

Qigong

Taiji Qigong is an easy-to-learn system of energy-enhancing exercises, which coordinates movement with breathing and inner concentration. If practiced regularly, it will give you more energy, improve health and help prevent illness. Taiji Qigong is widely practiced throughout the Far East and increasingly throughout the Western world. This book acts as an in-depth instruction manual for the practice of the 18 Stances of Taiji Qigong (Taiji Qigong Shibashi), which is widely practiced throughout the Far East and increasingly throughout the Western world. Many of the exercises are loosely based on the movements and stances of Taiji Quan. Broken into 3 parts, the book covers: the theory and practice of Qi and Qigong; the general principles of Qigong practice, and the 18 Movements of Taiji Qigong. Research indicates that Qigong relaxes the muscles and nervous system (so improving the function of the body systems) and benefits posture, balance and flexibility of joints.

The ancient art of qigong aims to cultivate one's life force from body to energy to consciousness and harmonise body and mind through movement, attention, breath and meditation. Beyond calming, invigorating and healing benefits, the ultimate goal of the practice lies in the refinement and expansion of one's awareness, culminating in the return to one's Original Nature. This practical book gives a compact overview of all the essential aspects of qigong. Long considered a classic text by teachers and students, *The Root of Chinese Qigong* offers the principles and theories of qigong practice. This third edition includes Updated pinyin that includes diacritical tonal marks (for proper pronunciation of Chinese words). Updated Chinese text character font (providing better readability). Dr. Yang is acclaimed for helping readers understand qigong concepts deeper and more clearly by expressing them in familiar methods for the Western mind. He takes these ancient concepts and presents them in a logical way that helps practitioners stay on the right path to deepen knowledge and skill. In this book Dr. Yang teaches sitting and standing meditation, demonstrates qi massage techniques, and examines 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. He further explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Contents include Qigong's history Basic concepts of qigong Qi and the human body The five categories of qigong Regulating body, breath and mind Regulating your essence, qi and spirit Key points for improving practice A detailed look at qi channels and vessels in the body Whatever style of qigong you may practice, making sense of qigong theory and principles is the best way of achieving your goals sooner, more accurately, and deeper.

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 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 martial 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.

Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health.

Body, Science, and Utopia in China

The Root of Chinese Qigong

Essential NeiGong for Health and Spiritual Transformation

*The Eight Essential Exercises of Master Li Ching-yun
Chaoyi Fanhuan Qigong Healing
Gentle Practices to Increase Energy, Restore Health, and Relax the Mind
Qigong Illustrated*

Unlock connection with your body and harness the power of self-healing. A fifth-generation practitioner of medical qigong, Master FaXiang Hou has dedicated a lifetime of study to women's health. Qigong is the traditional Chinese practice of low-impact body movement based on the ancient theory that the beneficial flow of energy—or "qi"—through the body restores vitality and regulates the functions of the mind, body, and breath. Drawing on centuries-old knowledge, the practice protects against disease and other complications that arise when the meridians through which energy flows are blocked. Qigong has had spectacular results in patients, eliminating the need for medication and surgery that Western doctors often recommend for concerns that are simply part of the natural stages of a woman's life. This guide contains qigong exercises with photo instructions, as well as mindful breathing techniques, acupressure, herbal remedies, a seasonal fasting plan, and 50 delicious healing recipes, including Ma Po Tofu and Lotus Root and Asian Pear Stir-Fry. Master Hou teaches women at any stage in their lives how to manage their internal energy, awaken their own powers of self-healing, and gain insight into the deep connections within their bodies. Women seeking in natural solutions to sleeping soundly, strengthening the immune system, thriving during childbearing years, taking menopause in stride, and achieving overall wellness in their lives will find answers here.

My purpose in writing this book is to share with everybody, young and old, sick and well, the different forms of Qigong exercises that I have learnt and practiced for twenty-six years to regain my health. It contains useful information that provides knowledge and facts about the uniqueness of each Qigong practice. Each section has its own distinct areas, including proven and practical methods on how to prevent inaccurate practices. Hence, the purpose of this book is to bring readers to the point of knowing and understanding how to go about maintaining good health. It is my hope that this book and the essential Traditional Chinese Qigong (TCQ) exercises it describes will be like the key that opens the door for us to enter into living a healthier and longer life. It is also my wish to see everyone, irrespective of age, sex, culture, and physical condition, be inspired by the therapeutic potency of Qigong practice and not miss the chance to learn.

