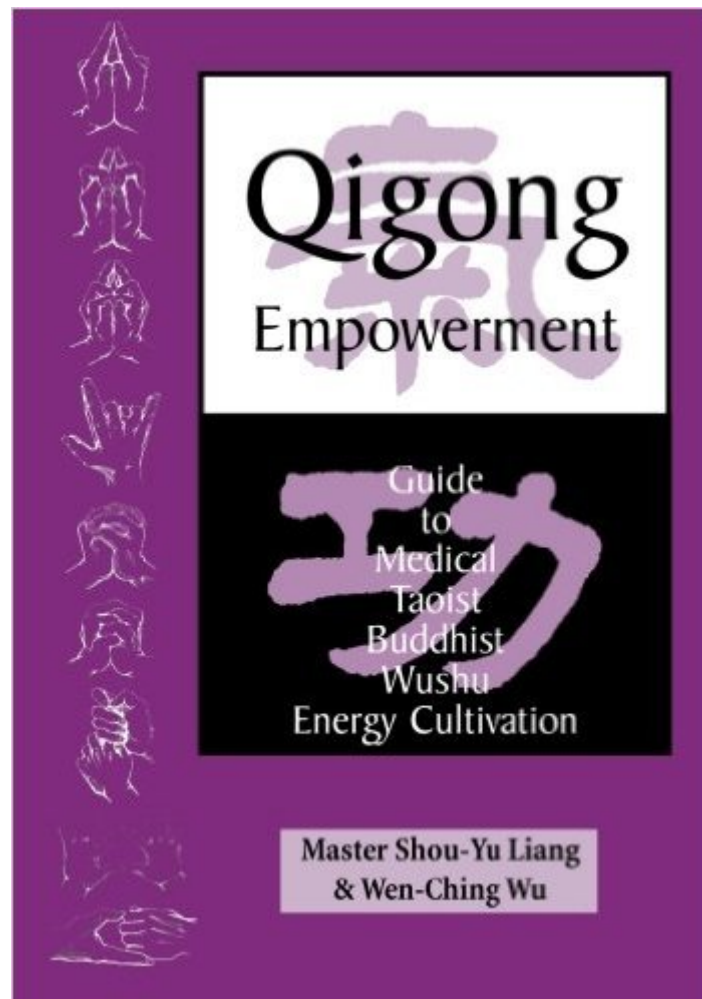


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# Qigong Empowerment: A Guide To Medical, Taoist, Buddhist And Wushu Energy Cultivation



## Synopsis

Qigong Empowerment is the most unique and complete volume ever written in the English language on qigong (Chi Kung). This volume can be used for attaining better health, for healing, for gaining extraordinary power, and for spiritual development. This volume consists of five books which covers:

- Traditional Chinese Medical theories and qi cultivation methods.
- Taoist methods to foster Essence, Qi, and Spirit.
- Buddhist Esoteric Abilities of the Body, Speech, and Mind.
- Emitting, Absorbing, and Healing Qigong.
- Wushu (martial arts) Iron Shirt training.

Qigong (Chi Kung) has been an integral part of Chinese culture since ancient China. High level qigong masters have always been respected and held in high esteem in Chinese society. Qi is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the vital force behind all things in the universe. It is the medium between and within all material substances. We are all immersed in it. The term gong refers to the power to produce an effect, an attainment of, or an accomplishment that is achieved with steady practice. Loosely, qigong can be translated as the attainment of qi. Healers and the medical society use qigong for healing and preventing illness. Martial artists use qigong for developing incredible strength and abilities. Others use qigong to attain a greater consciousness.

## Book Information

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## Customer Reviews

Definitely the best book on QiGong available in English to date. And no doubt better than a lot, if not most, of the QiGong books in Chinese. The "varieties" of QiGong in China number in the THOUSANDS, this book presents some of the best in essence. This 348-page volume is divided

into five chapters or "Books". The materials contained in Book 1 (Medical QiGong) are pretty basic, and commonly available, though useful for beginners. The last chapter (Book 5) on WuShu QiGong will be primarily of interest to martial artists and some athletes. The weakness here is that it covers only the "Hard" techniques, but does not include the "Soft" or internal methods like TaiJi and similar QiGongs. Taoist QiGong is covered in Book 2. Being an integral part of Chinese culture from the beginning, Taoism can claim to have the most elaborate and comprehensive QiGong practices. These encompass the whole spectrum of physical to spiritual development purposes. The disadvantage of Taoist QiGong is that sometimes it can get overly complicated, and burdened by cultural dross. The authors however, have been able to present the information in a reasonably simple and straightforward way, easily comprehensible to those not steeped in ancient Chinese lore. The most unique part is Book 3, which is about Buddhist QiGong, more specifically QiGong as taught in some Tantric Buddhist traditions. Most of the information contained here are not easy to come by, even for students of Tantric Buddhism. This is really a pity as, in my experience, Buddhist QiGong has some of the most powerful and profound techniques. So the author really has done a great service to the general public by sharing such information in a non sectarian way. For some this section alone will justify getting the whole volume.

Quite simply, this book covers more aspects and types of Qigong than any other book available to the English speaking public. I am a practitioner of the huge Universal Tao System and this one of the only books that is up to par with Sifu Mantak Chia's books. Furthermore, it uncovers very, very secret practices from the Taoist Internal Alchemy, Chinese and Tibetan Tantrism, Shaolin Secret Arts and even Dzogchen(!) many of which have never been publicly published before. Some of these practices are so secret most practitioners have either: never heard of them or had concluded they had been lost. Yet, Sifu Shou-yu Liang and Sifu Wen-ching Wu have found it in their hearts to share these profound practices with the rest of the world. They are both incredible masters in their own right, not to mention winning numerous qigong and martial arts awards under their belt. Their schools are well known and respected worldwide. Really, Qigong Empowerment is set of 5 books. After reading the introduction you will then be able to choose which books you want to read. If you are feeling unhealthy you might go to the Medical Qigong Book; if you practice a style of martial arts you may go to the Martial Qigong Book. All five books are really amazing though. Each practice is outlined in a very logical and practical manner and really pretty easy to understand. There is also a healthy amount of philosophical explanation and theory. So even the teaching method is complete here: they give WHO founded the particular technique and how it was passed

down, WHAT it is in clear explanation, WHERE it is from exactly, and HOW it should be done along with safety tips, and to top it off, WHY you would want to practice such a technique with some examples of the benefits. If you're new to Qigong start here.

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