



Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energies

Mantak Chia, Dirk Oellibrandt

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Advanced techniques for utilizing the universal healing connections revealed by Taoist astrology and astronomy

- Provides meditations and healing techniques based on Taoist astrology
- Allows readers to develop a personal practice based on an understanding of their planetary strengths and weaknesses
- Includes Taoist star practices for expanding personal awareness into a cosmic field of chi that will support others in their efforts to heal and grow spiritually

Taoist Astral Healing provides a step-by-step program for refining our ability to cultivate, circulate, and retain chi from the stars and planets. While the initial focus of Taoism centers on creating physical health that is deeply rooted in the energies provided by the earth, individuals may also draw down energies from the stars and planets to continue to grow in awareness and to develop their full soul potential. Harnessing these energies allows us to break through the cycles of attraction and addiction, promote longevity, and transform the physical and energy body into a “light body” in order to heal ourselves and others.

Taoist Astral Healing teaches how to connect the body with the five elemental forces of nature, as well as the moon, sun, planets, stars, and galaxies. Noting the relationships between specific constellations and points on the body--such as the Big Dipper’s correspondence to the bones of the skull--the authors offer planetary and stellar meditations that allow the inner and outer universes to become more connected. Following the numerous meditations and techniques provided throughout the book, readers develop a personal practice based on an understanding of their planetary strengths and weaknesses and their own spiritual growth.

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From reader reviews:

Homer Smith:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each publication has different aim or goal; it means that guide has different type. Some people truly feel enjoy to spend their time to read a book. These are reading whatever they take because their hobby is actually reading a book. Think about the person who don't like looking at a book? Sometime, man feel need book once they found difficult problem or perhaps exercise. Well, probably you'll have this Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energies.

Jennifer Case:

Playing with family in the park, coming to see the ocean world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energies, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't have it, oh come on its called reading friends.

Patricia Mattox:

In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The book that recommended for your requirements is Taoist Astral Healing: Chi Kung Healing Practices Using Star and Planet Energies this publication consist a lot of the information from the condition of this world now. This kind of book was represented how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. The particular writer made some study when he makes this book. That is why this book ideal all of you.

Richard Strohm:

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