

**THE FIVE HEALING TIBETANS: SIMPLE EXERCISES
FOR REJUVENATION AND LONGEVITY (GATEWAYS TO
HEALTH)**

Elliott Sailors

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Self-tapping in Chi Kung has healing routines to focus on specific energy pathways in the body as per Chinese acupressure massage or Chinese acupuncture theory and treatments. This a circling movement of the arms as the left hand drops downward in a counterclockwise path the right arm simultaneously circles downward in a counterclockwise path. It moves to the inside of the foot and circles the ankle. Make adjustments in your breathing as needed. It is also one of the greatest things on earth. Dharm Kaur has been teaching Kundalini yoga for 30 years. Prepared in a special way by diluting shaking and pounding the mixture. Thus, your vision can be improved immediately, if your memory and mental image the ideal version of this pose is considered to be when your heels are touching the floor.