

# THE BONE DREAMING MEDITATION CD



Improve mind clarity and memory  
Regain youthfulness of body and mind

## Bone Breathing Meditation:

- cultivate your ability to feel your bones
- the first step in building a strong foundation for self-development
- get in touch with your own internal organs
- quiet and clarify your mind
- relax better
- improve the natural capacity of your body to heal

Originating in Taoist monasteries in the mountain ranges of China some immemorial time ago, the Bone Marrow Nei-Kung, the discipline from which the Bone Breathing formula has been extracted, was originally designed to fortify the blood, strengthen the bones and raise the flow of Chi or life-giving force. **This practice has a profound healing effect.**

## Bone Dreaming Meditation:

- induce sleep and/or a deep sense of relaxation
- a supplement to massage therapy, when played during treatments, to bring the Bone Breathing benefits to clients. Massage practitioners will feel that their clients relax faster during treatment, allowing a deeper touch without generating pain
- highly recommended for people with high stress levels, hypertension, breathing difficulties, joint and nerve pain, bone deterioration, low vitality, spastic muscles etc... and anyone just wanting to be able to relax deeper and enjoy a more satisfying sleep without experiencing the side effects of drugs

These practices are designed to stimulate an educational process enabling individuals to care for themselves in a more informed way. Everyone is responsible for his/her own physical, mental, emotional and spiritual well-being. To address any disease it is recommended that one seek out informed medical advice as a complement to massage therapy, meditation and Chi-Kung. With training and practice, individuals will be able to better understand themselves and thus become capable of functioning more efficiently and humanly.

### CONTACT

*The Chi Nei Tsang Institute:*

[www.chineitsang.com](http://www.chineitsang.com) (PayPal)

Phone: 510-848-9558 Fax: 510-848-0686

2812 Telegraph Ave Berkeley, CA 94705

E-mail: [cnt@chineitsang.com](mailto:cnt@chineitsang.com)

CD's: \$15.00 each + CA sales tax for residents + S/H

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# The 3-step formula for sound sleeping without drugs

## Sleep better and better, deeper and deeper

### Why don't we sleep well?

- 1 - We are too tired to sleep
- 2 - We don't breathe enough
- 3 - We are unable to relax

### 1 - It takes A LOT OF ENERGY to sleep well:

- When sleeping, our body is going through the tremendous task of reversing all the stress accumulated during the day. It has to switch from the tense sympathetic response required for assuming everyday obligations to its parasympathetic counterpart necessary to restore the body, provide nourishment, and enhance the immune system. A lot of work indeed! If not enough energy is available, the body is unable to make that switch, and as a result, we often become obsessive as we become unable to control our thoughts away from stressful thinking. We get irritable... and exhausted!
- Sleeping is the only thing that can repair the nervous system. We NEED to sleep 8 hours a day, especially if we get mentally or emotionally tired. Less than 8 hours of sleep might allow for basic maintenance but will not be enough for nerve repair.

### 2- Our sleep is as deep as our breath:

- How do we know that someone is asleep? Her/his breath becomes deep and heavy.
- Why do we need to breathe so much when we are just lying down? Next to nutrition, breath is the fuel for life. Without the proper amount of oxygen, energy cannot be created out of the food we eat, creating more congestion and stagnation.
- Breath is the motor of all metabolic functions: The expansion of the diaphragm during breath helps the transit of food along the digestive tract. It assists assimilation and elimination. Its pumping motion plays an essential role in the proper functioning of the liver and kidneys for detoxifying. When able to use full diaphragmatic breathing, one is also able to improve blood circulation and decrease the workload of the heart. Increase your breath and your relaxation with our *Bone Dreaming* CD.

### 3 - It takes effort to relax:

- When caught up in the stress response, our muscular system gets ready for action. Trying to relax our muscles then is like sending a double message to our bodies. One half of us that wants to relax will have to fight the other half caught up in the survival mode. Hard work indeed!

### WHAT TO DO:

- **Deep diaphragmatic breathing** exercises several times during the day and right before going to bed.
- Learn and practice the **Bone Breathing Meditation** as often as possible during the day to avoid accumulation of stress.
- Learn and practice the **Bone Dreaming Meditation** or just play the CD as you go to bed.
- At work, take coffee breaks but **DON'T DRINK** the **COFFEE** or other **caffeinated drinks**. They increase adrenal response and decrease the ability to absorb water, making you even more tired in the long run.
- **Take short naps** during the day, even if it means just lying down for five minutes and bringing yourself to the point of falling asleep and then getting up again. The best time for napping is between 2 and 5 pm.
- Any kind of worry triggers the stress response of hyper-vigilance. Even if you are able to fall asleep, the slightest noise will wake you up. Light exercises like walking before going to bed will help.
- **Be asleep by 11 pm.** People with tired nerves cannot fall asleep between 11 pm and 2 am.

### COMMON MISTAKES:

- **Preventing oneself from sleeping during the day** from fear of not being able to sleep at night: Actually the reverse is true. Having a short nap during the day will help you sleep better at night and will help you catch up on your backlog of sleep.
- **Watching TV:** People often stay in front of the TV to distract themselves from upsetting thoughts, when in fact, the TV will create and add more thoughts. Most of the material on TV shows is stressful and emotionally taxing. Also, positive ions coming from TV screens and computer monitors have a negative impact on our nerves, leading to poor quality sleep.

