

Cosmic Nutrition

The Taoist Approach to Health and Longevity



Mantak Chia and William U. Wei

Cosmic Nutrition The Taoist Approach To Health And Longevity

Mantak Chia, Christine Harkness-Giles



Cosmic Nutrition The Taoist Approach To Health And Longevity:

Cosmic Nutrition Mantak Chia, William U. Wei, 2012-06-18 Achieve vibrant health by combining ancient Taoist principles modern alternative health practices and acid alkaline balance Offers complete guidelines on what to eat for different yin yang constitutions specific health problems and organ systems and energetic conditions Provides detailed information on fasting detoxification and food combining for acid alkaline and yin yang balance Includes illustrated guides to several self diagnostic methods from the East allowing you to interpret your body's signs before disease manifests The human body like all phenomena in nature possesses the inherent power of self regeneration when the conditions of true health are adopted In *Cosmic Nutrition* Taoist Master Mantak Chia and senior Universal Tao teacher William Wei reveal the secret to true health and longevity keeping all four bodies physical emotional mental and spiritual vibrant and balanced They show you how to work with the four bodies through simple step by step nutritional and energetic practices for everyday life Combining the ancient Taoist principles of yin and yang energy with acid alkaline balance and metabolic body types the authors offer complete guidelines on what to eat for different yin yang constitutions specific health problems and organ systems and energetic conditions They provide an easy to follow food combining method for acid alkaline and yin yang balance recipes for healing meals detailed information on fasting and detoxification and illustrated guides to several self diagnostic methods from the East that allow you to interpret your body's signs before disease manifests Dispelling the myth of germs as the cause of disease they reveal the cancerous dangers of too much protein or pharmaceutical drugs They also examine the life force increasing and youth renewing benefits of powerful superfoods such as sprouts and specific vitamins and minerals Exploring emotional and mental balance the authors explain the psychological aspects of yin and yang and offer simple practices to release fear and worries promote inner calm and build a positive attitude Balancing body mind and blood chemistry this book lays out the Universal Tao's holistic path to a long and happy life

The Tao of Immortality Mantak Chia, William U. Wei, 2018-02-20 A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy Explains each of the nine levels of Inner Alchemy and their more than 240 formulas Explores the Four Healing Arts for transformation of the emotional body physical body energy body and spiritual body Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system Master Mantak Chia and William U Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master Yi Eng more than 60 years ago Beginning with the basic principles called the Five Enlightenments the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas including simplified versions of the Microcosmic Orbit the Inner Smile Sexual Alchemy exercises for men and women Fusion of the Five Elements practices Kan and Li Alchemy the Sealing of the

Five Senses and Star and Galaxy Alchemy They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy Living Tao practices for transformation of your emotional body Chi Nei Tsang practices for transformation of the physical body Cosmic Healing practices for transformation of the energy body and Immortal Tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware vessel They also offer simplified versions of the other core practices such as Iron Shirt Chi Kung Bone Marrow Nei Kung and Wisdom Chi Kung to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy Master Chia and William U Wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death

Basic Practices of the Universal Healing Tao Mantak Chia, William U. Wei, 2013-04-05 A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia Organized by level and chi kung system for quick reference during practice or teaching Includes 220 exercises from more than 20 of Master Chia's practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Chi Self Massage Cosmic Detox and Iron Shirt Chi Kung Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction Keyed to the corresponding book for each complete practice such as Healing Light of the Tao and Chi Self Massage this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Iron Shirt Chi Kung Wisdom Chi Kung Tao Yin Chi Nei Tsang Cosmic Detox Bone Marrow Nei Kung Cosmic Healing Tendon Nei Kung and Karsai Nei Kung Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings enabling you to purify transform regenerate and transcend not only your own energy but the energy around you as well

The Tao of Addiction and Recovery Mantak Chia, Doug Hilton, 2025-11-11

Systematically explains the nature and development of addictions the process of recovery and how the Tao Te Ching can provide guidance Provides easy to perform Chi Kung practices to aid with recovery specifically for challenges that don't respond to mainstream treatment Describes Taoist Emotional Recycling to heal stuck emotions about the past and address the urges and attitudes that often cause relapse This book explores addiction and recovery from a Taoist viewpoint offering a path to healing rooted in ancient Chi Kung practices and principles from the Tao Te Ching Emphasizing the eternal balance of yin and yang the authors show that addiction clogs up the body's yin centers hindering one's ability to process energy effectively and propagating a pattern of stuck behaviors The authors provide a systematic approach that has been refined

over 5 000 years of easy to perform Chi Kung exercises that help rebalance the body identify the root causes and traumas that fuel addiction and address the attitudes and urges that cause relapse Through these holistic organ and body centered practices readers can develop healthy sleeping patterns eliminate brain fog reduce joint pain and develop willpower Readers are also guided in Taoist Emotional Recycling to heal stuck emotions about the past and transform negative energy into positive energy to ensure recovery and return to a state of wholeness

