



Gilles Marin's Sleeping Chi-Kung CD

5 Levels Sleeping Method
for sleeping better and better
deeper and deeper

Improve sharpness of mind and memory
Regain youthfulness of body and mind
Overcome depression

- The Anatomy of a Satisfying Sleep
- Increasing your Melatonin and Serotonin Production
- Breathing and Pacifying your Neuro-Endocrine Response
with the Healing Light Breathing Meditation
- The Bone Dreaming Meditation
- The 9 Turns and Sleeping Loop Meditation
- Triggering Dream Time with Chi Nei Tsang

Healing from Within presents...

Sleeping Chi-Kung CD



The exercises in this recording follow a progression based on visualization, meditation, and deep energy management *also called* (Chi-Kung) to train individuals to sleep better and better, deeper and deeper. These exercises were used a long time ago in Taoist monasteries in the mountain ranges of Taoist China to bring monks, ascetics and hermits to higher realms of meditation through the exploration of their dreams. Indeed, these exercises constitute the preparatory practice for one of our trainings: The Chi Nei Tsang Dream Chi-Kung Workshop where individuals are guided in learning and healing from their dreams.

These exercises, when practiced diligently, have been proven extremely efficient to reverse insomnia, overcome depression and bring people to a healthy rhythm of sleep and wakefulness. So, if you use this recording because you have sleeping problems, I recommend that you use these exercises as a prescription. Practice each exercise every day for at least a whole week to ten days before proceeding to the next one. Then use the exercise that works the best for your type of sleeping problem and combine them or alternate them for best results. If you don't succeed right away don't despair, keep practicing and positive results will come soon. The more and longer you practice, the better the results. Once your body gets use to these exercises, they will work automatically and you will be able to sleep on command.

The exercises in this recording address the levels of insomnia most people experience:

- ☉ Spend too much time indoors (producing a melatonin ~ serotonin imbalance)
- ☉ Poor breathing
- ☉ Nerves exhaustion
- ☉ Being in emotional distress

Most sleeping problems are stress related. Stress is part of everyday life—we can't avoid it at all times. Stress management is of course a step toward a solution, but how can one reduce stress if not able to sleep? It is impossible! The complete Chi Nei Tsang method of sleeping is designed to induce sleep in anyone no matter how high the stress level is and no matter what kind of sleeping problem one suffers from. Some people can't fall asleep, others fall asleep but keep waking up, while others wake up at specific times during the night. Another sleep problem occurs when people can't stop thinking even though they are asleep. They wake up thinking, making them feel they haven't slept at all and indeed parts of themselves never did!

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