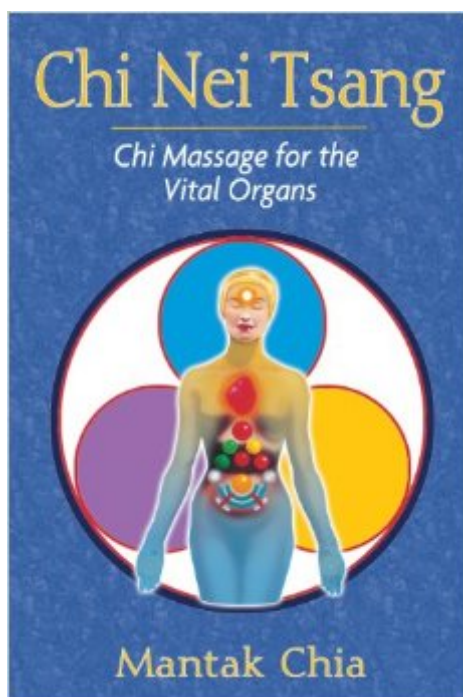


The book was found

Chi Nei Tsang: Chi Massage For The Vital Organs



Synopsis

An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

Book Information

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Customer Reviews

While less famous than his sexual-healing practice of multiple-organism, chi nei tsang is another of Mantak Chia's healing practice towards a patient/client/student. The former falls within the domain of sex therapy (dominated in the west by psychologists), while the latter belongs to a more heterogeneous practice loosely grouped under the all-encompassing concept of massage therapy. As Mantak said his massage practice differs from most other practices in that it includes techniques that involve direct massage of internal organs, especially those inside the abdomen. That actually increases the risk factor of this practice if studied without the benefit of a qualified teacher. Moreover, since this practice uses diagnosis techniques like those used by Chinese medical practitioners, but with massage as the only tool, it will be less comprehensive as another healing practice when compared with ordinary conventional Chinese medical practice in which herbal, meridian massage (tui na) and sometimes acupuncture etc. will be used. Having said that, Mantak's practice can certainly add value to other massage professionals who like to venture into direct organ massage techniques. But for self-learners who just want to have some massage techniques for general well-being or to complement his chi-kung or tai-chi practice, a book on the more common form of Chinese massage, tui na, might be safer and easier to practice. As with other books of Mantak, there are always bonus-materials that can serve to promote other books (or practices) of his Universal Tao system. In this book there is a whole section on chi-generation techniques that aims at helping a CNT practitioner to do his/her healing tasks. These are all interesting and useful techniques.

Mantak Chia has written many books over the years, some are better than others. This is a book full of knowledge, with step-by-step instructions on how to do them. In some of Master Chia's other books he'll brush over a topic and say if you are more interested to get this other book of his, which is a great way to sell more books. Chi Nei Tsang is different, I think it was before he realized that he could make more by splitting up the different information into many books. It includes a lot about chi kung, the basis is 'healer, heal thyself' approach, so Master Chia gives plenty of things to do in order to not only increase your own healing energy, but increases your own health. Excellent book, highly recommended.

another winner for those interested in the body and how your emotions can get stored in the organs and manifest physically in the body.

this book is not only information but also explains the how to. if you have a background in massage

or bodywork you can incorporate many of the techniques immediately and understand what you are doing.

He really gets into this great subject and does an amazing job with it. This is an amazing -potentially life changing practice (if you use it correctly and regularly and strongly) It also doesn't repeat subjects like alot of hi books do and I like that. Great technique from a true master.

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