



Advanced Chi Nei Tsang: Enhancing Chi Energy in the Vital Organs

Mantak Chia

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Advanced Taoist techniques for detoxifying and rejuvenating the internal organs through the release of negative chi

- Works with the navel center, where negative emotions, stress, and illness accumulate
- Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs

From the Taoist point of view, good health depends upon the free flow of chi--healthy life-force energy--throughout the body. Taoists refer to healthy chi as good wind. When energy is trapped in the body it stagnates and becomes negative, manifesting in the symptoms of physical or emotional illness. Taoists call this negative energy sick or evil wind. The advanced Chi Nei Tsang practices focus on mastering these winds. They include techniques for developing sensitivity to sick winds, releasing internal energy blockages, and chasing sick winds from the body to reestablish a healthy flow of energy.

Negative energies caused by stress, tension, and the effects of past illnesses tend to accumulate in the naval center, so the advanced Chi Nei Tsang techniques use elbow pressure on specific reflex points around the navel to release energy blockages associated with each internal organ. They also work with wind access points found near the standard acupuncture points. These advanced practices build upon the organ detoxification and rejuvenation practices introduced in *Chi Nei Tsang*, allowing the practitioner to work intensively at an energetic level toward the restoration of optimum health and well-being.

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