



Chi Energy - Activation, Cultivation and Flow

By Richard E. Clear

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This book explains real high level practices of Chi/Qi/Ki (Life-Force) activation, cultivation and flow that allow you to personally experience, build and work with Chi energy. Practices are explained in simple detail so that the average person can fully utilize and understand the knowledge imparted. There is a chapter on the role the mind plays in Chi Kung energy work and a basic definition of the word Chi and related terms. There are also specific chapters in the book on mind intent, breathing, body states, physical alignments, Wu Chi, Bone Marrow Washing, Kidney Breathing, the Energy Ball, Rooting, Body Connection secrets, the Dan Tiens, important energy points, the 3 Dan Tiens Linear and how to get the maximum benefits out of your Tai Chi Training. We are pleased to offer a text for Westerners to get a real understanding of Chi energy that will give beginners and more experienced practitioners enough working knowledge to truly advance their studies in this fascinating discipline.

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Editorial Review

About the Author

Sigung Richard Clear is an internationally recognized Sigung (Master) of Tai Chi and Chi Kung. Sigung Clear studied Tai Chi & Chi Kung both in the U.S. And China. Master Clear began his study of Tai Chi at a very young age after it was discovered that he had inherited a physical form of degenerative arthritis. He experiences no pain from the arthritis and is more supple than most people half his age. Sigung Clear is a 3rd generation lineage holder in Tai Chi from Lee Ying Arng who was a senior student under Yang Chen Fu. Tyrone Jackson was Dr Wu's senior disciple. Sigung Clear also studied directly with famous masters such as Ma Yeh Liang, Wen Mei Yu, Ju Bong Yi, Pei Xi Rong, Willem de Thouars and Don Ethan Miller among others. Sigung Clear began teaching in 1985 and has over 30 years of continuous study in Tai Chi, Martial Arts, Psychology, Philosophy, Alternative Medicine & Physiology. Sigung Clear's Tai Chi has been featured in national magazines and on television. He has a practical teaching method rooted in the basics and knows both the healing & the martial side of Tai Chi and Chi Kung in depth. He holds a Masters Level (Si Gung) in Internal Kung fu and is a senior instructor in several martial arts. Sigung (Senior Teacher - Red Sash) Tai Chi and Chi Kung - Advanced training received from China's "old Masters" Living Treasures in Mainland China 1993 & 1994 Sigung (Senior Teacher - Red Sash) Old Hand Shao lin and Internal Kung Fu Self Defense Master of the Year 2007 USA Martial Arts Hall of Fame Master Practitioner of KUN TAO SILAT de Thouars Master Practitioner of Pentjak Silat Si-Tai-Gung Street Kung Fu (Founder and Head of System) Certified Instructor of Russian Martial Art Systema -by Mikhail Ryabko and Vladimir Vasiliev as of may 2003

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