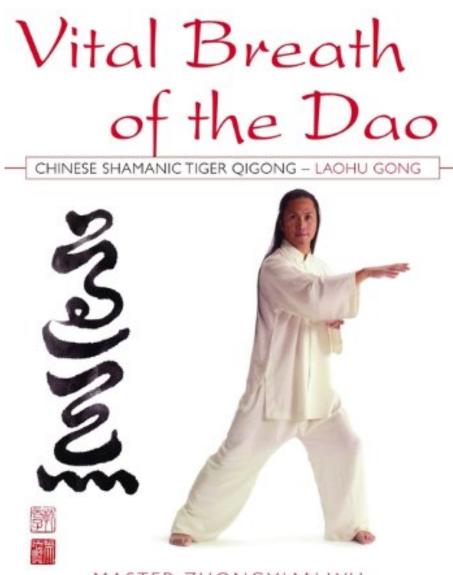


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In this beautiful book, Master Zhongxian Wu communicates to us his great understanding of and experience with Qigong - not as a mere technique but as a perspective on life itself. He presents this material in a timeless way that engenders open awareness and ease of being in the reader. I recommend this book to all practitioners who have a serious interest in the deeper traditions of Chinese Medicine. -- Lonny S. Jarrett, author of Nourishing Destiny and The Clinical Practice of Chinese Medicine Provides a fascinating glimpse into the correlative and symbolic thinking of a traditionally trained Qigong master. The book weaves a fabric rich in traditional stories, concepts, and terms, applied in a variegated pattern to the complexities of modern life. -- Livia Kohn, Professor of Religion and East Asian Studies, Boston University, author of Daoism and Chinese Culture and Chinese Mysticism A remarkable blend of interesting scholarship, valuable healing practices, and a gateway into the deep authentic tradition of Chinese Shamanism and the internal martial arts. It would take the journey of a lifetime in China to find such teachings and sincerity. -- Michael Mayer, PhD, Licensed Psychologist, Qigong teacher and author of Secrets to Living Younger Longer: The Self-Healing path of Qigong Standing Meditation and Tai Chi This lovely book explores the symbolism, numerology, and theory of Chinese Shamanic Qigong in a way that will expand the horizons of both Qigong beginners and long-time practitioners alike. -- Dennis Lewis, author of The Tao of Natural Breathing and Free Your Breath, Free Your Life

About the Author

Master Zhongxian Wu has been teaching Qigong since 1988. He is the lineage holder of four different schools of Qigong and martial arts. He was Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices, and has written five books and numerous articles on the philosophical and historical foundations of China's ancient life sciences.

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Vital Breath of the Dao is a fully illustrated guide to the historical background, practical application, underlying principles and techniques of Qigong, a way of physical and spiritual cultivation, and a way of life. Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to bolster health and deepen spiritual connection to universal energy. Lineage holder Master Zhongxian Wu uses story-telling and a wealth of practical examples to introduce this powerful 24-movement Qigong form, which combines the traditions of ancient shamanism, Confucianism, Daoism, classical Chinese medicine, and the martial arts.

An excellent introduction for Qigong beginners, the book will also be of interest to experienced practitioners, students of classical Chinese Medicine and anyone interested in Classical Chinese culture and anthropology.

Sales Rank: #877379 in eBooks
Published on: 2012-11-08
Released on: 2012-11-08
Format: Kindle eBook

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Fascinating and Very Cool

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Great intro to QiGong and the Dao

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The grounded, conversational voice makes this book a pleasure to spend time with, and return to again and again. The QiGong form is powerful and clearly presented. (I also recommend the DVD.) By the time you have finished, and put the book down, you will be ready to pick it up and begin again! Enjoy.

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