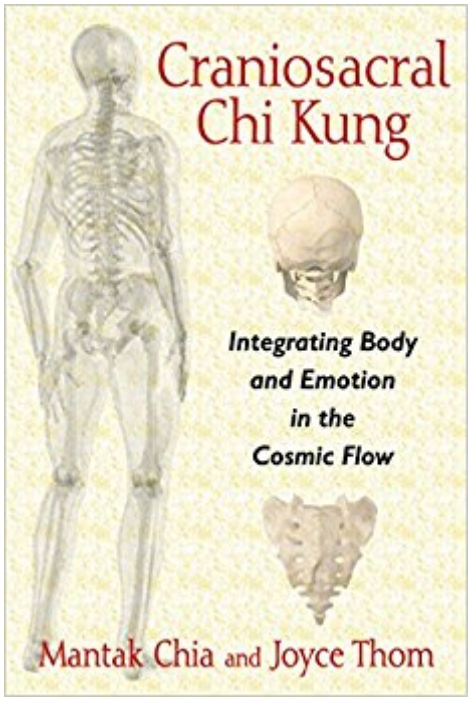
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Craniosacral Chi Kung: Integrating Body And Emotion In The Cosmic Flow



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Synopsis

Craniosacral therapy and Chi Kung practices to harmonize emotions, release chronic tensions, and optimize the flow of energy Ã¢â ¬Â¢ Provides illustrated instructions for movement exercises, breathwork, self-massage, and emotional intelligence meditations to free the flow of energy in the body Ã¢â ¬Â¢ Reveals clear parallels between the craniosacral rhythm and the flow of chi Ã¢â ¬Â¢ Explains how to release energetic blockages and emotional and physiological knots, activate the energetic pumps of the 3 tan tiens, and tap in to the Cosmic Flow Exploring the connections between Western craniosacral therapy and Chi Kung, Taoist master Mantak Chia and craniosacral instructor Joyce Thom detail movement exercises, breathwork practices, self-massage techniques, and focused meditations from Taoist and other wisdom traditions to release and harmonize the flow of energy in the body and optimize our potential for physical, emotional, and spiritual well-being. The authors link the craniosacral rhythm--the gentle flow of cerebrospinal fluid from the head (cranium) to the tailbone (sacrum)--and the flow of chi throughout the body, circulated by the pumps of the three tan tiens. They explain how these subtle energetic flows indicate the harmony or disharmony of the whole person and are greatly affected by physical traumas, chronic tensions, and unresolved emotions. For example, the psoas muscle, known in Taoism as the muscle of the Soul, connects the spine to the legs and is the first muscle to contract when anger or fear triggers our fight-or-flight response. Often a storehouse of subconscious stressors, this muscleÃ¢â ¬â„¢s sensitivity is connected to many common ailments like back pain. Providing step-by-step illustrated exercise instructions, the authors explain how to identify and unwind energetic blockages and emotional and physiological knots. They explore emotional intelligence exercises for tuning in to our hearts so we can listen to our bodiesÃ¢â ¬â„¢ messages and learn to relieve related emotional burdens. They also reveal how to activate the cranial, respiratory/cardiac, and sacral pumps of the three tan tiens to optimize the bodyÃ¢â ¬â„¢s energetic flow and explain how, when our energy is flowing freely, we can enter the Cosmic Flow--a state of calm well-being and extraordinary creativity where we find ourselves truly at one with the universe.

Book Information

Paperback: 288 pages
Publisher: Destiny Books; 1 edition (January 24, 2016)
Language: English
ISBN-10: 1620554232
ISBN-13: 978-1620554234

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 16 customer reviews

Best Sellers Rank: #227,784 in Books (See Top 100 in Books) #85 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #122 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #157 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Massage

Customer Reviews

Ã¢â ¬Å“This wonderful book is a jewel for anyone interested in the interweaving of Chi Kung and Craniosacral Work, two of the oldest healing traditions. You will learn how to bring these ancient healing practices into daily life in simple, practical ways. A superb resource for self-care and self-growth!Ã¢â ¬Â• (Hugh Milne, author of The Heart of Listening and founder of Visionary Craniosacral Work)

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world. He is the author of more than 55 books, including Healing Light of the Tao and Chi Self-Massage. Joyce Thom is a craniosacral instructor with a masterÃ¢â ¬â„¢s degree in medical qi gong, advanced certification in traditional Asian therapies, and degrees from Yale and Princeton. The founder of The PATH, a healing and teaching organization, she teaches seminars around the world.

The best craniosacral chi workbook ever. Every page has exercises to do to improve energy, flexibility, mental and physical strengthening!

This is a fabulous book if you are learning how to do craniosacral and lymph drainage techniques in message.

Great Qi Gong book on the explanation and importance of the Sacral pump.

Excellent book

love!

Excellent!

Brilliant

I love the way CranioSacral Chi Kung ties together Eastern (Taoism, QiGong, & Chinese Medicine) and Western (CranioSacral) approaches to mind body medicine. The concepts are presented simply and clearly and the abundance of practical exercises were useful and easy to follow. After doing just a few of them for a week, I noticed significantly more energy and "flow" on every level. And who can't use more flow? I appreciate how well the authors took such complex subjects and explained them in ways that everyone can understand. I've studied qigong before and received great new insights that will definitely deepen my practice. I can see how the exercises would be useful for healing practitioners to offer to their clients for self-care in between sessions. Very happy to have found this valuable resource!

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