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Qigong Through The Seasons

This is a story of the ancient philosophical beginnings of Qigong and Tai Chi development in China. It is designed as a framework for

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using Tai Chi /Qigong to develop the consciousness needed for a lifetime of individual self-cultivation. This cultivation leads to increased health, longevity and the possibility of enlightenment. It begins with the ancient concept of Wu Chi and

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flows forward to cover the emerging world of Tai Chi and all of its tenets. A must for Qigong and Tai Chi players as well as anyone wanting to know more about Taoist or Ancient Chinese Philosophy. A renowned expert in Chinese

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sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully

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guarded secrets, calling such precious and powerful knowledge "a tooth from the tiger's mouth."

Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic

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injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio

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explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He

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teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to

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follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.

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This book provides direct translations from one of China's greatest holistic healers and teachers, Taoist immortal Chen Tuan (871-989 CE), whose Four Season Qigong and Twenty-Four Dao Yin Seated Exercises are

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modeled on the four seasons and twenty-four lunar periods of the year. The exercises are really quite simple and take little time to perform. Despite their simplicity, the corresponding principles and theories supporting them are quite

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profound. Anyone sincerely engaging in these practices will not only find a trove of health benefits, but also acquire a deep appreciation of Chen Tuan's truly brilliant work. This book also presents advice on herbs and foods

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recommended for each season, clear explanations of the functions of the Twelve Primary Qi Meridians, Five Viscera, and Six Bowels of the human body, and the cures and remedies associated with each of the exercises. In addition, you'll find

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Chen Tuan's two Sleeping Qigong exercises (and several other related ones), as well as two Medical Kung and Herbal Regimes. Stuart Alve Olson has masterfully expounded Chen Tuan's teachings, uniquely showing that External Alchemy

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(Waidan), the Dao Yin Exercises described herein, are like the processes of a caterpillar forming a protective cocoon around itself, while Internal Alchemy (Neidan), the Refining the Elixir practices, enable the metamorphosis

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culminating in the emergence of a butterfly. This book will prove a necessary and requisite read for anyone engaged in Taoist health, meditation, and spiritual cultivation. Join in with Lisa and Ted as they show you how healing sounds can

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make you feel bright and happy inside. Six Healing Sounds with Lisa and Ted teaches young children how to transform negative feelings into positive ones by using simple breathing techniques that are based on ancient Chinese

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Qigong exercises. Using a special sound for different parts of the body, Lisa and Ted show that a “haaaww” can heal the heart and blow away impatience, and a “whooooooo” can steady the stomach and chase away worries.

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These reassuring meditative stories are ideal for bedtime as they calm and settle children by soothing away the troubles of the day. This delightful and brightly illustrated picture book will be an enjoyable read for children aged four to eight

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and will teach them effective healing techniques to overcome unpleasant emotions so they can live happier and healthier lives. A Tooth from the Tiger's Mouth Decades of Dominance

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Qigong Through the Seasons
Shifu Said

Auburn Football in the Modern Era
A Daoist Practice Journal, Book 3
*A complete systematic
approach to treating
cancer from a holistic*

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perspective.

*Qigong Through the
Seasons How to Stay Healthy
All Year with Qigong,
Meditation, Diet, and
Herbs Singing Dragon
Based on the latest*

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edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and

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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

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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

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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

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focuses on conditions more common in the West. The book also presents the newest research on Medical Qigong, including groundbreaking new discoveries about the

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physiological and psychological mechanisms. Omitted from this paperback edition are the extensive excerpts from the ancient texts, and the detailed history, more

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appropriate for academic study. This is an unparalleled resource for practitioners of Qigong and Chinese medicine, as well as medical students and other healthcare

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professionals seeking a better understanding of the theory, practice and beneficial health applications of Medical Qigong.

