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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Heal Thyself – The Secrets Of Qi Gong

By Mandy Robinson

The challenge between modern medicine and alternative medicine is always a fine line since

everything comes from natural substances to begin with, some are just more healthy for you than others. Qi Gong is a method of healing yourself, by discovering the inner geography of your body and by gaining awareness and control of how your body functions in order to heal yourself.

1. Dieting Using Qi Gong

Dieting can seem like the never ending battle. As people strive to lose weight, it can be frustrating when the results are slow to come or not at all. Weight fluctuations can seem insufferable as your inner desires to loose weight and the need to change your eating habits. Diets usually involve changing your food intake without increasing your self awareness. By changing your food intake, you can inadvertently do away with the foods that you like and need. Most diet trends dont encourage you to discover what is really best for you. One diet does not fit all. This is where Qi Gong comes in, by presenting a sustainable, self-directing approach to cultivate the knowledge of how your body works. Qi Gong nurtures who you are instead of inhibiting your dietary needs.

2. Bodily Regulation

The knowledge and practice of Qi Gong unveils how the body can regulate itself so you can gain the power to have control over your own weight and health. By using simple exercises on a daily basis, you can greatly improve your digestion rate, increase your metabolism and encourage weight loss. The students of Qi Gong learn to use exercises that combine the posture, gravity, breath, mind and movement together to cleanse the Qi (the vital life force). When the Qi is in balance, all the systems in the body become harmonized therefore improving digestion and metabolism and relieving any ailments. As a self-healing practice that has been widely documented in China, Qi Gong has been proven to improve digestion and the overall health of the one who practices it. The efficacy of the use of Qi Gong has also been recognized in the United States by The National Center for Complementary and Alternative Medicine of the NIH and is currently doing further research to document the long term weight loss effectiveness.

3. Weight Loss

Most people do not digest properly. This is where the practice of Qi Gong comes in to increase the rate of digestion and effectively improve any digestive disorders. By practicing Qi Gong regularly, a person can be free to eat as they wish while achieving a desirable weight. Weight loss is not just about the food you are eating, its about how food is processed and digested through your body.

4. Exercise Number One

By using both hands, bring your hands down with palms to the floor, to the level of your solar plexus. Have your fingers pointing toward each other, almost touching. Then easily start to move your hands away from your body to become parallel with your solar plexus (stomach area). You may feel a sensation that you are pulling something out of your solar plexus as if the tips of your fingers are connected by an invisible elastic cord. As you are feeling this, move your hands apart, as far away as

possible without losing the awareness of the connection. Hold this position until you feel like you are about to lose the connection and then return your hands back to the starting position. When returning your hands to the starting position, you dont have to think much on the action, just do what comes naturally. Dont be alarmed if you dont experience the sensations at first try, sometimes the more you practice this exercise, the more likely to feel the sensation with little effort.

5. Exercise Number Two

Repeat the first exercise by putting your hands on the different midline areas. Normally there are five areas that need treatment after eating. These areas are: the solar plexus (stomach area), the area half way between your navel and your solar plexus, your navel, the small area below the navel and the stomach area above the pubic bone. As you work these lower areas, you will need to change your starting position to palms up. The navel is the main area of change but it can be done wherever you feel more at ease.

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Heal Thyself First

By Rondell Demmings

As I connect with more and more women I am seeing that many have a desperate need for a man. I had one woman tell me that her ex-boyfriend put a gun to her head and told her to get out of his life. Stop following him, stop calling him and leave him alone. This woman felt that he was just having a "bad day" and wanted to know when would be a good time to call him and tell him that she loves him. I was absolutely amazed. This is definitely a woman who doesn't love herself. Why would she constantly pursue a person who clearly doesn't want her?

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I recently read that it takes 11 years to totally get over the hurt of a past relationship. Although you have moved on the pain still lingers on. So imagine if you leave one relationship for another relationship for another relationship, that is at least over thirty years of healing. Who wants to go through that many years of hurt and trying to heal?

I have learned from personal experience that when you go from one relationship to another, you are not allowing yourself time to heal. You go into the new relationship with the scars and battle wounds from the past relationship. Although you are thirsty for love you still cause drama because you are not able to let go of that past relationship. You are standing in a karate position waiting to block any situation that comes your way because you fear being hurt again.

Usually when you go from one relationship to another you are desperate and will allow the first man or woman to enter your life, knowing that this isn't the person you would have given the time of day to in the past. So this relationship has started on a bad foot from the beginning because you are settling to fill a void in your life.

In order to heal, like in any situation you have to give it time. You must take the time to enjoy your own company again and learn to love yourself again. This is the time to start working on getting your finances in order so that when the right person comes you don't have to be financially needy. Start working on your home so that you will feel good about where you live. Start working on your spirituality so that you will realize that you are never alone. Get a makeover so that you can feel good about yourself again. When we lose someone special we tend to believe it had something to do with us and then we develop a low self-esteem. Start working on your dream, whether it is going back to school, taking a vacation or jumping from an airplane. This is the time to make your hopes, dreams and wishes come true.

When you have created a life you are proud of then you are less emotionally needy. You can go to the next relationship feeling more secure with yourself because you have made accomplishments in your life without the help of a significant other. Once you are happy with self and feel that you truly have it "going on" then you are ready to allow love in your life again. In the past when I have felt the most content in my life is when romance has come to me.

Today I challenge you if you are between relationships to start working on you and start working on your dreams. I guarantee that once you are at peace with yourself then you will be ready for the

relationship made in heaven.

Rondell Demmings refers to herself as a Vision Coach. She assist individuals in envisioning the life that they want to live and then taking the action to make that vision a reality. After living a life that was not authentic to her, she took steps to create the life she wanted to live. After eighteen years of Federal Employment she walked away from her good paying job to pursue her dream of being a coach. She specializes in personal growth, self-awareness and life transformation. Through her program "How to Get Your Groove Back" conducted on an individual or group basis, she motivates individuals to make positive changes in their life and to live a life that is authentic to self. She also assists home-based psychic/tarot readers in building clients and profits through marketing, training and consulting.

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Heal Thyself First

Secrets We Keep From Those We Love

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The Wisdom To Heal

Herbs For Detoxification

Tattoo Secrets

Success Secrets

Organic Secrets

Yard Sale Secrets Revealed

Making money at online auctions



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