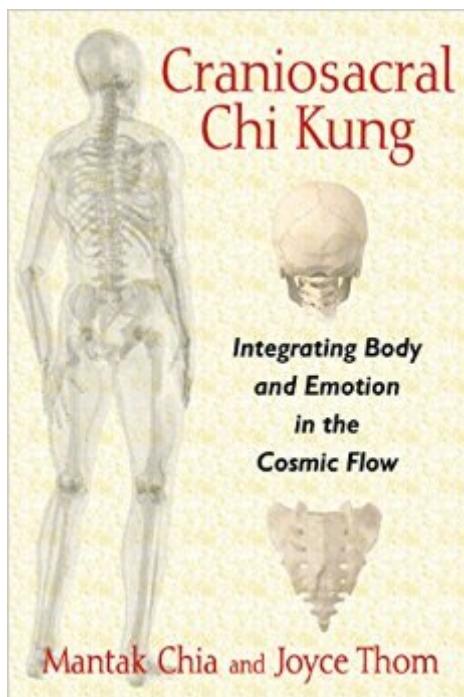


The book was found

Craniosacral Chi Kung: Integrating Body And Emotion In The Cosmic Flow



Synopsis

Craniosacral therapy and Chi Kung practices to harmonize emotions, release chronic tensions, and optimize the flow of energy. Provides illustrated instructions for movement exercises, breathwork, self-massage, and emotional intelligence meditations to free the flow of energy in the body. Reveals clear parallels between the craniosacral rhythm and the flow of chi. Explains how to release energetic blockages and emotional and physiological knots, activate the energetic pumps of the 3 tan tiens, and tap in to the Cosmic Flow. Exploring the connections between Western craniosacral therapy and Chi Kung, Taoist master Mantak Chia and craniosacral instructor Joyce Thom detail movement exercises, breathwork practices, self-massage techniques, and focused meditations from Taoist and other wisdom traditions to release and harmonize the flow of energy in the body and optimize our potential for physical, emotional, and spiritual well-being. The authors link the craniosacral rhythm--the gentle flow of cerebrospinal fluid from the head (cranium) to the tailbone (sacrum)--and the flow of chi throughout the body, circulated by the pumps of the three tan tiens. They explain how these subtle energetic flows indicate the harmony or disharmony of the whole person and are greatly affected by physical traumas, chronic tensions, and unresolved emotions. For example, the psoas muscle, known in Taoism as the muscle of the Soul, connects the spine to the legs and is the first muscle to contract when anger or fear triggers our fight-or-flight response. Often a storehouse of subconscious stressors, this muscle's sensitivity is connected to many common ailments like back pain. Providing step-by-step illustrated exercise instructions, the authors explain how to identify and unwind energetic blockages and emotional and physiological knots. They explore emotional intelligence exercises for tuning in to our hearts so we can listen to our bodies' messages and learn to relieve related emotional burdens. They also reveal how to activate the cranial, respiratory/cardiac, and sacral pumps of the three tan tiens to optimize the body's energetic flow and explain how, when our energy is flowing freely, we can enter the Cosmic Flow--a state of calm well-being and extraordinary creativity where we find ourselves truly at one with the universe.

Book Information

Paperback: 288 pages

Publisher: Destiny Books; 1 edition (January 24, 2016)

Language: English

ISBN-10: 1620554232

ISBN-13: 978-1620554234

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (9 customer reviews)

Best Sellers Rank: #367,751 in Books (See Top 100 in Books) #190 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #284 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #341 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage

Customer Reviews

I love the way CranioSacral Chi Kung ties together Eastern (Taoism, QiGong, & Chinese Medicine) and Western (CranioSacral) approaches to mind body medicine. The concepts are presented simply and clearly and the abundance of practical exercises were useful and easy to follow. After doing just a few of them for a week, I noticed significantly more energy and "flow" on every level. And who can't use more flow? I appreciate how well the authors took such complex subjects and explained them in ways that everyone can understand. I've studied qigong before and received great new insights that will definitely deepen my practice. I can see how the exercises would be useful for healing practitioners to offer to their clients for self-care in between sessions. Very happy to have found this valuable resource!

It is a very well written and organized book. Practices are described clearly, in detail and easy to follow which shows high level of knowledge of both authors. I have read many books of this sort and Craniosacral Chi Kung is one of the best.

Practical techniques. I find less back and neck tension doing the cranial pump, sacral pump and spinal cord breathing techniques. Easy to follow instructions. I recommend taking it slow, doing one technique until you are comfortable with it, then adding another. Currently, I am on about 1/3 of the way through the book. Enjoying it immensely!

Beautifully written and demonstrates a keen understanding of both the western and eastern philosophies and how they align . Super easy to read, a great example of flow. The exercises that follow each description are worth the price of the book alone.

This is a great book filled with helpful information. Joyce is clearly very knowledgeable in this

subject, and well trained in her craft. Definitely worth reading. 5 stars

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