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Foreword

Channeling Chi - *Master the Art of Channeling Your Chi to Boost Your Energy, Health and Wellness* is a thoroughly researched and knowledge filled eBook that is guaranteed to shed more light to readers in relation to affecting the art of Chi & meditation towards enhancing internal relaxation and composure.

The reader shall definitely know the ways of dealing with diverse strains of mental, emotional and psychological stress through effectively practicing Chi art of meditation and inner reflection. Diverse motivational quotes that are tied to this exceptional topic have been added to give the reader more insight in regards to boosting esteem, energy and wellness.

You will benefit from learning ways of disciplining the mind to attain a focused, resourceful and sober thinking for utmost mental health. Chi is a practical art form that will train you on how to identify and balance all your mind paradigms to discover your real self in a way that is not only special but also exceptional. The reader will identify inner talents and capabilities that at first weren't initially perceptible.

Also taken into consideration is a step-by-step guide discussing the various factors that relates to identifying the key powers that lie within the psychological precincts of our mind. This will in turn open you to the true self by knowing where the problem lies in regards to latent and physical behavioral malfunctions. Chi is a Chinese philosophical phrase which

denotes to aligning breath and simple corporal activity together with full awareness of mind for physical and spiritual wellbeing. The aim of this is utmost development of the human being's potential. It does include several aspects of customary Chinese Medicine, Buddhism and also Daoism that are all purported to bring true spiritual awakening in regards to a person's real nature.

Chi is the English version of Chinese character *qi*. This term is defined in the dictionary as mater involving breath, gas, air or vapor but may also be utilized in describing the liaison between spirit, matter and energy. In simple terms, Chi is a unique method of nurturing and operation of diverse life force paradigms for ultimate health.

Channeling Chi

Master The Art Of Channeling Your Chi To Boost Your Energy, Health And
Wellness

Chapter 1:

Historical & Philosophical Origins of Chi Practice

Synopsis

In this chapter, you are going to learn some of the historical and philosophical origins of Chi practices.



Some Details On Chi

This spectacular practice has its roots from diverse subcultures within the wide Chinese society and comes in a variety of forms that one can choose from. Religious communities such as Taoist & Buddhists do utilize this form of art for their meditative sessions. Moreover, many Confucian scholars do practice it as a means of improving their own moral character. In mid 40s the ruling Chinese regime tried to incorporate several disparate Chi approaches into a single but coherent structure with key intention of instituting much firmer scientific origins for these practices. It was also to be considered as one fraction of the opinionated values regarding Cultural Revolution.

Through constant migration by people from all corners of the earth to and from China this practice has spread to diverse corners of the world, and it has been received well by those who have come into contact with it.

The key practices of Chi are classified into four unique training categories that include static, meditative, dynamic and particular activities that necessitate external aids. Dynamic coaching is concerned with choreographed actions plus it does apply bodily/mental functionalities to bring about full mental health. On the other hand static training will require the person to uphold the body up to a certain posture.

Meditative training will utilize mantra, visualization and also idealistic concepts of Chi for better circulation and also breathing awareness.

However, some researchers have developed a skeptical attitude towards the practice and labeled the system as pseudoscience. Much more, the actual origin and character of Chi practice has over the years resulted to diverse misconceptions & gross misuse. This includes psychiatric difficulties along with actual formation of diverse cult movements basing their beliefs on the practice.

Roots of The Practice

In regards to the ancient Chinese medical society, the actual origin of *Chi* can be traced to a legend known as the Yellow Emperor attributed for spreading the practice throughout the region. Much more, some scholars have traced particular aspects of the belief to the Internal Medicine Book. In addition, archeological proof suggests that that the earliest forms of this practice may be tied to antique shamanic contemplative practice alongside several other related exercises. Shamanic practices and thoughts are believed to have eventually advanced and turned out to become Taoist beliefs that were ultimately incorporated into certain Chi practices.

According to Taoist traditional beliefs, central writing of the Laozin & Zhuangzi are both used to portray meditative fostering alongside routine exercises meant to extend a person's lifespan in a bid to access a much higher life realm. Chi also has some Buddhism aspects, with origins tracing to India and also has key philosophical sources linked to the Hindu traditions. It has a general classification and extensive scheme of meditative and corporeal cultivation that are akin to yoga and assist the

actual practitioner attain actual enlightenment. When Buddhism started to gain roots in the Chinese subcontinent some of these practices got assimilated and consequently adapted by the local culture. The ensuing transformation served as the foundation for Chinese-Buddhist practices. These beliefs attained their climax with actual emergence of *Chi* traditions way back in AD 7th Century.

Some Chinese scholars have acknowledged Confucius as well as Mencius to be key players in diverse *chi* beliefs. According to their writings this concept can be attributed to actual training as a means of mental discipline and also moral training.

The conveyance of ideas between diverse segments found within Chinese culture did create a rich, intricate and also ambiguous theory pertaining to instruction methods. In past years the complexity in ascertaining the proper training technique, the conventional 'master-student' means of transmission alongside the widespread belief that Chi represents an exceptional and extremely valuable knowledge did limit actual research as well as expansion of Chi to quite small but elite persons within the Chinese populace. Detailed texts pertaining to the belief were available but kept secret and very cryptic thereby limited only to a certain few.

As for the common population, Chi practice resulted as a simple component of traditional Chinese practices including medicine. The medical structure was fashioned based upon experience, magical, demonology and religious practices. However, the character and worth of Chinese civilization did

change radically when Western ideologies started to gain root in the society beginning mid 16th century.

When the powerful Qing dynasty came to a halt the whole Chinese philosophy alongside the culture were especially re-examined. Ancient traditions were specifically re-evaluated in response to efficacy tied to Western medicine. The broad conflict between Western & Eastern aspects did reach a crisis level at the start of Republican era. Larger factions within Chinese community commenced to openly confront traditional Chinese beliefs like Confucianism which was tied top *Chi*.

