

Sleeping Chi Kung



*The Chi Nei Tsang Institute's
5 Level Sleeping Method
for sleeping better and better,
deeper and deeper*

**to improve sharpness of mind and
memory and to regain youthfulness
of body and mind**

The exercises in this recording follow a progression based on visualization, meditation, and deep energy management also called (Chi-Kung), train individuals to sleep better and better, deeper and deeper. These exercises were used a long time ago in Taoist monasteries in the mountain ranges of ancient China to bring monks, ascetics and hermits to higher realms of meditation through the exploration of their dreams. Indeed, these exercises constitute the preparatory practice for one of our trainings: The Chi Nei Tsang Dream Chi-Kung Workshop where individuals are guided in learning and healing from their dreams.

These exercises when practiced diligently have been proven extremely efficient

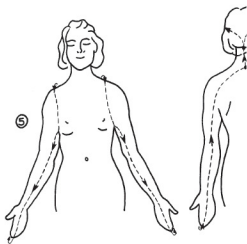
in reversing insomnia and bringing people to a healthy rhythm of sleep and wakefulness.

If you use this recording because you have sleeping problems, I recommend that you use these exercises as a prescription. Practice each exercise every day for at least a whole week to ten days before proceeding to the next one. Then use the exercises that work the best for your type of sleeping problem and combine them or alternate them for best results. If you don't succeed right away don't despair, keep practicing and positive results will come soon. The more and longer you practice, the better the results. These exercises will become automatic and you will be able to sleep on command, once your body gets use to them.

The exercises in this recording address the types of insomnia most people experience:

- Melatonin - serotonin imbalance
(spending too much time indoors)
- Poor breathing
- Nerve exhaustion
- Being in emotional distress

Most sleeping problems are stress related. Stress is part of everyday life—we can't avoid it at all times. Stress management is of course a step toward a solution, but how can one reduce stress if not able to sleep? It is impossible! This complete Chi Nei Tsang method of sleeping is designed to induce sleep in anyone no matter how high the stress level is and no matter what kind of sleeping problem one suffers from. Some people can't fall asleep, others fall asleep but keep waking up, while others wake up at specific times during the night. Another sleep problem occurs when people can't stop thinking even though they are asleep. They wake up thinking, making them feel they haven't slept at all and indeed parts of themselves never did!



The first guided meditation, the Palming and Sunning Practice is designed to balance the production of melatonin and serotonin, our sleep hormones. Our endocrine system is perfectly programmed to provide us with the right amount of sleep hormones during nighttime but only when we spend enough time outdoors in daylight. This is the melatonin-serotonin factor, our wake-sleep hormones. During daytime solar light stimulates our pineal gland into manufacturing and releasing serotonin, a hormone that gives us vitality during the day. A lack of serotonin makes us tired and depressed. It is the reason why health advocates recommend full spectrum lights in offices, especially during winter when working people have very little chance to enjoy the sun. When the body is able to manufacture a good, healthy amount of serotonin, then, at nighttime the body can produce melatonin which puts one into a deep, healthy sleep. The production of melatonin at night is directly proportional to the production of serotonin during daytime. So make sure you spend some time in the sun during the day and, at night, turn off all lights, pull down the

shades on the windows and stay away from TV or computer monitors. I even recommend that you cover your windows with thick curtains. You need to be able to sleep in complete darkness for best results.

If you don't have access to sunlight or full spectrum lighting, practice sunning or palming a few minutes every day in the middle of the day.

The second guided meditation, the Healing Light Breathing Meditation, harmonizes the functions of your nerves, endocrine system and your breath. This meditation is a must for people who have been through a long period of mental and emotional stress. It is important that deep breathing be practiced throughout this meditation. It is the best practice for people who feel tired during the day and wide-awake in the late evening hours. π 00 pm is the peak time when our tide of energy enters our nervous system, our Gallbladder-Liver meridian system and the Wood elemental force. I know that it must be very frustrating for some people to sacrifice the only time of their day at π 00 pm, when they have clarity of

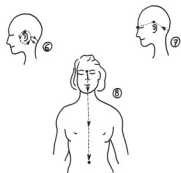
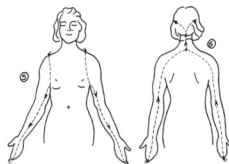
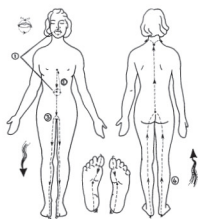
mind, to retire to bed. Believe me, it is the only way out of this vicious cycle: sleep while you have energy to help repair your exhausted nerves! Once your nerves start to get some rest, you might feel even more tired and want to sleep more than ever. This is a very good sign. Sleep as much as you feel like and soon your energy will be back, better than ever before!



The third guided meditation, the Bone Dreaming Meditation, will put your whole body into a state of deep relaxation while triggering a combination of sleep centers inside your body. Bone Breathing Chi-Kung is one of our most

fundamental practices at the CNT Institute. It is the foundation for inner awareness and deep relaxation. It has a very profound healing effect.

