



Chi Gung: Chinese Healing, Energy and Natural Magick

By L.V. Carnie



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Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie

You possess the ability to tap a bottomless well of physical and psychic energy (called "chi" in Chinese). With it you can harness the magical power of the universe. How do you do it? By learning the ancient Chinese art of breath, posture, and sensory awareness as explained in *Chi Gung* by L. V. Carnie.

As you learn this system to direct your flow of chi, you will be able to achieve ultimate health and things you have only dreamed of:

- ?Look and feel younger
- ?Add healthy years to your life
- ?Progress faster in martial arts training
- ?Develop different types of psychic ability: heal at a distance, talk with spirits, move objects with your mind
- ?Increase your fitness level
- ?Help damaged tissue heal more quickly
- ?Improve sexual performance
- ?Learn to control your body temperature
- ?Bond with your pets or with animals in the wild

Chi Gung is filled with simple but effective exercises for mind, body, and spirit that will open your flow of chi as they open you to a whole new world of possibilities. No other chi gung self help book covers such a broad range of material or presents the actual training techniques for mastering the more advanced skills.

The exercises include simple stretches and slow movements with creative visualization and breathwork. One technique that is fully explained is called the small circulation, or the microcosmic cycle. It will teach you to circulate your chi around your body and head without having it enter your arms or legs. Another technique, the grand circulation or heavenly cycle, teaches you to move chi throughout your entire body. It's not difficult, and you can do it no matter your current level of health or fitness.

The powerful techniques here can be used alone or within any spiritual or magical system. Add them to what you are doing today!

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Editorial Review

From the Publisher

Would you like to be able to heal yourself or others? How about communicate with spirits or pick up the energies within objects? Would you like to be able to use your mind to make things move? And would you like to do all of this without any sort of expensive paraphernalia? Then you need to get *Chi Gung* by L. V. Carnie.

This is truly an astonishing book, filled with all sorts of rarely revealed techniques. The book instructs in everything from diet to exercise. It shows you how to prepare mentally, physically, emotionally, and spiritually. It teaches the exercises you need to learn in order to see what the energy of the body (called "chi") feels like, how to enhance it and cycle it throughout your body, and then how to use it for everything from healing to magick.

You'll discover that breathing properly is the single most important concept in chi gung. It enables you to increase or decrease the amount and flow of chi in your body. There are three main styles of breathing for chi gung: natural breathing (what happens when you concentrate on the movements or positions of the various exercises while not thinking about any breathing pattern), Buddhist breathing (deep breathing that coordinates your breathing with the movement of your diaphragm and stomach muscles), and Taoist reverse breathing (the opposite of Buddhist breathing). How they are used is explained in the book.

The practice of the techniques in this book will help you to stay sharp and even get smarter. They will help you withstand heat, cold, and pain. They will even help you to defend yourself by discovering how to sense danger.

In a very real sense, the possibilities that are open to a student of chi gung are almost limitless. If you are already practicing any system of magick, spirituality, or martial arts, you owe it to yourself to add the techniques of *Chi Gung* to your practices.

About the Author

L.V. (Lily) Carnie has devoted her life to the study and daily practice of Two-Spirit (Berdache) shamanism and the ancient Chinese art of Chi Gung. She has found that these two esoteric disciplines have helped her realize her potential as both a healer and energy specialist. She lives her art in everything she does. Her expertise in Chi Gung comes from practicing the art on a daily basis while learning from a variety of teachers.

In addition to Chi Gung, her interests include practicing a variety of indigenous esoteric magickal systems, as well as Tanzanian Drunken Chimpanzee-Style Monkey Kung Fu. She likes belly dancing, fencing, stunt kite flying, and sewing, and enjoys playing musical instruments such as the Celtic lap harp, fiddle, and penny whistle for the animals and plants living in wild places.

She spends the majority of her time healing plants, animals, and people as she encounters them. She also teaches Chi Gung and Two-Spirit shamanism to anybody who is interested in learning

Users Review

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Brian Alexander:

Have you spare time for just a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the Mall. How about open or maybe read a book entitled Chi Gung: Chinese Healing, Energy and Natural Magick? Maybe it is being best activity for you. You already know beside you can spend your time with the favorite's book, you can better than before. Do you agree with it is opinion or you have other opinion?

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Robert Burmeister:

Chi Gung: Chinese Healing, Energy and Natural Magick can be one of your starter books that are good idea. We recommend that straight away because this e-book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to put every word into pleasure arrangement in writing Chi Gung: Chinese Healing, Energy and Natural Magick nevertheless doesn't forget the main place, giving the reader the hottest and based confirm resource data that maybe you can be certainly one of it. This great information could drawn you into brand new stage of crucial pondering.

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