The author shows how the practical application of Qigong can radically improve health and wellbeing, and provides a treatment plan, including Qigong exercises. Encouraging the reader to identify their problems and take action, Dr. Frances Gaik gives practical advice that will help anyone with depression to improve their mental health.

Chaoyi Fanhuan Qigong Techniques for Healing Self, Healing Others Renowned Qigong healer Master Yap Soon Yeong and psychology professor and Qigong trainer Chok C. Hiew team up to release the quintessential guide on the ancient art of Qigong – *Chaoyi Fanhuan Qigong Healing: Healing Self, Healing Others* (published by iUniverse). In *Chaoyi Fanhuan Qigong Healing*, Yap and Hiew detail the meditative movements and practices that allow individuals to begin to heal on a physiological and psychological level. Readers are guided in how to rid the blocked negative energies that is often the root cause of pain, trauma, disease, aging and various chronic issues. Qigong, a centuries-old Chinese system of physical and mental training, has seen a rise in popularity as other Eastern codifications, such as yoga and martial arts, continue to spread in Western societies. Yap and Hiew understand the attractiveness of alternative health care approaches. "Chaoyi Fanhuan Qigong (CFQ) Healing stems from the esoteric Qigong tradition in which one actualizes one's inherent self-healing mechanism to free the mind and body from pain and disease without any external input," the authors write. "It is a therapeutic approach whose effectiveness in sustaining and extending life and overcoming most known diseases and genetic disorders has been demonstrated. Conventional medicine explains and treats diseases from a physical basis. Eastern holistic medicine goes deeper." Master Yap Soon Yeong & Chok C. Hiew, Ph.D. In Qigong energy medicine, the most fundamental principle is that life is the consequence of the presence of a harmonious mind flowing smoothly in the body. Problems arise when mind is separated from the body, a state that robs precious life energy from the body blocking the inherent self-healing mechanism responsible for homeostasis and healthy physiological functioning. *Chaoyi Fanhuan Qigong (CFQ)* is the primeval life science of re-connecting or keeping mind in the body to become more alive and to live a long and healthy life.

The book's authors, the Founders of CFQ, introduce state-of-the-art healing methods based on authentic internal or energy exercises and meditation techniques. They are original easy-to-learn healing techniques to train on how to remove the common antecedent of disease—the stale energy forces or blockages—to restore life and for self-repair. Psychological and social trauma, chronic pain, disability are rapidly eliminated. CFQ training harmonizes mind, body and spirit holistically instilling a state of deep relaxation and peace as a form of reality. The ultimate purpose is to deepen healing ability for self-care and for healing others.

Qigong (pronounced "chee-gong") is an ancient Chinese health-care modality that has fascinated people throughout the millennia. Based on the fundamental principles of traditional Chinese medicine, Qigong is a system that teaches us to understand Qi, our bioelectric life force, and use it to heal ourselves and others. Qigong: Essence of the Healing Dance will give readers some of the basics of the outward "exercises" that are normally associated with the practice of Qigong, as well as detailing movements from such systems as Wuji Qigong, Bagua Xun Dao Gong and Shaolin Qigong. More than merely outlining these practices, this book will take readers on a journey of exploration into the essence of this fascinating, though little understood, healing practice. Masters from around the world—such as the ninety-two-year-old Duan Zhi Liang of Beijing, Canadian healer Effie Poy Yew Chow and American Jerry Johnson—contribute their personal insights into the wonders of Qigong. People from various walks of life, all of whom have achieved healing as a result of practicing Qigong, share their powerful experiences. Author Garri Garripoli, himself a practitioner of Qigong for the past twenty years, renders the book fascinating yet easy-to-read. He expertly guides readers on this once-in-a-lifetime journey, inspiring them to look deeper into healing in order to discover how to move beyond the standards and limitations of Western medicine. Qigong: Essence of the Healing Dance shows readers that we all carry within ourselves the ability to heal, and encourages them to tap into that innate gift and dance their own dance of life. Readers are sure to find this book fascinating, even life changing. It is a must-read for anyone intrigued by the mystique of ancient Eastern healing arts or seeking a daily practice that promotes and maintains full-body well-being.

