



## Wisdom Chi Kung: Practices for Enlivening the Brain with Chi Energy

By Mantak Chia

Inner Traditions Bear and Company, United States, 2008.  
Paperback. Book Condition: New. Original ed.. 224 x 152 mm.  
Language: English . Brand New Book. Taoist meditation practices for increasing and maintaining mental awareness, memory, and clarity - Details techniques to increase the level of chi energy in the brain - Explains how to synchronize the left and right brain by activating the body's energetic potentials - Shows that by emptying the mind there is more energy to heal the body Wisdom Chi Kung teaches practitioners how to revitalize the brain: to repair function, increase memory, and expand capacity. Every day we use up so much of our brain's capacity to function that we have very little left at the end of the day. By thinking or worrying too much, the brain can use up to 80 percent of the body's entire energy reserve. Learning to stop the brain, to empty the mind from the ceaseless chatter of the monkey mind, and then recharge it with chi energy can increase our mental capacity, focus, and clarity. Using the Inner Smile meditation technique, practitioners learn how to recharge chi energy for the brain in a form that is most...



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