



## **Awaken Healing Energy Through the Tao: The Taoist Secret of Circulating Internal Power**

*Mantak Chia*

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**Awaken Healing Energy Through the Tao: The Taoist Secret of Circulating Internal Power** Mantak Chia

Taoist Esoteric Yoga is an ancient system of physical, psychological and spiritual development encompassing meditative and internal energy practices. This book reveals the Taoist secret of circulating Chi, the generative life force, through the acupuncture meridians of the body.

## Awaken Healing Energy Through the Tao: The Taoist Secret of Circulating Internal Power Details

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# **From Reader Review Awaken Healing Energy Through the Tao: The Taoist Secret of Circulating Internal Power for online ebook**

**Vlady Antonevicz says**

Easily one of my favorite books.

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**Nick says**

Very weird. Haven't read this book since 1996, now picked it up again. Esoteric qigong techniques for creating your immortal energy body.

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**Omar Essam says**

includes a very good meditation ... but the way the book was written is horrible

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**Frednow1 says**

This is not a quick read. More like a reference book, and for this reason I would like to see an edition with an index. Still, my body enjoys looking at the energy circuits and I find this book inspiring. It also helped with my understanding of Emotional Freedom Techniques. [www.emofree.com](http://www.emofree.com)

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**Matt Neputin says**

While this book gives a good overview of the microcosmic orbit in my opinion the sequel "awakening healing light through the tao" is much better. First and foremost this book doesn't explain the healing sounds- which are essential if you want to practice the microcosmic orbit. (At least that's what I've read on forums etc. )Plus at least for me this book seems really unstructured compared to the superior awakening healing light.

But then again awakening healing light might seem a lot "drier" so for someone who never read anything by Mantak Chia this is a good introductory book

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**Jason says**

I am currently reading this book. It is full of great, practical techniques for circulation Chi energy during meditation. So far, I give it my full seal of approval!

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## **Otter57 says**

I'm enjoying this so far. The description of the Inner Smile is very good. The microcosmic orbit explanation is not as clear, but it can certainly be followed. For anyone who really wants to get familiar with these practices, I'd recommend an audio guidance. There are lots of them out there now by different teachers. That makes it much easier to concentrate on the practice itself, learn it quickly as you actually do it rather than read about it, and then internalize it to the point that you can do it automatically.

I haven't finished it yet.

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## **Abe Fabella says**

A basic primer on inner alchemy along a somewhat eclectic Taoist bent. Practical for those who desire healing through meditation and the circulation of "chi," the life-force.

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## **Chamath Bandara says**

Quite similar to his other books. Great insight on the mind, body and soul. Not something that can be learnt immediately.

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## **Derek Martin says**

I have not finished this book, but I have gotten a lot of good ideas and good exercises to practice from it.

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## **Pieter says**

It's a good book written in a basic language that everybody can understand, no esoteric/occult mysterious stuff that's decrypted in layers of misleading extractions. I think that you either resonate with this kind of material or have to go on blind fate (which can be very frustrating). I can tell you if it helps that there are many accounts of evidence that Chi energy exist and the more you look in to this the more you'll understand and get confident.

I don't know about his techniques, they work with me but it's definitely not the only one that will work. His microscopic orbit is not the "universal" technique from my point of view. I don't believe that chi flows like blood in it's vessels, there are key points but a lot of it has to do with mind regulation. Also he states in the book that he only teaches the "hardcore" stuff to people who are worthy and serve humanity, the same with other books of this kind. There is lot's of power and health benefits to gain from these materials, also it's a work and devotion book, maybe a quick read but not a quick do.

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**Emil says**

While the writing style certainly lacks some polish, the energetic meditation described in this book has been producing some wonderful results for me.

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**Brian Sullivan says**

Mantak Chia is his intriguing best

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**Katja Vartiainen says**

I found this book very good. I have been doing meditation on and off, i realized its calming effect. I found Mantak Chia from Conscious TV interview, and since I've restarted doing tai chi, I got interested. I've also got lot of problems in the head area(yeah, no physical), like teeth, thyroid etc, so I thought maybe this method could balance me. It's easy to read, very clear. Next step is self-discipline. But the book delivers. Does it work? well, been at it for a week, and I drop into a calm state almost immediately and feel my blood circulating well and making very warm. We will see!

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