



The Nei Kung Bible, Chapter One

Mr. Gary J. Clyman L.Ac.

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Chapter One of The Nei Kung Bible contains all my published Inside Kung Fu Magazine articles, technical lists, and preparation material which will explain the benefits, the practices, the principles, and the formats for effectively learning all "The Mind Training" internal practices from Temple Style Tai Chi Chuan. I created Tidal Wave™ Chi Kung and Mind Light™ Nei Kung from this awesome Tai Chi System. More information about The Nei Kung Bible can be found at www.ChiKung.com. Feel free to call me at (312) 446-8218. I will be happy to take your call. GJC

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