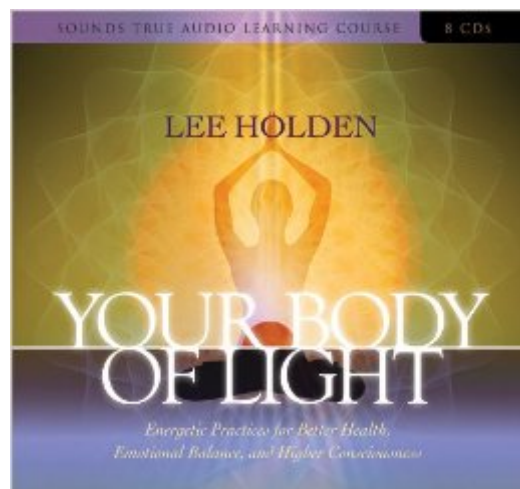


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# Your Body Of Light: Energetic Practices For Better Health, Emotional Balance, And Higher Consciousness



## Synopsis

Tap the Unlimited Energy of the Universe. You know you have a physical body, but did you know that you also have a light body—a timeless, energetic essence that connects you to everything in the universe? Long ago, the ancient Taoist sages learned how to distill this body of light, allowing us to step into the flow of nature, align with the consciousness of the cosmos, and cultivate the seeds of our highest potential. On *Your Body of Light*, Lee Holden presents an eight-CD course that teaches you the essential practices of this transformational art. Explore the Art of Taoist Inner Alchemy. The early Taoists were inner alchemists who sought universal truth by working with life force energy. On *Your Body of Light*, Holden leads you with playfulness and seasoned expertise through a full range of qi gong exercises and meditations—many rarely taught in the West—which lay the groundwork for your own daily exploration of Taoist energy practice. Intended to help you with real-world challenges like stress, worry, and sleeplessness as well as transitions large and small, these time-tested skills will unveil your own inner luminosity and the true miracle that is your life. The Ultimate Question: Who Are You? The Taoist masters felt that our existence was worth investigating with passion, purpose, and a sense of awe. With childlike wonder, they continually posed the question, “Who are you?” *Your Body of Light* invites you to approach your own life with the same spirit, as you come into harmony with the original source of all that is. Program Highlights: --The Inner Smile—an on-the-spot technique for neutralizing stress place—in the universe. --The Breath of Life—exercises for mastering the flow of qi (life energy). --How to work with your organs and meridians to harmonize mind, body, and spirit. --The Three Treasures practice for health and longevity Constructing your vehicle for the adventure after this lifetime More than eight hours of Taoist philosophy, energy practices, and guided meditations for cultivating your “body of light”. Lee Holden is an internationally known television personality and author who has worked closely with Master Mantak Chia for the last 20 years, both as a senior teacher and editor for Healing Tao publications. Lee is an instructor in meditation, T'ai Chi, qi gong, and stress management. His book *7 Minutes of Magic* has been published in several countries, and his television and ten DVD programs have reached millions of viewers in the U.S., Canada, and Europe. All ten of Lee's DVDs are available at [ExerciseToHeal.com](http://ExerciseToHeal.com).

## Book Information

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## Customer Reviews

I love this CD set, because it helps me become more aware of my energy body and gives me good ways to work with it. I appreciate the step-by-step organization: one lesson prepares for the next. Lee's voice is easy to listen to, pleasant, light, and personable. I tried listening straight through and discovered I do better if I listen to one lesson several times and get the practices down before going to the next. This is definitely a teaching I want to return to many times. I find that it enlarges my perceptions of what is possible for me. It also helps me be more confident that I will be able to manage my energy well when it's time to transition out of this body.

I just completed a 4 year training course in qigong healing. I didn't expect this CD set to teach me much that I didn't already know. But it is amazing! Not a surface level type of course. Lee Holden takes you deep into ancient qigong practices with detailed philosophy so can understand how/why the practice affects you and delivers benefit. I highly, highly recommend this CD set - for both novice and veteran practitioner.

This is the best thing I have ever purchased on ! The information in this series is from the Tao and the teacher, Lee Holden is the best teacher I have ever come across in my life! And I have had many teachers! This information is the Spirit of this Universe and is for everybody! It is not New Age and it is not religion. It is the basic truths of all of life and who we are. I am beyond happy I got this great series! Thank you!

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