



Ba Gua Nei Gong Vol. 6: Marrow Washing Nei Gong

Gong

Tom Bisio

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Embedded within the martial art Ba Gua Zhang is a complete system of internal exercises that promote self-healing and longevity and transform consciousness. Ba Gua Nei Gong consists of nine powerful and profound methods of internal exercise and self-cultivation. This book is the sixth in a series of manuals on Ba Gua Nei Gong. It can be used in conjunction with instruction in Ba Gua Zhang, or employed as a stand-alone instruction manual.

This volume covers both **Bone Breathing** (*Xi Hu Gu*) and **Marrow Washing Nei Gong** (*Xi Sui Jing*), two exercises that work at the deepest levels of the body. Marrow Washing Nei Gong is the most advanced of the Ba Gua Nei Gong practices, and is an excellent adjunct to Daoist meditation.

Bone Breathing teaches you to "breathe" into the bones and the marrow, so that *Qi* and blood can circulate and enter these structures. This aids the conversion of *Qi* into Kidney Jing and blood. Bone Breathing is an excellent relaxation exercise and also serves as a preliminary exercise that can help you to correctly practice Marrow Washing Nei Gong.

Ba Gua Marrow Washing Nei Gong continues the process begun in Bone Breathing by leading *Qi* and breath to the interstices of the joints and the bone marrow, to the spaces between the bones and the flesh, to the spaces between the flesh and the skin, and even into the hair follicles and pores. This practice strengthens the bones and stimulates the bone marrow, thereby increasing the production of blood, while nourishing the tissues and improving circulation to every part of the body. In traditional Chinese medicine, marrow is produced in the bones, but it also fills and nourishes the brain and spinal cord. Practice of Marrow Washing Nei Gong is therefore said to aid the nervous system, strengthen the brain and improve one's mental capacity. This rejuvenates and improves the overall functioning of the body.

The refined strength and sensitivity developed by Marrow Washing Nei Gong aids the martial arts practitioner on many levels - particularly in development of higher level skills such as power sensing, the simultaneous storage and release of power and pushing or rolling hands practice.

The books in the Ba Gua Nei Gong Series are:

Ba Gua Nei Gong Vol. 1: Yin Yang Patting and Dao Yin Exercises

Ba Gua Nei Gong Vol. 2: Qi Cultivation Exercises and Standing Meditation

Ba Gua Nei Gong Vol. 3: Twelve Posture Standing

Ba Gua Nei Gong Vol. 4: Foundational Body Training

Ba Gua Nei Gong Vol. 5: Tian Gan Heavenly Stem Nei Gong

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The reason? Because this Ba Gua Nei Gong Vol. 6: Marrow Washing Nei Gong is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such incredible way makes the content inside of easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of rewards than the other book have such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I were you I will go to the book store hurriedly.

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