These ideologists advocated for wholesome espousal of Western beliefs which were considered to be more rational. In a quick response, several nationalists countered the system by revealing certain limitations of the western civilization in regards to realization of Chinese philosophies like *Chi* practice. The outcome was a grand deal of relevant publications that are aimed at promoting Chinese traditional practices and also re-introduce conventional ideas over to the collective population. These contradictory worldviews will eventually shape the progression of Chi even for future generations.

More Philosophical Roots of Chi for You To Consider

During the ensuing tumult of the collapse of Qing and way through the popular Republican era, Chinese civilization was struggling for its individual survival plus there were very little considerations on the

expansion of Chi. Resolute efforts to reinstate Chinese traditions in regards to an original ideology commenced after the establishment of China's People Republic in the year 1945. The emergent ruling class under rule of King Mao Zedong did snub all links tied to conventional Chinese beliefs like Taoism, Confucianism and also Buddhism. Alternatively, the Chinese ruling class did promote a special socialist view. In regards to a sequence of state directed programs which did last for around three decades, the whole Chinese society framework was split apart & thoroughly reorganized for the better.

It's in regards to such an environment that the modern attitude to Chi spread within the whole mainland was conceived. The reigning king did recognize these conflicting ideologies between actual rejection of feudalistic ideas carried in the past and certain benefits that are specifically derived from such ideas. Conventional Chinese medicine served as an obvious example of the ensuing ideological conflict.

The Chi subject did undergo a comparable transformational process to the above. Its historical components were routinely stripped to generate a logical and scientific basis for the practice. In late 1950s a medic known as Guizhen utilized his system of body and mental nurturing to productively cure himself from diverse ailments thus spanning the era of modern Chinese medicine with roots from ancient Chi.

Chapter 2:

Theory and Practice of Chi

Synopsis

In the preceding chapter we have learned about historical roots of this practice and how it has been influenced by Western Civilization. Chapter 2 is mainly concerned with the theoretical components of this belief and how they can be adopted in real life. Topics to be discussed include:

- ❖ Theoretical views from diverse parts of the world
- ❖ Subcategories of actual practice.
- ❖ Application and emergent issues



Theoretical Perspectives

The key principle in Chi practice is realm time control along with administration of Chi, which is a form of internal energy. Comparable representations pointing to the Chi conception have been identified in several other common cultures such as Hawaiian *Mana* and Tibetan *Buddhism* which all focus on mastering the art of disciplining inner forces for improved mental capacities.

Some essentials of the idea may be comprehended in regards to internal vigor or energy as used by writer or experienced practitioners of diverse esoteric kinds of spirituality as well as substitute medicine. You'll also be surprised to know that several aspects of Chi may be identified in contemporary Western cultures like *The Force* which featured in *Star Wars* films and denotes qualities akin to Chi principles.

Chi notion serving as an example of insidious energy serves as a key post of Chinese beliefs. This force is believed to be existent in all matter including food, air, water & even sunlight. However, in your body Chi does represent the invisible vital force which is responsible for sustaining verve of life. The practice is concerned with manipulation as well as poise of the Chi within one's body alongside its contact with the user's immediate surrounding. The method and eventual intention for this application is reliant on the chief practitioner.

In a traditional sense, Chi training had long been believed to be a clandestine, esoteric art practiced by the elite in society. But over the centuries, actual swap of ideas between diverse elements all within Chinese society have invented an integrated overview of Chi observance even though every subsector does maintain a unique detailed analysis of structures and relative methods.

An individual is generally considered to have been born having innate quantities of Chi. A person will acquire the life force through eating, breathing and also interaction with the common environment. Chi practitioners believe that an individual will die or become ill once the amount of this life force becomes unequal within ones body. Chi is commonly practiced to adjust and also control life force within ones body.

Ancient Buddhist & Taoist philosophies summarized this life power into 3 interrelated aspects which are mind, spirit and body. In relation to Buddhists, mind exercise is achieved through deep meditation, special work outs and also contemplation. In regards to some Taoists, this ‘coaching’ and regulation may include exterior agents like herb ingestion beside interactions with significant others. However, in regards to Confucius scholars such training incorporated the code of cultivation with actual merit being described in regards to set Confucian principles.

The expansion of conventional Chinese medicine did add extra detail in regards to the function of Chi energy as found within your body. In this intricate system, the life force does travel all through a person’s body via

twelve key meridians routes structured into numerous much slighter branches and also tributaries. These principle meridians further correspond with twelve major organs including large intestines, the lung, kidney, spleen, liver gall & urinary bladders amongst other delicate body parts.

Quantity and actual stream of Chi is directed by ones emotional predisposition that is eventually linked to the Body, Sprit and also Mind. Several *qi* practices do utilize this notion of appropriate energy flow via these meridians in relation to an essential mind premise. All elements that are found within this practice acknowledge the importance of both *Yang* and *Yin* which is a balance that ranks between corresponding principles. This unique view does imply that dual forces are constantly interacting, influencing and also opposing one another. Consequently, it becomes impossible or pleasing to cut off any one of these energies. The perception also applies when used in Chi systems. For instance, the organs that are found within a human being's body can generally be classified in regards to either water (*yin*) or fire (*yang*). One key goal of Chi practice is concerned with sufficiently balancing diverse *qi* amid the opposing body organs. Other hypothesis like the essential Five Elements do provide extra detail in explaining the actual role and also effect of this life force as found within ones system.

In a historical sense *qi* practice was always taken to be subjective in approach. It will range from a certain feeling of serenity and utmost peace over to a sensation of real wellbeing. All through history, noteworthy claims

have been pointed out in relation to this particular practice. The ‘trip’ towards full self-enlightenment may comprise descriptions pointing to out body experiences along with phenomenal powers that are tied to the Buddhist beliefs. For certain individuals Chi training is deemed to convey curative functionalities soon after one has passed through an extensive training program.

