



Chi Gung: Chinese Healing, Energy and Natural Magick

By L.V. Carnie



Chi Gung: Chinese Healing, Energy and Natural Magick By 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 magickal 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 book covers such a broad range of material or presents the actual training techniques for mastering the more advanced skills.

The exercises include simple stretches and slow movements with creative visualization and breathwork. One technique that is fully explained is called the small circulation, or the microcosmic cycle. It will teach you to circulate your chi around your body and head without having it enter your arms or legs. Another technique, the grand circulation or heavenly cycle, teaches you to move chi throughout your entire body. It's not difficult, and you can do it no matter your current level of health or fitness.

The powerful techniques here can be used alone or within any spiritual or magical system. Add them to what you are doing today!

 [Download Chi Gung: Chinese Healing, Energy and Natural Magi ...pdf](#)

 [Read Online Chi Gung: Chinese Healing, Energy and Natural Ma ...pdf](#)

Chi Gung: Chinese Healing, Energy and Natural Magick

By L.V. Carnie

Chi Gung: Chinese Healing, Energy and Natural Magick By 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 magickal 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 book covers such a broad range of material or presents the actual training techniques for mastering the more advanced skills.

The exercises include simple stretches and slow movements with creative visualization and breathwork. One technique that is fully explained is called the small circulation, or the microcosmic cycle. It will teach you to circulate your chi around your body and head without having it enter your arms or legs. Another technique, the grand circulation or heavenly cycle, teaches you to move chi throughout your entire body. It's not difficult, and you can do it no matter your current level of health or fitness.

The powerful techniques here can be used alone or within any spiritual or magical system. Add them to what you are doing today!

Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie Bibliography

- Sales Rank: #133389 in Books
- Published on: 2002-09-08
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .61" w x 7.01" l, 1.33 pounds
- Binding: Paperback

- 288 pages

 [Download Chi Gung: Chinese Healing, Energy and Natural Magi ...pdf](#)

 [Read Online Chi Gung: Chinese Healing, Energy and Natural Ma ...pdf](#)

Download and Read Free Online Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie

Editorial Review

From the Publisher

Would you like to be able to heal yourself or others? How about communicate with spirits or pick up the energies within objects? Would you like to be able to use your mind to make things move? And would you like to do all of this without any sort of expensive paraphernalia? Then you need to get *Chi Gung* by L. V. Carnie.

This is truly an astonishing book, filled with all sorts of rarely revealed techniques. The book instructs in everything from diet to exercise. It shows you how to prepare mentally, physically, emotionally, and spiritually. It teaches the exercises you need to learn in order to see what the energy of the body (called "chi") feels like, how to enhance it and cycle it throughout your body, and then how to use it for everything from healing to magick.

You'll discover that breathing properly is the single most important concept in chi gung. It enables you to increase or decrease the amount and flow of chi in your body. There are three main styles of breathing for chi gung: natural breathing (what happens when you concentrate on the movements or positions of the various exercises while not thinking about any breathing pattern), Buddhist breathing (deep breathing that coordinates your breathing with the movement of your diaphragm and stomach muscles), and Taoist reverse breathing (the opposite of Buddhist breathing). How they are used is explained in the book.

The practice of the techniques in this book will help you to stay sharp and even get smarter. They will help you withstand heat, cold, and pain. They will even help you to defend yourself by discovering how to sense danger.

In a very real sense, the possibilities that are open to a student of chi gung are almost limitless. If you are already practicing any system of magick, spirituality, or martial arts, you owe it to yourself to add the techniques of *Chi Gung* to your practices.

About the Author

L.V. (Lily) Carnie has devoted her life to the study and daily practice of Two-Spirit (Berdache) shamanism and the ancient Chinese art of Chi Gung. She has found that these two esoteric disciplines have helped her realize her potential as both a healer and energy specialist. She lives her art in everything she does. Her expertise in Chi Gung comes from practicing the art on a daily basis while learning from a variety of teachers.

In addition to Chi Gung, her interests include practicing a variety of indigenous esoteric magickal systems, as well as Tanzanian Drunken Chimpanzee-Style Monkey Kung Fu. She likes belly dancing, fencing, stunt kite flying, and sewing, and enjoys playing musical instruments such as the Celtic lap harp, fiddle, and penny whistle for the animals and plants living in wild places.

She spends the majority of her time healing plants, animals, and people as she encounters them. She also teaches Chi Gung and Two-Spirit shamanism to anybody who is interested in learning

Users Review

From reader reviews:

Sun Byrd:

Now a day folks who Living in the era just where everything reachable by talk with the internet and the resources included can be true or not involve people to be aware of each data they get. How individuals to be smart in acquiring any information nowadays? Of course the solution is reading a book. Studying a book can help individuals out of this uncertainty Information specifically this Chi Gung: Chinese Healing, Energy and Natural Magick book as this book offers you rich facts and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you probably know this.

Linda Carroll:

Nowadays reading books are more than want or need but also work as a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge your information inside the book which improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want attract knowledge just go with knowledge books but if you want truly feel happy read one along with theme for entertaining like comic or novel. The Chi Gung: Chinese Healing, Energy and Natural Magick is kind of reserve which is giving the reader unforeseen experience.

Kristen Mazur:

The reason? Because this Chi Gung: Chinese Healing, Energy and Natural Magick is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will jolt you with the secret the item inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of rewards than the other book have got such as help improving your skill and your critical thinking way. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

James Jones:

Reading a book being new life style in this yr; every people loves to learn a book. When you learn a book you can get a large amount of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your research, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, as well as soon. The Chi Gung: Chinese Healing, Energy and Natural Magick offer you a new experience in reading through a book.

Download and Read Online Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie #AP2IMYRLDVZ

Read Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie for online ebook

Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie books to read online.

Online Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie ebook PDF download

Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie Doc

Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie Mobipocket

Chi Gung: Chinese Healing, Energy and Natural Magick By L.V. Carnie EPub