Inner Alchemy Astrology Mantak Chia,Christine Harkness-Giles,2013-07-01 Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality health and destiny Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises Explains how to calculate your wealth phase organ health and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath Known in Taoist astrology as the Four Pillars of Destiny this birth chi can be calculated using the year month day and time of your birth Master Mantak Chia and astrologer Christine Harkness Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies They explain how each of us is ruled by one of the Five Elements Wood Fire Earth Metal and Water in a Yin or Yang state For each Element and Yin or Yang combination the authors describe personality traits ideal career paths and emotional and health issues They reveal how to discover your levels of success wealth and power how your astrological strengths will manifest and how to understand your relationships with partners friends and family They also explain how to use your chart to calculate your organ health and annual luck cycles The authors show how to use Inner Alchemy techniques such as color therapy and feng shui and Universal Healing Tao exercises such as the Healing Sounds and Chi Kung to harmonize and strengthen the inborn imbalances and weaknesses in your chart This hands on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the cosmos

Chi Kung for Radiant Skin Mantak Chia,Anna Margolina,2024-06-18 Explores ancient Taoist wisdom and Chi Kung methods to restore the skin s ability to renew itself by regenerating your skin s chi or vital energy Presents easy step by step instructions for detoxifying techniques circulation enhancing activities and energy cultivation for a radiant complexion Shares Taoist secrets for beautiful hair and looks at the connections between beauty and emotions Presenting a holistic approach to skin health Taoist Master Mantak Chia and skin care expert Anna Margolina Ph D share ancient Taoist wisdom and Chi Kung practices for a radiant complexion and ageless beauty The authors explain how Beauty Chi Kung exercises restore the skin s ability to renew itself by regenerating your skin s chi or vital energy They offer Taoist energy cultivation practices that work with the body s major systems to promote optimum circulation relax muscular tension reduce inflammation restore immune system balance and recharge your batteries to ensure the vitality of your body s outermost layer Looking at common challenges to skin health the

authors reveal the key role of the skin in detoxification and what needs to be done to ensure the toxins your body is expelling do not stagnate at the skin level Exploring skin renewal the authors detail the practice of Stem Cell Chi Kung showing how hydration and vibration can activate stem cells to support deep and extensive renewal of the skin's surface They also look at several of Master Chia's classic Universal Healing Tao breathing and circulation practices that can help support inner and outer beauty Revealing how to cultivate not only physical but also spiritual beauty this Taoist guide to energetic skin care presents powerful and effective methods for achieving youthful radiance and glowing health at any age

Pi Gu Chi Kung Mantak Chia,Christine Harkness-Giles,2016-04-15 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

Taoist Secrets of Eating for Balance Mantak Chia,Christine Harkness-Giles,2019-08-20 Explains how to use your Taoist astrology birth chart as a personal nutritional guide for health longevity and organ energy balance Explores how to help balance your birth chi through your eating habits as well as explaining how foods address your five element energetic profile Provides detailed food lists based on ancient Taoist wisdom that reveal their effect on the Yin Yang and five element energies Shows how your five element energies outline your life and influence success in relationships and at work We are each born with a unique combination of heavenly and earthly energies defined by the five elements and dictated by the universe at the moment you take your first breath This birth chi can be

calculated using the year month day and time of your birth and it reveals your personal profile of health and emotional strengths and weaknesses as well as the energy cycles you will encounter throughout your life In this Inner Alchemy astrology nutrition guide Master Mantak Chia and Christine Harkness Giles explore how to strengthen your birth chi through your eating habits revealing which foods will address imbalances in your five element organ energy profile The authors explain which organs are connected with each element fire earth metal water and wood and provide detailed food lists based on ancient Taoist wisdom that reveal the energetic temperature flavor and organ related to many common foods and superfoods They emphasize the importance of local seasonal and fresh foods and of yin yang balance for health The authors illustrate the five elements characteristics through sample profiles for celebrities such as Paul McCartney and Meryl Streep along with Taoist nutritional recommendations based on their charts The authors also explore how your Inner Alchemy astrology profile determines your life and relationships and explain how Inner Alchemy practices and five element nutrition can improve all aspects of your life By eating in line with your personal five element energetic profile as part of ancient Inner Alchemy techniques you can improve health and longevity and strengthen connections with your loved ones and the energies of the cosmos *Medical and Health Care Books and Serials in Print* ,1986 [Parapsychology, New Age, and the Occult](#)