In early 80s, the world renowned Chinese scientific society endeavored to validate the key principles of this practice through outer measurements. Primarily, they did report tremendous success thereby signifying that Chi can resourcefully be measured in relation to an electrical magnetic emission. Other real time reports indicate that the system can efficiently induce certain external consequences like altering actual properties related to liquid, telekinesis and also clairvoyance. These reports did create tremendous thrill linked to the paranormal and also *para psychic* research institutes.

But these reports were sternly censured by the conservative scientific community within the Chinese boundaries and also outside. The chief criticism that scholars did raise about chi practices is its disregard for scientific principles. These include lack of methodical rigor, minimal sample size, uncontrolled experimentation setting and general cut down of reproducibility. Adding up to these criticisms, the contemporary public approval of paranormal attributes emanating from Chi practice did contribute to sporadic social unrest. Due to these particular controversies actual emphasis pointing to Chi research as found within China’s mainland

has altered over the years from external verification of its existence to clear spotlight on effects as it pertains to health alongside components of conventional observance. In clear contrast, the Western society has acknowledged diverse spiritual components of Chi practice and pays actual homage to the rich past linked to the practice.

Akin to the topic of value for conservative Chinese medicine, actual chasm linking Eastern belief of Chi and certain Western systematic viewpoints aren't intractable if the investigation is only limited to consequences of Chi practice tied to biological procedure without ever demanding any substantial interpretation of the phrase Chi. There's a credible dispute to regard the practice as a standard metaphor pointing to set biological procedures. Moreover effectiveness of Chi may further be explicated in regards to concepts that are more common in the Western world like neurology, stress management and also regular biofeedback.

Active Application of the Technique

Chi isn't just a simple set of inhalation exercises since it also comprises a tremendous array of material and mind training techniques intended to assist the body as well as mind entirely based on ancient philosophies. The execution details do vary between scholars & institutions but may also be influenced by the chief practitioner's objectives. This scheme does consist of diverse training methodologies such as static, meditative and dynamic aids. Each category of training did originate from diverse elements all

within Chinese community and they do emphasize divergent features of Chi theory.

Dynamic Chi

This can be straightforwardly be identified as a sequence of cautiously choreographed body movements or certain gestures which are specially designed to endorse and also influence the streaming of Chi right within the exerciser's body. The trainer would also be coached how to move gracefully akin to certain animals like the Wild Goose & White Crane. To the external observer these series of movements may represent simple calisthenics tied to athletic fitness. But to a Chi practitioner, this observance necessitates a union of spirit, mind and body with principle goal of promoting and directing the stream of this force.

Static Chi

Here the trainee holds onto a certain pose, stance or position for quite long periods. In particular cases, stationary Chi does bear certain likeness to Yoga plus it still has some similar belief systems as Buddhism. The practice has also borrowed extensively from *Yiquan* which is a Chinese art which's an outstanding advocate of stance tutorial instructions. Eight components of brocade health practices have also been incorporated into the training program. It is concerned with emphasizing on an established string of postures that to the external observer may seem like the said practitioner

has been ‘fixed over in space.’ The exerciser needs to fine-tune both mental and body capacities to achieve the complex *static chi* postures.

Meditative Chi

Many *Chi* training exercises will entail some kind of meditation. This is a very popular means of mental and physical training which can be identified in diverse cultures all over the world. Details pertaining to this practice shall greatly differ as dependent on actual genesis of the deliberation tradition. In regards to Confucius learner’s traditions, deep meditation is principally focused upon humanity and self-worth with key intention of focused self-enlightenment.

The aim here is controlling mind functionalities through a focused and deep meditative state brought about by mantra, controlled breathing or the notion of the peripheral as is revealed by Buddha teachings. In clear Buddhist systems, the goal is aimed at stilling mind functionalities through clear spotlight on outward settings like location and also inward functionalities such as koan, breath, and meditative emptiness amongst other contemplative states. Here, the structure does seek to direct Chi in course of appropriate meridian trails with the goal of achieving a smooth uninterrupted flow with means of the correct meridian channel aimed for finishing a level incessant flow within the said practitioner.

Working through External Agents

Diverse systems of Chi training do comprise actual use of specific external agents. In Daoist practices special meal and drinks were prescribed to assist in actual operation of chi functionalities. However, when tied to martial practices the utilization of massage and several other categories of conditioning techniques it can result to actual insurgence towards real-time treatment of any disturbing condition.

Applications

People do practice Chi for varied reasons and key objectives that solely determine the kind of Chi that is adopted for use. Though benefits tied to this practice are many the key reason as to why individuals engage in this practice are to boost their general health and wellbeing particularly as is related to mental wellness. This is done as a sure means of self cultivation of internal energy and also as sub part of Chinese meditative art training.

Though it hasn't been proved in a laboratory setting to bring any objective physical results as pertains to health many people still believe it has the capacity of dealing with diverse conditions that conventional medicine fails to address. When used appropriately the practice will serve as both a precautionary and curative purpose.

Users consider it to be a cure in boosting wellbeing by curing ailments such as diabetes, arthritis, cancer, hypertension, depression, anxiety and also addiction problems. Some people have also reported healing from degenerative disc syndrome when they made good use of Chi.

Chapter 3:

Mastering Your Own Chi

Synopsis

In the previous section we did learn about theoretical aspects of chi and some basic ways it can be applied in real life. Here our focus would be on methods one can use to maximize on the potential of *Chi* energy. Subjects for consideration are:

- ✓ Individual cultivation of the mental state
- ✓ Attraction law as explained by experienced practitioners
- ✓ How to inculcate positive mind vibration

The therapy can further be utilized in dealing with common body malfunctions like physical rehabilitation, cancer treatment, back pains, arthritis, poise and also bone density maintenance.



Personal Cultivation

Individual nurturing does have diverse meanings and objectives that are all dependent on particular context that the practitioner is exposed to. In regards to traditional Chinese beliefs, self nurturing techniques can be categorized into three basic philosophical schools of thoughts which are Confucian, Buddhist and also Taoist. The Confucian technique does connote a method by which practitioners do become conscious of themselves through focusing their morality towards the right direction. In regards to Taoist practices the system does point to ways one can realize longevity and actual spiritual enlightenment. Moreover, when tied to Buddhist perspectives this method is believed to bring about actual spiritual wellbeing through channeling the life force towards an internal meditative state.

