

Mantak Chia Francais

Les femmes croient souvent - à tort - qu'avancer en âge signifie pour elles la fin de leur capacité de séduction, une baisse de la libido, de la vie sexuelle et même du bien-être physique et psychique. Pourtant, vieillir peut tout aussi bien rimer avec un épanouissement global et durable lorsque l'on dispose des bonnes méthodes et que l'on pratique les bons exercices. Dans cet ouvrage pratique, Mantak Chia et William U. Wei expliquent comment la pratique physique et énergétique du Chi Kung peut aider à équilibrer les hormones, à contrebalancer la croissance de cellules anormales, à prévenir le cancer de l'utérus et à restaurer la vigueur du système reproducteur féminin. Grâce à cet ouvrage richement illustré, vous découvrirez :

- Des techniques pour ouvrir les circuits énergétiques liés aux organes reproducteurs de la femme et libérer les blocages qui mènent à des dysfonctionnements sexuels et à la maladie.
- Des exercices de renforcement musculaire - en ayant recours à un oeuf de jade - et des massages sexuels énergétiques, afin de stimuler les hormones anti-âge et tonifier le vagin, le périnée et la poitrine.
- Des conseils diététiques pour se régénérer, avec notamment des compléments nutritionnels d'origine végétale.

MANTAK CHIA, maître internationalement connu de l'Alchimie interne et de Chi Kung, a fondé le Système curatif du Tao universel en 1979. Il a transmis ses enseignements à des dizaines de milliers d'étudiants et d'instructeurs à travers le monde et est l'auteur d'une cinquantaine d'ouvrages, parmi lesquels les best-sellers L'Homme multi-orgasmique et La Femme multi-orgasmique, parus chez le même éditeur.

WILLIAM U. WEI, instructeur de grade supérieur du Tao curatif universel, a enseigné avec Maître Chia dans plus de trente pays.

Explains how to use your Taoist astrology birth chart as a personal nutritional guide for health, longevity, and organ energy balance • Explores how to help balance your birth chi through your eating habits as well as explaining how foods address your five-element energetic profile • Provides detailed food lists based on ancient Taoist wisdom that reveal their effect on the Yin, Yang, and five-element energies • Shows how your five-element energies outline your life and influence success in relationships and at work We are each born with a unique combination of heavenly and earthly energies defined by the five elements and dictated by the universe at the moment you take your first breath. This "birth chi" can be calculated using the year, month, day, and time of your birth, and it reveals your personal profile of health and emotional strengths and weaknesses as well as the energy cycles you will encounter throughout your life. In this Inner Alchemy astrology nutrition guide, Master Mantak Chia and Christine Harkness-Giles explore how to strengthen your birth chi through your eating habits, revealing which foods will address imbalances in your five-element organ energy profile. The authors explain which organs are connected with each element--fire, earth, metal, water, and wood--and provide detailed food lists based on ancient Taoist wisdom that reveal the energetic temperature, flavor, and organ related to many common foods and superfoods. They emphasize the importance of local, seasonal, and fresh foods and of yin-yang balance for health. The authors illustrate the five elements' characteristics through sample profiles for celebrities such as Paul McCartney and Meryl Streep, along with Taoist nutritional recommendations based on their charts. The authors also explore how your Inner Alchemy astrology profile determines your life and relationships and explain how Inner Alchemy practices and five-element nutrition can improve all aspects of your life. By eating in line with your personal five-element energetic profile, as part of ancient Inner Alchemy techniques, you can improve health and longevity and strengthen connections with your loved ones and the energies of the cosmos.

Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath. Known in Taoist astrology as the Four Pillars of Destiny, this "birth chi" can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of the Five Elements--Wood, Fire, Earth, Metal, and Water--in a Yin or Yang state. For each Element and Yin or Yang combination, the authors describe personality traits, ideal career paths, and emotional and health issues. They reveal how to discover your levels of success, wealth, and power; how your astrological strengths will manifest; and how to understand your relationships with partners, friends, and family. They also explain how to use your chart to calculate your organ health and annual luck cycles. The authors show how to use Inner Alchemy techniques, such as color therapy and feng shui, and Universal Healing Tao exercises, such as the Healing Sounds and Chi Kung, to harmonize and strengthen the inborn imbalances and weaknesses in your chart. This hands-on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the cosmos.

