



Activating  
Inner Fire  
Laughing Chi Kung

## Introduction to the Inner Fire Meditations

This recording, *Activating Inner Fire*, is part of the series “Healing From Within Meditations” produced by Gilles Marin, director of the Chi Nei Tsang Institute in Berkeley, California, to enhance the life force in individuals. These meditations have been inspired by the practices of Taoism and Tantric (Tibetan) Buddhism. They are powerful formulas from esoteric practices and are completely and safely adapted to the Western mind and way of life. The meditations and Chikung (internal exercises for life force enhancement) progressively guide practitioners from every day life enhancement to higher spiritual realms of wisdom, mental clarity, emotional maturity and life guidance.

### Scientific research on laughing

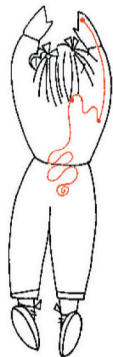
“SCIENTISTS, normally a solemn group, are beginning to take humor seriously and are discovering that it is no laughing matter. Neuro-psychologists at the Harvard Medical School, studied lon-

gevity and found one clear theme that emerged from comparing the lifestyles of those who live to 100: a good sense of humor. They speculate that a strong sense of humor contributes to aging well because smiling and laughing provide the same benefits as physical exercise—referring to laughing as “internal jogging.” Laughter raises blood pressure just long enough to increase oxygen and blood supply to tissues. It alters the breathing cycle so that more oxygen is inhaled and toxic carbon dioxide exhaled. Muscles throughout the body tense and relax during laughter in exactly the same way as with stress reduction techniques such as yoga.

Waterloo University, in Ontario, recently established that exposure to humor improves immune system functioning, producing significant rises in the body’s natural defenses, such as antibodies in the bloodstream. Low antibody levels predict greater likelihood of future disease. Yet what was particularly intriguing about this study was that, given something to laugh at, those with a good sense of humor experienced the highest rises in antibody levels.

The ability to access a good sense of humor to help cope with stress is now regarded as one of the most powerful defense mechanisms for dealing with problems over which you can do little. Recent research has also established that electrical brainwave patterns of the right and left hemisphere tend to co-ordinate more when we experience humor. This is important because of evidence that depression is accompanied by less co-ordination in brainwave patterns between the two sides.

It has been established with bio-feedback and the observation of brain waves while meditating, that the mere act of smiling internally reverses the stress response in our neuro-endocrine system and stimulates our brain wave pattern causing deep healing and longevity.



Studies made at UCLA on Mantak Chia, one of Gilles Marin's prin-

cipal teachers and one of the foremost teachers of Chi-Kung in the world, show that to smile internally triggers the production of healing endorphins, inhibits the damage of stress hormones such as adrenaline and insulin, and makes the blood more alkaline.

It is Gilles Marin's theory that the real reason why French people get away with their diet rich in fat, meats, sauces and alcohol is because they spend the first half-hour of lunch and dinner getting slightly drunk on special wines reserved for these frequent occasions. It is called "prendre l'appétitif" (appetizers) and consists of socializing, making fun and laughing at everything they possibly can.

While eating, laughter inhibits sad subjects of conversation such as work, politics, or the news unless, of course, these subjects are to be made fun of. Laughing while eating appetizers increases the production of bile, digestive juices and digestive enzymes to emulsify the fat content of rich food. This tradition obliges French people to take a longer time for their meals allow-

ing for better digestion and enjoyment of each dish.

Smiling and laughing regularly is very important for good health and sanity of mind.

This recording, *Activating Inner Fire - Laughing Chi-Kung*, contains a series of four meditations and exercises to help people to be more alive and to enjoy life in a meaningful way. This recording is made of a progression of simple guided practices geared to relieve your heart of stagnant energy, the oppression of rigid mental pressure and the weight of emotional charges. It will build your heart and will greatly reduce any risk of heart attack and will help reverse the conditions that lead to depression.

By practicing this series of meditations regularly and in sequence, you will develop a greater capacity for appreciating the beauty and goodness of life, and therefore will benefit from a greater enjoyment of life. The *Inner Fire Meditations* will equip you with both an increased perception of life's obstacles and the mental and emotional ability to

surmount them. They also increase intuition and the ability to connect meaningfully with others.

There is no end to the list of benefits you will get by activating your *Inner Fire* regularly, from better health and improved relationships to spiritual guidance.

- Enhance your life, protect your health, open to joy with the *Inner Beauty*, *Inner Power* Meditation.
- Heal deeply seated wounds in your heart and spirit with the *Heart at Peace* Meditation.
- Awaken passion and enthusiasm for life and cultivate your personal *Inner Spirit Guide* with the *Activating Inner Fire* Meditation.
- Laugh along regularly and build robust physical and mental health by practicing "Internal Jogging" with the *Laughing Chi-Kung* Practice.

It is highly recommended that you do these practices in sequence to avoid burnout or any kind of energetic imbalance. Rather than rush into practice take the time to enjoy each meditation

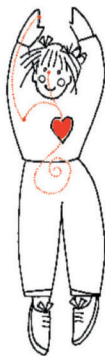
one by one over the course of several days.

