



## HOW TO USE MEDITATION TO REACH HIGHER TRAINING LEVELS

If there is one feature of martial arts training that elevates one's art beyond physical boundaries and exemplifies its divine qualities, it's the practice of meditation. The invocation of spiritual deities provides martial artists with access to universal powers transcendent to the physical abilities developed through external training.

Some of the more practical benefits provided by frequent meditation are: the subjugation of latent aggressive tendencies that are an essential component of the combat mind-set, the counteraction of fear, as well as the development of extraordinary focal abilities. Perhaps, more importantly, meditation can lead to heightened spiritual development, which is the highest expression of Kung Fu.

In spite of this, few would argue with the fact that the vast majority of martial artists spend a disproportionate amount of time perfecting fighting techniques, compared to time spent meditating and nurturing the spirit. This imbalance of (yin) internal meditation and (yang) external physical training is in conflict with the most fundamental Taoist principle of equality between the two cosmological energies (yin and yang).

To assist us in this often overlooked under-estimated element of martial arts practice, specific formulas were developed by our martial ancestors. These formulas are famed for their ability to enhance meditation, improve concentration and focus, calm the spirit (abate restlessness), and sedate without stupefying the user -- which allow us to reach deeper levels of meditation.

One such formula is **YUAN QI ELIXIR**, which is composed powerful herbs like lu rong and ginseng that are used to invigorate the *Dan Tien* and calm the spirit, revitalize and nourish the blood and Qi, especially in the lower Jiao (the lower region of the body where the vital energy is refined and circulated through the body).



Our *Yuan Qi Elixir* is 100% pure — made from the highest quality organically grown Chinese herbs and we guarantee it's efficacy

# YUAN QI ELIXIR

will take your meditation to advanced levels

An important aspect of this formula is that it mixes the fire and water energies, and is especially valuable for Qi Gong practitioners and students of Kan and Li meditation. Taoist tradition recommends preparing this herbal formula into a medicinal wine (yao jiu), which must age for a minimum of 90-days, to allow the herbal properties to be properly extracted. Daily dosage would be to drink one 50ml shot glass full, and treatment is recommend for a minimum of 90 days, or as long as necessary to advance meditation. Once prepared the yao jiu can be safely stored for many years; as a matter of fact, the longer it continues to age the more powerful its abilities will become.



## **Not interested in making a wine?**

For those who don't have the time to wait for a yao jiu to age or prefer not to drink alcohol; we will powder the herbal formula, and the powder can be added to capsules, or a smoothie or juice and drunk that way. Regretfully, due to rising costs — there will be a \$10.00 fee for powdering.

Daily dosage (for capsules) is 3 caps 3 x daily, when adding the powder to juice/smoothie, mix one heaping teaspoon into 8 ounces of juice/smoothie and drink that 2-3 x daily for a minimum of 90 days, or as long as necessary to advance meditation. However, we would be remiss if we did not state that while effective when used this way, a medicinal wine does make a more potent brew and the formula's effects are more powerfully felt. Whether you decide to prepare the traditional medicinal wine or use the powdered herb in capsules or a smoothie, we will provide easy-to-understand processing instructions.

## **HOW TO ORDER**

The overall health benefits of YUAN QI ELIXIR are legendary. Perhaps, you owe it to yourself to discover the reason for the legend of the YUAN QI ELIXIR?

If you would like to purchase, please give us a call or send an email. We look forward to hearing from you.

To gain access to this product online, click: <http://seaofchi.com/Taoist%20Herbal%20Prescriptions-328/Meditation%20and%20Martial%20Arts-329>

## **COST**

One batch of YUAN QI ELIXIR is \$64.99—once aged the jiu should last the user about 60-90 days, when powdered one batch should last 60-90 days.



## **SEAOFCHI.COM**

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