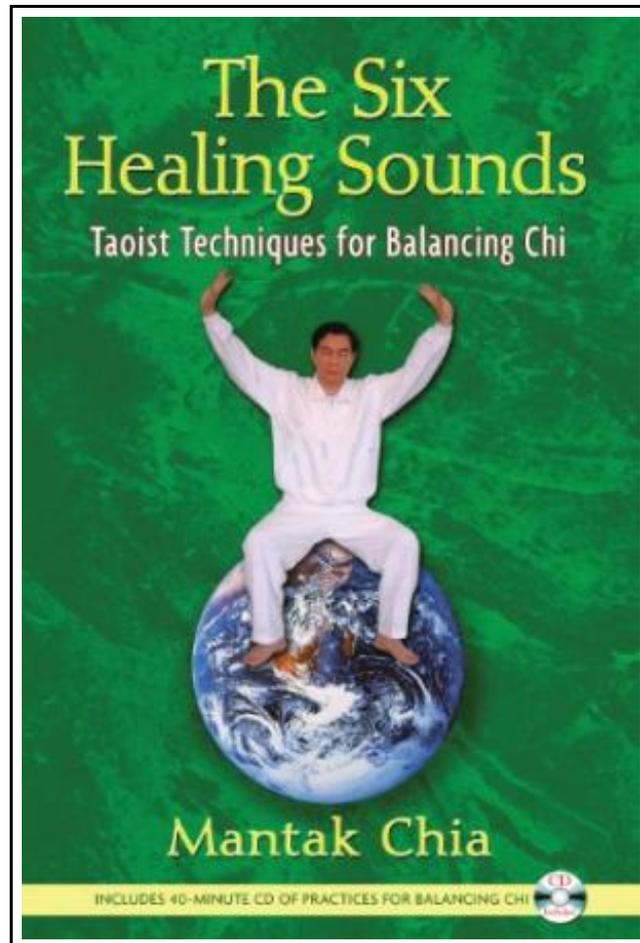


The Six Healing Sounds: Taoist Techniques for Balancing Chi



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

THE SIX HEALING SOUNDS: TAOIST TECHNIQUES FOR BALANCING CHI



Destiny Books. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.8in. x 5.9in. x 0.2in. 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 Includes a 40-minute audio CD of practices for balancing chi 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

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Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in. Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade...

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