



# **Natural Chi Movement: Accessing the World of the Miraculous**

*Tienko Ting*

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The modern world is largely focused on the physical—on the appetites and senses, on doing and having—which can blind us to the spiritual realm. In *Natural Chi Movement*, Tienko Ting articulates a theory of life that unites the physical and spiritual worlds. He suggests there is nothing to learn or master; each of us—and every living thing—is a product of the merging of physical and spiritual energy, already endowed with the capacity to thrive and heal. Activation of our chi is the component to wellness that most of us have been missing. It is the essence of the practice of Natural Chi Movement.

*Natural Chi Movement* guides modern seekers in embracing their spiritual nature and accessing the boundless potential of energy. Doing so, says Ting, can also help address global problems from health care to ecology. Featuring 23 illustrations, the book draws on Chinese history, philosophy, and medicine, as well as from the author's own work with spiritual energy. *Natural Chi Movement* is an exploration into the nature of spiritual energy and how to access and use it for vibrant health and optimal well being. Written in a simple, lucid style, *Natural Chi Movement* sheds much-needed light on the nature of the energy that makes up all life, opening up a world of extraordinary healing for everyone.

*From the Trade Paperback edition.*



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