



# **Eight Extraordinary Channels - Qi Jing Ba Mai: A Handbook for Clinical Practice and Nei Dan Inner Meditation**

*David Twicken*

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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.

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