



# Chi Energy - Activation, Cultivation and Flow

*Richard E. Clear*

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## **Chi Energy - Activation, Cultivation and Flow** Richard E. Clear

This book explains real high level practices of Chi/Qi/Ki (Life-Force) activation, cultivation and flow that allow you to personally experience, build and work with Chi energy. Practices are explained in simple detail so that the average person can fully utilize and understand the knowledge imparted. There is a chapter on the role the mind plays in Chi Kung energy work and a basic definition of the word Chi and related terms. There are also specific chapters in the book on mind intent, breathing, body states, physical alignments, Wu Chi, Bone Marrow Washing, Kidney Breathing, the Energy Ball, Rooting, Body Connection secrets, the Dan Tiens, important energy points, the 3 Dan Tiens Linear and how to get the maximum benefits out of your Tai Chi Training. We are pleased to offer a text for Westerners to get a real understanding of Chi energy that will give beginners and more experienced practitioners enough working knowledge to truly advance their studies in this fascinating discipline.

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