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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!

Using Chinese Techniques For Your Health And Strength

By Roy Thomsitt

Chi Kung and T'ai Chi are only two of the keys to self trust and to physical harmony. With the use of these techniques you can succeed with many accomplishments, without having to put yourself through great psychological or physical efforts, violent conflicts or aggression. You may be sure that, once you dominate the genuine laws of the universe, which you assimilate by these methods, it will be impossible for you to be dominated by someone else.

Chi Kung - the art of internal harmony

Chi Kung is a philosophical system at least 5000 old, which made survived through all those the centuries, to become very popular at the beginning of this millennium. This art of the vital energy is the most advanced and complex method of improving health and longevity, by offering a feeling of harmony with yourself and with the surrounding world. The four main principles of this technique are: the mind, the eyes, the movement and the breathing.

The mind represents the intention, the eyes are considered the focusing of intention, the movement is the action of intention and the breathing is the flood of intention. It obviously takes time and practice to understand their dynamics fully.

The benefits which result from practicing Chi Kung can be divided into five:

1. Curing illnesses, and a general improvement in health;
2. Gaining an increase in vitality, and the development of your internal force;
3. Prolonging youth;
4. Cultivation of the mind and intellectual capacities; and,
5. Spiritual progress.

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According to Chinese medicine, various diseases can be the result of such human characteristics as anger, sadness, joy, harmony and optimism deficit. All these factors, coupled with poor diet and nourishment, cause Chiu - the vital energy - either to diminish, or to be present in only certain parts of your body. By practicing Chi Kung you can learn to be more conscious of what's going on in your inner universe, and to build yourself a defensive system against the disequilibrium, which affects your vital force.

The harmony of breathing, and the agility obtained without efforts during the training sessions, confer a better concentration and a fast recovery from stress, tiredness, by inviting you to meditation.

T'ai Chi Chu'an - the wonder dance

You have probably seen on TV that in China, very early in the morning, hundreds of people, in large groups or alone, perform apparently weird movements out in the open. This exercise, with waving

movements, is an ancestral inheritance. The eternity of the universe, and the rhythm of its permanent changes, have brought about the idea that the human being can become immortal, if only he adapts to and follows this rhythm. This technique represents a putting into practice of the subtle side of the human being (spiritual evolution, mental control etc) and the physical side (muscles, articulation, bones etc).

Whenever you feel intellectually or physically tired, T'ai Chi Chu'an gives you the possibility to gain back, in only a few minutes, your strength and your harmony.

There are also other Chinese arts whose efficiency has been proven over the centuries, so why not attend Chinese seminars, or search the internet, in order to get more information, whenever you have the chance? It is a move you may well benefit from, in body, mind and spirit.

Roy Thomsitt is the owner and part author of

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It Cannot Hurt To Learn Chinese

By Hallidae Thomason

It today's day and age, many people are learning a second, third or even fourth language. There are probably many reasons to learn languages other than your own. Some people just love learning about foreign cultures, and therefore they choose to study a foreign language to help them understand a culture even further. Others learn a language such as Spanish or Chinese to help prepare them for a career that they hope to have or for preparation to travel to a foreign land.

If you are thinking of starting to learn another language, regardless of your age or of other languages you have learned, you should consider learning Chinese. There are many great reasons to learn

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Chinese. One of the biggest reasons that I, as an artist, loved learning Chinese was because of how artistic and beautiful to the eye the written Chinese language is. When I entered my first Chinese class I could not get over how intriguing and wonderful it looked on the chalk board. In fact, as the weeks of the class went on and I was getting frustrated by my lack of ability, it was the physical beauty of written Chinese that kept me going.

Another great reason to start learning Chinese is that the nation and people of China are undoubtedly rising up to be some of the world's most powerful people. Business, travel and trade are all increasing with China, so it will not hurt you to start learning Chinese. In fact, Chinese could very well become the next world language and be used with the frequency of English. If you are ever considering international business or trade, or if you just like to travel, then consider seriously how learning Chinese could be of benefit to you.

There are many ways to actually start learning Chinese. You can purchase books at a local bookstore that will give you the basics to start learning, or you can even buy video or dvd sets that will help you learn. An even better way to learn Chinese, however, is to enroll in a Chinese class at a local college or university. Getting in the classroom and being surrounded by other students might be the best way to really learn the Chinese language. So take some time to research the opportunities for Chinese that exist in your area. Or perhaps you have a Chinese friend that will agree to give you personal lessons. Even better.

Realize that learning another language such as Chinese can be fun and is definitely valuable for anyone. Start the process today and you won't be sorry.

Hallidae Thomason is a professor of the Chinese language at a univeristy near her home. She is passionate about getting others to learn the second language that she loves. See

<http://www.allchinese.info>

for more.



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