



Healing Chi Meditation (Chi Powers for Modern Age) (Volume 3)

Sifu William Lee

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This practical guide covers all one needs in order to master Chi Meditation. From the basics of Chi flow and abdominal breathing techniques, to Dan Tian centering, to the 'Beauty of 8 Moons', to the Little Universe Micro Cycle. Those familiar with William Lee's other guides (5-Minute Chi Boost, 5-Minute Stress Management, Total Chi Fitness) know that theory will be turned to practicality, and that every reader's philosophy and walk of life is welcome. Also, the simple style makes it easy for new and experienced practitioners to engage in the exercises, whether or not you understand the meaning and placement of the Du Meridian and Ren Meridian. Lee explains the importance of preparation (cleanliness, environment, mental calming, and stretching), so that each Chi meditation session can become a building block for the success of the next session. Free Total Chi Fitness video is provided as well. If you are experiencing a chronic lack of energy, or a need to boost your health or work performance, it may be time for Healing Chi Meditation.

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