



Chi Gung: Chinese Healing, Energy and Natural Magic

By L.V. Carnie

Llewellyn Publications, U.S. Paperback. Book Condition: new. BRAND NEW, Chi Gung: Chinese Healing, Energy and Natural Magic, 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...



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