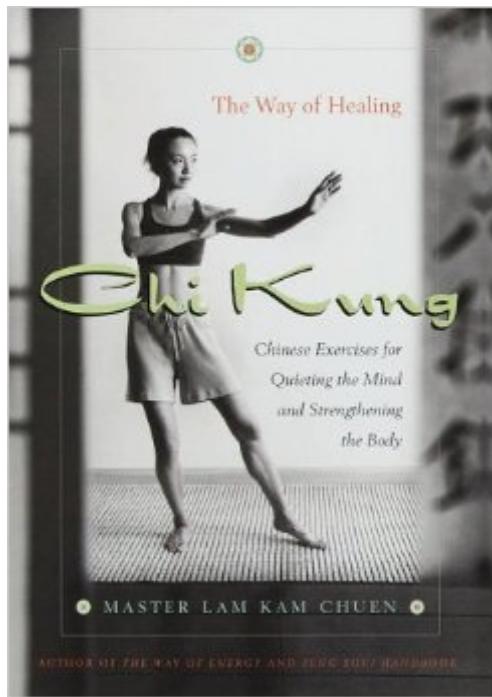


The book was found

Chi Kung: The Way Of Healing



Synopsis

Master Lam Kam Chuen combines simple Chi Kung and Tai Chi exercises to offer relief for the stress-related symptoms and illnesses Western medicine and exercise are ill-equipped to treat. All healing depends on energy. This book includes chi exercises to sustain health, increase energy, healing and recovering such as Silk Cocoon, Rolling the golden Sphere, Waving hands like clouds and more.

Book Information

Paperback: 160 pages

Publisher: Broadway; 1st U.S. ed edition (May 4, 1999)

Language: English

ISBN-10: 0767903390

ISBN-13: 978-0767903394

Product Dimensions: 6.5 x 0.4 x 9.3 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #532,657 in Books (See Top 100 in Books) #286 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #933 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #1843 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

This excellent book by Master Chuen adds to the set of books that he has written that introduce the methods of working with and enhancing your own internal energy (Chi or qi). The emphasis in this book as implied by the title concerns using qi for healing, mostly oneself, but others are mentioned. There is information presented in this text that is also in his other texts, especially *The Way of Energy*, though this is a little more focused on self healing. The major emphasis in all of his books are a set of deceptively simple practices called variously "universal post", "tree standing" though the author uses their generic Chinese name Zhan Zuang. These exercises are central to many types of internal qigong exercises, though they have a bit of an aura of secrecy around them. Mostly this is because martial arts teachers don't tend to teach them to their students until they have become quite advanced. (You want to know that a student is sufficiently serious and patient to benefit from these practices, else why waste your time teaching them). Many martial arts teachers discount these practices as not being effective since they don't involve much external movement (how could you

fight with them?). The same could be said for typical qigong health practitioners since most trainers think it is better to be aerobically moving, running or stretching than just standing. Master Chuen explains these postures and their supported mental awareness, using some of the best visual images and metaphors in any qigong book I know of. I use some of his images in teaching taiji and qigong students daily. This teacher's unique facility is in explanation and imagery, especially for the western student unfamiliar with the Chinese concepts of five elements, yin & yang or chi flow.

[Download to continue reading...](#)

Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Chi Kung: The Way Of Healing Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) Las aventuras de Uuk y Gluk, cavernas del futuro y maestros de kung fu: (Spanish language edition of The Adventures of Ook and Gluk, Kung-Fu ... (Captain Underpants) (Spanish Edition) The Way of Energy: Mastering the Chinese Art of Internal Strength with Chi Kung Exercise (A Gaia Original) 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Craniosacral Chi Kung: Integrating Body and Emotion in the Cosmic Flow El Chi Kung de la Sabiduria (Spanish Edition) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Hans Kung: His Work and His Way REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Chi Gung: Chinese Healing, Energy and Natural Magick

[Dmca](#)