

Activating Inner Fire Laughing Chi-Kung CD



- The Inner Beauty, Inner Power Meditation:
Finding the beauty and power of nature within yourself
- The Heart at Peace Meditation:
Cardio-vascular fire relief meditation
- Awaken the Inner Fire Meditation: summoning archetypal fire-power
- Inner Fire Building Meditation: tuning in for spiritual guidance
- Laughing Chi-Kung: minutes of solid laughing

Smiling and laughing regularly is very important for good health and sanity
of mind

This series of meditations and exercises will help you become more alive and enjoy life in a meaningful way, using a progression of simple guided practices geared to relieve your heart of stagnant energy, the oppression of rigid mental pressure, and the weight of emotional charges. It will build your heart and will greatly reduce any risk of heart attack and help reverse the conditions that lead to depression.

Regular, sequential practice will allow you to develop a greater capacity for appreciating the beauty and goodness of life, and therefore benefit from a greater enjoyment of life. The Inner Fire Meditations will equip you with both an increased perception of life's obstacles and the mental and emotional ability to surmount them. They also increase intuition and the ability to connect meaningfully with others.

There is no end to the list of benefits you will get by activating your Inner Fire regularly, from better health and improved relationships to spiritual guidance.

- Enhance your life, protect your health, open to joy with the Inner Beauty, Inner Power Meditation.
- Heal deeply seated wounds in your heart and spirit with the Heart at Peace Meditation.
- Awaken passion and enthusiasm for life and cultivate your personal Inner Spirit Guide with the Activating Inner Fire Meditation.
- Laugh along regularly and build robust physical and mental health by practicing "Internal Jogging" with the Laughing Chi-Kung Practice.

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