



Taoist Cosmic Healing: Chi Kung Color Healing Principles for Detoxification and Rejuvenation

Mantak Chia

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- Includes practices for cleansing the blood of toxins, relieving pain, using sexual energy for healing, and other tools for the treatment and prevention of disease
- Explains the unique healing potential of chi kung color therapy and how to harness universal and earthly elemental energies in healing
- By Mantak Chia, coauthor of *The Multi-Orgasmic Man*

Taoists believe in an underlying unity that permeates the universe and intimately binds all things. *Taoist Cosmic Healing* presents chi kung techniques that develop and strengthen awareness of the forces and energetic principles of the universe and the earthly six directions, allowing the reader to draw upon these forces for healing themselves and others.

Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and, when combined with specific body positions and the chi kung stance, to heal others. Through Mantak Chia's profound understanding of the ancient esoteric science of guiding chi energy, students can learn how to harness the astral energies of specific stars. Master Chia also explains the important role that compassion and positive energy play in enhancing one's ability to heal. He presents for the first time in the West the details of chi kung color therapy and how it can activate and strengthen the immune system.

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