The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the "Wheel of Love" to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the "Wheel of Love" to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

Exercises to deactivate emotional triggers, transform negative emotions into positive ones, and heal from PTSD, depression, anxiety, and addiction • Provides illustrated step-by-step instructions on how to combine the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao • Reveals how negative emotions are stored in the organs, where they also have effects on physical, mental, and spiritual health • Explains how to release stored negative emotions, transform them into positive energy, and harmonize the energies of your organs Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. By combining these ancient practices with the recently developed therapy of EMDR, or Eye Movement Desensitization and Reprocessing, you can produce fast, profound relief from emotional trauma, as well as address the emotional imbalances underlying depression, anxiety, PTSD, and even addiction. In this illustrated guide, Master Mantak Chia and Doug Hilton explain how to integrate the eye movements of EMDR with the energetic exercises of the Universal Healing Tao to rid yourself of the negative feelings associated with past trauma, build up positive feelings about handling similar events in the future, and remove any physical sensations connected to the issue. The authors explore how negative emotions are stored in the organs, the effects they have on physical, mental, and spiritual health, and the maladaptive emotional states people develop to deal with the pressures of modern life. Providing step-by-step instructions for each practice, the authors show how to deactivate your emotional triggers, trace energy disturbances back to the affected organ systems, transform negative emotions into positive ones, and harmonize the organs with EMDR and the Universal Healing Tao techniques of the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit. The result is a powerful self-

healing practice that can be learned and applied quickly and easily.

Taoist Esoteric Yoga is an ancient, powerful system of physical, psychological and spiritual development encompassing meditative and internal energy practices. This unique and comprehensive book reveals the Taoist secret of circulating Chi, the generative life force, through the acupuncture meridians of the body. This comprehensive list includes: Opening the Energy Channels; Proper Wiring of the Etheric Body; Acupuncture and the Microcosmic Orbit; Taoist Yoga and Kundalini; How to Prevent Side Effects; MD's Observations on the Microcosmic Orbit. Written in clear, easy-to-understand language and illustrated with many detailed diagrams that aid the development of a powerful energetic flow, for psychological and spiritual health and balance.

L'âge ne doit pas être un frein pour la santé sexuelle et la virilité. Dans cet ouvrage pratique et richement illustré, le maître taoïste Mantak Chia et William U. Wei expliquent comment la pratique énergétique et physique du Chi Kung permet non seulement de conserver une vie sexuelle florissante jusqu'à un âge avancé, mais aussi de réduire le risque de cancer et d'hypertrophie de la prostate. Grâce à cet ouvrage illustré, vous découvrirez : Des techniques pour ouvrir les voies énergétiques liées aux organes reproducteurs mâles et libérer les blocages qui mènent à un dysfonctionnement sexuel et à la maladie. Des massages sexuels énergétiques et des massages de la prostate. Des exercices d'étirement utilisant la pratique avancée des Levers de poids avec le chi. Des conseils pour se détoxifier, avec notamment des compléments nutritionnels d'origine végétale.

A fully illustrated guide to abdominal massage for improved cardiovascular health, organ detoxification, and enhanced vital energy • Includes fully illustrated massage instructions to open restricted blood vessels, direct blood flow for healing, balancing blood pressure, and detoxifying organs • Details specific massage treatments for many common ailments such as lower back pain, sciatica, asthma, headaches, and reproductive issues • Explains the ancient art of reading pulses to diagnose organ health • Reveals how blood acts as the vehicle for our vital energy Blood and chi often flow side by side throughout the body, the blood acting as the vehicle for our vital energy. Areas of slow or congested circulation lead to blockages in the flow of vital energy and toxin accumulation in the body. The practice of Life Pulse Massage allows these blockages to be cleared, revitalizing cardiovascular function, detoxifying the organs, and restoring the flow of blood and chi throughout the body. In this fully illustrated guide to Life Pulse Massage, Master Mantak Chia details abdominal massage practices to open restricted blood vessels, direct blood flow to specific areas for healing, release arterial tension to rebalance high or low blood pressure, and detoxify individual organs and body systems such as the liver, lungs, lymph nodes, and colon. He shows how to clear and activate the master pulses of the navel and aorta and synchronize these master pulses with the 52 pulses of the whole body for optimum circulation and energy balance. He explains the ancient art of reading pulses to diagnose organ health as well as how to recognize internal health states through the unique positions and shapes of the navel. Detailing specific Life Pulse Massage treatments for many common ailments such as lower back pain, sciatica, asthma, headaches, and reproductive issues, Master Chia shows how liberating the flow of blood and chi can prevent illness before it takes hold, revitalize the organs, and set the stage for optimum health.