Here is a comprehensive

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and practical guide to using the Five Element model in your daily life in ways that can improve your physical health, foster mental ease and clarity, create more

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emotional balance, and bring you closer to spirit. Having introduced the philosophical and practical principles of the Five Elements, the author invites you to

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'live the book', immersing yourself in the many aspects of each Element during its corresponding season. He offers a range of methods of doing this, including activities such

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as movement, cooking, gardening, journaling, visualisation, meditation, dialogue and self-acupressure. In working with each Element, he explores the three levels

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or expressions of human life - the physical (structures, organs, tissues and systems), the psycho-emotional (thoughts, beliefs, self-images, emotions and

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reactions), and the spirit. Detailed information is provided on each Element's specific attributes, associations, resonances and gifts, and anatomical illustrations

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are included for further guidance. An invaluable reference book for practitioners and students of Chinese Medicine who hope to become better practitioners to others,

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the book also provides the means to become a practitioner to yourself. Qi Gong for Total Wellness Staying Healthy with the Seasons An Integrative Approach

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*How to Treat Your Injuries
with Powerful Healing
Secrets of the Great
Chinese Warrior
Yoga Journal
Holistic Nursing
From Wu Chi to Tai Chi*

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With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes

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automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner

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core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Within the holistic framework of the Daoist way, Ronald H. Davis

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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,

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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

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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

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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

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Qigong teachers.

The biggest games, the best bowls, the greatest players and coaches to ever wear the orange and blue-- it's all here in this celebration of Auburn Football in the Modern Era. In its more than 300 pages of colorful

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memories, statistics, humor, Top Ten lists, and much more, **DECADES OF DOMINANCE** passionately argues for Auburn's greatness on the football field. Here are just a handful of the many chapter topics included: Dye Hard:

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The Pat Dye Era Top Ten Bowl Games Running Back U: Auburn's Top Rushers and their Statistics The Rise and Fall of the Bowden Empire Top Ten Greatest Games Played in Jordan-Hare The Tommy Tuberville Era Auburn's Records vs the Rest of

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the SEC and vs All Other Conferences The Future of Auburn Football AND MUCH MORE! As a special bonus, this book includes the Complete History of Jordan-Hare Stadium, as well as the scores from every season, every game, and every

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bowl game in Auburn's Modern Era, 1981-present. Van Allen Plexico and John Ringer, authors of the bestselling SEASON OF OUR DREAMS and "Wishbone" columnists and podcasters for The War Eagle Reader, poured every

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ounce of their passion for Auburn football into giving you DECADES OF DOMINANCE: AUBURN FOOTBALL IN THE MODERN ERA. "A compendium unapologetically celebrating the greatness of Auburn football. Every

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Auburn fan should own it." --

Michael Skotnicki, author of

AUBURN'S UNCLAIMED

NATIONAL CHAMPIONSHIPS

Exercise can help prevent and treat a

wide variety of health problems,

including obesity, heart disease and

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mobility disorders, and fitness professionals are increasingly working with referred patients as part of their treatment. Formerly published as Fitness Professionals: GP Referral Schemes, the new edition of this established and

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definitive guide includes the latest information from sources such as NICE and ACSM as well as a new chapter on session plans to provide fresh ideas for working with your clients. Written by a highly experienced exercise professional,

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this book covers: exercise guidelines for different medical conditions
strategies for working with exercise referral clients
approaches to activity and programme design
health, safety and risk management.

Understanding Qigong 4

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A Handbook for Practice

Qigong, Seasonal Food Cures and
Daoist Cultivation

Embrace the Power of Emptiness

Treating Cancer with Herbs

Four Seasons Qigong

The Way of the Five Seasons

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Chinese Shamanic Tiger Qigong is a uniquely classical practice designed to bolster our health, activate our inner life power, and deepen our spiritual connection to universal energy. This book illustrates the philosophy and cultivating method of the Tiger

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Qigong form and unlocks the mysterious internal alchemy principle of LaoHu (Shamanic Tiger) Gong. By delving further into Xiang (Daoist symbolism) of Tiger, practitioners will receive greater benefits from studying this book and their own Tiger Qigong

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practice. Master Wu also shares how each movement in the Tiger Qigong practice relates to the eight extraordinary meridians, twelve organ meridians and twenty four JieQi (seasons). This knowledge will help seasoned practitioners experience new

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dimensions of their cultivation and sharpen their healing tools.

A Daoist Practice Journal, Book 3: Qigong, Seasonal Food Cures & Daoist Cultivation is the third and last book in a series on the practices of modern-day, western Daoist priest,

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Shifu Michael Rinaldini (Lichangdao). This book consists of journal entries from December 21, 2016 to December 21, 2018. This book continues where Book 2 left off on October 6, 2016. Topics included in Book 3 include seasonal food cures,

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qigong, the value of retreats, and more insights on Zuowang meditation, covering key points like emptiness, duality, non-duality, silence and solitude, plus the essential ways that a Daoist grows in their heart. And so much more.