Some Skeptical Views to Think About

There's some controversy in regards to benefits of Chi particularly when definition is tied to a partial chain of body actions and also set of recreational work outs. However the main conflict arises with the objective opinions of western medicine that has opinions pointing out that chi can not be proved in a laboratory setting and should therefore not be taken wholesomely as a cure for physical ailments while disregarding conventional curative practices such as western medicine that can be substantiated in a laboratory setting. Scholars have pointed out that the

practice of Chi is extreme bordering absurdity since they focus on supernatural and mythical philosophies.

The basic dilemma lies in the fact that data available from these fields don't fit up to the Western prototype acceptable for scientific suitability or medical analysis. Skeptics do contend that several benefits which are got from substitute medicine do have only the placebo effect and no real physiological capability. Principle arguments from the inspection of various skeptics adjacent to actual correlation between *Chi* practices are several, and are as follows:

- ✓ Actual existence of Chi including any other category of 'vitalize' hasn't yet been autonomously established in tentative scenery to actual contentment of the common scientific society. This concept isn't recognizable in conventional biological sciences.
- ✓ Some reported claims pointing to supernatural powers do seem to be deceptions that are more suitable for magic acts rather than authentic scientific discipline.
- ✓ Individual benefits pertaining to Chi masters may have rendered them with clear incentive to overstate their claims.
- ✓ Explanations which do comprise anything to do with paranormal or may necessitate a spiritual component are usually well beyond the extent accepted for scientific analysis.

Cultivation of Chi For Boosting Of Inner Vitality

One can make a tremendous leap towards guaranteed health, success and also wealth with the easy to follow guidelines of Chi art. This technique has over the years proved to be a positive magnet in terms of attracting and also inventing a personal splendid reality. You will be in a better position to cultivate the internal chi and thereby enhance and sustain yourself up to a positive degree of vigor vibration. Some meditation practitioners believe that at the peak of this vibration lies a super universal mind which is commonly referred to as the ‘thinking stuff’ and it’s from this that all matter are constructed. In its unique state it does permeate, infiltrate and eventually fills up into internal sacs of the universe, which are your mind’s paradigms. One can sufficiently adjoin to the general Chi, sufficiently attract it then use the same to fabricate a remarkable life.

The Process of Cultivation As Raised By Some

Chi cultivation points to fashioning a clear balance, profusion and also flow of the person’s Chi attributes. It will also involve fashioning your curative potential along with amplification of the real flow of Chi energy all through your own being such that it does flow over to the uppermost level of constructive vibration. This technique does make use of mind influence & internal remedial exercises for generating a profusion of Chi, but similarly cultivates your life vigor and constructively channels it all through ones body. It employs mind power with inner healing practices for generating a sure cornucopia of the Chi influence.

The resultant effect would be a constructive vibration and flow of inner energy that will work towards nourishing the human and giving the person tremendous ability to control thought patterns and fully concentrate. This is the foundation of one's ingenuity and also curative energy running through the body system.

Chi can be seen as the global force which does move imperceptible currents and curative pathways all through diverse universal matter. In other words it does connect everything. The collective Chi power does conceive mountains, administers oceanic currents, river flow as well as weather patterns. This particular power does give trees their unique structure as well as diversity in regards to branching way up towards the heavens. Movement of this life force can be identified in various molecules, the clear landscape, and certain elements found within the body structure. This particular life force does circulate all through Chi vigor straits known as vessels or directional meridians.

Attraction Law and How It Relates To Chi Power

There are dual basic laws which one requires to fully comprehend and also utilize if awesome health and vigor is desired. The very first law is also known as vibration capacity. Here the person acts as a vibration by his/her own and boasts the capability to this inner vibration at his/her own liking. Following close is the attraction rule which does hypothesize that like matter does attract other similar matter. In other words one does draw whatever is in practical harmony with the person.

Therefore, a positive vibration sure does attract positive matter in the sense that optimistic energy will also pull success, health and also wealth. Each one of us does have the capacity to alter our vibration over to a superior & more positive mental state. You can efficiently make a sure decision to alter your own reality. By such your individual life would never move in a negative route ever again.

You may effectively turn over your present reality level over to an awesome rank of sure reality through utilizing diverse methods of attaining and sustaining a successful, & health wise vibration echelon. Many of such methods do comprise mental aptitude and also Chi that incorporates sufficient body motions, coordinated inhalation, actual visualization and also affirmation. This would in turn create, uphold and further discharge positive energy all within ones body. Scientists have pointed the mind as a sure movement, and body denotes to expression of this movement. Your body can also be attributed as mental instrument, and when the vibration does change one will also change what is to be attracted.

The Essential Vibration Change Technique

The simple procedure does comprise visualization to assemble pictures pointing to ones awesome reality that is a pointer to what's in the mind. One does stir pictures that are to be made up in the conscious psyche right upon the subconscious and it's this part which is bound to accept images you have invented with and also through the entire body. In simple terms your feelings do create acts that eventually turn out into results.

While at the conscious point ones vibration can be denoted to as the feeling. Whichever aspect one does impress will be sufficiently expressed all through his/her body in form of action. When you do impress thoughts or sentiments of sure reality then what's required shall be wholesomely attracted. This shall then be articulated through ones body in form of certain action. You will have to settle up with an idea and then get emotionally implicated with the same.