Dans Chi Nei Tsang, Maître Mantak Chia et sa femme Maneewan continuent à transmettre au monde occidental l'ancienne sagesse, éprouvée par le temps, du système de soins taoïste. Chi Nei Tsang offre une approche nouvelle de la guérison, l'explication détaillée des techniques d'autoguérison et des méthodes pour éviter les énergies négatives. Le "Chi Nei Tsang" repose sur des milliers d'années d'expérience et enseigne comment prendre pleinement en charge santé et bien-être. C'est au centre du nombril qu'émotions négatives, angoisses, tensions et maladies s'accumulent. Lorsque cela se produit, toutes les fonctions vitales stagnent. La plupart des techniques propres aux autres systèmes n'agissent qu'aux extrémités du corps, à distance du nombril et des organes, alors que les techniques du "Chi Nei Tsang" enseignées dans ce livre, peuvent être appliquées au centre abdominal, là où se concentrent les forces de l'énergie universelle, de l'énergie cosmique et de l'énergie terrestre.

Reveals the practices and rituals of the yoni egg for physical, emotional, sexual, and spiritual growth and healing • Explains how to use a yoni egg at different stages of life to access inner beauty and wisdom, improve your sex life, prevent urinary incontinence and other women's concerns, prepare for and recover from childbirth, release emotional trauma, boost confidence, and enhance vital energies • Reveals the properties and benefits of 12 different stone eggs along with guidelines for choosing the egg that will work best for you • Includes contributions from Taoist and tantric master teachers, including Mantak Chia, Minke de Vos, Aisha Sieburth, Jutta Kellen-Shepherd, Sarina Stone, Shashi Solluna, and Jose Toirà, as well as testimonials from women of all ages Used for thousands of years throughout Asia, including by the royal concubines of the Chinese emperors, yoni eggs are egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. In this full-color step-by-step guide, Lilou Macé details the techniques and rituals of yoni egg practice, aiming to dispel fears and reservations about its use and reveal its profound benefits for body, mind, and spirit. She explains how the yoni is not merely a body part, but the portal to greater wisdom and self-knowledge--your temple of the sacred feminine. Providing an anatomical guide to the yoni, she shows how it contains reflexology points and energy meridians that can be worked with through different placements of the yoni egg. She offers detailed instructions for yoni egg exercises, including how to use a yoni egg for the first time, and explores how these techniques can help you have more intense orgasms, prevent urinary incontinence and other women's health issues, prepare for and recover from childbirth, release trauma and negative emotions trapped within your body, boost your confidence and femininity, and unlock access to your inner source of creativity and wisdom. The author explores the properties and healing benefits of 12 different gemstone eggs, from the well-known jade egg to lesser-known eggs such as amethyst, obsidian, and green aventurine, along with guidelines for choosing the stone type and egg size that will work best for you. Concluding with rituals for initiating yourself into the power of your yoni and for releasing the sacred feminine within, the author shows how each of us has the power to heal, to be kind to ourselves, and to reveal our own inner beauty and wisdom.

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and

compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

Chi Nei Tsang is a Taoist visceral manipulation body-work and massage which emphasizes moving chi energy to the abdominal organs. Developed by Taoist Master Mantak Chia as part of his Healing Tao System, it works on internal dysfunctions and energy blocks using the breathing exercises of chi-kung, therapeutic manipulations, and meditation. Students learn how to recycle negative energy, recognize personal patterns of tension, and use simple manipulations to restore vitality to parts of the body.

HARMONISER LES ÉMOTIONS, LIBÉRER LES TENSIONS CHRONIQUES ET OPTIMISER LE FLUX D'ÉNERGIE
Mantak Chia, le maître taoïste, et Joyce Thom établissent un lien entre le rythme crânio sacré – le doux écoulement du liquide céphalo-rachidien de la tête (crâne) au coccyx (sacrum) – et le flux de chi dans le corps. Ces flux énergétiques subtils indiquent l'harmonie ou la disharmonie de la personne dans son ensemble et sont grandement affectés par les traumatismes physiques, les tensions chroniques et les émotions refoulées, provoquant de nombreuses affections courantes. Grâce à cet ouvrage, vous découvrirez : • Des instructions illustrées d'exercices étape par étape, pour identifier et dénouer les blocages énergétiques et les nœuds émotionnels et physiologiques. • Des exercices d'intelligence émotionnelle pour vous mettre à l'écoute de votre cœur et des messages de votre corps et ainsi apprendre à soulager les charges émotionnelles qui y sont liées. • Des pratiques de respiration pour activer les pompes crânienne, respiratoire/cardiaque et sacrée pour optimiser le flux énergétique du corps. • Des techniques d'automassage et des méditations ciblées des traditions de sagesse taoïste et autres pour libérer et harmoniser le flux d'énergie dans le corps et optimiser votre potentiel de bien-être physique, émotionnel et spirituel.