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Standing qigong is a simple, effective form of exercise suitable for all ages that can increase health, balance and vitality. This complete and accessible guide introduces standing qigong for health and martial arts. Beginning with an introduction describing his

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own discovery of the practice and an exploration of the health benefits, the author provides detailed instruction on the basic health postures and the process for diaphragmatic breathing. The second part of the book focuses on the martial postures and provides

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guidance on the subtle variations of the movements that help to cultivate and strengthen healing and internal power. Practice sequences are also included to help readers get started immediately, including, in the third part of the book, the Xing Yi Five

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Element linking form. Easy-to-follow, and covering all the basics, this guide to standing qigong is perfect for anyone who is looking for ways to improve their health, or with an interest in the internal or martial arts, especially practitioners of Taiji,

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Qigong, XinYi, Bagua, YiQuan and yoga.

In March 2020, as the covid-19 pandemic began, Qigong Master Shri Jai Dev started sending daily texts to his students. He reached into his library of wisdom for inspirational

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quotes to embellish his instructions for qigong practice and meditation. Each week is number and paired with a little image that evokes the time of year. The four seasons are marked by photographs that serve as wordless chapter headings.

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Chinese Medical Qigong

Qigong for Children

21st-Century Edition

Working with Clients Referred to
Exercise

Applying Ancient Wisdom to Health
and Healing

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Paintings of Master Qi Gong
Activating the Twelve Pathways for
Energy Balance and Healing
*Maintain the flow of vital
energy, or Qi, through your
body and promote longevity
with Daoist Meridian Yoga.*

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This definitive guide provides everything you need to develop your practice. It includes illustrated and detailed instruction on the 24 exercises that work by

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stretching, extending and toning specific muscle groups associated with the twelve main meridians. The book also explains how to spot signs of imbalance that manifest as physical

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ailments, describes the specific channels and internal branches, and provides meridian charts of the main muscle groups. Drawing on the traditions of Dao Yin, Qigong and

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Chinese medicine, Daoist Meridian Yoga is an ancient system that will help to transform your health and balance your energy. This book will be an invaluable resource for Qigong

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practitioners, and for health practitioners wishing to prescribe Qigong exercises to ameliorate specific health conditions.

The first volume in a series of books focusing on the

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paintings, calligraphy, and literary thought of Qi Gong, Paintings of Master Qi Gong presents over two-hundred of the artist's best works in full-colour, with accompanying captions

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*translated by WANG Jihui.
The book is published in
English for the first time.
Brick Road Poetry Press is
committed to publishing
work that appeals to a wide
range of tastes. If you enjoy*

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writing that is fast-paced, accessible, and sharply-drawn, The Melancholy MBA will not disappoint. The book is filled with scenes and stories from America's offices and boardrooms,

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those "glass-enclosed jungles" that shape our lives and culture.

Taking a holistic view, Ronald H. Davis provides a complete, straightforward guide to the principles and

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practices of actively living in harmony with the seasonal energetic changes throughout the year. His complete program to support naturally good physical and mental health

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focuses on the importance of Qigong, Daoist meditation, and diet, with a clear explanation of the theory underlying the approach, including the Five Phases of Change (Five Elements) of

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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

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information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season. This program of Qigong for the seasons will be of interest to

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students of Qigong at any level, and the clear explanations of both theory and practice make this an excellent comprehensive reference for Qigong teachers.

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*Increase Your Energy,
Vitality, and Longevity with
the Ancient 9 Palaces
System from the White
Cloud Monastery
Celebrating Seasons of the
Goddess (B/W)*

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*The Art and Science of
Chinese Energy Healing
Primordial Qigong
The Way of Qigong
The Book on Internal
STRESS Release
Daoist Meridian Yoga*

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An internationally respected doctor of Chinese medicine and author of the bestselling "The Healer Within" clearly and simply explains the concepts of qigong. 125 illustrations. Copyright © Libri GmbH. All rights reserved.

