Chinese Shamanic Cosmic Orbit Qigong Esoteric Talismans Mantras And Mudras In Healing And Inner Cultivation By Zhongxian Wu 5152011

Essential reading for serious students of Chinese practical arts, including medicine, martial arts and FengShui, Master Zhongxian Wu and Dr Karin Taylor Wu provide a detailed explanation of the 22 GanZhi symbols in this book, outlining the characteristics of each, and their interactions and relationships. TianGan (Heavenly Stems) and DiZhi (Earthly Branches), commonly abbreviated to GanZhi, originated in the ancient Chinese cosmological sciences and is a complex calendrical system which was created to codify the patterns of life and of the universe itself. The ten symbols of Gan express the Yin or Yang perspective of Five Elements and embody the Way of Heaven. The 12 symbols of Zhi, made manifest in the 12 animals of the Chinese zodiac, hold the root of each Element and embrace the Way of Earth. Poetic summaries from the Song dynasty give the reader a deep understanding of the nature of each Stem and their relationship to each other. Offering an unprecedented insight into the subtleties and far-reaching influence of this ancient system, this book will be invaluable for the study or practice of Chinese medicine, FengShui, Chinese astrology, traditional Chinese cosmology, Qigong, Taiji, and other inner cultivation practices. A set of study cards (9781848191501), also published by Singing Dragon, are available to accompany this book.

Commentaries, Meditation and Qigong for Healing and Spiritual Awakening"The teaching focuses essentially on the purification of Jing-Chi-Shen into its final product: the elixir of pure-person." - Door to All Wonders, Tao Te ChingThe second book Return to Oneness with the Tao elaborates on the Taoist meditation and Qigong inner alchemy techniques such as lower dantien breathing, Microcosmic Orbit Qigong, primordial wuji Qigong, meditation on twin hearts, and Tibetan Shamanic Qigong to cultivate the Three Treasures Jing, Qi and Shen. An important addition to this book is the understanding of a most important principle - awareness and intention are powerful factors for personal transformation and healing. When we are aware of what is - the emotional root cause of disease that is blocking the flow of Qi - we can intentionally release it through meditation and Qigong to effect a process of change for personal transformation and healing."Oneness or Qigong state (samadhi) is experienced by cultivating the Three Treasures Jing, Qi and Shen in the Three Dantians through the practice of Qigong." - Master Ricardo B Serrano

Chinese Shamanic Cosmic Orbit QigongEsoteric Talismans, Mantras, and Mudras in Healing and Inner CultivationSinging Dragon

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.

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offers a practical and inspiring guide to traveling the “watercourse way” with your partner—one that gives you both the space to grow, explore, and discover the richness of your sacred union.

Inspired by the author's personal training experiences, this book presents an intimate exploration of the philosophy of some of the rarest martial art forms. Encompassing the arts of China, Japan and India/South East Asia, it includes in-depth conversations with esteemed Masters such as Dr Serge Augier and Master He Jing Han.

As human beings, we search for the same thing our entire lives: happiness. There are many paths to this elusive and precious destination. But once attained, some joys last, while others wither quickly. What are the secrets to finding—and keeping—lifelong happiness? Do these secrets even exist? Do you search for true happiness? Within these ancient practices, you can discover tools to help you become the cocreator of your destiny. Do you search for your perfect soul mate? Finding this person isn’t hard at all, once you understand how universal energy truly works. Do you search for financial stability? The key to this treasure is well within reach—with the right education and some hard work. We all have the power to turn our dreams into reality; this guide, packed with ancient theories and backed by modern science about the power of mind energy, can help you do so. The power of Feng Shui is immeasurable; it can change your life. By living in harmony with the universal Chi, you can shape your destiny. You’ll learn how Feng Shui’s potent secret formulas can be used to create your new destiny. Are you ready for happiness beyond anything you could have imagined? Feng Shui beyond Boundaries can show you the path; it’s time to take that first step on your journey to a new life.

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Within the context of a larger discussion of Dao Yin, Damo Mitchell teaches and explains the Dragon Dao Yin exercises, a set of four short sequences designed to work with the subtle energies of the spine and lead pathogenic energies out of the body. More 'Yang' in nature than Qi Gong, Dao Yin focuses on outwards movements and strong internal cleansing. The book highlights this important distinction and covers the theory, history and development of Dao Yin exercises, as well as the relationship between Chinese medical theory and Dao Yin training. One chapter is devoted to problems related to stagnation and the flow of Qi, and explains the different causes and forms of stagnation. Later chapters look at breathing patterns and the extension of Yi, opening the joints, and rotating the bones and spine. Damo Mitchell also discusses stillness as the source of movement, the philosophical significance of the Dragon and the pearl, and the means of hardwiring Dao Yin exercises into the energetic body. Central to the discussion is the concept of the spine, and how to wake it up. For the first time in the English language, the Dragon exercises – Awakening, Swimming, Soaring and Drunken – are described in detail, with photographs and step-by-step instructions on each of the exercises as individual therapeutic exercises and as a form.

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This is the definitive introductory guide to Emotional Freedom Techniques (EFT), a therapeutic psychological tool that draws on Chinese medicine and NLP (Neurolinguistic Programming) to remove blockages within the energy system. Traditional and modern approaches of EFT are explained alongside a comprehensive description of EnergyEFT, the most advanced and evolved form. Simple practical usages of EFT for stress reduction are included, with step-by-step instruction on how to use tapping to remove stress and energise yourself. There are case studies and practical examples demonstrating how EFT can relieve a wide range of negative emotional conditions including anxiety, anger, depression, insomnia and migraines. The book also explores how EFT can improve and maximise positive emotional and spiritual functioning in terms of health and wealth transformation. The uses of EFT are numerous and this handbook is an ideal starting point for anyone interested in learning more about the positive impact EFT techniques can have on their wellbeing.

Ever wonder what it means to be “as healthy as a horse”? Equine-imity teaches you how to achieve optimal mind-body health with qigong, a tai chi-like moving meditation, in the presence of gentle, sensitive horses. Written especially for non-equestrians and non-meditators. Seven easy-to-learn exercises. International resources for how to find a horse near you. Based on our course of the same name at Stanford, Equine-imity draws on principles and techniques from yoga, tai ji, mindfulness meditation, and Reiki lovingly laid on a foundation of Daoist philosophy and Jungian psychology. From an East-meets-Western medical perspective, Equine-imity includes state-of-the art information on stress physiology, sports medicine, mirror neurons, and the physics and metaphysics of energy measurement.

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