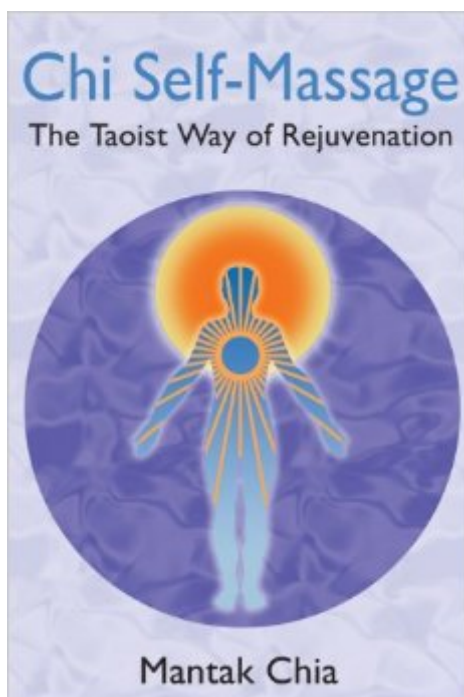


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# Chi Self-Massage: The Taoist Way Of Rejuvenation



## Synopsis

Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system • Shows how Chi Massage employs one's own internal energy to promote rejuvenation • Presents Chi Massage techniques for every organ and bodily system • Provides a daily practice routine that requires only 5 to 10 minutes to complete

The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method. In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

## Book Information

Paperback: 128 pages

Publisher: Destiny Books; 2 edition (June 5, 2006)

Language: English

ISBN-10: 1594771103

ISBN-13: 978-1594771101

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars • See all reviews (34 customer reviews)

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## Customer Reviews

Master Chia and his wife have a collection of books based on Chinese healing, specifically dealing with massage, Chi energy or both. This book is an easy-to-use guide even for someone without any background knowledge on the subject and provides a good introduction that is brief and easy enough to understand so the healing can start nearly immediately. Broken into chapters according to anatomy, there are simple drawings showing location and technique accompanied by step-by-step instructions that guide your hands and explanations that detail the benefit. Be aware these are not necessarily 'cures' or immediate fix-its for everything that ails you, but rather a way of healing and prevention to promote overall health. By massaging the body's organs, which work flawlessly for decades without much attention (and we often take for granted), we can expel toxins, help them work more efficiently and bolster our immune system without drugs, side effects or expensive doctor visits. Also, by empowering ourselves, we take more control of our health and our lives.

This is definitely one of his easiest books to use, since it is mostly just simple directions of where to rub for what purpose, and what to visualize as you do it. One night I'd eaten a 2-day old bean soup and was up for hours with nightmarish gas. Finally I remembered I had this book and sat up, rubbing my eyelids and ears and large intestine just the way he recommended. The gas went away and I was totally rejuvenated. Since then I never question anything he suggests! Also, these massages really help me deal with the effects of air travel.

an excellent addition to the collection, chi self massage explains in a easily followed manner the methods of chi massage. These techniques are a usefull addition to other training methods...see awaken healing light etc.,but are much more simple and take only ten minutes or so,yet, like the other training methods in the healing tao system,you get results. Excellent for cosmetic rejuvenation and for toning and soothing the musculo-skeletal system and internal organs. learn to reap the benefits of self healing with chi through quick and easy methods.

If you are interested in your own health, this is a great book. It is an easy to understand book om Taoist Chi Self-massage to keep the energy in the internal organs cirkulating. The beginner can use it right away, and there is still some avanced things for the avanced student. Pierre Maegaard Knudsen (Massage Therapist)

The Western concept of massage concerns itself with muscle manipulation, but Chi Self-Massage focuses on both internal and sense organs and employs Taoist techniques which until recently have

been closely guarded secrets. Master Mantak Chia pieces this system into a logical routine any can duplicate, using methods used by these masters to explore the theory and purposes behind Chi Self-Massage. Spirituality blends with practical application in an easily-followed guide. Diane C. Donovan  
California Bookwatch

I have been royally ripped off here. I don't see where any reviewers mentioned this either. On page ix of the book, in the first paragraph, the book states: "Readers should not undertake these practices without receiving personal transmission and training from a certified instructor of the Universal Tao, because certain practices described, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by a Universal Tao instructor." When reading the writeups about this book, I clearly received the impression that it was written for the benefit of people buying the book. I had no idea you were needing training by an instructor. I have no problem with the book being for that if it states it clearly up front, so people are not misled. I bought a second book at the same time, "Simple Chi Kung" which has the exact same warning. There should be a warning ON the books and in the description of these books.

I have been looking for the information found in this book for a while. I learned these techniques from a teacher but always wanted something written to refer back to or to share with others. The information and pictures are invaluable and the results are incredible.

This very interesting and unusual book has specific information on various massage techniques for the entire body. They are all based upon the Taoist techniques developed more than 5000 years ago. The numerous illustrations showing each technique are clear and easy to follow with the instructions given. Even though I am more of a scientific minded person, the fact that these techniques have been used for thousands of years successfully to rejuvenate people makes this 112 page text a compelling read. This book is organized into seven parts detailing each technique. Part one begins by showing movements to prepare you for Chi-Self-Massage. Part two explains healing hands. Part three gets into massage techniques for the head, neck and shoulders. Part four deals with exercises to detoxify the organs and glands. "Relieving constipation: a major cause of ill health" is covered in section five. Section six shows how to massage the knees and feet. The final section focuses on the daily practice of Taoist Rejuvenation techniques. This fully illustrated short book has a lot of information within its pages for those interested in the Taoist way massage techniques. This book has such detailed instructions on the Taoist rejuvenation techniques that it

can be used as an excellent reference source for those into this esoteric practice. An enjoyable and interesting read. Rating: 4 Stars. Joseph J. Truncale (Author: The Samurai Soul: An old warrior's poetic tribute).

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