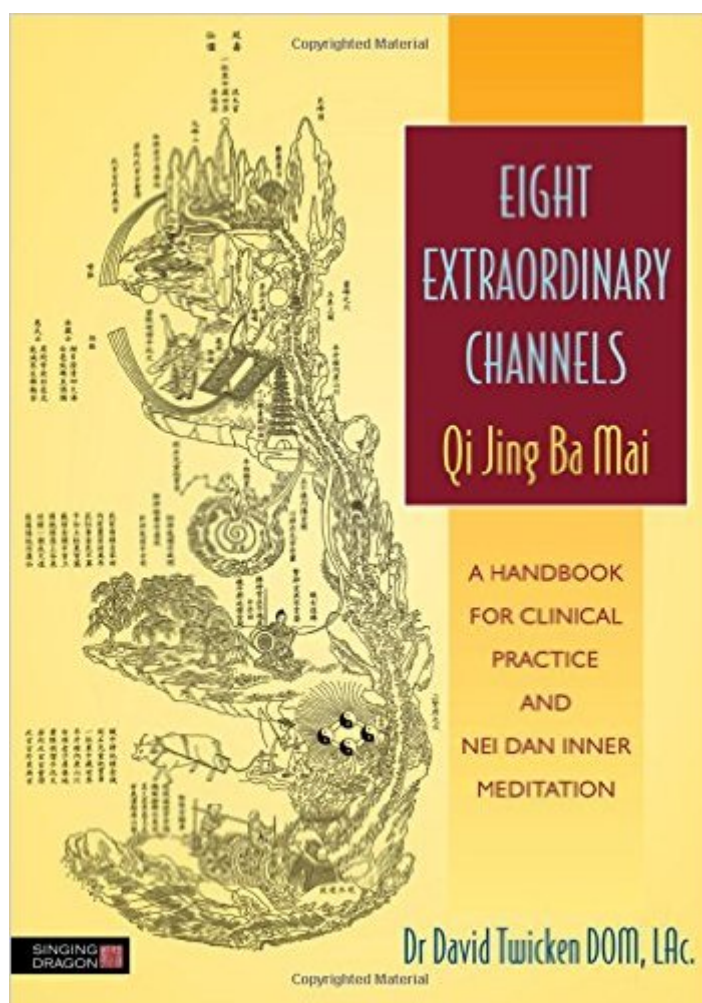


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# Eight Extraordinary Channels - Qi Jing Ba Mai: A Handbook For Clinical Practice And Nei Dan Inner Meditation



## Synopsis

The Eight Extraordinary channels are amongst the most interesting and clinically important aspects of Chinese medicine and Qi Gong. This book introduces the theory behind the channels, explains their clinical applications, and explores their psycho-emotional and spiritual qualities. The author also describes how to cultivate the channels through Nei Dan Inner Meditation. As a practitioner of Chinese medicine or acupuncture, the key to creating effective individual treatment plans is having a wide understanding of channel theory, and a comprehensive knowledge of the pathways and the points on the channels. David Twicken provides treatment strategies, methods and case studies, offering a variety of approaches so as to give the reader a solid foundation from which to confidently create customized treatment plans for each patient. Offering a historical perspective as well as modern insights, this book will be essential reading for novice as well as experienced practitioners.

## Book Information

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## Customer Reviews

David Twicken's Eight Extraordinary Channels is a superb text for acupuncturists, meditators and qigong practitioners who want to better understand and practically explore this complex subject. I've known David for 15 years since he was my professor in acupuncture college and have always enjoyed his exceptional talent for communicating complex ideas without over simplification. This book is valuable for beginners who are looking for a cogent introduction and experienced people looking to layer their knowledge with new perspectives. There is also a companion CEU course for professional acupuncturists.

Practical and worthy of consideration in 8-extraordinary study. Not a "heady" book like some on this subject, just a user friendly break down on topic. There were chapters that seemed appropriate for another topic, perhaps another book, but then again inner mediation may be inseparable from the study of the Eight Extraordinary. In this book you have the opportunity to treat inwardly through meditation practices as well as point treatments on the surface. A bonus to some readers, would think.....

Another great text book on Chinese Medicine. This book on the Eight Extraordinary Channels is an easy way to get a great deal of information. There are multiple tables and figures for quick and in depth study. I can immediately apply knowledge from this book to my practice. Thank you Mr. Twicken Mark H.

The book by Dr. David Twicken is a well researched book on the Eight Special Meridians and includes his own experience. It is a valuable, well written book for anyone studying this field. I am happy I purchased it because it clarifies what I have learned.

I chose this rating because, although I find the book to be a very clear framework, I would like to have seen sections on profound case histories. I would recommend it to acupuncture students and practitioners

The Extra Meridians are a topic that many acupuncture schools barely cover in-depth. If you're interested in learning more, or you do acupuncture - medical qigong - bodywork and you have this gnawing feeling that there's something really important about these extraordinary meridians and you're compelled to find out more, definitely read this book! Excellent information from a Taoist perspective that provides a depth of understanding that will open up a new world to explore with confidence and creativity.

Lucid explanation to both novice and knowledge in acupuncture. A must for any successful acupuncturist without which the treatment protocol is incomplete

This is the best, all-in-one place overview of the Strange Flows or Miracle Channels that I have been looking for in the past decade.

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