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INSPIRATIONAL POETRY

*How can Qi offer you the means,
tools and will to live a life of
balance? Explaining what Qi is,
where it comes from, how we use it,
and how we can cultivate it in order
to achieve wholeness and balance,*

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this much-needed book combines knowledge and practice to explore all aspects of Qi, including its modern, everyday implications. The book not only covers the history of Qi, but also demystifies the vital philosophies and practices surrounding it. Filled with

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valuable information on how to recognise and cultivate Qi in order to increase your energetic capacity and return to a more efficient physical, emotional, and psychological state, it also illustrates Qi's central importance in meditation, Taiji, Qigong, and

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other Internal Arts practices that focus upon its vitality. The author also offers instruction on a number of methods for opening the energy gates of the body to cultivate Qi. Discusses the mind-body healing method that has been practiced in

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*China for thousands of years
Inspirational Poetry for All Seasons
Cultivating Qi
Chinese Shamanic Tiger Qigong
Coach
The Root of Energy, Vitality, and
Spirit*

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Chen Tuan's Four Season Internal Kungfu

Stay young with Qi Gong!

This engaging, highly anticipated book compellingly describes healing techniques of Chinese shamanism while respecting the tradition. CT

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Holman, a medically trained and licensed clinician of over 20 years, clearly explains how Chinese shamanism can be seamlessly woven into modern lifestyle and contemporary medical practices. He explores effective methods to

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address physical pathologies and emotional imbalances by applying shamanic-influenced techniques including visualizations, verbal healing and shamanic drumming, among others for self-care and medical treatment. The primary

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resource for the material presented originates from the author's intensive decade-long study under shamanic teacher, Master Zhongxian Wu. Several color illustrations and before-and-after patient photos are included that

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beautifully depict the spirit-based diagnostics and treatments.

Incorporating numerous clinical examples and thoroughly researched procedures, this book teaches practitioners how to combine treatments - concentrating

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on the spirit and soul - with modern medicine to treat the whole person and enrich their practice. This enlightening book is a must-read for Chinese medicine practitioners, other medical professionals and non-professionals interested in the

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subject.

"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

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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

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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

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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. With its practical and immensely readable introduction to the nature

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and self-help uses of a key acupoint for each week of the year, this book is a gateway to the mysterious world of Chinese medical thought. The author journeys through the seasons of the year, and the five elements that make up the Chinese universe,

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looking at the physical, emotional and spiritual associations of the most useful acupoints associated with each element. Exploring the deeper meaning of the name, function, and healing use of each acupoint, he shows how to use the

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acupoint in real life, and explains its practical benefits for the reader, which vary from sharpening a sense of smell, avoiding jetlag, curing a headache, to improving a good sense of humour. With descriptions and images that capture the spirit of

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each element, and photographs of the point locations, this book will be a delight to anyone interested in a different view of the body and its deeper health, as well as students and practitioners of Chinese medicine looking for poetic and

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imaginative understanding of the five elements, and the key acupoints of each.

Over the past few years I have recieved messages of guidance and upliftment when least expected.

Gathering many quotations which

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has helped me on my spiritual journey. This book is aimed to prove life everlasting and to shed a light when we are in the dark to prove we are never alone.

Get Powerful Health and Nutritional Secrets

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Living with the Five Elements for Physical, Emotional, and Spiritual Harmony

Nourishing Practices for Body, Mind, and Spirit

Standing Qigong for Health and Martial Arts - Zhan Zhuang

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The Complete Guide to Exercise Referral

Breathing Methods, Exercises, Herbs and Foods for Longevity

52 Weeks of Powerful Acupoints for Physical, Emotional, and Spiritual Health

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Nature's cycles affect not only the external climate, but also our internal health and mental well-being. With this as its primary tenet, STAYING HEALTHY WITH THE SEASONS revolutionized the fields of preventive and

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integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness. A leading practitioner of the season-based lifestyle theory, Dr.

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Elson Haas provides simple, logical advice for achieving glowing good health: Bring the mind and body into balance with the earth, and consume a diet that emphasizes in-season, chemical-free foods. Joining

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Western and Eastern medicines with seasonal nutrition, herbology, and exercise practices, this timeless classic, revised for the 21st century, provides the keys to staying healthy from spring right on

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through winter. • A landmark text in mind/body health and seasonal nutrition, revised for the new millennium, with a new introduction, updated resources, and extended appendices. • Makes seasonal recommendations for

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detoxification, diet, and exercise programs. •

Previous edition has sold over 125,000 copies.

