Google Drive



Pi Gu Chi Kung: Inner Alchemy Energy Fasting

Mantak Chia, Christine Harkness-Giles

Download now

Click here if your download doesn"t start automatically

Pi Gu Chi Kung: Inner Alchemy Energy Fasting

Mantak Chia, Christine Harkness-Giles

Pi Gu Chi Kung: Inner Alchemy Energy Fasting Mantak Chia, Christine Harkness-Giles
A step-by-step guide to the Taoist fasting practice of Pi Gu

• Explains how you do not stop eating with this fasting practice and details the simple pi gu diet

• Illustrates the chewing and chi kung practices to accompany pi gu, for natural chi energy production

• Reveals how Pi Gu Chi Kung activates the body's natural healing abilities, accelerates the elimination of toxins, reduces appetite and cravings, and enables you to draw energies from the Earth and Universe

Pi gu is an ancient Taoist method of fasting for spiritual and healing purposes. Unlike traditional fasting, you do not need to stop eating when practicing pi gu. Used by ancient Taoist masters during their months or years of solitary retreat in pursuit of enlightenment, the practice centers on a simple diet of fruits, teas, nuts, and eggs paired with special chewing techniques and chi kung exercises.

During the pi gu state, the need for food decreases yet the body's energy levels actually increase. The body gathers chi not from food but from chi kung and the "golden elixir" produced by the pi gu chewing practices. The chi produced through pi gu charges your internal organs, activating the body's natural healing abilities and enabling you to draw energies from the Earth and Universe. In the pi gu state the body automatically balances itself, the mind is more relaxed, and sleep improves. The pause in normal eating makes the body's cells more sensitive, accelerating the elimination of toxins. The stomach reduces in size, flattening the belly, eliminating cravings, decreasing appetite, and naturally producing weight loss. The body's meridians stay open, making it easier to attune to meditation, chi kung, and energies from the cosmos.

Providing a step-by-step guide to Pi Gu Chi Kung, Master Mantak Chia and coauthor Christine Harkness-Giles explain the pi gu diet, provide immortality tea recipes, detail the pi gu chewing exercises, and illustrate the corresponding chi kung energy exercises. They also explain the use of pi gu during darkness retreats to enhance spiritual awareness and increase mental powers and wisdom.

Download Pi Gu Chi Kung: Inner Alchemy Energy Fasting ...pdf

Read Online Pi Gu Chi Kung: Inner Alchemy Energy Fasting ...pdf

Download and Read Free Online Pi Gu Chi Kung: Inner Alchemy Energy Fasting Mantak Chia, Christine Harkness-Giles

---

From reader reviews:

Steven Huckins:

What do you think about book? It is just for students because they're still students or this for all people in the world, what the best subject for that? Just simply you can be answered for that issue above. Every person has several personality and hobby for every single other. Don't to be obligated someone or something that they don't want do that. You must know how great and important the book Pi Gu Chi Kung: Inner Alchemy Energy Fasting. All type of book would you see on many methods. You can look for the internet sources or other social media.

Kimberly Franks:

Beside this kind of Pi Gu Chi Kung: Inner Alchemy Energy Fasting in your phone, it might give you a way to get closer to the new knowledge or info. The information and the knowledge you might got here is fresh from your oven so don't end up being worry if you feel like an older people live in narrow village. It is good thing to have Pi Gu Chi Kung: Inner Alchemy Energy Fasting because this book offers to you personally readable information. Do you sometimes have book but you seldom get what it's interesting features of. Oh come on, that won't happen if you have this inside your hand. The Enjoyable agreement here cannot be questionable, including treasuring beautiful island. Use you still want to miss that? Find this book along with read it from right now!

Loren Benton:

That publication can make you to feel relax. This book Pi Gu Chi Kung: Inner Alchemy Energy Fasting was multi-colored and of course has pictures around. As we know that book Pi Gu Chi Kung: Inner Alchemy Energy Fasting has many kinds or type. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and believe you are the character on there. So , not at all of book are make you bored, any it offers up you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading that will.

Virgil Santamaria:

As a student exactly feel bored to be able to reading. If their teacher asked them to go to the library or to make summary for some guide, they are complained. Just little students that has reading's heart and soul or real their passion. They just do what the educator want, like asked to go to the library. They go to there but nothing reading very seriously. Any students feel that examining is not important, boring and also can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this Pi Gu Chi Kung: Inner Alchemy Energy Fasting can make you experience more interested to read.

Download and Read Online Pi Gu Chi Kung: Inner Alchemy Energy Fasting Mantak Chia, Christine Harkness-Giles #KR91QPNXV8D

Read Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles for online ebook

Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles books to read online.

Online Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles ebook PDF download

Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles Doc

Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles Mobipocket

Pi Gu Chi Kung: Inner Alchemy Energy Fasting by Mantak Chia, Christine Harkness-Giles EPub