



# Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy

*By Mantak Chia*

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**Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy** By Mantak Chia

Taoist meditation practices for increasing and maintaining mental awareness, memory, and clarity

- Details techniques to increase the level of chi energy in the brain
- Explains how to synchronize the left and right brain by activating the body's energetic potentials
- Shows that by emptying the mind there is more energy to heal the body

Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's capacity to function that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity.

Using the Inner Smile meditation technique, practitioners learn how to recharge chi energy for the brain in a form that is most useful. Practitioners smile and empty the mind into the lower tan tien and the organs. The organs then transform this chi energy. When the mind is empty, the energy transformed by the organs is sent back to the brain to revitalize it. This process synchronizes the left and right brain by activating and tapping in to the body's energetic potentials. As the mind continues to empty, receive, and also enhance the transformed chi energy, it is able to open itself to connect with universal chi energies and fill the body with enhanced life force.

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### Editorial Review

#### Review

"One may need a period of suspension of disbelief and some faith to follow Mantak Chia, but the quality of one's health, well-being, and energy always provides the opportunity to check whether one's efforts are rewarded. In the process, one is presented with some probing questions about the character of Western religious and scientific faith." (*Reg Little, New Dawn, No. 120, May-June 2010*)

"Mantak Chia's books attempt to do many things. They compare Chinese and Western practices, including astrology. They explain principles of ancient Chinese thinking. And they illustrate wonderful 'exercises' or 'practices' designed to increase health, extend wisdom, and develop the spiritual as well as physical aspects of our lives. . . . These short exercises go well with any other measures people are using to increase brain power these days." (*Nancy Humpreys, Maya Del Mar's Daykeeper Journal, Sept 2008*)

"Through practicing the methods described in this book, we learn an effective way to gain awareness and vitality in our body, mind, and emotions." (*The Monthly Aspectarian, Vol. 29, No. 12, Aug 2008*)

From the Back Cover

### HEALTH / MARTIAL ARTS

Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's power that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the "monkey mind," and then recharge it with chi energy can increase our mental capacity, focus, and clarity.

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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 31 books, including *The Inner Smile*, *Taoist Cosmic Healing*, and the bestselling *The Multi-Orgasmic Man*.

#### About the Author

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*Multi-Orgasmic Man.*

## **Users Review**

### **From reader reviews:**

#### **Cassandra Martin:**

The feeling that you get from Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy could be the more deep you digging the information that hide in the words the more you get considering reading it. It doesn't mean that this book is hard to recognise but Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy giving you excitement feeling of reading. The writer conveys their point in selected way that can be understood simply by anyone who read the idea because the author of this reserve is well-known enough. This specific book also makes your vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this kind of Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy instantly.

#### **Matthew German:**

People live in this new time of lifestyle always try to and must have the extra time or they will get great deal of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not just a robot. Then we ask again, what kind of activity are there when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative throughout spending your spare time, the particular book you have read will be Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy.

#### **Teresa Sullivan:**

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opinion for you to like to open up a book and read it. Beside that the guide Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy can to be your new friend when you're truly feel alone and confuse in doing what must you're doing of the time.

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