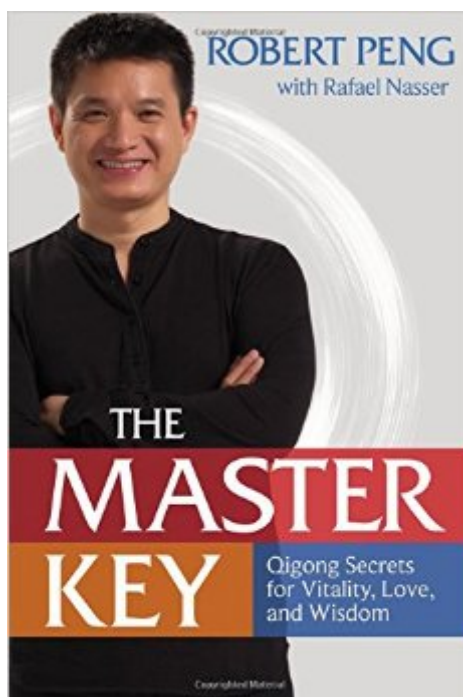


The book was found

The Master Key: Qigong Secrets For Vitality, Love, And Wisdom



Synopsis

It's 1972 in the industrial city of Xiangtan, China. A frail child with a heart condition sneaks into a hotel boiler room and befriends the elderly yet vibrant attendant, who eventually reveals his true identity as a revered Qigong master. He heals the boy and, for the next 13 years, secretly teaches him the keys to unlocking the spiritual and healing dimensions of the Life Force. It sounds like a modern-day fable, but the story is true. And with *The Master Key*, that grateful student, Robert Peng, invites all of us to enter the next chapter of this empowering path. Here, Master Peng brings together the unique insights of his teacher with the moving account of his own journey to inspire and guide us into:

- The foundational methods for gathering, refining, and using the Life Force
- A five-minute exercise to directly experience the reality of Qi energy
- Awakening the body's three Dantian centers
- The Four Golden Wheels practices for strengthening your Qi reservoirs
- The discovery of your True Self through Qigong's tools of self-inquiry
- Empowering your relationships and sexual intimacy
- Entering the sea of compassion and happiness, and much more

How do we open the doorways to authentic love, power, and wisdom? The answer lies in our inner Life Force—and *The Master Key* teaches us how to unlock it.

Book Information

Paperback: 328 pages

Publisher: Sounds True; 1 edition (February 1, 2014)

Language: English

ISBN-10: 1622031393

ISBN-13: 978-1622031399

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (45 customer reviews)

Best Sellers Rank: #339,991 in Books (See Top 100 in Books) #173 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #551 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #1301 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

The Master Key: Qigong Secrets for Vitality, Love, and Wisdom is beautifully written. Through the first five chapters, Robert describes his journey, meeting his teacher Xiao Yao when he was 8 years old, and practicing 2 - 4 hours a day, first martial arts, and then qigong for healing, while cultivating

inner balance and developing spiritual awareness. In the course of his training, he says that he learned hundreds of Qigong practices, and in this book he shares several foundational practices. Through the following 11 chapters, Robert guides you to the process of awakening qi power, using a sword finger, creating a qi ball, empowering three dantians (lower, middle, and upper), balancing the three dantians, empowering the central meridian, lotus meditation, and connecting universe exercise. The qigong exercises are illustrated, and there are links to brief videos at SoundsTrue website. While these videos are helpful, they seem to be designed more to give you a preview of what you may expect from the DVDs you can get to get more out of the exercises. Having also purchased the Master Key videos through the SoundsTrue website, just as this book, they are truly professionally created. Robert has a resonant, hypnotic voice and through the video he radiates calm, balanced energy and both the videos and this book are at the same time informative, instructional and enjoyable. The slant of qigong practice presented in this book is primarily on creating inner balance, and becoming spiritually centered in the process, and then transforming inner imbalances and fostering healing through manipulation of energy, as well as through spiritual awareness.

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

The Master Key: Qigong Secrets for Vitality, Love, and Wisdom The Methods of Zhineng Qigong Science (Teaching Zhineng Qigong) (Volume 1) The Wonders of Water - How H₂O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Key West D.O.A.: A Jack Marsh Briar Malone Key West Action Thriller (Key West Action Thriller Series Book 6) Love Your Skin, Love Yourself: Achieving Beauty, Health, and Vitality from the Inside Out and Outside In Ramayana: India's Immortal Tale of Adventure, Love and Wisdom: India's Immortal Tale of Adventure, Love, and Wisdom The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment Saint Germain: Master Alchemist: Spiritual Teachings From An Ascended Master (Meet the Master) Pick 3 Lottery Secrets-2: The Master Reference Box (Pick 3 Secrets) Pass Key to the NEW SAT, 10th Edition (Barron's Pass Key to the Sat) Florida Keys Paddling Guide: From Key Largo to Key West #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books) Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Qigong Empowerment: A Guide to Medical, Taoist, Buddhist and Wushu Energy Cultivation Energy Warriors: Overcoming Cancer and Crisis with the Power of

Qigong Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Heal Yourself with Qigong: Gentle Practices to Increase Energy, Restore Health, and Relax the Mind The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) Qigong Meridian Self Massage - Complete Program for Improved Health, Pain Annihilation, and Swift Healing (Chi Powers for Modern Age Book 5)

[Dmca](#)