



Easy Meditation for Martial Artists

By Robert Morgen

Mystic Wolf Press, United States, 2006. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Simple, easy and effective exercises that allow anyone to develop their true inner power Martial Artists train for years to develop a stronger body/mind connection and increase their personal power. Yet how often do we see these subjects addressed in the dojo or training hall? Many Martial Artists spend their entire careers without ever experiencing any real training in the internal arts. The simple fact is that using chi (the energy that surrounds us and makes up everything that we see, think, do and experience) really isn't that hard! With some consistent practice anyone can begin to develop new abilities and talents that can change their lives. Using the exercises in this book, the dedicated student can not only learn to tap into these hidden reserves of energy, but do so safely and efficiently. The topics covered include: .Meditation Basics: unlocking your inner power .Developing your Self-Awareness .Seeing and feeling energy .Pressure Points, Meridians, Chakras and Auras .Connecting the Mind and Body .Sensing and using Intention .Changing your life through visualization and affirmation .Using Chi...



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