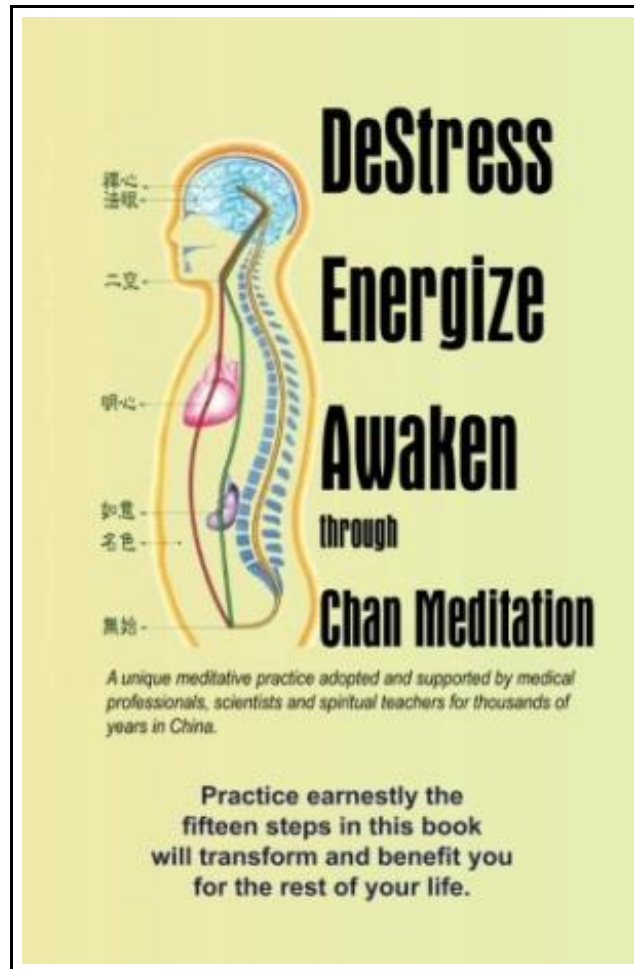


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Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.For centuries, Chan Meditation has been taught exclusively on a one-to-one basis in China. We are fortunate to be granted this unique opportunity to share with the public this unique yet effective meditative practice, especially now. As long as you practice these fifteen easy steps of Chan Meditation earnestly, within just a few months, you will for sure experience some transformations to your health, happiness or harmony. That s our witness. Usually within the first month, you will sleep better. Within two months, you will have less stress. Within three months, your allergy will be less troubling. Within a year, you will experience improvements to most of your illnesses. Because Chan Meditation is rooted in the same ancient principles as acupuncture, or Traditional Chinese Medicine, it can most effectively de-stress you as well as boost your energy, or chi very quickly. Chan Meditation has been practiced and benefited by millions of people in China for at least two thousand years. This is the first time, it is introduced in English by a group of dedicated practicing volunteers who have witnessed and benefited from practicing it. This group includes scientists, medical professionals and spiritual teachers. Jointly they claim: Practicing Chan meditation daily at the same time and same place, will help you become healthier and happier. The energy and wisdom obtained through this practice will automatically improve your relationships with family members and co-workers. It will also enhance your productivity at work. For thousands of years in China, Chan Meditation has enabled us to be relieved from illnesses in our body, delusions in our mind and fear in our heart. Not only it transforms us to live a better...



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