Our acupuncture meridian system flows in one way while awake and changes while asleep. **The fourth guided meditation, the 9 Turns and Sleeping Loop Meditation**, directs our meridian system to flow the way it does when we sleep. There is no way you can stay awake once you do this meditation. It is the best practice for the business person on the go, enabling one to grab a few minutes of refreshing sleep when there is an opportunity for a break, or during air travel. With this meditation, I can put myself to sleep within three minutes from a wide-awake state. When I fly abroad, I don't even feel the plane taking off and I don't suffer from jet lag after arriving. It is the practice of choice for people waking up frequently at night who need to find a way to get back to sleep promptly.



The fifth guided practice, Triggering Dreamtime with Chi Nei Tsang is an exercise that will make you enjoy sleep-

ing more and make you look forward to getting back to your dreams. It is an introduction to Dreaming Chi-Kung, the art of counteracting the negative effects of emotional distress. When using the Chi Nei Tsang principles of emotional digestion, we ease emotional charges by processing them internally with simple and gentle touch on our internal organs. This is the best exercise for people waking up between 3:00 am and 5:00 am: the time where our tide of energy enters our Metal meridian system, the elemental force that gives us emotional sensitivity. By gently massaging and listening to the subtle movement of our intestines with Chi Nei Tsang, we automatically get in touch with the rhythm of the abstract world of deep feelings and our backlog of unprocessed emotional charges. This exercise will help us to: deal with our most challenging issues and nightmares while asleep in bed, progressively, safely, night after night and to finally find inner peace, emotional wisdom, and spiritual guidance.



To achieve successful results from any of these practices, there are some common mistakes to avoid and some bad habits to change, systematically.

#1 - Don't watch TV or sit in front of your computer for at least one hour before bedtime. TV and computer monitors produce positive ions. These ions have a negative impact on our nervous system and have an inhibitive effect on the natural production of melatonin, our sleep hormone.

#2 - Finish your meal at least 2 hours before bedtime. A small snack is OK, but if your digestive system starts working hard it will keep the rest of your body awake.

#3 - Most important of all, if you have sleeping difficulties and are under mental stress, **you have to be asleep by 11:00 pm** or you'll be up until 1:00 or 2:00 am. Go to bed by 10:00 pm, read a little bit,

do your sleeping Chi-Kung so you'll be asleep by 11 00 pm.

#4 - If you are hooked on caffeine, either with coffee or soft drinks **you'll have to quit caffeinated drinks.** Please know that any caffeine will cut down the effect of these exercises by at least 70% and will make the last exercise, Triggering Dreamtime with Chi Nei Tsang, impossible. Caffeine produces a spasm along the digestive tract. This promotes bowel movement but also induces: anxiety felt in the stomach, promotes the flow of stress hormones, such as adrenaline and insulin, and triggers a stress response throughout the whole nervous system.

But don't worry, once you are able to sleep and stay asleep on command, then you'll be able to stay up late once in a while and even enjoy your morning coffee!

Exercise before bedtime even if you think it will keep you up. Don't do anything too strenuous of course, but choose an exercise that will get your breath going for a while. Just a brisk walk around the block can help tremen-

dously. Swimming is also very good. A hot bath is one of the best preparations for bedtime. Massage is excellent, especially on the neck, head, feet, ankles and back. On yourself, you can massage your neck, scalp, feet and ankles while doing some deep breathing before bedtime.

No matter what sleeping problem you are suffering from, and most people suffer from a combination of them, I recommend that you become proficient with the first levels of this five level sleeping method before training for the next levels. Sleeping is healing and you will be surprised at how good you will feel and how many health related mental and emotional problems will be solved with a regular and satisfying sleeping schedule.

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Recording &

Prepress: Command Productions

Sleeping Chi-Kung for Sleeping Better and Better, Deeper and Deeper

DISC ONE

- 1 • Presentation: improve sharpness of mind and memory, regain youthfulness of body and mind, overcome depression
- 2 • The Anatomy of a Satisfying Sleep
- 3 • Introduction to the Palming and Sunning Practice: increasing your melatonin and serotonin production
- 4 • Sunning and Palming: directed practice
- 5 • The Healing Light Breathing Meditation: pacifying our neuro-endocrine response; directed practice
- 6 • Introduction to the Bone Dreaming Meditation: to fall deeply asleep by decontracting
- 7 • The Bone Dreaming Meditation: directed practice

DISC TWO

- 8 • Introduction to the 9 Turns and Sleeping Loop: to fall and stay asleep anywhere, anytime, under any condition. Prevents jet lag, enhances significant dreams
- 9 • The 9 Turns and Sleeping Loop: directed practice
- 10 • Introduction to Using Chi Nei Tsang to Trigger "Dreamtime": use simple and gentle touch techniques to connect inwardly to the abstract world of dreams
- 11 • Triggering Dreamtime with Chi Nei Tsang: directed practice

The Chi Nei Tsang Institute
Healing from Within

11:06

4:25

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1:30

4:09

12:14

1:20

30:00

3:28

9:04

1:56

4:28

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