Managing Depression with Qigong

The Essential Qigong Training Course

Qigong Fever

Qigong for Multiple Sclerosis

The Shaolin Qigong Workout for Longevity

Beginning Qigong

A Beginners Guide to Qigong

This easy-to-follow guide for those in the care profession explains how to implement a Tai Chi or Qigong exercise program for patients with limited mobility, featuring exercises for every part of the body and variations that can be tailored to a patient's needs. Original.

Here is a detailed, easy-to-use guidebook for women forty and older on how to use gentle but powerful traditional Chinese exercises, breathing techniques, massage, meditation, and vocalizations to promote health, fitness, relaxation, and mental clarity; improve stamina; and even treat specific health concerns. Acupuncturist and longtime qigong practitioner Deborah Davis explains the traditional Chinese approach to health and the various components of qigong practice; gives general health routines for women in specific age groups; and offers do-it-yourself practices and routines for specific health issues including insomnia, hypertension and heart disease, menopause, sexual vitality, breast health, breast cancer, osteoporosis, and depression.

Wild Goose Qigong covers the simple yet effective exercises that the Chinese Masters developed centuries ago to keep you young, beautiful and healthy.

Reap both physical and mental benefits from qigong. Qigong Illustrated offers step-by-step instructions to traditional routines for strengthening the body, optimizing health, and reducing stress. Providing an illustrated approach to qigong, this guide includes detailed full-color photos for practicing this popular ancient Chinese exercise.

Medical qigong is one of the four main branches of Chinese medicine, and it is the energetic foundation upon which the others (acupuncture, herbal medicine, and medical massage) are based. Medical qigong and tai chi exercises are becoming more popular, but there are few books that discuss how they can be used to help address specific disorders. This book is the first medical qigong book that does not simply introduce a set of exercises that are a part of a general qigong routine. Rather, the exercises provided are those prescribed to patients at qigong hospitals in China. Medical qigong doctors and Chinese medicine hospitals have used these exercises for hundreds of years and yet they are relatively unknown in this country. The first half of the book introduces medical qigong theory from a modern Western scientific perspective as well as from the traditional Daoist and Chinese medicine perspectives, so that the reader will understand why and how medical qigong exercises work. The second half is practical exercises for self-healing. The book introduces guidelines for selecting appropriate exercises, and then the exercises themselves. There are general tonification (strengthening), purgation (sedating), and regulation exercises for health maintenance, followed by sections on specific organ and health disorders. This book targets health care practitioners as well as "patients," meaning anyone interested in taking an active role in the healing process.

The Third Level Practice of Zhineng Dynamic Qigong

T'ai Chi and Qigong for Your Health: Historical and Scientific Foundations

Qigong for Health and Healing

Seated Tai Chi and Qigong

Breathing Spaces

Scientific qigong: breathing and energy

Describes how to use the ancient Chinese practice of aligning breath, movement and awareness to overcome anxiety problems and offers step-by-step instructions for exercises that will turn feelings of anxiousness into inner strength. Original.

Fire Dragon Meridian Qigong is a traditional Chinese internal alchemy method that embodies the spirit of the rising dragon, an auspicious symbol of transformation in Chinese culture. The form works directly on the acupuncture meridians, releasing areas of stagnation and bringing the physical and emotional body into a balanced state of well-being. This Qigong form implements special visualization and breathing techniques in addition to movements that imitate sparks arising from a bonfire and swirling upward like a spiraling dragon. Stoking our 'inner fire' melts away the 'ice', or the areas of blockage and disease, opens our energetic pathways and allows the smooth flow of Qi in our meridians. The Fire Dragon practice follows the traditional internal alchemy process, where Jing (essence) transforms to Qi (vital energy), Qi transforms to Shen (spirit), and Shen returns to Emptiness. Fire Dragon Meridian Qigong is a key Qigong form for those seeking healing from cancer and other significant health challenges, and is the practice the authors turned to in order to transform the grief over their son's death. The book provides background information and a detailed description of the form itself, illustrated with calligraphy, meridian drawings, and photographs throughout.

During many hundred years Qigong became surrounded by many techniques, religious rites, stories, myths and even magic. From our point of view, if to clean qigong from philosophical-religious and also mystical layers, there is a simple and effective technique, based on laws of the human physiology. Just the development of the consciousness ability to affect physiological processes is the main and, in fact, single aim of all qigong practices. This book elucidates one of qigong aspects, namely its effect on such physiological process as energy synthesis by the human organism. The book explains from positions of modern physiology, why qigong breathing technique are such as they are. There is no place to mystic and religion. There are only physiological laws of our organism functioning.

