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Dan-Tien: Your Secret Energy Center

By Christopher J. Markert

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The Dan-Tien is a source of primal wisdom and vital energy that resides within each of us. For thousands of years people in the East have learned to gather life energy (ch'i) in this center to promote well-being and longevity. Now, Christopher Markert reveals the secrets of the Dan-Tien to Westerners in this friendly guide. When you think or act in a way that disagrees with who you really are, you may experience an unpleasant sensation in your Dan-Tien center. When your behavior is in tune with your emotions, you experience a sense of physical well-being. You have an "inner compass" that functions as a sensor (or an indicator); your compass communicates if you listen. Learning to use your Dan-Tien in everyday life is easy and the benefits are immediate. When you engage the energy of your Dan-Tien, your daily tasks become artful activities in which you joyfully engage yourself. Markert says that listening to your Dan-Tien can bring you "millions of happy minutes" in all that you do and in all of your relationships. With the author's examples and visualizations, you can learn to let your Dan-Tien bring you self confidence, love, and happiness.

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