

Chapter 1 : The Root of Chinese Qigong : Secrets for Health, Longevity and Enlightenment | eBay

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.

The spine is the root of all motion, and a healthy back is vital to well-being. According to the National Institute of Neurological Disorders and Stroke, nearly 80 percent of adults experience low back pain at some point in their lives. For many, the condition progresses to the point where they will have to manage pain for years to come. Some will have little choice but to rely on prescription medication. But for the millions of others with back pain, there is hope. By committing to a series of simple exercises, we can remain loose and flexible. We can prevent and heal injuries to maintain a strong, healthy back. Motion is the key, and in this book Dr. Yang, Jwing-Ming will get you moving. You will regain natural, pain-free motion and balance with qigong, a timeless Chinese art that promotes healing, flexibility, and balance. The gentle, meditative movements emphasize proper motion in coordination with breath, making qigong the right choice for preventing, treating, and healing back pain. This book presents 54 gentle qigong movements to help you loosen, stretch, strengthen, heal and maintain a strong back for a lifetime. Many people rely on acupuncture, chiropractic treatments, and even surgery. By committing to a simple qigong practice, you can begin to take care of your own back, with less reliance on others. Pain-free motion is the goal, and qigong movements will help you accomplish that goal. Have you had experiences with telepathy, precognition or subtle energies? You are not alone. These and many other extraordinary abilities have been reported since the earliest days of humankind and hint at an indwelling potential we all share. To broaden our understanding of these abilities, *Infinite Possibility* compares eight different spiritual traditions and the Scientific paradigm to understand: How different cultures understand the extraordinary The range of abilities seen across cultures Where in the hierarchy of consciousness extraordinary abilities occur The methods used to evoke abilities And the risks reported in undertaking the extraordinary Perhaps you are interested in what your particular tradition has contributed to our understanding of the extraordinary. Or you may simply enjoy reading about the exploits of saints, lamas, shaman and intuitives. Whatever your reason, this exceptional survey of the worlds traditions is guaranteed to deepen your understanding of our infinite human potential.

Chapter 2 : Full text of "The Root of Chinese Qigong"

The Root of Chinese Qigong has ratings and 12 reviews. Ricardo said: Not really a book you read, but a book you study (and regularly go back to if y.

Moving Meditation and Mind-Body wellness practice which is a combination of Movement, Posture, Breathing, and Awareness "The most profound medicine is produced in the human body for free. It is produced within us through the balance and harmony of physiology, mind, and spirit. Jahnke, all of the necessary components of self-healing have been in place within us since the beginning of the human race. Both ancient and contemporary philosophers have pointed to our naturally occurring self-healing capacity and contemporary science has confirmed the spontaneous function of self-repair and self-restoration. A Conspiracy of Miracles: What is chi energy? Can any person harness their own chi energy? Qi, Chi, Ki, Prana " are all references to a feature of nature that pervades everywhere filling all of what we call space and penetrating all of what we call matter. Qigong is a path of life mastery, a path to enlightenment. The movements, mantras, and meditations are tools that are used towards that end. The tools should not limit you. They should help you grow A Qigong form is meant to assist a person in gaining the health, energy, and sensitivity needed to explore the more spiritual dimensions in life. After the basics of Qigong are learned, proper posture and alignments, etc. What happens to some practitioners of spiritual movement systems such as Qigong And they end up ignoring the inner experience What is most important is what is happening on the inside, the energetic, meditative, and spiritual aspect of the art. Qigong is an integration of physical postures, breathing techniques, and focused intentions. Qigong practices can be classified as martial, medical, or spiritual. All styles have three things in common: Some practices increase the Qi; others circulate it, use it to cleanse and heal the body, store it, or emit Qi to help heal others. Practices vary from the soft internal styles such as Tai Chi; to the external, vigorous styles such as Kung Fu. American College of Sports Medicine ACSM Endorses Qigong and Tai Chi "A program of regular exercise that includes cardiorespiratory, resistance, flexibility, and neuromotor exercise training beyond activities of daily living to improve and maintain physical fitness and health is essential for most adults Neuromotor exercise training, sometimes called functional fitness training, incorporates motor skills such as balance, coordination, gait, and agility, and proprioceptive training. Multifaceted physical activities such as tai ji tai chi , qigong, and yoga involve varying combinations of neuromotor exercise, resistance exercise, and flexibility exercise. Neuromotor exercise training is beneficial as part of a comprehensive exercise program for older persons, especially to improve balance, agility, muscle strength, and reduce the risk of falls. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: Yang Sheng is a manageable practice for all people, aimed at cultivating health and harmony through daily activities. The focus is on maintaining balance through an awareness of our connection with nature and our environment, our physical bodies and our spirit. Health preservation instead of disease treatment is an essential feature of TCM practice and is significantly different than Western medicine, which mainly focuses on disease and illness. Most cultures have a similar terminology for life energy. Mindful exercise and mental health. How is mindful exercise like Qigong different from normal western exercise and why should you practice it? The concept of Qi energy has been an integral component of Eastern philosophy and medicine for thousands of years. However, there is no single accepted definition of Qi. Some people think that Qi is an electric energy, while others believe it is magnetic energy, or heat energy. Scientists have long been interested in measuring Qi but it cannot yet be measured by any medical science or explained via physics. However, there is a lot of science behind Qigong " more so than any other form of Energy Medicine. The face of exercise is changing in America. Instead of relentlessly pursuing a sculptured physique, people are chasing longevity, stress reduction and improved health through mind-body practices like qigong. Qigong in the Martial Arts There are thousands of different types of Qigong. The practitioner stands motionless in a particular posture to develop internal strength. A widely practiced form of zhan zhuang is Wuji Qigong. It is very easy to practice yet is said to be difficult to master. Some masters train only using this form of Qigong. Bioelectricity, Qi, and the Human

