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The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment is the absolutely best book for revealing the what, the why, and the how of qigong. When you know what qigong is, tht will help you make the right decision; "is qigong going to be a good choice for me?"

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The root of Chinese Qigong = [Qi gong zhi ben] : secrets of health, longevity, and enlightenment".

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With roots in ancient Chinese culture dating back more than 4,000 years, [citation needed] a wide variety of qigong forms have developed within different segments of Chinese society: in traditional Chinese medicine for preventive and curative functions; in Confucianism to promote longevity and improve moral character; in Daoism and Buddhism as part of meditative practice; and in Chinese ...

[Qigong - Wikipedia](#)

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<https://ymaa.com/publishing/dvd> Dan Tian means "elixir field" and refers to your energy centers/chakras. Video excerpt taken from "Qigong Massage" DVD by Dr....

The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment is the absolutely best book for revealing the what, the why, and the how of qigong. When you know what qigong is, this will help you make the right decision; "is qigong going to be a good choice for me?" When you know why qigong is so effective, this will help you set realistic goals for your use of qigong in your health or martial arts training. When you know how qigong should

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be practiced, this will absolutely help you to attain your health or martial arts goals in an efficient and timely manner. We strongly recommend this book for everyone who wants to study qigong, tai chi, or marital arts. Qigong training can improve your health, cure illness, and help you overcome the stress of daily living. Qigong is the study of Qi, or vital energy, that circulates in the human body, and it has been practiced by the Chinese for thousands of years. Qigong is a unique and comprehensive approach to health and longevity, and can be trained by anyone. Get the most from your practice by understanding the principles and foundation of this ancient science. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you practice, you'll find the keys to successful training in the Root of Chinese Qigong. Improve your health with Qi (vital energy) training. Relieve stress with simple breathing techniques. Learn the secrets that will advance your practice. Discover the foundations of Chinese medicine. Eliminate tension with soothing relaxation exercises. Includes more than sixty detailed photos and illustrations.

Invigorating and restorative massage techniques both for self and with a partner.

Describes the history, principles, guidelines, instructions, and health benefits of Qi gong, a Chinese meditative exercise.

Based on the latest edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and edited to meet the needs of western practitioners. The editors emphasize the practice of Qigong, and this section of the book has been revised and expanded; a wide range of Qigong forms are presented, taking full account of the history, correct practice, and development of Qigong. The section on the clinical applications of Qigong in the treatment of a wide range of conditions, with the recommended Qigong forms for treatment, and relevant references to the ancient texts has been substantially revised, and focuses on conditions more common in the West. The book also presents the newest research on Medical Qigong, including groundbreaking new discoveries about the physiological and psychological mechanisms. Omitted from this paperback edition are the extensive excerpts from the ancient texts, and the detailed history, more appropriate for academic study. This is an unparalleled resource for practitioners of Qigong and Chinese medicine, as well as medical students and other healthcare professionals seeking a better understanding of the theory, practice and beneficial health applications of Medical Qigong.

Qigong Empowerment is the most unique and complete volume ever written in the English language on qigong (Chi Kung). This volume can be used for attaining better health, for healing, for gaining extraordinary power, and for spiritual development. This volume consists of five books which covers: - Traditional Chinese Medical theories and qi cultivation methods. - Taoist methods to foster Essence, Qi, and Spirit. - Buddhist Esoteric Abilities of the Body, Speech, and Mind. - Emitting, Absorbing, and Healing Qigong. - Wushu (martial arts) Iron Shirt training. Qigong (Chi Kung) has been an integral part of Chinese culture since ancient China. High level qigong masters have always been respected and held in high esteem in Chinese society. Qi is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the vital force behind all things in the universe. It is the medium between and within all material substances. We are all immersed in it. The term gong refers to the power to produce an effect, an attainment of, or an

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accomplishment that is achieved with steady practice. Loosely, qigong can be translated as the attainment of qi. Healers and the medical society use qigong for healing and preventing illness. Martial artists use qigong for developing incredible strength and abilities. Others use qigong to attain a greater consciousness.

One of the world's leading authorities on Qigong has made the ancient and profound teachings of Da Mo accessible to everyone. Includes Qigong exercises and massage techniques. 90 illustrations.

Chinese Shamanic Cosmic Orbit Qigong is an advanced form of Qigong from one of China's esoteric traditions. Never before written about in the West, this form offers great cumulative benefits from regular daily practice. Master Wu describes the practice in detail, including the meaning and significance of the Chinese names for each movement, with its shamanic roots, and provides the mantra, visualization, and mudra for each as well as explaining the therapeutic benefits and talismanic aspects. The book is fully illustrated, and there is a handy reference quick guide at the end showing the entire orbit. This unique book will be essential reading for advanced students and practitioners of Qigong and anyone interested in Daoism, or the ancient wisdom traditions of China.

The book examines one of the world's most enduring and influential literary works, the Dao De Jing, through the timeless art of qigong, investigating the original text's relevance for mental, spiritual and physical health practices. In his words, Lao Tzu (or Laozi), author of the Dao De Jing, embodies qigong principles, advocating the cultivation of mind and body. Only when we know qigong can we know Lao Tzu-- and only when we know Lao Tzu can we know the Dao De Jing.--Publisher.

What is Qigong? What are the benefits? and how to get started! All this will be answered in this easy to follow step-by-step guide to growing your own daily practice of Qigong. Take your first steps to better health and happiness with Ba Duan Jin Qigong. Each section is beautifully illustrated with detailed artwork and helpful images to make your learning experience fun, educational and most importantly, easy to follow. What is Qigong? Includes Author insights, training tips and advice for new students, seasoned players or budding health guru's. So, whether you're 18 or 80!, a rock star or rock collector! You too will benefit from this simple, but profoundly healing system and enjoy a life with less pain, less stress and more energy! What more could you want?! If you really want to build a solid foundation for practising Qigong but don't know where to start, this is the book for you.

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