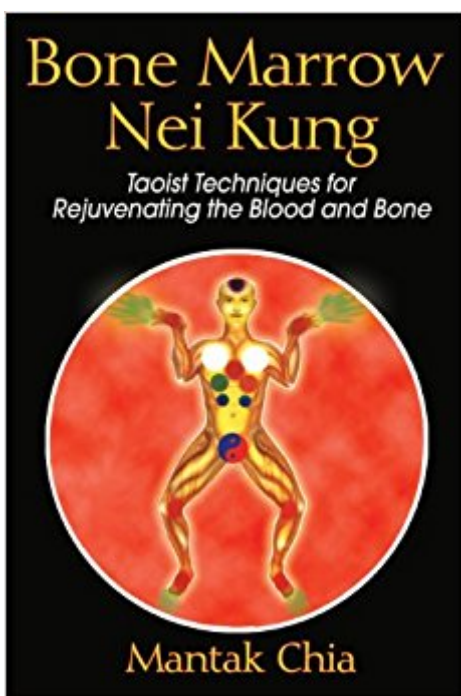


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# Bone Marrow Nei Kung: Taoist Techniques For Rejuvenating The Blood And Bone



## Synopsis

A guide to nourishing the body through bone marrow rejuvenation exercises • Presents exercises to • bone marrow, revive the internal organs, and prevent osteoporosis • Explains the use of bone breathing and bone compression, • hitting • to detoxify the body, and sexual energy massage and chi weight lifting to enhance the life force within Most Westerners believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In Bone Marrow Nei Kung Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to • bone marrow, strengthen the bones, and rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, Bone Marrow Nei Kung was developed as a way to attain the • steel body • coveted in the fields of Chinese medicine and martial arts. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. Also included is extensive information on chi weight lifting and the practice of • hitting • to detoxify the body.

## Book Information

Paperback: 272 pages

Publisher: Destiny Books; First Edition edition (October 25, 2006)

Language: English

ISBN-10: 159477112X

ISBN-13: 978-1594771125

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 16 customer reviews

Best Sellers Rank: #312,661 in Books (See Top 100 in Books) #121 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #210 in Books > Politics & Social Sciences > Philosophy > Eastern > Taoism #407 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

## Customer Reviews

"This system of Taoist exercises will create an inner fitness in addition to the Western ideal of physical and muscular fitness. . . . Even if you are just interested in living longer and living healthier (and who isn't?), this system will fascinate you." (Jennifer Hoskins, New Dawn, Jan/Feb 2008)

**HEALTH / MARTIAL ARTS** Most Westerners believe that a daily physical exercise program helps slow the aging process. Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person. It is the internal organs and glands that nourish every function of the body, and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood. By focusing only on the muscles without cultivating the internal organs, bones, and blood, the Western fitness regimen can ultimately exhaust the internal system. In *Bone Marrow Nei Kung*, Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to • bone marrow, strengthen the bones, and rejuvenate the organs and glands. An advanced practice of Iron Shirt Chi Kung, *Bone Marrow Nei Kung* was developed as a way to attain the • coveted in the fields of Chinese medicine and martial arts. This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing, bone compression, and sexual energy massage, which stimulates the hormonal production that helps prevent osteoporosis. Also included is extensive information on chi weight lifting and the practice of • to detoxify the body. A student of several Taoist masters, MANTAK CHIA founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and is the author of twenty-six books, including the bestselling *Sexual Reflexology*.

Have been using the bone breathing techniques and find the information very helpful.

The book series by Mantak are phenomenal! I have them all. Now I want to take some of his course personally.

The most impressive point about Mantak Chia is that he loves to share his detailed coaching method in book form with a wider audience. And true to his belief, he even shares his more esoteric practices with the public. He is a great master. Back to the book, the part on bone breathing and

bone compression are excellent practices. For those who are new to Chinese internal martial practice, it is important that one doesn't need to form a scientific belief before one can benefit from the practice. Chi Kung is a form of mind-body exercise. It is only important to form a psyche schema or image, and to use that image to influence the body (the physical). In short, one should act "AS IF" the psyche image is the reality (for an academic psychological explanation, one can refer to the analytical psychology of Carl Jung). With this in mind one can benefit a lot from Mantak's bone exercises. In addition to the bone exercises, there is a section on "hitting", which is a MUST practice for serious martial artists who are interested to practice in the ring. For seekers of better health only, this section can be skipped. The esoteric part of Tao practice deals with sexual energy. And Chinese being pragmatic people will not only discuss sexual energy in broad philosophical terms but will do with actual and detailed physical practice. And Mantak has been very kind to share with us the practice in details here. I won't share with folks here the details lest people may be scared away from buying this excellent coaching manual. Suffice to say it is up to one's choice of whether or not to take up the practice in this more esoteric part! Your money will however be well spent even if you only read and practice the bone exercises. The other parts are purely bonus.

ok

well written would highly recommend to a. anyone that wants a program of self healing and higher energy . it may take awhile to learn but worthwhile

I find all of the Mantak Chia books to be great. I have been studying Qi Gong for the past 20 years with 7 different teachers in the Washington, DC area. And believe me Wash., DC needs Qi Gong. I and now fixated on Mantak Chia's approach to Qi Gong and I am enjoying it very much.

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