



Chi Self-Massage: The Taoist Way of Rejuvenation

Mantak Chia

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Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system

- Shows how Chi Massage employs one's own internal energy to promote rejuvenation
- Presents Chi Massage techniques for every organ and bodily system
- Provides a daily practice routine that requires only 5 to 10 minutes to complete

The Western concept of massage primarily concerns muscle manipulation. In the practice of Chi Massage, internal energy, or Chi, is manipulated to strengthen and rejuvenate the sense organs--eyes, ears, nose, tongue, teeth, and skin--and the internal organs. The Taoist techniques in this practice are more than 5,000 years old and, until very recently, were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method.

In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system. By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete, readers can strengthen their senses--most notably vision, hearing, and taste--detoxify their internal organs and glands, help control negative emotions, relieve stress and constipation, and improve their complexion, teeth and gums, and overall stamina.

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