

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.

THESE PRACTICES ARE DESIGNED to stimulate an educational process enabling individuals to care for themselves in a more informed way. Everyone is responsible for their own physical, mental, emotional and spiritual well-being. To address any disease, it is recommended to seek out informed medical advice as a complement to massage therapy, meditation and Chi-Kung. With training and practice, individuals become better able to understand themselves, and thus are capable of functioning more efficiently and humanly.

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GILLES MARIN, Director and Senior Instructor of the CHI NEI TSANG INSTITUTE, has been a practitioner of bodywork and massage therapy since 1976. He holds a Philosophy of Education degree and a Black Belt in Aikido. Gilles is the author of Chi Nei Tsang: Healing From Within, published in 2000 by North Atlantic Books, and co-authored and served as the Technical Editor for Chi Nei Tsang: Internal Organs Chi Massage, released in 1990 by Healing Tao Press. He is currently developing a teachers' manual for Chi Nei Tsang reflecting his program of teaching at the Chi Nei Tsang Institute, Healing From Within in Berkeley, California.

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THANK YOU LYNDA SUE JOHNSON

More info including class schedule at chineitsang.com

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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