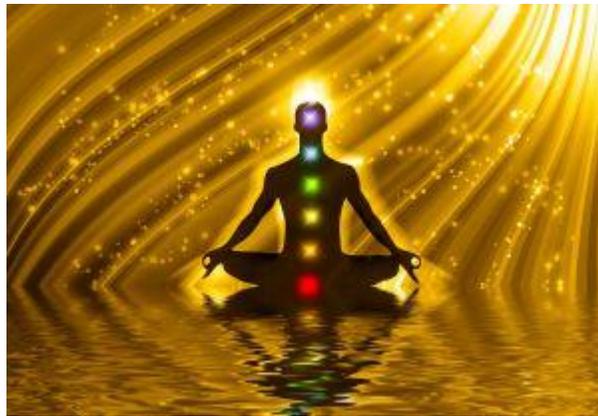
How to Become a Sure Positive Magnet To Significant Other

Then key goal for such circumstances is having the body acts like a sure magnet, and this is done so that the individual can get to attract convenient levels of chi power. To fully accomplish this feat you shall have to picture up in your mind a representation of magnet and also how the related magnetic field would interact with the same.

To fully accomplish such a feat you shall have to wholesomely picture up in your mental framework the exact representation of what a sure magnet does look like and then estimate how general magnetic fields do interact with the same.

To clearly understand this topic it would be vital to clearly portray in your mind a plain bar draw which does have certain lines of compelling magnetic force that does flow over to a single end. This eventually flows through your magnet and will eventually move out the other finish, once more circling over to a single end the repeating the cycle once more.

- A. Preliminary body poses. You can effectively stand up in a contented optimistic setting or you may settle in sturdy chair if that's your wish.
- B. Visualization. You can also utilize definite visualization techniques to generate a picture of your own right in the mind. For this to happen it would be vital to close the eyes then visualize that you're a magnet with the universal *Chi* wholesomely flowing right to the apex of your cranium through the body and right out to the feet. Here it does encircle over around you then moves back over to the head area.



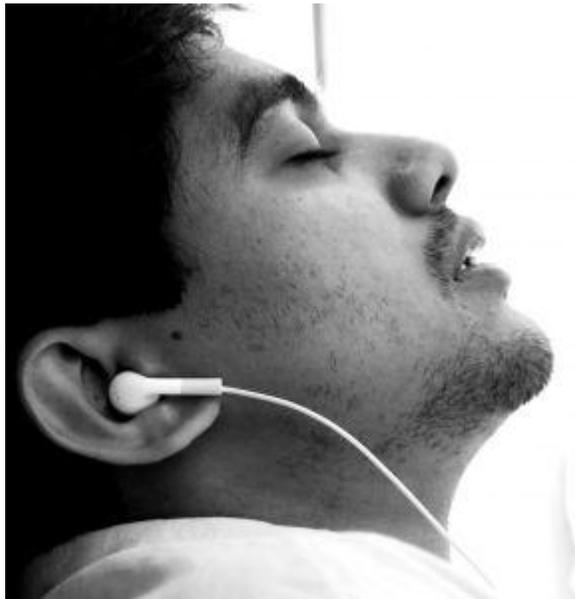
Chapter 4:

Getting Control of Your Life Through Chi Mastery

Synopsis

In the preceding section we learned beneficial techniques of getting control of mind functions through appropriate *Chi* administration. Here our focus would be on ways of further improving memory and mental health for maintaining stable relationships with significant others in our lives. Topics for your consideration are:

- ❖ Learning techniques of attaining self realization
- ❖ Avoiding stressful situations that are bound cause mental dysfunctions
- ❖ Incorporating *Qi* with Yoga for the best results



Mastering Mind Power with Chi

Preparation. In this step one would have to stand or settle down in a strong chair and in a very tranquil & comfortable arrangement. Close eyes then proceed to gasp or exhale for a few instances to assist in relaxation. As you do think about your whole being an inner surge will emerge.

As a result one shall have to close the eyes then gasp or exhale for a few minutes to assist in relaxation. When this is done then the individual needs to effectively inhale or exhale for quite a comprehensive time frame to assist in relaxation. Think through of yourself as being an effective Chi magnet looking to attract positive forces.

During the inhalation process you need to rise up the hands and stretch them over to your palms till when they will be way high & overhead. Now picture the hands as tracing up lines related to magnetic fields which do surround the entire body from the feet up to head. Proceed to utter the words 'I'm a lure...'for encouragement purposes.

While exhaling always ensure that it's deep enough as you consecutively lower the hands yonder to the front area of your own body. However, the palms need to be down commencing from the forehead down to the thigh region. Now imagine that these hands are uniquely tracing up lines related to magnetic resonance which does flow way from the head all through the body and down to the feet. This way you will begin to experience the effects of *Chi* working through your body.

- I. Do repeat this procedure for some minutes together with real time visualization as well as affirmation of mind cues. The mental picture and also affirmation point to particular mind tools that serve to summon the inventive vigor of your universe. This is what would flow and consequently invoke a very ingenious energy denoting your actual mental capability. It's this visualization and also affirmation tools that do summon the ingenious energy found within the self. Certain visualization and also affirmation are definite mental tools which do invoke the resourceful energy that's tied to 'universal peace and coherence.' which refers to an extra positive but much higher pulsation echelon that you do desire.
- II. Conclusion- as you do complete this process, take a break with the hands rested upon your thighs then internally recollect on how you do feel. Let the energy flow and allow your constructive force get a chance of revealing itself. The more one does practice the extra amounts of positive energy that would be attracted over to you from the general universe. And when one does achieve this high mental state then positive attributes like wealth, success or health can be drawn to you because the global mind frame will be channeled to the individual in a positive light. An optimistic expression of realism for each stakeholder in your life would be attributed to you since you also give the same back.
- III. Through appropriate utilization of innate mind abilities and *Qi* one can simply start to learn diverse ways of exploiting the remarkable reality. The above is only probable as a result of your own mental choice to live a fulfilling life and it does start with your own positive

mind frame. Cultivating an awesome mental aptitude will serve you good in establishing awesome relationships with significant others in your life. You will get to appreciate yourself and find value in others around you, which's a vital component in building up stable relationships

How To Combine Simple Yoga With Chi For The Best Results

Even though you may not have had the opportunity to practice true yoga you most probably do have key ideas pertaining to the practice already imprinted in your mind as seen in media platforms like magazines, television, the internet and books. Though the actual practice is surely steeped towards ancient history & philosophical views, yoga is quite simple to practice and with no time you will have the much needed vitality necessary to tackle various life challenges. One essential benefit of incessant yoga practice is that it shall render you with mental discipline which is necessary in streamlining your entire personality in a positive light.