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic Awaken Healing Energy Through the Tao In 1983, Mantak Chia introduced the "Microcosmic Orbit" to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The Microcosmic Orbit showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. Healing Light of the Tao presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

Les méthodes présentées ici sont basées sur les informations du précédent livre de Maître Chia : Chi Nei Tsang I : Massage Chi des Organes Internes ; les émotions et les vents accumulés dans la région abdominale et du nombril. Comment chasser ces " Vents " négatifs et les " balayer " pour rétablir une circulation saine de l'énergie vitale ? En comprenant l'origine des " Vents " et les problèmes qui en découlent dans le corps, la santé peut être recouvrée. Ce rétablissement de l'équilibre et de la circulation peut se faire en utilisant les techniques du Chi Nei Tsang II d'une manière appropriée pour chasser et libérer les Vents prisonniers. Chi Nei Tsang II est un art qui s'est développé durant une ère où il y avait très peu de médecins et où l'auto-guérison était une manière de vivre. Le Chi Nei Tsang II guide plus profondément dans la cage thoracique, l'abdomen et le centre du nombril en enseignant la façon d'utiliser les techniques du coude et des articulations. Dans le centre abdominal ombilical, s'accumulent les émotions, le stress, les tensions, les maladies. Lorsque cela arrive, toutes les fonctions vitales stagnent. La pratique des techniques du Chi Nei Tsang II, à l'intérieur et autour de la zone ombilicale, est la méthode de guérison la plus rapide qui produit les résultats les plus durables. De nombreuses techniques associées à d'autres méthodes ne travaillent que sur les extrémités du corps, loin du nombril et des organes. Les techniques du Chi Nei Tsang II enseignées dans ce livre peuvent être appliquées sur le centre abdominal où sont associées et emmagasinées les forces universelles, cosmiques et terrestres.

Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one's own internal energy to promote rejuvenation • Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In Chi Self-Massage Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

A fundamental Taoist practice for enhancing and utilizing chi • Includes breathing and movement exercises to promote vitality and healing

through the cultivation of chi in the tan tien and perineum areas • Presents the foundational exercises that are essential for more advanced practices such as Iron Shirt Chi Kung and Cosmic Healing Tan Tien Chi Kung is the art of cultivating and condensing chi in the lower abdomen--the tan tien--the fundamental power storehouse of the body. Known as the Ocean of Chi to the ancient Taoists, this lower abdominal area holds the key to opening the body and the mind for the free and continuous movement of chi. Tan Tien Chi Kung contains specific breathing and movement exercises that develop the power of the chi stored in the body to increase vitality, strengthen organs, and promote self-healing. Mantak Chia explains how these exercises also provide a safe and effective method for receiving earth energy, which allows the practitioner to achieve balance physically, mentally, and spiritually--all of which are essential for the more advanced practices of Iron Shirt Chi Kung and Cosmic Healing. It is our mind that directs and guides our chi, but if the mind and body are out of balance or under stress, the mind cannot perform this function. The tan tien actually contains a large quantity of neurotransmitters, making it a key source of body intelligence. It is for this reason the Taoists also referred to Tan Tien Chi Kung as Second Brain Chi Kung and created exercises that would allow practitioners to gain awareness of the tan tien's function to restore the mind-body balance that is essential for spiritual growth and optimal well-being.

Fully illustrated guide to massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain • Explains the hammering massage technique of Tok Sen, which sends vibrational energy deep into the fascia and muscles • Details how to use the 10 Thai energy meridians known as Sen Sib and the 12 muscle-tendon meridians of Chinese acupuncture in massage • Explains Meridian Detox Therapy and Gua Sha, which clears blood stagnation, promotes metabolism, and can prevent and treat acute illness Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure than a massage therapist's fingers. The authors also explain Meridian Detox Therapy, which includes cupping, skin massage, and Gua Sha--the scraping of different parts of the body to clear blood stagnation, promote metabolism, and treat acute illness. The final book in the Chi Nei Tsang series, Chi Nei Ching offers advanced massage techniques to work with the energy meridians for optimum health.