Can regular people really use the ancient self-healing art of qigong to rapidly improve their health and happiness? While studying at Columbia University, Anthony's life began to fall apart as he wrestled with anxiety, clinical depression, and low back pain. Everything changed for the better after he discovered the amazing art of qigong. This candid book is half memoir and half manifesto. Anthony holds nothing back as he recounts his health struggles and explains, in modern language, how everyone can get remarkable results with qigong. Inside you'll discover: The real secret to healing yourself with qigong. How to practice daily even if you have zero willpower. A practical overview of the history, philosophy, and theory of qigong. How to navigate the world of self-healing, whether you practice qigong, tai chi, meditation, or yoga. Get ready to feel fully alive as you find true healing with qigong!

In Dragonfly Qigong Dr. Michael Steward Sr. adapts ancient Chinese Qigong exercises, utilizing new modern enhancement tools to develop and improve the energy flow within the human body. Dragonfly Qigong offers a series of mind directed bodily movements which exercise and condition the whole being. The conscious mind directs the movements of the body in accordance with the principles of Qigong. The result is a harmony of the mind, body and spirit, which is unique to the practise of Qigong. Practiced on a regular basis, Dragonfly Qigong exercises will improve your internal and external energy flow. Added health benefits are as follows: An added increase in energy Unifies and relaxes the body, mind and spirit Decreases stress levels Improves circulation Increases efficiency of ones heart, lungs, other organs and muscles Improvement of ones overall health and mental outlook Another significant attribute of Dragonfly Qigong is that the exercises are gentle enough for individuals of limited health (but who are still reasonably functional) to practice right away. There are many cases of people with respiratory problems, metabolic disorders and spinal ailments, who, with the consent of their physician, have shown positive improvement from practicing Dragonfly Qigong exercises. Dr. Michael Steward Sr. is an international authority on a wide range of martial arts, including Qigong, Tai Chi Chuan, Karate, and Ju-Jitsu. He has been teaching for almost three decades. Besides being the creator of Dragonfly Qigong © 1999, he is also the creator of Head Smart Body Safe© 1988 women's self-defense program, Raising Some Cane © 1996 a Ju-Jitsu weapons system and Progressive Coaching © 1997.

Finding Your Feet Again

Chinese Medical Qigong

Dragonfly Qigong

A Self-healing Guide for Patients & Practitioners

Daoist Qigong

The Way of Qigong

Qigong

Qigong (pronounced chee-gung) is an ancient Chinese practice consisting of physical movements, meditation, creative visualization, and breathing exercises to help revitalize the body and heal the spirit. Similar to tai chi, qigong cultivates vital life-force energy in the body for better health, heightened energy, and longevity. Its powerful benefits have been known in China for thousands of years. This unique book presents over 100 easy, five-minute qigong exercises designed to target specific health issues, from strengthening an aching back and reducing stress to improving sexual function and boosting energy. You can use this book to quickly find the best qigong exercises to target your particular physical and mental health needs. Heal Yourself with Qigong allows you to customize routines, making it ideal for both experienced practitioners and those new to qigong. Choose and combine from these four sections: Instant energy boosters Exercises for restoring physical vitality Emotion-balancing techniques Practices for calming the spirit

The author provides a step-by-step guide, with photographs and clear text, to show how people with MS can improve their health and quality of life using Qigong. He explains how to use Qigong to improve balance and walking, and promote healthy breathing and relaxation.

Qigong a regimen of body, breath, and mental training exercises was one of the most widespread cultural and religious movements of late-twentieth-century urban China. The practice was promoted by senior Communist Party leaders as a uniquely Chinese healing tradition and as a harbinger of a new scientific revolution, yet the movement's mass popularity and the almost religious devotion of its followers led to its ruthless suppression. In this absorbing and revealing book, David A. Palmer relies on a combination of historical, anthropological, and sociological perspectives to describe the spread of the qigong craze and its reflection of key trends that have shaped China since 1949, including the search for a national identity and an emphasis on the absolute authority of science. Qigong offered the promise of an all-powerful technology of the body rooted in the mysteries of Chinese culture. However, after 1995 the scientific underpinnings of qigong came under attack, its leaders were denounced as charlatans, and its networks of followers, notably Falungong, were suppressed as "evil cults." According to Palmer, the success of the movement proves that a hugely important religious dimension not only survived under the CCP but was actively fostered, if not created, by high-ranking party members. Tracing the complex relationships among the masters, officials, scientists, practitioners, and ideologues involved in qigong, Palmer opens a fascinating window on the transformation of Chinese tradition as it evolved along with the Chinese state. As he brilliantly demonstrates, the rise and collapse of the qigong movement is key to understanding the politics and culture of post-Mao society. Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to the Eight Brocades as the quintessence of qigong practice.

