



Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy

By Mantak Chia

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Taoist meditation practices for increasing and maintaining mental awareness, memory, and clarity

- Details techniques to increase the level of chi energy in the brain
- Explains how to synchronize the left and right brain by activating the body's energetic potentials
- Shows that by emptying the mind there is more energy to heal the body

Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's capacity to function that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity.

Using the Inner Smile meditation technique, practitioners learn how to recharge chi energy for the brain in a form that is most useful. Practitioners smile and empty the mind into the lower tan tien and the organs. The organs then transform this chi energy. When the mind is empty, the energy transformed by the organs is sent back to the brain to revitalize it. This process synchronizes the left and right brain by activating and tapping in to the body's energetic potentials. As the mind continues to empty, receive, and also enhance the transformed chi energy, it is able to open itself to connect with universal chi energies and fill the body with enhanced life force.

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Editorial Review

Review

"One may need a period of suspension of disbelief and some faith to follow Mantak Chia, but the quality of one's health, well-being, and energy always provides the opportunity to check whether one's efforts are rewarded. In the process, one is presented with some probing questions about the character of Western religious and scientific faith." (*Reg Little, New Dawn, No. 120, May-June 2010*)

"Mantak Chia's books attempt to do many things. They compare Chinese and Western practices, including astrology. They explain principles of ancient Chinese thinking. And they illustrate wonderful 'exercises' or 'practices' designed to increase health, extend wisdom, and develop the spiritual as well as physical aspects of our lives. . . . These short exercises go well with any other measures people are using to increase brain power these days." (*Nancy Humpreys, Maya Del Mar's Daykeeper Journal, Sept 2008*)

"Through practicing the methods described in this book, we learn an effective way to gain awareness and vitality in our body, mind, and emotions." (*The Monthly Spectarian, Vol. 29, No. 12, Aug 2008*)

From the Back Cover

HEALTH / MARTIAL ARTS

Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's power that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity.

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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 *The Inner Smile*, *Taoist Cosmic Healing*, and the bestselling *The Multi-Orgasmic Man*.

About the Author

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Users Review

From reader reviews:

Agnes Figueroa:

As people who live in typically the modest era should be up-date about what going on or info even knowledge to make these people keep up with the era and that is always change and make progress. Some of you maybe can update themselves by examining books. It is a good choice for you personally but the problems coming to you is you don't know what kind you should start with. This Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy is our recommendation to help you keep up with the world. Why, because this book serves what you want and want in this era.

Leslie Bergeron:

The book Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy will bring you to the new experience of reading the book. The author style to describe the idea is very unique. When you try to find new book you just read, this book very suited to you. The book Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy is much recommended to you to read. You can also get the e-book through the official web site, so you can easier to read the book.

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Kenneth Copeland:

This Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy is brand-new way for you who has attention to look for some information given it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know otherwise you who still having bit of digest in reading this Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy can be the light food for yourself because the information inside this specific book is easy to get through anyone. These books develop itself in the form which is reachable by anyone, that's why I mean in the e-book application form. People who think that in book form make them feel sleepy even dizzy this book is the answer. So there is absolutely no in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the item! Just read this e-book variety for your better life along with knowledge.

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