

Wisdom Chi Kung Practices For Enlivening The Brain With Chi Energy

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Book review Mantak Chia s Wisdom Chi Kung Practices for

February 3rd, 2019 - In Wisdom Chi Kung Chia focuses on Taoist meditation practices that redirect and increase energy The foundation for this practice involves a technique that Chia calls Smiling to the Tan Tien Without that personal instructor I have to make an assumption based on the illustrations in Wisdom Chi Kung The Tan Tien appears to be an area of the body somewhere below the navel and above the pubic bone Chia makes many references to the “gut brain” which seems to reinforce my assumption

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