A guide to the practice of Inner Alchemy, which allows you to control the energies of your inner universe to better connect with energies of the outer universe • Teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for self-healing and emotional and spiritual development • Shows step-by-step how to remove negative emotions from the organs in which they are lodged by neutralizing and transforming the negativity back into positive energy • Includes basic and advanced-level meditations Fusion of the Five Elements is the necessary first step in the Taoist practice of Inner Alchemy, in which one learns to control the generation and flow of emotional, mental, and physical energies within the body. It is a series of meditations designed to locate and dissolve negative energies trapped inside the body by making a connection between the five outer senses (experienced through the ears, eyes, nose, mouth, and tongue) and the five major negative emotions (anger, hate, worry, sadness, and fear). When the body is cleared of negative energy, universal chi energy flows freely and productively, nourishing both body and soul. The practice is divided into two parts. The first works with controlling the forces of the five elements on the five major organs of the body by learning the elements' effects upon each other and how to balance and utilize these energies properly. The advanced Fusion exercises then show how to channel the greater energies of the stars and planets to strengthen internal weaknesses and crystallize positive energy. By "fusing" all the different kinds of energy together, a harmonious whole is created--the key to manifesting an Immortal existence.

Enseignées aux empereurs chinois, à leurs femmes et à leurs concubines pendant des milliers d'années, les techniques sexuelles taoïstes aident les amants à harmoniser leurs cycles de plaisir et à vivre une sexualité épanouie. Combinant l'étude des relations sexuelles avec la médecine chinoise traditionnelle, ces pratiques stimulent et entretiennent le désir sexuel grâce aux méridiens et aux points d'acupression en harmonisant les énergies mâle (yang) et femelle (yin). Grâce à ses nombreuses illustrations et à des méthodes de massages shiatsu claires et détaillées, cet ouvrage vous apprendra à provoquer l'excitation et à augmenter le plaisir. Il vous montrera comment prolonger les moments d'extase, conserver une bonne santé sexuelle et accroître l'intensité des premiers instants tout au long d'une relation. Des préliminaires à l'orgasme, ces pratiques vous révèlent comment maintenir vivante la flamme de l'énergie sexuelle.

Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive. La liste exhaustive des ouvrages disponibles publiés en langue française dans le monde. La liste des éditeurs et la liste des collections de langue française.

Chaque homme peu avoir de orgasmes multiples et améliorer radicalement ses capacités amoureuses, simplement grâce à quelques techniques physiques accessibles à tous. L'énergie sexuelle masculine vous révèle les secrets et les clés qui vous permettront de mener une vie sexuelle plus épanouie que jamais, dépassant tout ce que vous aviez pu imaginer jusqu'à présent. Grâce à ce livre vous apprendrez à : Avoir des orgasmes multiples sans perdre votre érection Utiliser votre énergie sexuelle pour améliorer votre état de santé général Reconnaître les signes du désir de votre partenaire Maîtriser les techniques de pénétration qui satisferont complètement votre partenaire Mettre fin à l'éjaculation précoce Accroître votre énergie sexuelle après quarante ans Augmenter le nombre de vos spermatozoïdes Oublier les problèmes de prostate

Advanced Taoist techniques for detoxifying and rejuvenating the internal organs through the release of negative chi • Works with the navel center, where negative emotions, stress, and illness accumulate • Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs From the Taoist point of view, good health depends upon the free flow of chi--healthy life-force energy--throughout the body. Taoists refer to healthy chi as good wind. When energy is trapped in the body it stagnates and becomes negative, manifesting in the symptoms of physical or emotional illness. Taoists call this negative energy sick or evil wind. The advanced Chi Nei Tsang practices focus on mastering

these winds. They include techniques for developing sensitivity to sick winds, releasing internal energy blockages, and chasing sick winds from the body to reestablish a healthy flow of energy. Negative energies caused by stress, tension, and the effects of past illnesses tend to accumulate in the naval center, so the advanced Chi Nei Tsang techniques use elbow pressure on specific reflex points around the navel to release energy blockages associated with each internal organ. They also work with wind access points found near the standard acupuncture points. These advanced practices build upon the organ detoxification and rejuvenation practices introduced in Chi Nei Tsang, allowing the practitioner to work intensively at an energetic level toward the restoration of optimum health and well-being.

