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Dragon & Tiger Chi Kung

dignity Chi Kung does not work on the muscle It works on the nervous and stress as energy management Yoga is about control and Chi Kung is about letting go Yoga is great market for Chi Kung 7th Movement: Move and awaking the energy in the Tan Tien ...

Universal Healing Tao System of Meditation and Chi Kung

Energy, Chi Self-Massage, Iron Shirt Chi Kung, Wisdom Chi Kung, Healing Love and Sexual Reflexology 1) Inner Smile: a) Theory: The first step in

this Inner Alchemy process is to feel the internal energy The only way to understand the Tao is to feel it inside yourself You need to feel the internal energy before you can cultivate it

CHI KUNG HEALING - Qigong

Clinical Chi Kung - Assessment: This is done in many styles (using hands and pendulum), often intuitively It is reading these aspects of the energy-body: • The Chi Field (cocoon of energy around the body) • Three Tan Tien (energy fields within, and extending out from the body)

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