Learn traditional Chinese Qigong with this illustrated guide. The urgent pace of modern life has led to a quest for ways to relieve stress. One of the best methods for doing so is Qigong—an ancient Chinese system of breathing techniques and exercises that strengthen the mind, body, and spirit as they balance and augment Qi, or “life force.” This thorough volume presents many different forms of Qigong in detail and through fully illustrated exercises. Included are an explanation of the principles of Qigong, warming-up exercises, breathing exercises, and a guide to massaging the inner organs. The authors have also provided a table that describes the various exercises, listing their physical benefits and classifying them according to level of difficulty, so that readers can practice their own routines.

Qigong Massage for Your Child with Autism

Qigong Through the Seasons

The Body in Balance

The Art of "Inner" Alchemy

Qigong and the Tai Chi Axis

Chinese Secrets for Health and Longevity

Fire Dragon Meridian Qigong

Chinese Medical Qigong Singing Dragon

The ancient Chinese practice of Qigong combines physical movement with gentle breathing techniques to promote harmony between body and mind, and is quickly gaining popularity in the West. This step-by-step guide to managing stress through Qigong begins by looking at stress and our response to it from both an Eastern and a Western perspective. The core of the book provides a program with first a series of carefully-designed stress relief exercises, followed by a series of gentler stress prevention exercises, all of which are clearly explained with easy-to-follow instructions for each of the steps, and fully illustrated. The author explains the theory underpinning the Qigong exercises in terms of the principles of Chinese Medicine, including Yin and Yang, The Five Elements and the circulation of energy (Qi) through the meridians. Extensively trialled with Maggie's Cancer Care Centres, and designed specifically to fit around a busy lifestyle, the Qigong program set out in this book will help to reduce stress, decrease anxiety and restore energy. This practical book will help anyone who is prone to stress, regardless of their level of ability or experience of Qigong. It will also be a useful resource for Taijiquan and Qigong instructors, alternative therapists, and other professionals working with clients who are affected by stress.

Qigong Basics contains everything you need to get started mastering the ancient Chinese art of qigong. Features of this Qigong book include: The Origins of qigong—the philosophy, history, and different styles What really happens in a qigong class—choosing the style, teacher, and class best suited to your needs The essential elements—breathing, stances, grounding, expansions, and medication How to complement your qigong training with meditation and qi exercises Effective ways to promote health and well-being through specific sequences Resources that can help you improve faster Whether you're considering taking up qigong, or you've already started, Qigong Basics offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful.

Teaches parents a simple qigong massage programme specifically developed for children with ASDs. With step-by-step instructions and a video demonstrating the technique in action, this book shows parents how to adopt qigong massage into their child's daily routine. Previously published with a

DVD, this material is now available online www.jkp.com.

"Mimi Kuo-Deemer takes the reader on a journey through the five elements and seasons of qigong, explaining their connection to health, lifestyle, and state of mind. . . . It is a pleasure to read such a balanced approach. I highly recommend Qigong and the Tai Chi Axis!" – Kenneth S. Cohen, author of The Way of Qigong Reduce stress, release pain, and create bodily harmony with this introduction to qigong and the yin/yang balance of tai chi, the ancient Chinese arts of movement meditation. This accessible book features information about these practices as well as insights into their benefits, providing tools for replenishing inner resources and managing energy levels. It also offers advice on making healthier choices in everyday life that will support the body's natural capacity for energy, balance, and well-being.

A Home Program from Chinese Medicine

Qigong Basics

100 Days to Increase Energy, Physical Health and Spiritual Well-Being

Flowing Zen

Qigong Healing at Any Age with Energy, Breath, Movement, and 50 Nourishing Recipes

Qigong for Healing and Relaxation

The Qigong Workbook for Anxiety

Correlating the traditional therapies of Qigong with the most recent outcomes of scientific research, this is the authoritative introduction to the knowledge system and content of Qigong study. Substantially revised and updated reflecting changes made to the new Chinese edition, the text now has an accompanying DVD showing the forms in action, new information about key concepts and practice, and coverage of the applications of Qigong for a range of medical conditions. The only official textbook used in colleges of traditional Chinese medicine in China, this is an essential reference for medical and health practitioners working in complementary and alternative therapies.

