

Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans, Mantras, and Mudras in Healing and Inner Cultivation, 2011, 112 pages, Zhongxian Wu, 085701059X, 9780857010599, Singing Dragon, 2011

Chinese Shamanic Cosmic Orbit Qigong is an advanced form of Qigong from one of China's esoteric traditions. Never before written about in the West, this form offers great cumulative benefits from regular daily practice. Master Wu describes the practice in detail, including the meaning and significance of the Chinese names for each movement, with its shamanic roots, and provides the mantra, visualization, and mudra for each as well as explaining the therapeutic benefits and talismanic aspects. The book is fully illustrated, and there is a handy reference quick guide at the end showing the entire orbit. This unique book will be essential reading for advanced students and practitioners of Qigong and anyone interested in Daoism, or the ancient wisdom traditions of China.

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Heavenly Stems and Earthly Branches - TianGan DiZhi The Heart of Chinese Wisdom Traditions, Zhongxian Wu, Karin Taylor Wu, Apr 21, 2014, Religion, 268 pages. Essential reading for serious students of Chinese practical arts, including medicine, martial arts and FengShui, Master Zhongxian Wu and Dr Karin Taylor Wu provide a detailed.

Chakra Workout , Blawyn And Jones, May 13, 1997, , 230 pages. Chakra workouts have come to be acknowledged as time-tested techniques of rejuvenation. The authors have presented a beginner's guide to initiate you into the process. The book.

The Practice of Yoga for Health, Happiness and Development of Body, Mind and Emotions , Health Research Staff, Sep 1, 1996, , 95 pages. 1957 with 52 exercises. the author knows this subject from vast experience and has compiled this information from leading texts..

Mindful Parenting Meditations, Verses, and Visualizations for a More Joyful Life, Scott Rogers, 2005, Family & Relationships, 216 pages. Presenting readers with effective and easy-to-apply meditation techniques that expand present moment awareness and bring about feelings of joyfulness, this text is a resource.

Fire Dragon Meridian Qigong Essential NeiGong for Health and Spiritual Transformation, Zhongxian Wu, Karin Taylor Wu, Jul 15, 2012, Body, Mind & Spirit, 200 pages. Fire Dragon Meridian Qigong is a traditional Chinese internal alchemy method that embodies the spirit of the rising dragon, an auspicious symbol of transformation in Chinese.

The Qigong Rejuvenation Diet with Breathing and 14 Movements An Integrated Method for Health and Wellness, Keiko Murakumo, Jul 23, 2008, Cooking, . This book will enable readers to quickly incorporate an all around self-healing and personal development "way" into their lives, based on the fundamental principles and.

Vital Breath of the Dao Chinese Shamanic Tiger Qigong - Laohu Gong, Zhongxian Wu, Nov 8, 2012, Philosophy, 256 pages. Vital Breath of the Dao is a fully illustrated guide to the historical background, practical application, underlying principles and techniques of Qigong, a way of

physical and.

The Mudra Revolution , Louis Gabriel Watel, , , . .

Secrets of Qigong , Angus Clark, Nov 1, 2001, Health & Fitness, 224 pages. Exercise and heal your mind, body, and spirit with this ancient Chinese practice. QiGong is an ancient Chinese system of exercise that helps you combat stress, prevent disease.

Qigong for Staying Young A Simple Twenty-minute Workout to Cultivate Your Vital Energy, Shoshanna Katzman, 2003, Health & Fitness, 274 pages. An introduction to the ancient Chinese practice of self-healing and fitness outlines a twenty-minute program that incorporates postures, breath, sound, visualization, herbal.

Kundalini, evolution, and enlightenment , John Warren White, 1979, Health & Fitness, 482 pages.

Cosmic Orbit , Mantak Chia, , , . .

Tranquil Sitting A Taoist Journal on Meditation and Chinese Medical Qigong, Yin Shi Zi, Sep 15, 2012, Religion, 96 pages. Tranquil Sitting is the Taoist Master Yin Shi Zi's practical guide and inspirational testament to the healing power and spiritual benefits of meditation and Chinese medical.

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