


# Chi Gung: Chinese Healing, Energy and Natural Magick

*By L.V. Carnie*

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**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!

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## 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

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**Mary McDonald:**

Do you certainly one of people who can't read satisfying if the sentence chained inside the straightway, hold on guys this aren't like that. This Chi Gung: Chinese Healing, Energy and Natural Magick book is readable by you who hate those straight word style. You will find the info here are arrange for enjoyable reading experience without leaving even decrease the knowledge that want to supply to you. The writer associated with Chi Gung: Chinese Healing, Energy and Natural Magick content conveys prospect easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different available as it. So , do you even now thinking Chi Gung: Chinese Healing, Energy and Natural Magick is not loveable to be your top listing reading book?

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**Arthur Prince:**

Is it you actually who having spare time after that spend it whole day by simply watching television programs or just lying on the bed? Do you need something new? This Chi Gung: Chinese Healing, Energy and Natural Magick can be the solution, oh how comes? A fresh book you know. You are and so out of date, spending your free time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

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