



# Tan Tien CHI KUNG

LA FUERZA VACÍA, PODER DEL PERINEO  
Y EL SEGUNDO CEREBRO

MANTAK CHIA



# Tan Tien Chi Kung

**Lingjun Ying**



## **Tan Tien Chi Kung:**

**Tan Tien Chi Kung** Mantak Chia,2004-09 Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen the tan tien Known as the Ocean of Chi this lower abdominal area holds the key to opening the body to the free and continuous movement of chi Included are exercises to develop chi for increased vitality and the mind body balance essential for spiritual growth and well being **TAN TIEN CHI KUNG MANTAK CHIA, Tan Tien Chi Kung** Mantak Chia,2002 **Basic Practices of the Universal Healing Tao** Mantak Chia,William U. Wei,2013-04-05 A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia Organized by level and chi kung system for quick reference during practice or teaching Includes 220 exercises from more than 20 of Master Chia s practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Chi Self Massage Cosmic Detox and Iron Shirt Chi Kung Covers all of the basic exercises in the Universal Tao s first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching this illustrated guide covers all of the foundational exercises in the Universal Healing Tao s first 6 levels of instruction Keyed to the corresponding book for each complete practice such as Healing Light of the Tao and Chi Self Massage this guide includes 220 exercises from more than 20 of Master Mantak Chia s practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Iron Shirt Chi Kung Wisdom Chi Kung Tao Yin Chi Nei Tsang Cosmic Detox Bone Marrow Nei Kung Cosmic Healing Tendon Nei Kung and Karsai Nei Kung Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia s teachings enabling you to purify transform regenerate and transcend not only your own energy but the energy around you as well *Tan Tien Chi Kung* Mantak Chia,2004 Para los tao stas el tan tien chi kung es una de las pr cticas b sicas que ayudan a mantener y mejorar la salud y sus fundamentos nacen en la ra ces de la ciencia y de la civilizaci n chinas que consideran al ser humano y al resto de las criaturas como parte de la naturaleza a la que debemos honrar sin someterla ni da arla para vivir en armon a con el cosmos Esta antigua visi n tao sta considera que el universo y la Tierra son sagrados que el cuerpo humano es un microcosmos donde el macrocosmos se refleja y reproduce y que para asegurarnos la salud f sica y el crecimiento espiritual es necesario que abunde la energ a bioelectromagn tica el chi El tan tien chi kung puede ser definido como una meditaci n energ tica destinada a potenciar el chi la energ a y activar as los procesos ritmos flujos y transformaciones energ ticos del cuerpo en armon a con el universo Se convierte de este modo en un poderoso m todo de autosanaci n y fortalecimiento e igualmente en un medio para sanar a los dem s En esta obra hallar s las meditaciones y t cnicas del tan tien chi kung que han sido desarrolladas con gran xito por el maestro Mantak Chia en el Tao Universal en especial El tan tien chi kung como segundo cerebro El poder de la sonrisa interna T cnicas de respiraci n para incrementar la fuerza vac a Explicaciones y ejercicios sobre el poder del perineo Respiraciones y posturas del tan tien chi kung Ejercicio

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