Body. Qi is the electric energy associated with living organisms. Electricity, defined by Merriam-Webster, is as follows: Generally speaking, when thinking of electricity, we think of it as something external to our human bodies: There is, however, a form of electricity that is prevalent in every living creature: Energy Psychology. There are many different energy psychology techniques. Two of the more prominent approaches to this profound psychotherapy technique and healing modality include the use of Qigong and Acupoint Tapping. Qigong Institute Founder Ken Sancier is one of the experts interviewed in the following video. It is a physical, mental and spiritual practice that continuously supports our natural tendency toward homeostasis. Innate abilities have an opportunity to develop; the senses more keen, organ function more consistent and strong, the sympathetic nervous system relaxed, parasympathetic nervous system efficient, the mind relaxed, alert, clear, freely channeling messages in a multitude of new and diverse directions. Ken Sancier, Founder of the Qigong Institute. *Body, Science, and Utopia in China*. Asian philosophies and the ancient personal transformation traditions of the pre-colonial, original cultures have always held that the world we experience through our senses is but a fragment of what is.

Chapter 3 : The Root of Chinese Qigong: Secrets of Health, Longevity & Enlightenment by Yang Jwing-Ming

The Root of Chinese Qigong—“Secrets for Health, Longevity, and Enlightenment by Dr. Yang, Jwing-Ming Our Very Best in Qigong Books. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body.

Signup to Playster for free 30 days trial. Fill the registration form such as email, name, address etc. After registration successfully they will sent you email confirmation that you want to read book with ISBN Go to your email that you use on registration and click on confirmation link. Now your account has been confirm and you can read online The Root Chinese Qigong Enlightenment Ebook on their platform. The corporation has offices in New York and the UK. The service offers a combination of books, audiobooks, movies, music and games and calls itself "The Netflix of Everything". Access hundred thousands amazing audiobooks from any genre and category. Unlimited streaming movies more than hundred thousands title anytime, anywhere. Listening millions musics collections from their playlist as much as you want. Access playster content on up to six different devices. Access the service via a web browser or through the smartphone App, which is available for IOS and Android. If you are using the latest version of the Playster app for iOS or Android, you can enjoy content without the need for an internet connection. The Playster app lets you download and save all of your favorite music, books, audiobooks and movies to your mobile device so you can enjoy them anytime, anywhere. If you are not satisfied with their service, you can cancel your subscription anytime, unsubscribe without additional charges. 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. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. 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.

