



The
Bone Dreaming
Meditation





THE BONE BREATHING MEDITATION - 22:44

is a training by which you cultivate your ability to feel your bones.

This is the first step in building a strong foundation for self development. It initiates the ability to get in touch with one's own internal organs. Once acquired, Bone Breathing will allow you to quiet and clarify your mind, relax better and improve the natural capacity of your body to heal. Originated in Taoist monasteries in the mountain ranges of China an immemorial time ago, the Bone Marrow Nei-Kung, (the discipline from which the Bone Breathing formula has been extracted) was originally designed to fortify the blood, strengthen the bones and raise the flow of Chi or life giving force. This practice has a profound healing effect.



THE BONE DREAMING MEDITATION - 32:24

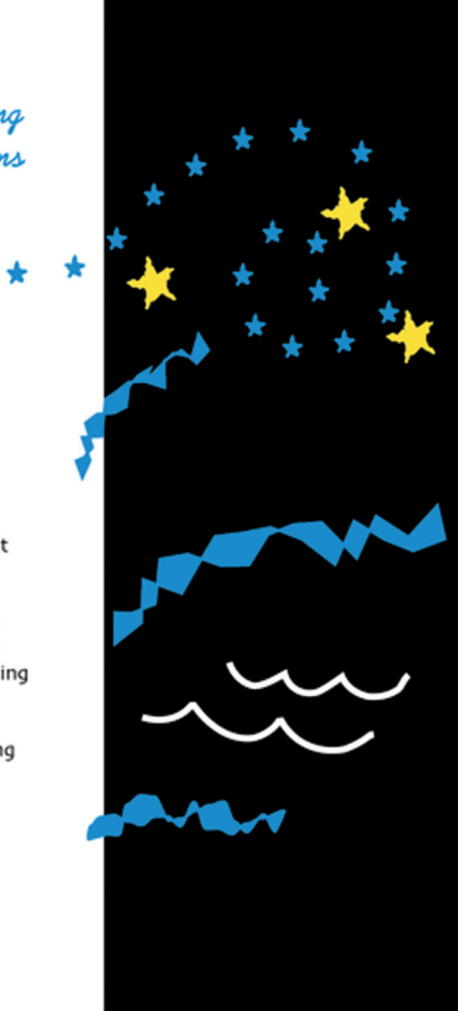
is specially designed to induce sleep and/or a sense of relaxation. It is also successfully used as a supplement to massage therapy when played during treatments bringing the Bone Breathing benefits to clients. It is highly recommended for people with high stress levels, hypertension, breathing difficulties, joint and nerve pain, bone deterioration, low vitality, spastic muscles, etc...and anyone wanting to be able to relax deeper and have a more satisfying sleep without experiencing the side effects of drugs. Massage practitioners will feel their clients relax faster during treatment allowing a deeper touch without generating pain.

History of the Bone Breathing & Bone Dreaming Meditations

From Gilles Marin Director of
The Chi Nei Tsang Institute,
Healing From Within



The Bone Breathing & Bone Dreaming meditations have been inspirational to me throughout my training and studies with Taoist Chi-Kung master Mantak Chia. Mst. Chia's Healing Tao System® offers a solid program for healing and spiritual attainment. Since 1983, I have been practicing and studying with Mst. Chia principles of physical, mental and spiritual development with techniques of grounding the spirit in pragmatic reality with Chi-Kung or Vital Energy Cultivation, Chi Nei Tsang or Internal Organs Integrated Massage, and Taoist esoteric meditations of "Awakening" or "Enlightenment".





- Introduction to The Bone Breathing Chi Kung (8:45)
- The Bone Breathing Meditation (22:44)
- The Bone Dreaming Meditation (32:24)

The Chi Nei Tsang Institute, Healing From Within

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