,1993 **The Tao of Health, Sex, and Longevity** Daniel Reid,1989-07-15 Written by a Westerner for the Western mind here is the first book to explore in light of modern science the balanced and comprehensive system of health care used by Chinese physicians martial artists and meditators for over 5 000 years Drawing on original Chinese sources and years of personal experience the author introduces the philosophy of Tai and gives detailed practical information Back cover

Forthcoming Books Rose Arny,1990 *The Tao of Nutrition* Maoshing Ni,Cathy McNease,2009 The Tao of Nutrition provides information on making every meal therapeutic teaching you how to make appropriate food choices for your ailments your constitution and the season of the year This ancient knowledge from China provides guidance for the seasoned practitioner as well as the new student of healthy living By balancing your energies the body heals itself Balance is the key to health **The Tao of Health and Longevity** Da Liv,1994-04-01 A treatment of the philosophy and techniques of Taoism

presents exercises and nutritional advice aimed toward the harmonious functioning of all bodily systems **The Tao of Health, Longevity, and Immortality** ,2000-12-05 Here is a classic Chinese text on the Taoist arts of longevity and immortality The text dates from the Five Dynasties 907 960 C E and is attributed to Chungli Ch uan and L Tung pin two of the most popular figures of Taoism and Chinese culture This text focuses on Taoist inner alchemy a theory and method for transforming the mind from within by using practices such as breath control calisthenics meditation practices and sexual alchemy the method of gathering energy from a sexual partner The teachings address the following topics The nature of immortality and how it can be attained by realizing the laws of the Tao within us The art of health The art of longevity How to deal with obstacles and recognize spiritual progress The Art of Health Longevity and Immortality will be of interest to both

beginning students of Taoism and scholars Wong's introduction includes a concise overview of the evolution of Taoist longevity practices as well as an elucidating section for readers who are unfamiliar with the teachings and practices of Taoist inner alchemy. She also includes a list of helpful hints for reading and understanding each section of the text. **The Tao of Health and Longevity** Da Liu, 1982 **Tao of Health and Longevity**, 1978 The Tao of Health and Longevity Liu Da, 1997-06-01 The Master who brought tai chi chuan to the West shows how Chinese exercises can lead to a long and healthy life. Offers practical fully illustrated instructions in breathing and 50 essential tai chi chuan forms. This introduction to the benefits of tai chi chuan reveals in a reissued edition the powerful Taoist principles that have helped many to attain longer and healthier lives. Master Liu demonstrates various exercises designed to promote good digestion, maintain proper blood pressure, bolster the immune system and prevent or even cure heart disease and cancer. This guide also covers Chinese foods, herbs and teas. **The Tao of Health and Longevity** Liu Da, 1991 The Eight Immortal Healers Mantak Chia, Johnathon Dao, 2017-08-15 A detailed guide to restoring the eight foundational areas of health. Explains how each of the legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings. Offers practices, techniques and guidelines for each of the Eight Immortal Healer teachings, including the important roles of oxygen and water in the body, nutrition, detoxification, exercise, energy work, emotional pollution and spiritual hygiene. The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. These eight disciplines can bestow vibrant health and well-being and provide the antidote to the stresses, ailments, degenerative diseases and toxins of modern life. In this guide to the healing practices of the Eight Immortals, Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition, exercises, supplements, detoxification methods, spiritual practices and energy work. They explain how the first Immortal, born during the 8th century AD, is associated with oxygen, considered in the Taoist healing perspective as the body's primary nutrient. They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies, including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system. The second Immortal Healer centers on water, and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating. The other teachings of the Immortal Healers include Nutrition with guidance on supplements, superfoods, toxic foods and daily meals; Detoxification with detailed guidelines for cleansing the body's organs and glands; Avoiding environmental poisons with advice on vaccines, dental amalgam fillings, sunscreen, chemotherapy, fluoride and pesticides; Exercise with step-by-step instructions for Inner Alchemy practices, yoga and breathing techniques; Maintenance of the energy body through acupuncture, chi kung, healing magnet therapy and photon sound beams; and Emotional pollution and spiritual hygiene with a wealth of practices for balancing the emotional body and staying connected to Source, including forgiveness, meditation and karmic yoga. By following these Eight Immortal Healers, you can take control

of your health remove the root causes of the chronic ailments that inhibit well being and longevity and choose to live life to the fullest in happiness and radiant health

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