Chapter 4 : Qigong Institute - What is Qigong

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Prelude In their seven thousand years of history, the Chinese people have experienced all possible human suffering and pain. Chinese culture is like a very old man who has seen and experienced all of the pain of human life. Yet through his experience, he has also accumulated a great store of knowledge. Chinese culture, as reflected in its literature and painting, ranks among the greatest achievements of the human spirit. Within this complex cultural and historical background, the Chinese people have long sought ways of living healthy and happy lives. However, as they looked for ways to better themselves and seek spiritual fulfillment, they have also tended to believe that everything that happens is due to destiny, and that it is prearranged by heaven. Despite this fatalistic belief, they have still looked for ways to resist the apparent inevitability of sickness and death. The Chinese have devoted a large part of their intellectual effort to self-study and self-cultivation in the hope of understanding the meaning of their lives. This inward-feeling and looking, this spiritual searching, has become one of the major roots of Chinese religion and medical science. Qi, the energy within the human body, was studied very carefully. As people perceived the link between the Qi in the human body and the Qi in nature, they began to hope that this Qi was the means whereby man could escape from the trap of sickness and death. Over the years, many different sectors of Chinese society have studied and researched Qi. Of all the researchers, the scholars and the doctors have had the longest history, and they have brought the understanding of Qi to a very deep level. It was they who learned the methods of maintaining health and curing sickness. Chinese medical science has developed out of the Qi research of the physicians. When Indian Buddhism was imported into China, it profoundly influenced Chinese culture. Naturally, Chinese Qigong was also affected by the Buddhist meditative practices. The Daoist religion was created out of a mixture of traditional scholarly Daoism and Buddhism. Since that time, Buddhist and Daoist Qigong have been considered among the greatest achievements of Chinese culture. Daoism and Buddhism have not only brought the Chinese people a peaceful, spiritual mind which may untie the mystery of human life and destiny, they have also created a hope that the development of Qigong may give people a healthy and happy life while they are alive, and an eternal spiritual life after death. When viewed from this historical background, it is not hard to understand why a major part of Chinese culture in the last two thousand years, other than warfare and possibly medical science, were based on the religions of Daoism and Buddhism, and spiritual science. The emphasis on the spiritual life, rather than the material, is one of the major differences between Eastern and the Western cultures. Most Westerners believe that if you strengthen your physical body, you also improve your health. People who exercise a lot and whose bodies are externally strong are not necessarily healthier or happier than the average person. In order to have true good health you must have a healthy body, a healthy mind, and also smooth and balanced Qi circulation. According to Chinese medicine, many illnesses are caused by imbalances in your mind. For example, worry and nervousness can upset your stomach or harm your spleen. This is because your internal energy Qi circulation is closely related to your mind. In order to be truly healthy, you must have both a healthy physical body and a calm and healthy mind. True good health is both external and internal. When someone gets involved in body building, he will emphasize building strong muscles. According to acupuncture and Qigong theory, he will also energize his body, stimulate his mind, and increase the level of the Qi circulation. If he trains properly, he will naturally gain physical health. However, if he exercises too much, he will over energize his body and over-excite his mind and Qi. This will make his physical body too Yang positive. According to Chinese philosophy, too much of something is excessive Yang and too little is excessive Yin , and neither extreme is desirable. When your body is too Yang or too Yin, your internal organs will tend to weaken and to degenerate sooner than they ordinarily would. A person who seems to be externally strong and healthy may be weak internally. In addition, when a body builder gets older, his over-stressed muscle fibers may lose their elasticity and degenerate faster than those of the average person. This causes the Qi to stagnate

