

## NATURAL CHI MOVEMENT TING TIENKO SPEAR WILLIAM%0A

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In Natural Chi Movement, Tienko Ting articulates a theory of life that unites the physical and spiritual worlds. He suggests there is nothing to learn or master; each of us and every living thing is a product of the merging of physical and spiritual energy, already endowed with the capacity to thrive and heal. Activation of our chi is the component to wellness that most of us have been

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In Natural Chi Movement: Accessing the World of the Miraculous, Tienko Ting answers this question and helps us rediscover who we are. Tienko is that rare breed of teacher who doesn't tell you what to do or what to think, a healer who recognizes that all healing comes from within . [Tienko Ting \(Author of Natural Chi Movement\) -](#)

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Tienko Ting is the author of *Natural Chi Movement* (3.33 avg rating, 3 ratings, 0 reviews, published 2011) and *Natural Chi Movement* (5.00 avg rating, 1 ra

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*Natural Chi Movement* is an exploration into the nature of spiritual energy and how to access and use it for vibrant health and optimal well being. Written in a simple, lucid style, *Natural Chi Movement* sheds much-needed light on the nature of the energy that makes up all life, opening up a world of extraordinary healing for everyone. From the Trade Paperback edition.

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Tienko Ting is the originator of Natural Chi Movement, the simple practice of allowing the body to respond naturally and spontaneously to the flow of energy. Born in Taiwan, Ting studied chi-enhancing techniques before discovering the ancient form of chi activation he currently practices. This form extends back to Bodhidharma, the renowned thirteenth-century Zen master. Since 1990, Ting has led Natural Chi Movement workshops throughout the US, Europe, and Asia.

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