You may have heard of qigong, but are unfamiliar of what it does. While many definitions are attached to it, qigong is an age-old Chinese healing and exercise technique that entails movement exercises, controlled breathing, and meditation. In a way, qigong works similarly as the ancient Hindu yoga practices and the Chinese tai chi. In today's world, what you do can throw you off balance. Office stress can create an internal imbalance in your body. Even your home life can wreak havoc on your inner energies. Plus, the Western medication you take to heal a medical condition can harm the inside of your body and throw off your energies. This is what qigong is for. It is a natural way that uses relaxation techniques to heal your body by balancing your qi or life energy. This book gives you a basic understanding of what qigong is, but it doesn't promise to be a comprehensive source as there are thousands of qigong exercises out there and only the most basic principles can be covered here. Only a licensed qigong practitioner can help you find the best qigong exercises and techniques for you. This book touches on qigong's history, its health benefits, how to get started on qigong, several qigong exercises, and how to balance qigong practice with the right nutrition. If you want to learn more about qigong, read on. If you like to try qigong out further to make it a part of your everyday life, do more research and have a certified qigong practitioner help you to achieve your goal of attaining a healthy body that is in tune with your surroundings. In this guide you will learn: What Is Qigong? The History of Qigong and Its Benefits Getting Started with Qigong Qigong Exercises Qigong and Nutrition And much more.

Ken Cohen, preeminent Qigong master, presents 100 days of traditional Chinese exercises to increase energy, physical health and spiritual well-being.

Within the holistic framework of the Daoist way, Ronald H. Davis provides a comprehensive and straightforward guide to the principles and practice of actively living in harmony with the seasonal energetic changes throughout the year. The program focuses on the importance of Qigong, meditation, and diet to support good mental and physical health. The author includes clear explanations of the theory underlying this approach to a healthy life, including the Five Phases of Change (Five Elements) of Chinese Medicine, the body's Qi system of channels and reservoirs, and the concept of chronobiology. For each season he provides a Qigong specific for the season, meditations, herbal information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season. This accessible program of Qigong for the seasons will be of interest to anyone seeking a healthy life, students of Qigong at any level, and the seasonal emphasis makes this an excellent quick reference for Qigong teachers.

T'ai Chi and qigong are popular because of their great reputations as exercises with numerous health-related benefits. Can these benefits simply be results of placebo effects? Chapters in this e-book not only provide an interesting historical backdrop in which taiji and qigong developed, but also provide scientific support for the efficacy and effects of both modalities. Breslow's chapter focuses on Daoist practices associated with their quest for immortality and longevity. Rhoads, Crider, and Hayduk looks at taiji and qigong with the tools of modern science. DeMarco compares Yang-style taiji practice of with guidelines provided by the National Institute of Health. Kachur, Carleton, and Asmundson provide an excellent chapter that gives insight into aspects of taiji practice that improve balance. The final chapter by Kenneth Cohen offers a history of the taiji ruler as a tool conducive to vitalizing the qi. Included are aspects of design, lineage, and some illustrated exercises, plus details on qi circulation. For anyone who questions the validity of taiji and qigong as exercise modalities, the collected writings in this book will provide information not available elsewhere. In addition to finding the historical and scientific foundation of these practices, the contents in this book will help improve taiji and qigong practice, bringing the many benefits as claimed for these gems of Chinese culture.

Heal Yourself with Qigong

Healing Self, Healing Others

Medical Qigong Exercise Prescriptions

Women's Qigong for Health and Longevity

The Qigong Way - from Body to Consciousness

Qigong Teachings of a Taoist Immortal

A Practical Guide for Women Forty and Over

For the past 1500 years, the Qigong workout for longevity has been secretly passed from generation to generation at the Shaolin Temple of Zen in Henan Province, China. Now, for the first time, a 34th-generation fighting disciple from the

temple shows how to optimize energy, alleviate stress, boost the immune system, and achieve optimum health. The complete workout is shown with easy-to-follow instructions and images, covering everything from stretches and stances to the Instant Health self-massage. This comprehensive guide provides detailed advice on adapting Shaolin Qigong to suit any life stage, and includes training tips, Zen wisdom, and a personalized mind-body workout created especially for the busy Western lifestyle.