Vous souhaitez vous libérer de votre souffrance émotionnelle et évoluer vers le bonheur et la santé ? Cet ouvrage vous révèle des techniques issues de la sagesse taoïste qui vous permettront de sortir du stress, de l'inquiétude, de la colère, de la peur ou même de la dépression, pour accéder à l'harmonie et à la joie grâce au travail sur les énergies internes. Vous découvrirez que les émotions que nous qualifions de négatives sont en réalité des signaux précieux de déséquilibre envoyés par le corps, qu'il nous faut apprendre à écouter. Forts de leur expérience, les auteurs vous font également partager une approche inédite du mieux-être émotionnel par la nutrition et vous indiquent des remèdes naturels taoïstes qui ont fait leurs preuves pour des problèmes de la vie courante.

Découvrez la manière d'apprendre le Tai Chi Chi Kung, une ancienne forme simple mais très puissante de Tai Chi de style Yang. Comment attirer vers nous le Chi - l'Énergie universelle -, afin de revitaliser et de dynamiser pas à pas l'ensemble de notre organisme ? En appliquant régulièrement les principes taoïstes révélés ici par Mantak Chia, notre corps se transforme, se raffermi, nos émotions se stabilisent, nous gagnons en sérénité et en harmonie, et notre capacité à accéder à d'inépuisables sources extérieures d'énergie augmente de façon extraordinaire. Grâce à de nombreuses séquences illustrées, le maître nous guide vers le travail intérieur d'absorption, de transformation et de redistribution des énergies du Ciel et de la Terre qui sont les fondations de tout Tai Chi.

An illustrated guide to releasing emotional and physical blockages in the pelvic area through massage • Presents step-by-step instructions for sexual organ massages for women and men • Explains techniques to release knots, unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow • Effective for impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido as well as back pain, sciatica, and hormone imbalance Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the jing chi of the sexual organs--a powerful source of healing energy--Karsai Nei Tsang helps to resolve physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification. Illustrating complete sexual organ massages for women and for men, this book guides you through the techniques of Karsai Nei Tsang--including necessary detox preparations and the underlying Chi Nei Tsang principles--and shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. Addressing common problems associated with our sexual organs, this practice can be used to treat impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is also effective in alleviating back pain and sciatica, improving the body's alignment, strengthening the pelvic floor, balancing the hormones, and increasing general vitality.

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

The bestselling authors of The Multi-Orgasmic Man show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime.

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. ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

The Six Healing Sounds that keep the vital organs in optimal condition • Presents vocalizations and accompanying postures that dissolve the tensions at the root of unhealthy chi flow and organ malfunction • Shows how to release excess heat trapped around the organs and redistribute it to cooler regions of the body to bring balance, health, and calmness to the entire system Thousands of years ago Taoist masters discovered that a healthy organ vibrates at a particular frequency. They found six sounds with the correct frequencies to keep each organ in optimal condition. To accompany these Six Healing Sounds, six postures were developed to activate the acupuncture meridians, or energy channels, of the corresponding organs. In The Six Healing Sounds Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs, causing energy blockages and sickness. He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body, thereby stimulating and balancing chi energy and restoring the vital organs. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.

Bien que nous puissions satisfaire nos faims d'amour, de santé ou de richesse, à moins de satisfaire notre faim naturelle de connaître notre Divin Intérieur nous ne nous sentirons jamais vraiment épanouis. Chaque être a été programmé de connaître son Divin Intérieur, car Il est le créateur intelligent de notre système Bio-énergétique, une force que certains appellent Dieu, et c'est seulement lorsque nous nous souvenons de lui et fusionnons consciemment avec lui que nous pouvons nous réaliser. Les sages appellent cette manière de se nourrir l'accès à la véritable nourriture des Dieux. Cet ouvrage aborde l'ensemble de ces sujets, et répond aux principales questions qu'ils suscitent.

A guide to restoring men's sexual health and function to maintain a flourishing sex life well into old age • Includes fully illustrated instructions for exercises to clear energetic blockages of the male reproduction organs, restore function, reduce prostate enlargement, and prevent prostate gland cancer • Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the need for surgery in early stages of prostate disease Age need not be a death sentence for men's sexual health and vitality. Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain how to perform sexual energy and prostate gland massages and detail stretching exercises and the practice of chi weight lifting--attaching weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

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