On average there are three plain components which are inherent in basic yoga process. These include respiring, standing and also sitting down. While practicing chi these same processes would be employed for a heightened level of awareness.

The chi phrase in literal terms refers to breathe which's a life force vital to yoga performance. Your ultimate goal in the practice would be unblocking this particular force thereby allowing the same to run through diverse energy pathways to ultimately rejuvenate you. An individual's *chi* force does

move all over the body towards distinct areas known as chakras. These are power regions that do reserve vital energy required by the body which is only released through yoga practices.

Right-nostril inhalation is a unique yoga practice that can be practiced from literally any setting and the experience is tremendous. To carry on with this the left nostril needs to be sufficiently closed with fingers of the right side hand. The mind has to be concerted on deep breathing as the practitioner carries on with exercising for 5-15 minutes.

Such a breathing system will activate a sure vigor channel which does generate heat along with activity within a person's system. The work out does combat lethargy suppresses depression and further discharges negative force to liberate the *chi* within.

Seated yoga poses further boost the practitioner's levels of energy. The essential staff posture works in stretching up ones muscles especially those around ones lungs, this consequently permits uninterrupted chi flow. In addition, sitting with legs stretched way upfront and hands rested on the back area is a sure way of boosting up your body *Chi*.

A person needs to try yoga out while in a relaxed mental state for the best outcome. The technique should only be done for a minimum of five minutes. In the US yoga practices done in seated postures are tremendously effective such the regular 'chair yoga' has widely been recommended to heal both the disabled and elderly individuals psychologically.

Though still considered as unofficial this unique variation does target specific energy debilitating symptoms tied to chronic exhaustion disorder, depression & also multiple sclerosis.

On the other hand unique standing postures do enhance ones stamina for the better. Lack of enough energy usually results due to a compromised immune system, repeated insomnia and also mood swings, but all these can be combated if one knows how to effectively combine Chi & Yoga techniques.

The popular mountain pose can also be applied here. In such a position one does stand upright as the feet get tied to the hands right at the side areas. This would work towards aligning the practitioner's mental posture.

Aligning your posture and creating an adequate space for your internal organs will increase energy and enhance positive mood. Researchers have also identified that both yoga and chi have very similar functionalities and also boast analogous outcomes.

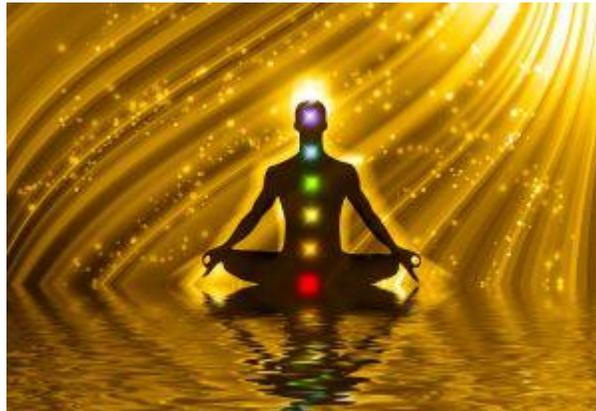
Chapter 5:

Mastering the Art of Meditative Chi

Synopsis

In chapter 4 we did learn about way in which a practitioner can incorporate other techniques like yoga with *chi* to bring about wholesome effects. In this section we are going to particularly focus on identifying inner secrets that can only be revealed through wholesome and meditative chi practice. Topics on focus on include:

- ❖ Unlocking the inner secrets of mind and personality
- ❖ Learning techniques of controlled breathing for achieving utmost verve & freedom
- ❖ Administering the brain power with Chi



Secrets of Vitality & Vigor Meditation

In this comprehensive unit you will be taken through various components of identifying secrets tied to the practice. You will get to know diverse roots and also definite progression of this unique technique such that you can better comprehend how it does work and also why it operates as so. This well researched information shall assist you utilize Essential meditative techniques to comprehend your ultimate possibilities.

The more one knows in regards to a particular topic the extra would be chances of believing in its capacity to bring about internal healing.

Vital Vigor Meditation is specially designed to:

- ✓ Relax up the body as well as boost a person's levels of energy
- ✓ Discharge negative sensations and boost up the positive sentiments
- ✓ Clear and sufficiently control the mind
- ✓ Strengthen up ones sagacity of spiritual aptitude and also purpose for life.

The procedure does empower one to effectively shift up form of being as well as give one necessary skills which shall assist in healing several sectors of the individual's psyche. Some of these do include capacity to relax, focus and also concentrate up on relevant subjects while at the same time detaching up partial thoughts and also feelings to visualize an internal inner guidance for utmost relaxation. As you do improve on these skills then with no time you will be able to understand who you are as a person, your objectives in life and ways you can effectively manifest these in the contemporary world setting.

Chi meditation is primarily rooted upon the vigorous anatomical philosophies of Kriya and other ancient Chinese practices. Early meditation resulted as a global and comprehensive technique for individual growth as well as spiritual enhancement. Some have called it the most influential meditative tool relevant to the current modern age.

The first thing for you to bear in mind is that when practicing Chi you have to be mentally alert and ready to learn new things. You have to maintain a peaceful mind frame and the mind's needs to be in a still position. There should be no level of attachment to any third party objects that will only distract your concentration. Once the practitioner is 'free' then three aspects are likely to take shape in your mind, and these are as follows:

- Discovering that this kind of mental state is possible if you take the initiative to try it out.
- You'll have to seek a break from your busy schedule to have enough time to authenticate the steps required in attainment of mental awareness through chi practice.
- Eventually the practitioner would want to remain in the relaxing mental state to reproduce higher levels of meditative understanding and further expand it to the better.