Are you looking for a way to reduce stress? Are you interested in Chinese energy medicine? Would you like to learn meditation? Do you feel that seated meditation is quite boring? Are you looking for a more invigorating type of movement meditation that works your body as well as your mind and spirit? If yes, you should give qigong a try. Qigong, also spelled chi kung or chi gung, is a Chinese medical energy system that promotes health, flexibility, healing and spirituality through coordinated body postures, movements and breathing. You have probably heard of Tai Chi, which is often practiced by people interested in martial arts. Tai Chi, also known as Taiji Quan, is one style of qigong. Qigong offers a complete exercise system for the body and mind, incorporating slow, graceful, relaxed movements. Breathing is an important part of this system, and the movements and the breathing together combine to help you reach a meditative state. The aim is to let the Qi flow through all the channels of the body smoothly without any interruptions, thus removing all the devastating effects of stress, pollution, and diseases and restoring your body and mind to their original state. Interested? If qigong seems to be what you have been looking for, then continue to read this guide.

Qigong (pronounced "chee-gong") is a popular form of traditional Chinese exercise that uses the body's vital energy to make you stronger and healthier and live longer. In Qigong for Healing and Relaxation, world-renowned Qigong Master Michael Tse introduces a new series of easy Qigong movements. These movements, because of their simplified form, enables you to focus energy on a particular part of the body for healing and relaxation. This fully illustrated guide to better health is suitable for people new to Qigong as well as more experienced students.

The Qigong it is a Chinese art of management of the internal energy Qi. Qigong has much different schools and directions. The outlined Qigong method in this book was originated in Tianzhu Shan mountains and was developed by such famous Daoist masters as Ling Gu, He Jiafan, Wang Jiafan, Liang Yaopin. Its modern form, this system got due to the efforts of such mentor as Liu Shaobin. A distinctive feature of the presented to the readers system is the harmonious combination of static and dynamic exercises, which allows easily and relatively quickly achieve tangible results in the mastering of the ancient Daoist art of the "Inner alchemy".

The charismatic form of healing called qigong, based on meditative breathing exercises, has achieved enormous popularity in China during the last two decades. Qigong served a critical social organizational function, as practitioners formed new informal networks, sometimes on an international scale, at a time when China was shifting from state-subsidized medical care to for-profit market medicine. The emergence of new psychological states deemed to be deviant led the Chinese state to "medicalize" certain forms while championing scientific versions of qigong. By contrast, qigong continues to be promoted outside China as a traditional healing practice. Breathing Spaces brings to life the narratives of numerous practitioners, healers, psychiatric patients, doctors, and bureaucrats, revealing the varied and often dramatic ways they cope with market reform and social changes in China.

Finding True Healing with Qigong

Traditional Chinese Qigong for Health

Wu Yuan Zhuang

Simple Techniques for Feeling Stronger, Healthier, and More Relaxed

Theory and Practice of Taiji Qigong

Essence of the Healing Dance

Instant Health

Wu Yuan Zhuang is a translation of the third level practice of Zhineng Qigong, one of the most influential and powerful qigong sect in China. The book covers four sections. Section 1 focuses on the theories of Wu Yuan Zhuang, including its origin, features and fundamental ideas, as well as the key points to master it. Section 2 focuses on the 13 postures of Wu Yuan Zhuang including the movements, gestures, tips, requirement for the mind intent and effects. Section 3 illustrates the assistive method of Wu Yuan Zhuang --- Genuine Zang Qi Converging into One Method. Section 4 is a summary of Wu Yuan Zhuang which provides the reader with instructions about how to benefit from it. Hand signs, intonation and manipulation of emotions are peculiar features of Wu Yuan Zhuang. As a method centered on the five Zang-organs, Wu Yuan Zhuang can help its practitioner overcome emotional disturbance and depression. For more information, please visit our website www.zhineng.com

Guided Therapeutic Exercises to Manage Stress and Balance Mind, Body and Spirit

How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs

Nourishing Practices for Body, Mind, and Spirit

The Art and Science of Chinese Energy Healing

Natural Movement for Healthy Living

Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear

Wild Goose Qigong