Qi Gong for Total Wellness is a clear, illustrated guide to Qi Gong, the ancient self-healing art

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that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and

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trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each

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part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

The ancient Chinese practice of Qigong combines physical

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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

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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

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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

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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

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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

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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

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other professionals working with clients who are affected by stress.

Each and every one of us was born to live a miraculous life. And never before has it been easier to tap into the magic and miracles life

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has to offer. The Miracle That Is Your Life will take you on a journey of exploration and discovery, offering you simple ways for you to adjust, finally being able to experience the life you have only been able to

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dream of. Maybe you've been working hard, but your bank account does not reflect your efforts. Maybe you have gone through a break-up and wondering what may be next for you. Or possibly you've been taking care of so many

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other people and other responsibilities, that you are concerned about your health. Whatever your circumstances, this book is going to help you gain your clarity and position you to take your next steps. If

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there has been a feeling in your gut, a pull in your heart, and the very fact you are reading this description, allow Wendy Darling to show you the way. Not only is there something more for you to experience,

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you can finally get on the path of living a most special and miraculous life. Start turning those dreams and desires into reality...right now!

Managing Stress with Qigong
Embracing the Light

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The Melancholy MBA
Shamanism in Chinese
Medicine

Tai Chi, Qigong, and the
Chinese Health Culture

The Way of the Five Elements

The Healing Promise of Qi:

Creating Extraordinary

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Wellness Through Qigong and Tai Chi

Celebrating Seasons of the Goddess restores the original vision of celebrating cultural and natural landmarks from the perspective of Goddess feminist activism. By taking such categories

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as time, seasons, nature and the female divine as a point of departure, this book brings modern minds out of patriarchal holiday conventions and invites the reader to join the sobering chorus, led by our 35 authors-writers, researchers, poets, artists, ritualists,

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photographers and activists from around the world. At an individual level, this book presents a wide range of theological expressions in 88 chapters that are self-transcending and metamorphic. Its Goddess Spirituality, which may be called Engaged Goddess

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Spirituality, is characterized by the impetus to derail the cultural and spiritual paradigm of patriarchal religions. In other words, this book, fueled by the commitment to feminist social change, undertakes the task of undercutting the main nerve of patriarchal advancements

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that peril the terrestrial community at an ever-magnifying scale. However, Celebrating Seasons of the Goddess does not stop there. Summoning the time/space of the Primordial Mother, HERE/NOW, it re-channels seemingly isolated spiritual practices of the world to

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the consciousness of WE in S/HE. In short, it is a multi-faceted practical book that accompanies one's process of awakening and commitment to Engaged Goddess Spirituality. This book aims at the following: Discovering and owning Nature's female rhythms

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Personalizing cosmic time Riding Earth's seasons Countering foreground patriarchal propagandas Politicizing female experiences as salvific Commemorating Goddesses and gynocentric cultures Befriending non-human members of the

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***terrestrial community Supporting
Indigenous struggles Exploring
nature-based lifestyles Engaging
spirituality with feminist activism
Awakening the deep memory of WE
Cultivating the primordial
consciousness of the Creatrix
Section titles are: Section One:***

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***Time, Nature and the Goddess
Section Two: The Chorus in Poetry,
Art and Ritual Section Three: The
Wheel of Seasons Section Four: A
New Beginning, Winter Solstice
Sections One, Three, and Four
follow thematic categories, while
Section Two is a collection of such***

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genres as poetry, prose, art, and photography, which therefore stands as an autonomous booklet that contains the themes of the other three sections. Readers may opt to read this book perennially (Section One, Two, and Three) and seasonally (Section Four for Winter

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Solstice).

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regulate the body from one season to the next to avoid common illnesses. This Qigong specializes in training the five internal Yin organs; heart, lungs, liver, kidneys, and spleen, which correspond to the four seasons the year. It is believed that when we get sick it is

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often due to the body's difficulty in adapting to the changes from one season to another. For example, when Fall arrives, it is easier to catch a cold, and when Summer comes, the heart can be too excited. By practicing Four Seasons Qigong, you are able to adjust your

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body's Qi during the change of seasons so your health can be maintained.

Changing Seasons

A Coach's Notebook

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traditional movements, breathing methods and the power of imagination. Everyone can start learning Qi Gong regardless of age, previous knowledge or constitution - ideally today! In

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