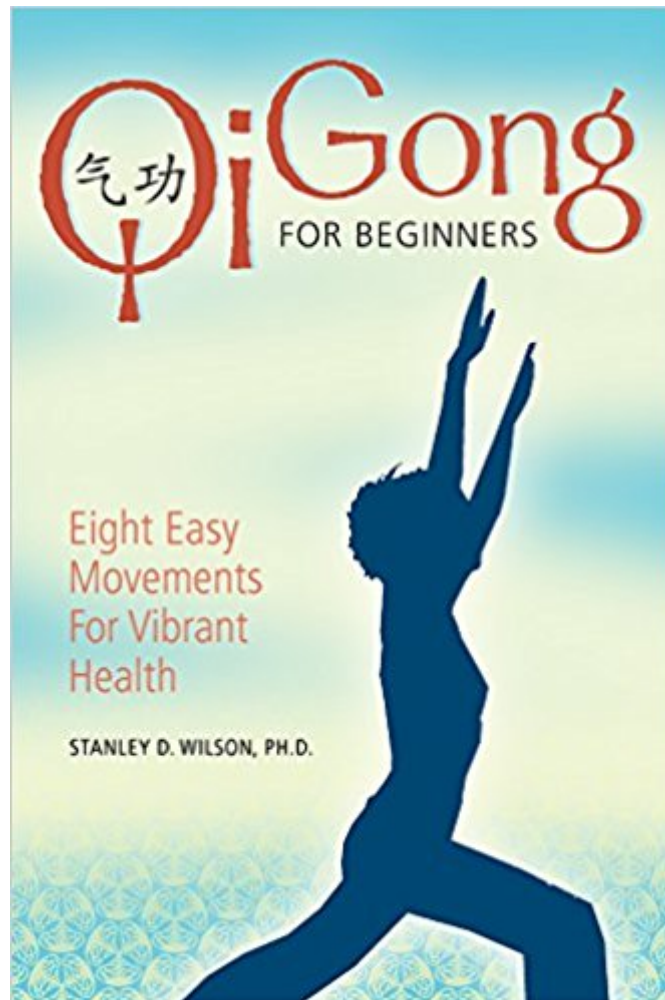




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Qi Gong For Beginners: Eight Easy Movements For Vibrant Health



Synopsis

An exercise program that can actually release blocks to healing and get you centered...in six minutes a day? The simple, no impact, but very powerful movements of Qi Gong can do that and more, from increasing longevity to boosting the immune system. And this beautifully illustrated guide, written especially for beginners, introduces this amazing ancient art that balances and strengthens the life force. Those who try it can look forward to extraordinary health benefits!

Book Information

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Customer Reviews

“Qi Gong is one of the most important movement meditation techniques. If all Americans learned just the Eight Silken Movements and practiced them daily, we could reduce health costs by 50 percent.”
—C. Norman Shealy, M.D., Ph.D., Founder Shealy Institute for Comprehensive Health Care, and Founding President, American Holistic Medical Association

I purchased this book a few months ago and I am just now getting to it. Wish I would not have waited so long. I am a Reiki Practitioner and have wanted to include Qi Gong into my self-practice since attending a workshop a few months ago. I am trying to study and incorporate all types of energy work into my practice and this book is concise but powerful enough to make this happen. I had a lot of misconceptions about the different schools which are now cleared up and I have been very vigilant in making sure I keep up with it on a daily basis along with my self-Reiki. I was worried

about learning from the illustrations in the book since I am a visual learner and do much better with videos but I did not have a problem. It worked well. I recommend this book for anyone on their spiritual journey or just wanting improve their health and general well-being.

This is an excellent beginning resource for Qigong. . The book provides an excellent background for Qigong including a bit of philosophy, information about using the breath, and photos of the movements. Reading this information before a first class will relieve some of the uncertainty about what it is that you will be doing. I haven't considered doing this on my own as I will be taking a weekly Qigong class. However, I think that after a class or two, the photos and descriptions of the movements would help with an independent practice.

This was the first book I read on Qi Gong and I bought several copies for friends and relatives after experiencing the benefits of this practice. I've only been at it for about three months, but I love doing it. The book is written in a very clear and compassionate way, the illustrations are clear, too. If you want to see the eight movements in action, there are a lot of Youtube videos available, just search under Ba Dua Jin or 8 Brocades, which is the Qi Gong style that Dr. Wilson is teaching us in his book. I love just opening the book anywhere and reading a page or two before falling asleep, then I'm ready to practice when I wake up..

I had recently begun taking foundation qi gong at a local martial arts studio and became interested in the history of this amazing form of meditation. I found this book and wanted to devour it but instead found myself going back and rereading portions of it to better understand and permanently store everything I could into my brain. Well, physically I feel restored, mentally I am better able to deal with stress, and emotionally I am able to function without having hissy fits about petty things. My once a week half hour sessions are nice because the energy created by multiple people is fantastic, but these simple and effective exercises have become the foundation of my days. I do these 8 movements every morning, and feel like a different person. I was especially moved by the author's personal experiences with the practice of qi gong. I can totally believe this because with the combined qi gong at home and with others, chinese herbs and a qi gong healer, I have overcome arthritis in my hands, shoulders, hips and toes, chest pain, terrible indigestion and intestinal malfunctions. I'm sure it was all caused by stress over time, but if you do nothing it gets worse. I am 51 and feel better than I have for the last 10 years. Is this the fountain of youth? Or does it just slow down the process of aging? I don't know, but on my next checkup with my doctor I will be preaching

alternative healing. My next step is to stop supporting pharmaceutical companies, as I am going to attempt to control my high cholesterol without their poison medication. Good luck and good health to all who buy this book! You will not regret it unless you just don't believe in it.

I bought this book about a year ago after giving up trying to learn tai chi. I have never been good at mastering choreographed movements (such as a dance routine) and that is essentially what tai chi involves. This book presents a series of eight discrete exercises that are easy to learn (the instructions and photos are very clear) and enjoyable to perform. I've found that my energy level and flexibility have increased markedly since I made them part of my daily routine.

This is probably the best, most compact, easiest to learn book of QiGong on the market! It's Korean Qigong (Pal Dan Gum) which is the Korean version of the Chinese Eight Pieces of Brocade. The author swears it cured him of a serious illness and, you know, I have no reason to doubt him! But as he said, you HAVE to practice daily! No matter which style of QiGong you choose to practice you have to practice it or it will do you no good!

Qi Gong for Beginners is an excellent book for anyone wishing to get to grips with elementary Qi Gong, and to use the principles to improve their health. I have studied and practiced Qi Gong for some fifteen years and I consider this book to be an essential read. The author provides a good historical background to Qi Gong, and shows the reader how the practice of the simple, but profound exercises in the book helped save his life. For anyone starting out in this wonderful form of Chinese exercise, or anyone who is looking for another approach to their Qi Gong practice "Qi Gong for Beginners" is a 'must' read.

I got this book years and years ago. It is the only movement I have ever been able to stick with. 6 minutes first thing in the morning. I think this has saved my life and functioning!!!!

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