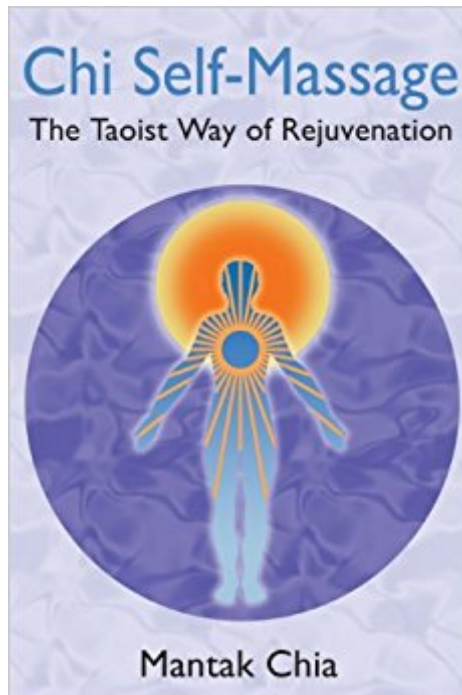




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Chi Self-Massage: The Taoist Way Of Rejuvenation



Synopsis

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.

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Customer Reviews

"Master Mantak Chia pieces this system into a logical routine any can duplicate, using methods used by the masters to explore the theory and purposes behind Chi Self-Massage. Spirituality blends with practical application in an easily-followed guide." (Diane C. Donovan, California Bookwatch, Oct 2006)"Spirituality blends with practical application in an easily-followed guide." (The Midwest Book Review, Oct 2006)"If you have any recurring pain in your day-to-day life I recommend getting this book, I've found it very helpful." (Amanda Bugeaud, Timeless Spirit Magazine, July 2007)"Written with clarity and purpose, these pages offer readers a solid introduction to the principles of chi self-massage. . . . [Chia's] logical progression of ideas allows readers to quickly grasp this new information and to build on it as the pages turn. . . . For such a short book, the overall explanation of this system is explicit, providing a most impressive view of these techniques. Chi Self-Massage presents a wealth of information that can positively impact the health of readers." (Curled up with a Good Book, Aug 2006)

HEALTH / MARTIAL ARTS The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Self-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 these techniques into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Self-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 student of several Taoist masters, MANTAK CHIA founded the Healing Tao System in 1979. He has taught tens of thousands of students from all over the world and tours the United States annually, giving workshops and lectures. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and is the author of 25 books, including the bestselling *The Multi-Orgasmic Man* and *Sexual Reflexology*.

I am committed to doing this program for at least 3 to 5 times a week we are very lucky to live in a

day and age when these secrets are so readily available to lay people.. I have found the other authors books to be a difficult read but not this one. It is short and sweet and cuts to the chase, no fillers. There is a lot here that is useful.

This very interesting and unusual book has specific information on various massage techniques for the entire body. They are all based upon the Taoist techniques developed more than 5000 years ago. The numerous illustrations showing each technique are clear and easy to follow with the instructions given. Even though I am more of a scientific minded person, the fact that these techniques have been used for thousands of years successfully to rejuvenate people makes this 112 page text a compelling read. This book is organized into seven parts detailing each technique. Part one begins by showing movements to prepare you for Chi-Self-Massage. Part two explains healing hands. Part three gets into massage techniques for the head, neck and shoulders. Part four deals with exercises to detoxify the organs and glands. "Relieving constipation: a major cause of ill health" is covered in section five. Section six shows how to massage the knees and feet. The final section focuses on the daily practice of Taoist Rejuvenation techniques. This fully illustrated short book has a lot of information within its pages for those interested in the Taoist way massage techniques. This book has such detailed instructions on the Taoist rejuvenation techniques that it can be used as an excellent reference source for those into this esoteric practice. An enjoyable and interesting read. Rating: 4 Stars. Joseph J. Truncale (Author: The Samurai Soul: An old warrior's poetic tribute).

This book has a number of exercises. It discusses preparatory exercises, massage of head, neck, shoulders, detoxing organs and glands, constipation, other massage, taoist rejuvenation, and so forth. This book is comparable to *The Complete System of Self-Healing: Internal Exercises*, *The Art of Chi Kung: Making the Most of Your Vital Energy*, and some other books by the author. This is a useful book.

Information is very good and inclusive, detailing of diagrams and anatomy left me wanting much more exact detail than what is often provided, I needed to reference other more detailed material to get the precise locations and information I wanted, somewhat frustrating in that regard-Iron Shirt is much better illustrated for my needs.

Master Chia and his wife have a collection of books based on Chinese healing, specifically dealing

with massage, Chi energy or both. This book is an easy-to-use guide even for someone without any background knowledge on the subject and provides a good introduction that is brief and easy enough to understand so the healing can start nearly immediately. Broken into chapters according to anatomy, there are simple drawings showing location and technique accompanied by step-by-step instructions that guide your hands and explanations that detail the benefit. Be aware these are not necessarily 'cures' or immediate fix-its for everything that ails you, but rather a way of healing and prevention to promote overall health. By massaging the body's organs, which work flawlessly for decades without much attention (and we often take for granted), we can expel toxins, help them work more efficiently and bolster our immune system without drugs, side effects or expensive doctor visits. Also, by empowering ourselves, we take more control of our health and our lives.

Great book. I learned a lot.

Glad to have this book in my library - this kind of reference is invaluable on the road of evolution - thanks Mantak

I'm just learning the way of self touching for healing. This book is perfect to add to any wellness program you have chosen.

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