in the Qi channels. This phenomenon is well known among older practitioners of external martial arts, where it is called San Gong , meaning energy dispersion. The proper amount of exercise will generate only enough Qi to stimulate the organs and help them function normally and healthily. Overdoing exercise is like getting too much sunshine, which we now know will cause your skin cells to degenerate faster than the lack of sun. Strengthening yourself internally and externally at the same time is called Xing Ming Shuang Xiu. Xing means natural characteristics, personality, temperament, or disposition. It is shown internally. Ming is life, and refers to the life or death of the physical body. Shuang Xiu means double cultivation. The expression therefore means that if you desire to gain real health, you must cultivate your character internally and strengthen your body both internally and externally. The internal side is approached through meditation and Qigong exercises. Many people believe that Qigong is a product only of China, India, or other Oriental countries. As a matter of fact, internal energy cultivation has also been common in the Western world, usually within the context of religion. Many people have been able to find their internal foundation and strength through meditation or praying in their church, temple, or mosque. Through their devotions and the practice of prayer, they are able to build up their concentration, confidence, and will, all of which are prerequisites to internal strength. The practice of such disciplines allows the energy in the body to become balanced, bringing health and strength to some, and even, in some cases, seemingly supernatural powers. Jesus is credited with many miracles, but he told his disciples He that believeth on me, the works that I do, shall he do also, and greater works than these shall he do, John All of the major Western religions have had branches or sects which used practices similar to the Oriental Qi Bibliografische Informationen.

The Root of Chinese Qigong Secrets for Health, Longevity, & Enlightenment The Heart (Upper Burner, Fire) and the Kidney (Lower Burner, Water) keep each other in check and are dependent upon one another.

Yang, Jwing-Ming, May 28, Many people think that qigong is a difficult subject to comprehend. In some ways, this is true. However, you must understand one thing: The basic theory and principles are the roots of the entire qigong practice. If you understand these roots, you will be able to grasp the key to the practice and grow. All of the qigong styles originated from these roots, but each one has blossomed differently. It is impossible to discuss all the basic qigong ideas, but it is my hope to offer beginners the key to open the gate into the spacious four-thousand-year-old garden of Chinese qigong. Qi and Man In order to use qigong to maintain and improve your health, you must know that there is qi in your body, and you must understand how it circulates and what you can do to ensure the circulation is smooth and strong. Qi is energy; it is a requirement for life. The qi in your body cannot be seen, but it can be felt. This qi can make your body feel too positive too yang or too negative too yin. Imagine that your physical body is a machine and your qi is the current that makes it run. Without the current the machine is dead and unable to function. For example, when you pinch yourself, you feel pain. Have you ever thought, "How do I feel pain? However, there is more to it than that. Qi is the energy that makes the nervous system and the other parts of your body work. When you pinch your skin, that area is stimulated and the qi field is disturbed. Your brain is designed to sense this and other disturbances, and to interpret the cause. Managing Qi According to Chinese qigong and medicine, the qi in your body is divided into two categories: The managing qi is the energy that is sent to the organs so they can function. The guardian qi is the energy that is sent to the surface of the body to form a shield to protect you from negative outside influences such as cold. In order to keep yourself healthy, you must learn how to manage these two qi efficiently so they can serve you well. Qi is classified as yin because it can only be felt, while the physical body is classified as yang because it can be seen. Yin is the root and source of the life that animates the yang body physical body and manifests power or strength externally. Therefore, when the qi is strong, the physical body can function properly and be healthy, and it can manifest a lot of power or strength. In order to have a strong and healthy body, you must learn to how to keep the qi circulating in your body smoothly, and you also learn how to build up an abundant store of qi. In order to reach these two goals, you must first understand the qi circulatory and storage system in your body. Chinese doctors discovered long ago that the human body has twelve major channels and eight vessels through which the qi circulates. The twelve channels are like rivers that distribute qi throughout the body, and also connect the extremities fingers and toes to the internal organs. I would like to point out here that the "internal organs" of Chinese medicine do not necessarily correspond to the physical organs as understood in the West, but rather to a set of clinical functions similar to each other, and related to the organ system. The eight vessels, which are often referred to as the extraordinary vessels, function like reservoirs and regulate the distribution and circulation of qi in your body. When the qi in the eight reservoirs is full and strong, the qi in the rivers is strong and will be regulated efficiently. You should understand that every channel has its particular qi flow strength, and every channel is different. All of these different levels of qi strength are affected by your mind. For example, when the weather is dry, the qi in the lungs will tend to be more positive than when it is moist. When you are angry, the qi flow in your liver channel will be abnormal. The qi strength in the different channels varies throughout the day in a regular cycle, and at any particular time one channel is strongest. For example, between 11 a. Furthermore, the qi level of the same organ can be different from one person to another. Whenever the qi flow in the twelve rivers or channels is not normal, the eight reservoirs will regulate the qi flow and bring it back to normal. For example, when you experience a sudden shock, the qi flow in the bladder immediately becomes deficient. Normally the reservoir will immediately regulate the qi in this channel so you can recover from the shock. However, if the reservoir qi is also deficient, or if the effect of the shock is too great and there is not enough time to regulate the qi, the bladder will suddenly contract, causing unavoidable urination. When a person is sick because of an injury, his qi level tends to be either too positive excessive, yang or too negative deficient,