Apart from being mentally prepared to learn new things you also need to be on the constant watch for ways of making certain transcendent experiences whole part of your own life.

- With time you will get to learn how to relax sentimentally and also get to sense ways of fine-tuning your inner energy. Energetic

anatomy would be taught and also ways in which one can use directional movements to attain full awareness. You shall be taken through mind-body coaching according to *dantian* practices that tend to centralize energy sources at the subordinate abdominal area. You will be surprised by the real life training in this aspect that's meant to bring awareness in regards to developing awareness and identifying your internal aptitude. With time you shall learn how to be aware of both the external surrounding and inner being to fully maximize on your God-given innate resources.

- Key body organs like the heart will also be targeted to bring about real vitality and presence. Through these guaranteed practices you will learn ways to be truly aware of your diverse postures and how to maximize on them for actual release of any form of tension. As a result you will get to know more on ways of finely sensing, moving, gathering and further stirring up key life energy and vitality; this is particularly achieved through the ancient *dantian* breathing system.
- In step two one will be taken in due course through ways of utilizing the strong electromagnetic currents found within the body to bring about wholesome healing. These fields are commonly found in the heart region where they do run at speeds which are 5000 times stronger as compared to the currents that are generated by the brain alone.
- Moreover, through generation of core heart sentiments at the heart focus, you shall steadily shift up experience over to a much positive light. Several key heart sentiments like gratitude, trust and simple

appreciation will bring the heart functionalities and your entire physiology including the brain to state of paradigm and synergy. As a result your entire body shall function peacefully with utmost efficiency.

- Chi will aid to slow down brain waves and also make the heart rate to become sufficiently coherent. As a result perspiration will deepen, plus immune & digestion responses will promptly jump start to the better. The trainee will then experience a broad sagacity for positivity along with a sure sense of well-being. Central heart sensations shall consequently enable one to convey a unique energetic vibration over to the entire body for a uniquely revitalizing experience.

When done in a more detailed fashion one would begin to experience a certain tingling sensation in the core of the brain which has a cathartic effect. All through training this particular tingling sensation will become even more stronger which would make the individual feel as if the core of his/her upper brain has been lit over with a bout of energy. This is when you will experience the rare opening of your super functioning higher brain regions. This category of Chi is a sure holistic endeavor which incorporates the energy structure, mind, meditation, controlled diet and also body functionalities to achieve a state of self fulfillment and mental awareness like no other.

- Focus would also be placed on sufficiently developing certain upper intellect centers for sure attainment of wellbeing. This practice is mainly directed at calming up the entire nervous structure as well as

conveniently opening mental awareness. It's at this state of mental echelon that one will begin to sense a pure spiritual & emotional enlightenment like no other.

- In regards to open focus coaching one will be in a better position to inculcate an internal sense of relative space, peace and also timelessness that will all boost your aptitude towards opening up, clearing and also expanding your psychological aptitude for utmost mental ability and talent identification.
- This extraordinary diffused approach of attention does relieve all stress and will further clear off the practitioner's mind altitudes very swiftly and also in an efficient way. As a result you shall discover ways of how to effectively energize yourself, clear unwanted stuff and further focus mental capabilities towards one particular direction. You will connect all relevant body organs including physiological and emotional then sufficiently fasten them into the personality for resourceful functioning.
- In chi, there's an energetic map comprising three relevant energy components together with a Core Channel which serves to sufficiently connect mental formalities. However, there wouldn't be any formal recital and this simply denotes that all healing would result due to mental energy and psychological will.
- All these aspects do add up to your energetic anatomical composition and enhance personality and positive vibration. In a nutshell the Body Core regions will add up vigor as well as vitality, Heart Core embrace up positive emotion, and mind sections add up clarity. In addition, the practitioner's CNS will comprise extra coherence by

means of connecting divergent energy pools up into a single root. The individual shall thus have synergistic and wholesome experience that will boil down to behavioral patterns.



Chapter 6:

Discovering Your True Self

Synopsis

In the above chapter we have discussed ways in which one can administer the inner being to reflect innate capabilities. Here our main focus would be on practical steps in which this can be achieved. Subjects to be considered for discussion include:

- ❖ Day-to-day practices meant to convey long term results.
- ❖ How to spend extra time constructively

The real energetic template does represent key core of our true selves and is referred to as the Energy Ruminant. In virtual energy deliberation one does become fully aware of the essential four dimensions that add up to make the personality as it is.



Daily Practice for Long Term Effects

Despite the numerous available systems of attaining a convenient state of mental aptitude the key to attaining real-time results is observing a daily routine practice. While one can feel relaxed and surely at peace after any single recital session, momentous and enduring positive alterations are practically the consequence of constant practice done over quite an extensive time period.

The practitioner will also require a lucid, plain and very effective activation means if the recital is intended for consistent application. Remember that without a noteworthy method one won't be in a position to focus all attention towards a single direction for immediate results. This kind of meditation is an effective means of improving your own inner being potential. The second explanation to effective practice is an internal motivation. If you're planning to conduct a routine act then you need to find a strong basis for doing so by asking yourself the *why* question. Your motivation to practice should be genuine and come from your own will power, and not a forced sensation.

As a conclusive statement the practitioner will experience verve, freedom, connection and also utmost well-being when the art form is done on a repetitive basis. Once this is done, you will surely replicate the wholesome practice at will for the stress relief capabilities which it does convey. In short this is your one way key towards attaining ultimate possibilities and this principle will assuredly work.

When practicing Chi ones life is entirely under his/her own control. If you are in need of prosperity then the best thing to do is shifting the mental gear over to a guaranteed prosperity apprehension level. With this you will attract positive energy and these recommendable aspects will uninterruptedly flow to your life. Incase you do require health then all which is required is just internal state regulation to enhance and suitably endorse healthy cells. In the end relative practitioners shall release off individual limits and assuredly operate with an enhanced sense of clear purpose and also simplicity.

