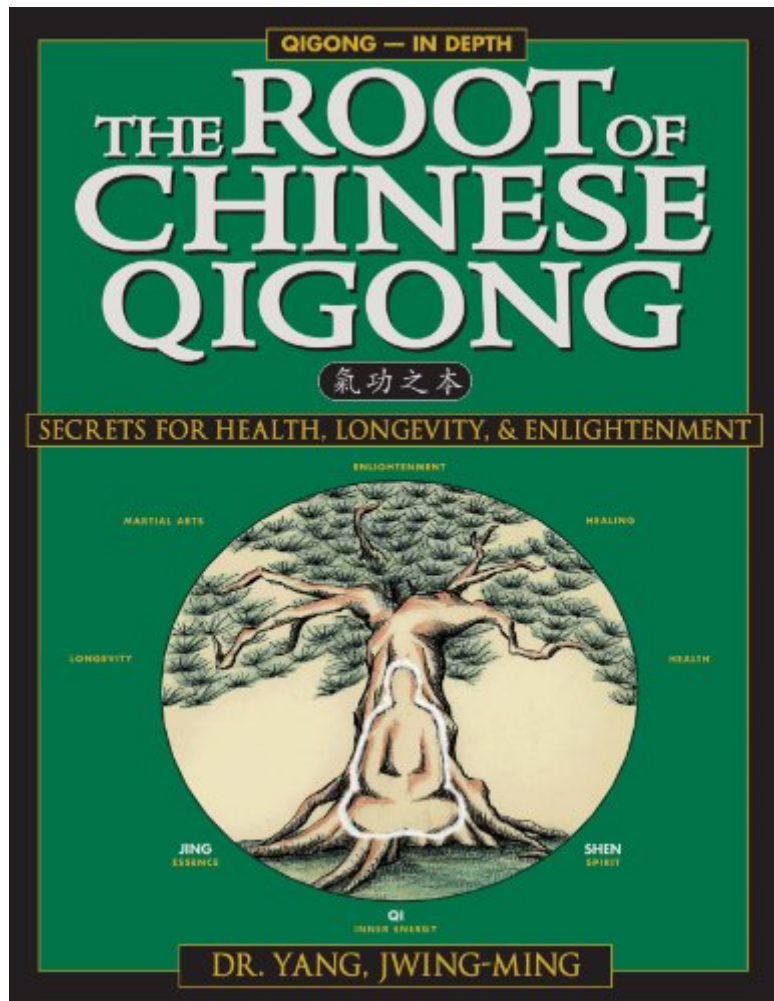


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# The Root Of Chinese Qigong: Secrets Of Health, Longevity, & Enlightenment



## Synopsis

A complete reference for all levels of Qigong practice. Qigong, the study and use of Qi, promotes longevity, health, and spiritual development.

## Book Information

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## Customer Reviews

This intro tome to the art is a product of the golden age of Chi Kung (see Qigong Fever: Body, Science, and Utopia in China). It's the result of a buying spree by the author on a visit home to Taiwan, during which he snatched up every Chi Kung document he could find -- and in those days, before the Falun Gong crackdown, that was probably a *lot*. Yang's determination to cross-reference and characterize every single method he has read about is creditable, but as he freely admits, he certainly has not practiced every single thing he is describing. What you are getting here is a digest of written material. The initial attitude is great, speaking of tradition with the highest respect but also granting the need to test it and acknowledge it wrong if necessary, and insisting the reader not take the book as infallible. I learned from the pool of info -- terminological clarifications, subtle distinctions in breathing and work with the emotional mind, things of that kind. But I didn't learn as much as I had expected. The material is repetitive. It's mostly pretty basic stuff, but since

it's presented neither simply enough nor coherently enough to practice from, I would not recommend it for a beginner. Conversely, if you are experienced in Chi Kung this will mostly be stuff you already know. Despite the initial "I'm not the final authority" attitude, there are endless exhortations with the words 'must' and 'should' about correct practice scattered everywhere; I don't always agree with them, nor with the order of work Yang lays out which he seems to regard as unshakably correct.

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