yin. A Chinese physician would either use a prescription of herbs to adjust the qi, or else he would insert acupuncture needles at various spots on the channels to inhibit the flow in some channels and stimulate the flow in others, so balance can be restored. However, there is another alternative and that is to use certain physical and mental exercises to adjust the qi. In other words, use qigong. Western Acceptance Since the Western medicine has gradually begun to accept the existence of qi and its circulation in the human body. Several studies indicate that what the Chinese call "qi" is the bioelectric circulation in the body. It is now generally accepted by Western medicine that imbalance of the bioelectric current is a cause of many illnesses. If qi is the bioelectricity circulating in the human body, in order to maintain the circulation of qi or bioelectricity, there must be an EMF electromotive force generating an electric potential difference. It is like an electric circuit, which must be hooked up to a battery or other source of EMF before there can be a current. There are two main purposes in qigong training: In order to have smooth circulation of qi we must regulate the electric potential difference that controls the qi flow, and also remove all sources of resistance in the path of the circulation. In order to fill up the qi vessels, we need to know how to increase the charge in our "battery. However, your body is different from a regular electric circuit in that it is alive and can change. When the qi flow becomes stronger, your body will react and build itself up so it can accept this new qi flow. Qigong should be trained slowly and carefully so that, as you build up the qi stored in your channels, your body has time to readjust itself. All of this also makes your body stronger and healthier. You can see that the key to qigong practice is, in addition to removing resistance from the qi channels, maintaining or increasing the qi level EMF in the qi reservoirs battery or capacitor. There are four major sources: In addition, we are also being greatly affected by the energy generated by modern technology, such as electromagnetic waves generated by radios, TVs, microwave ovens, computer monitors, high-tension power lines, electrical wiring, and many other things. In order to maintain life, we take in food and air essence through our mouth and nose. These essences are then converted into qi through biochemical reaction in the chest and digestive system. When the qi is converted from the essence, an EMF is generated that circulates the qi throughout the body. A major part of qigong is devoted to getting the proper kinds of food and fresh air. The human mind is the most important and efficient source of bioelectric EMF. Any time you move to do something, you must first generate an idea yi. The more you can concentrate, the stronger the EMF you can generate, and the stronger the flow of qi you can lead. Because of this, the mind is considered the most important factor in qigong training. Exercise converts the food essence fat stored in your body into qi and therefore builds up the EMF. In taiji qigong, the mind and the movements are the two major sources of EMF, though the other two sources are also involved. For example, when you practice in the early morning, you can absorb energy from the sun. The above is an excerpt from Tai Chi Qigong: Yang, Jwing-Ming, is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past years. Yang lives in Northern California.

Chapter 6 : The Root of Chinese Qigongâ€™Secrets for Health, Longevity, and Enlightenment | YMAA

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Chapter 7 : The Root of Chinese Qigong - Jwing-Ming Yang - Google Books

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.

Chapter 8 : The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment by Yang Jwing-Mi

Whatever style you practice, you'll find the keys to successful training in The Root of Chinese Qigong. â€¢ Improve your health with Qi (vital energy) training. â€¢ Relieve stress with simple breathing techniques. â€¢ Learn the secrets that will advance your practice. â€¢ Discover the foundations of Chinese medicine.

Chapter 9 : Qigong Theoryâ€”The Roots in the Garden | blog.quintoapp.com

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