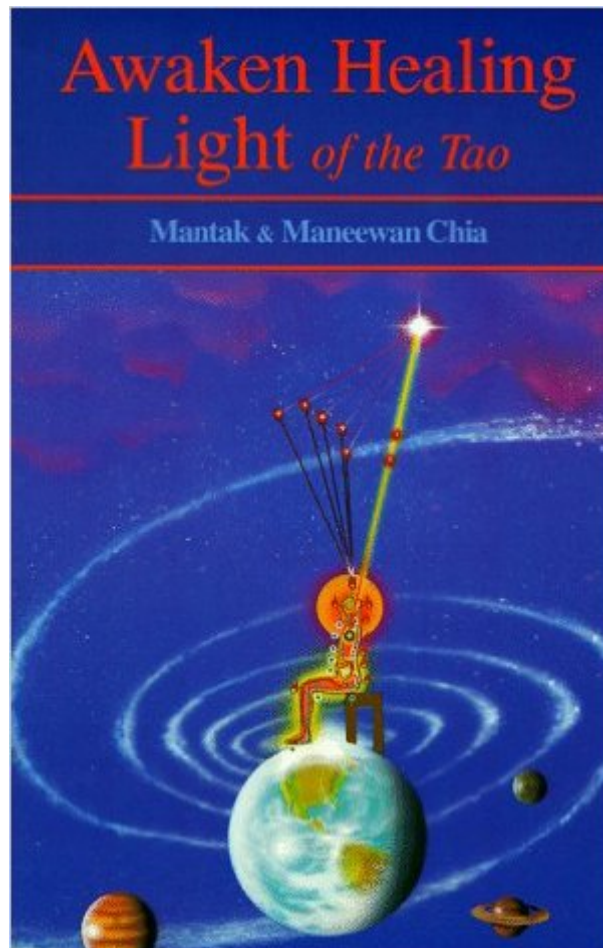


The book was found

Awaken Healing Light Of The Tao



Synopsis

Included in this book are new spinal chi kung warmups to quickly energize any meditation. The reader will also learn how to combine sexual passion with a loving heart inside the body to relieve sexual-emotional frustration and speed up spiritual growth.

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #62,832 in Books (See Top 100 in Books) #14 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #38 inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Taoism #54 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Taoism

Customer Reviews

AWAKEN HEALING LIGHT is written by Mantak Chia, founder and director of the Universal Tao Center. Chia has devoted his life to studying meditation, tai chi chuan, aikido, yoga, kundalini, and many forms of inner alchemy. Chia's books are intended to be supplemental guides to energy training, and are primarily intended for readers who are familiar with energy work. The focus in this book is primarily on inner yin and yang breath work (nei kung), rather than outer breath work such as chi kung -- although some of these techniques are described in detail in this book as well.

AWAKEN HEALING LIGHT is one of an estimated 35 books that Chia intends to write in order to fully cover the Universal Tao system (Chia has completed more than 20 of these books already). I am very pleased to see how Chia explains the founding principles of his Universal Tao system: "The system I learned from my master is based on the positive energies of love, kindness, gentleness, respect, and honesty; this is the highest Chi Kung practice. With these energies an adept can counteract all kinds of evil. It is said that even fire cannot hurt one who has perfected their use." At more than 550 pages, AWAKEN HEALING LIGHT is a veritable encyclopedia of information. It's the kind of book I like to read cover-to-cover and then return to as a reference book for refreshers on

various aspects.

I just read this book. It took me about a year to do so and to get a good sense practicing what it preaches. As with many of us, I seek not Enlightenment (yet), I seek to understand qigong. What is qi? Specifically. As a Western scientist, I want to know what qi is/does. Is it physiologic? Is it truly spiritual? Psychological? A mixture? What I do know is that it is not something that someone can teach, or prove/disprove. Once I find the answer, I can have that answer only for myself. That being said, this book by Mantak Chia is an extremely long, comprehensive, step-by-step guidebook on establishing the Microcosmic Orbit through a series of meditation practices ranging from the beginning to the advanced. Some reviewers are arguing that it is right/wrong, that imagery is right/wrong (let me guess, you're from the Kumar Frantzis camp, right?)-- well I'm here to tell you that I'm simply looking for what works. I don't care about right/wrong. Does it work for me? Chia goes on to explain that eventually, you can dispense with such ancillary tools as focusing on the breath, or imagery, or others, but in the beginning, they help facilitate mastery. This was a great book. A nice roadmap of things to try. I've been trying now for awhile, and I believe I am feeling my microcosmic orbit, the energies that Chia describes from the earth and cosmic forces. I have even begun experiencing, ironically, what seems very much like the "mindstream" described by BK Frantzis in his Water Meditation Books (which I have also reviewed), by using some of Chia's techniques. Ironical, eh? So far, I have gathered together an eclectic sequence that WORKS FOR ME. This is a great source of information for meditation techniques.

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