You spend extra time than ever before sensing, feeling, and getting in touch with general ideal possibilities. These likelihoods do arise from definite core of the individual's being and verve. As a result the individual will experience events as real and happening here & now then take a wise action based on this knowledge. The unique energy meditation procedure assists all practitioners to live life to the fullest by discovering energy found with the mind. It shall further enhance sure effectiveness of subsidiary psychological therapies that may be done alongside psychological therapy for more directive personal growth and also spiritual practice.

How to Interrelate Mind Psychology With Chi For Real Time Results

In this new and exciting topic we will be keen on the topic of how to study a person's psyche relatively in concordance to actual life as well as quite large existence dimensions. This unique science, originated from traditional yoga exercises and it does seek to explicate and also survey certain potentials pertaining to human livelihood.

It does uncover the concealed mysteries that over the ages lie behind ones true existence, relationship, and existence in essence to the actual world we are at. While there are numerous classifications of psychology accessible by the modern person, the art of merging *chi* with psychology is special in the sense that it does seek to find a link between contemporary science & antique philosophy.

As a consequence of its divergent techniques in regards to curing and actual transformation of mental paradigms the system does make life much more open and fruitful to the practitioner. This is a very effective synergistic approach to science surely provides a fitting, balanced and personally responsive approach to mental wellbeing and vigor.

Chi is a practical art form designed for application as a purposeful means of offering individuals a purposeful and healthy mental frame. Nonetheless, definition of the constitution of a healthy mind frame can considerably vary between diverse philosophical convictions. Normally individuals wish to live meaningful lives which are comprised of happiness, a positive self concept along with a personality which is proficient in regards to handling relevant changes and surfacing events occurring in life.

The subject is concerned with providing individuals with all relevant tools needed for creating the correct circumstances vital for healthy mind frame. It comprises various skills, opinions and clear methods to assist one formulate desirable results. Some popular components employed by contemporary psychology to aid *chi* practitioners identify a healthier mind

frame are as follows: counseling, psychoanalysis, group therapy, medication, mental conditioning and distinct environmental alterations. These unique techniques endow individuals with much stronger mental shape in which they can be able to purposefully discover new and meaningful approaches towards life in general.

Chi is comprised to two spectacular outlets of life force. The first one denotes that basic life is just empirical and may get measured or observed by means of an objective echelon. This particular philosophy does maintain that all human systems are made of matter that can be physically observed and perceive through diverse senses. As a result, everything which is in existence according to humans may sufficiently be measured in regards to corporal levels.

One principle point pertaining to this unique philosophical creed point to the belief that most things we encounter are particularly based upon experience, genetic attribute and also relevant external input. Though substantial components do play a major role in our life, there are several aspects of a person which cannot be measured in the laboratory setting, but are real because of results which they give out.

These particular features aren't comprised of similar material to that of a human body. But they do exist in a unique dimension with their individual qualities which consent to their existence. One principle element found within this interesting paradigm is the consciousness. This vital aspect is

part & parcel of our being but can't be substantiated in a physical sense, nor can consciousness be pinpointed within an individual's brain structure.

This spectacular existence field does permeate entire creation paradigms but assumes the manifestation of divided entities if filtered well through the constitution of a person's true being. As a result it does point to manifestation of disconnected entities when it does get filtered all up through organization of the person's entity as a single entity.

Non-empirical *Chi* takes key interest on the entity's soul structure, or any contemporary structure that does exist with one but may extend well beyond accepted limits of the common perishable body; this is an extra entity which does contribute to ones actual existence. It is a fact that ones body does comprise material entities but this doesn't in any way constitute the entire system. Your conscious personality is a sub component of much larger structure which has regularly been denoted to as celestial, universal or combined awareness. With this detailed mental comprehension one can be able to sufficiently blend all the conscious structures with soul elements that operate well beyond corporal realm.

Chi mental practice is a conformist act which has evolved over the years to personify all aspects of personality that link both substantial and non-empirical aspects. By means of philosophical along with spiritual inquisition this practice does maintain belief that the life of a human being does get shaped by diverse life spheres, including both the substantial and much subtle essentials pertaining to the human spiritual verve. These layers don't operate in terms of independent structures, nor are they all

comprised within one single component. However, there are diverse sheaths which do co-exist and operate seamlessly along each other to outline a complete makeup, existence or standard form.



Wrapping up

In traditional Chinese this term is used in referring to simple energy or life force. There are two kinds of chi which border on opposite extremes and these are the positive and negative *Chis*. When one has lots of negative chi then compromising circumstances such as depression, illness or bad luck will begin to set in.

On the other hand, positive energy can play a major role in influencing various aspects of an individual's life to the better. It will play a role in attracting wealth, luck, health and also common sense as is tied to maintenance of wellbeing.

It is principally based upon the Chinese philosophies of *wind & water*. This opinion generalizes that all things work in perfect harmony towards fulfillment of certain goals. Wind does disperse energy but water functions to attract it and at proportionate quantities they will function in a synergistic way. In a metaphorical sense one needs to dedicate all relative resources both internal and external towards digging up a mock pump that will guarantee water flow doesn't get stagnated.

This an exceptionally positive means of adding positive energy to ones life. The most basic way of dealing with negative *chi* energy is keeping clean and mentally streamlined; which refers to being alert and ready to stream negative thought patterns as they emerge.

Chi will only work when you are dedicated to complete the steps outlined for full healing. Don't do things halfway and expect to get any real time results any time soon.

The above discussed strategies are just some few instances of how simple it can be for one to purposely attract positive Chi in life. They are meant to make the practitioner relaxed, at ease and wholesomely energized. You may aspire to undertake even more radical Chi strategies by incorporating popular practices like Yoga or certain aspects of psychology.

Remember that the final result of whether you will succeed or not depends on efforts that one does apply. Maintaining a positive mind frame all through exercises and avoiding stress will also serve you well in eliminating unconstructive *chi*.