If you are a beginner in this style of meditation, it is recommended that you practice The Inner Beauty, Inner Power Meditation for several days before getting into the Heart at Peace and Activating the Inner Fire meditations, for greater results.

Activating the Inner Fire Meditation is particularly powerful and may require a slower approach. If you feel upset or dizzy after practice do some laughing Chi-Kung immediately followed by some Heart at Peace Meditation to reestablish energetic balance.

Practicing the Bone Breathing from our Bone Dreaming meditation recording for a week or so beforehand will greatly prevent any risk of discomfort.

Please note that these



meditations and exercises are not intended to replace medical attention. If you suffer from any disease, please get medical help in addition to any complementary or alternative practice.

More information at [www.chineitsang.com](http://www.chineitsang.com), or contact us at [cnt@chineitsang.com](mailto:cnt@chineitsang.com).

Enjoy your practice,

*Gilles Marin*

Gilles Marin, director of the Chi Nei Tsang Institute, author of *Healing From Within* and *Five Elements, Six Conditions*, has practiced esoteric Taoist and Buddhist disciplines, martial arts, and various healing disciplines since the mid-seventies. He is an Aikido black belt, a member of the Board of Directors of The Healing Tao Instructors Association of USA and has been certified by Chi-Kung Master Mantak Chia of the Universal Healing Tao to teach and practice Chi Nei Tsang, "Applied Chi-Kung on Internal Organs Treatment." Gilles teaches worldwide and currently lives in Berkeley, California.

## How to use this meditation recording

### - NEVER PRACTICE WHILE DRIVING.

These meditations and exercises are very powerful; they ALL have a hypnotic effect and can throw you into a partial or total trance by surprise.

- Before practicing, wind yourself down from daily stress with a light aerobic session, a little walk, an easy swim, or just a shower.

- While practicing, avoid distractions and any other activities such as eating, chewing gum, stretching, and jogging. Turn off TV, background music, phone ringers, etc. Tell friends and family not to disturb you for a while. Create an atmosphere of calm and comfort around you.

- Use the pause button, on your CD player or remote control, to give yourself more time for practice. Every time you listen to a meditation you will experience it differently and you will want to spend more time on different details each time. When a particular detail of a meditation gets your attention,

don't hesitate to pause the recording and spend more time there.

- Be prepared to feel strong, unsuspected emotions stirring from the most remote places of your being.

- When feelings are stirred up, instead of trying to understand them, just be aware of their familiarity. Give yourself permission to be as non-rational as possible, allowing yourself to be in touch with the most abstract aspects of your feelings. Imagine you are in a dream where things can be quite strange and the feelings strong, but you don't question anything, everything feels normal.

- Emotions are irrational: don't worry about understanding them. They don't require explanation, justifying, or solution. They do require absolute validation. There is no such thing as "you shouldn't feel that way". We don't feel emotions without reasons, even though we might not relate to these reasons any longer. Quiet your mind. Emotions can't be solved, they can only be outgrown by consciously contacting their charges left within oneself and freeing



these charges from where they hide, to be processed naturally.

- Emotional charges are naturally processed internally through our internal organs and released externally through our muscles and joints in a shift of structural realignment. That process can take some time after the end of meditation. You might need more rest, you might need more sleep, and you might need to be left alone or might need the support of friends and family.

- Tell your friends and family members not to mind you for a while, you are just going through a period of change, a period of growth, a period of healing.

- Don't try to remember these exercises and meditations by heart. It is important to avoid any mental effort during practice. Keep as much mental stress out of the way as possible. Practice by listening to the recordings diligently until all sequences make perfect sense to you and become naturally integrated in your mind. Then, you will be able to adapt these practices to your personality and even combine them together for

added power.


- After a few days of practice you might find that you need more sleep. This is good! You might need to build your nervous system to improve your meditations by sleeping a little more. You might also require more and better quality dream time to process emotional charges uncovered during meditation. Go to bed earlier and avoid watching TV, even the news, before bed time. Reading is OK.

- These practices are not meant to replace any medical treatment. If you are ill consult a medical doctor or even several doctors and health care practitioners for advice and second, and even third opinions. Your health is most important to you! Take charge, be responsible, and inform yourself. Research your own case. Become your own best specialist so you can choose the right approach for your particular health profile.

*Activating Inner Fire*   
*Laughing Chi Kung*

- 1 • Introduction to The Inner Fire Meditation 8:31
- 2 • How To Use This CD 6:12
- 3 • The Inner Beauty, Inner Power Meditation 10:50
- 4 • The Heart at Peace Meditation 15:04
- 5 • Activating the Inner Fire Meditation 19:01
- 6 • Introduction to Laughing Chi Kung 1:48
- 7 • Laughing Chi Kung 2:40

The Chi Nei Tsang Institute  
Healing from Within

  
www.chineitsang.com  
cnt@chineitsang.com  
(510)848-9558

  
  
Voice: Gilles Marin & Ariel

Editing: Stephanie Wilger

Artwork: Mouna Ghossoub mounaflor@aol.com

Recording & Prepress: Command Productions

© 1996-2015 Gilles Marin