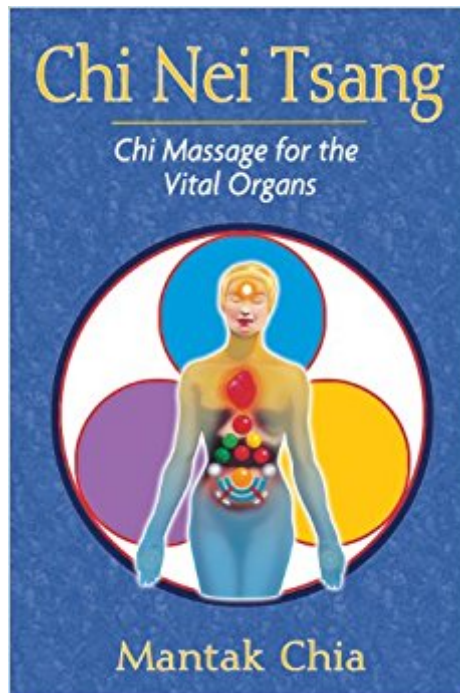




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# Chi Nei Tsang: Chi Massage For The Vital Organs



## 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

Paperback: 416 pages

Publisher: Destiny Books; First Edition edition (December 26, 2006)

Language: English

ISBN-10: 1594771057

ISBN-13: 978-1594771057

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 12 customer reviews

Best Sellers Rank: #182,880 in Books (See Top 100 in Books) #53 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #127 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #132 in Books > Politics & Social Sciences > Philosophy > Eastern > Taoism

## Customer Reviews

". . . an excellent guide with clear explanations." (Diane C. Donovan, California Bookwatch, March 2007)"The system works to address conditions and symptoms modern medicine is often unable to cure because a physical source for the problems cannot easily be found." (Massage Magazine, Feb 2008)

**HEALTH / MARTIAL ARTS** 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 illnesses 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 take full charge of their health using 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. 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 twenty-six books, including the bestselling *The Multi-Orgasmic Man*.

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.

This was recommended by a teacher at a school of Chinese medicine. I asked him which of three

books on abdominal massage was best and he recommended this one which was not on my list. It starts out with a lot of teachings on personal cultivation - for the practitioner. That is valuable because you must be able to see/perceive. This is a substantial course. (I now need bodies to practice on.)

Very good book

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 a lot of his books do and I like that. Great technique from a true master.

Awesome and informative.

I like it

Great book - full of great info.

Love this!

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