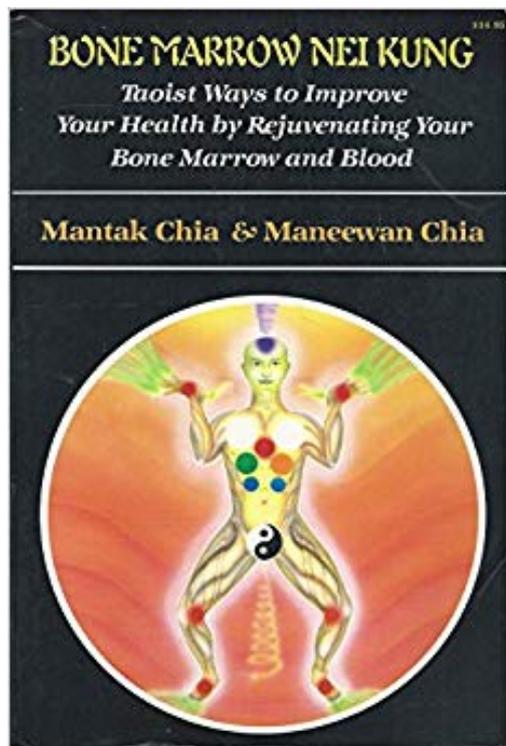


Bone Marrow Nei Kung: Taoist Ways to Improve Your Health by Rejuvenating Your Bone Marrow and Blood *by* Maneewan Chia, Mantak Chia



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Bone marrow Nei Kung is a system of health developed by the ancient Taoist master for the cultivation of internal power. They discovered that, through the process of absorbing energy into the bones, bone marrow can be revitalized to replenish the blood and nourish the life force within. Many healers have sought these methods, which are known to make the body impervious to illness and disease. In ancient times, the "Steal Body" attained through this practice was a coveted asset in the fields of chin.



Reviews of the **Bone Marrow Nei Kung: Taoist Ways to**

Improve Your Health by Rejuvenating Your Bone Marrow and Blood *by* Maneewan Chia, Mantak Chia

Kifer

Very interesting book. It's get a little weird with the sexual aspect, so just be prepared for that. (I wasn't.) But very good information on how to stay healthy in the Taoist tradition. I would recommend it.

Sermak Light

I wouldn't recommend this as a first read but start with an overview of Taoism first.

Dammy

Have been using the bone breathing techniques and find the information very helpful.

Clonanau

The most impressive point about Mantak Chia is that he loves to share his detailed coaching method in book form with a wider audience. And true to his belief, he even shares his more esoteric practices with the public. He is a great master. Back to the book, the part on bone breathing and bone compression are excellent practices. For those who are new to Chinese internal martial practice, it is important that one doesn't need to form a scientific belief before one can benefit from the practice. Chi Kung is a form of mind-body exercise. It is only important to form a psyche schema or image, and to use that image to influence the body (the physical). In short, one should act "AS IF" the psyche image is the reality (for an academic psychological explanation, one can refer to the analytical psychology of Carl Jung). With this in mind one can benefit a lot from Mantak's bone exercises.

In addition to the bone exercises, there is a section on "hitting", which is a MUST practice for serious martial artists who are interested to practice in the ring. For seekers of better health only, this section can be skipped.

The esoteric part of Tao practice deals with sexual energy. And Chinese being pragmatic people will not only discuss sexual energy in broad philosophical terms but will do with actual and detailed physical practice. And Mantak has been very kind to share with us the practice in details here. I won't share with folks here the details lest people may be scared away from buying this excellent coaching manual. Suffice to say it is up to one's choice of whether or not to take up the practice in this more esoteric part! Your money will however be well spent even if you only read and practice the bone exercises. The other parts are purely bonus.

Wanentai

v good

Kazracage

ok

Nicearad

The book series by Mantak are phenomenal! I have them all. Now I want to take some of his course personally.

This is a deep book. I have not finished it yet. I want to savor each bit. You will love everything this man writes. He is truly a master of the healing arts. So far this is a great read as are the other five books I purchased. None of his books are repetitive. I cannot believe how much information he has gleaned in one lifetime.

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