

Preparing for Future Taoist Chi Trainings - Dr. Fu

Many have been asking. "How can I prepare so that I can benefit most from the next Chi Kung training?" For people who are already practicing some form of self-improvement training, the answer is that they should continue their practice. This includes relaxation, deep breathing exercises, self-hypnosis, yoga, daily walking, contemplation, prayer, or any other form of self-improvement. However, for those who do not presently have a program of self-cultivation, or for those who want to expand their self-improvement activities, the following are suggestions:

Relaxation: This is probably the most important. Sit quietly for 20 minutes and breathe slowly. As you slowly exhale, let one part of your body relax, back of the neck, forearm, foot, etc. When you inhale, feel your lower abdomen expand. This will not only release tensions from throughout your body. It will also increase your awareness of what is going on in your body and, if you can keep your mind focused on your lower abdomen, will increase your energy level.

Sex: You may want to avoid sexual orgasm for a week or two before the training to allow extra energy to build up.

Unplug Meridians: You may want to adopt a very low fat diet for the month before the training. Fats not only deposit on the surface of the body, they also deposit in internal organs like the heart, liver, and kidneys, and in tissue through which the meridians flow, making the flow of Chi more difficult. A very low fat diet will cause the body to start drawing on its fat reserves, and meridians are some of the areas that clear first.

Internal Chi Kung: If you wish to learn more about Chi Kung, order the book: **Awaken Healing Light**, and practice the recommended exercises. This book offers the best presentation of Chi Kung that I have seen in English.

Ask Dr. Fu

I want to know more about Chi where do I begin?

While there are many good books written in Chinese, there are still relatively few in English. I am impressed with Mantak Chia's new book, **Awaken Healing Light**. It is light, easy reading, yet gets to the heart of Chi Kung knowledge, and presents it in an American context, making it easier for western people.

Universal Healing Tao Books

Awaken Healing Light of The Tao

This long-awaited book contains procedures that have been refined with over ten years of teaching experience at hundreds of workshops and feedback from thousands of students. *Awaken Healing Light of the Tao* clearly presents the most comprehensive instructions (basic and advanced) for realizing and developing our inherent energetic potentials. It explains in simple terms how to use the power of the mind to refine, transform, and guide energy through the two primary acupuncture channels of the body, which comprise the Microcosmic Orbit. Practical methods for strengthening the immune system, recycling stressful energies, and restoring vibrant health are included. Illustrated by Juan Li.