

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



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BOOK DETAILS

- Author : Mantak Chia
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BOOK SYNOPSIS

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.

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