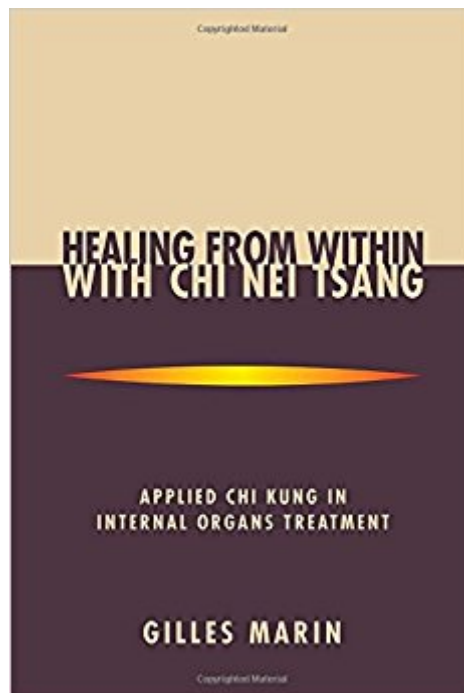




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# **Healing From Within With Chi Nei Tsang: Applied Chi Kung In Internal Organs Treatment**



## Synopsis

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.

## Book Information

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Average Customer Review: 4.4 out of 5 stars 11 customer reviews

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## Customer Reviews

"Gilles's clear explanations of previously esoteric practices establish an indispensable link between Traditional Oriental Medicine and the modern mind. Thanks to Healing From Within with Chi Nei Tsang, a nearly extinct practice from the Far East has the chance to become an important healing discipline among alternative approaches to conventional medicine."-Mantak Chia, Director, The International Healing Tao, Thailand

Gilles Marin has practiced massage therapy since 1976. He directs the Chi Nei Tsang Institute in Berkeley, CA. Originally from France, he is one of the senior students of Mantak Chia.

Before learning of chi nei tsang [belly button massage] I was unaware of the logic of the locus. All human bodies are attached to the mother and grow from the area which becomes the navel after we

are born. Manipulating the energy [chi] in this area reaches all areas of the body [actually bodies]. Alas, we have to detox which means old hurts previously buried because they were just too painful come to the forefront to be dealt with. Old emotions are freed up to be digested and the useless parts eliminated. When the energy flows smoother, we feel better. The selfcare routine at the end of the book is worth the price. There are illustrations for working on another person.

This book is a very comprehensive account of this ancient healing art. Gilles does a great job at laying everything out clearly and completely. I'd consider this a vital book for anyone considering the practice of Chi Nei Tsang.

Awesome book!

Thank you. My experience was a pleasant one.

loved this book..very practical and well written...was written for the beginning or experienced practitioner and i think that it should be used in all courses that teach this art...

Great book

I wasn't impressed with this book, because it was mostly about Mantak Chia style qigong, and theory. I was looking for a more in depth book on the actual Chi Nei Tsang treatment. Chia's books on it contain more relevant info.

This is an excellent book that provides easy to understand explanations of both traditional and modern day medicine from the orient. Purchased for a massage therapist who was very satisfied with the book.

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