

The book was found

Ancient Qi Gong, Ba Duan Jin: Mystical Functions And Mechanism Of Ba Duan Jin



Synopsis

Ancient Qi Gong, Ba Duan Jin is the origin of all forms of modern Qi Gong. Ba Duan Jin means 8 pieces of silk, in other words, 8 important exercises for health. Qi Gong activates energy channels in the body and also awakens consciousness. It is scientifically proved that practicing Ba Duan Jin improves quality of blood, pressure, diminishes LDL, increases HDL level. It means blood flows in better condition and prevents heart attack and stroke. Ba Duan also has good effects on diabetes. It also liberates stressed mind and treats depression. Qi Gong is a kind of energy healing practice that originated from ancient China. Emotional status is not just about brain but it is closely related to the status of internal organs. In the view of Chinese Medicine, without treating internal organs, treating depression is impossible. There are hundreds or thousands of ways to treat internal organs or preserving their health. One of the most simple and effective way is practicing Qi Gong everyday. Qi Gong is a kind of training energy system of body simply by moving, breathing and mind concentrating. It changes our body system. If you practice Qi Gong everyday, all of your energy flowing channels will be opened and you will feel the flow of energy (Qi) in your body. This book explains how Qi Gong works and its mechanism in view of Chinese Medicine. This book also explains each steps of movements of health Qi Gong, Ba Duan Jin, with clear photos. Added Chinese Medicine theory about types of Qi (Energy) that flows in human body in the part of Appendix.

< Contents > 1. Qi Gong, Chi Kung for mental depression 2. Mentality or emotions in Chinese Medicine 3. The inborn life span of human being 4. How can we be healthy? 5. What is Chinese healing exercise, Qi Gong? 6. Benefits of Qi Gong, Ba Duan Jin 7. Who can practice Qi Gong, Ba Duan Jin? 8. Qi and channels in Chinese medicine, TCM 9. The energy pathways, channels 10. Ancient Qi Gong, Ba Duan Jin 11. How to practice Ba Duan Jin Qi Gong- Preparation of mind and breath- How to practice eight exercises of Ba Duan Jin 12. Appendix - types of Qi in Chinese Medicine- Ying Qi (nutritive Qi), Wei Qi (protective Qi), Zong Qi (pectoral Qi), Yuan Qi (original Qi), Zang Fu Qi (Qi in organs)

Book Information

File Size: 2427 KB

Print Length: 42 pages

Publisher: TAI LING group publication (March 18, 2015)

Publication Date: March 18, 2015

Sold by: Ǻ Ǻ Digital Services LLC

Language: English

ASIN: B00UXOAKPI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #416,930 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #270

inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #476

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga #547

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

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

Ancient Qi Gong, Ba Duan Jin: Mystical functions and mechanism of Ba Duan Jin Shaolin Nei Jin Qi Gong: Ancient Healing in the Modern World Nei Gong: The Authentic Classic: A Translation of the Nei Gong Zhen Chuan HIROSHI JIN DISCO DANCE SEXY DISCO JIN HIROSHI NO DISCO DANNCE SERIES (Japanese Edition) Leadership Roles and Management Functions in Nursing: Theory and Application (Marquis, Leadership Roles and Management Functions in Nursing) Basic Immunology Updated Edition: Functions and Disorders of the Immune System With STUDENT CONSULT Online Access, 3e (Basic Immunology: Functions and Disorders of the Immune System) The Healing Art of Qi Gong: Ancient Wisdom from a Modern Master A Portable Cosmos: Revealing the Antikythera Mechanism, Scientific Wonder of the Ancient World Ancient Greek Computer from Rhodes: Known as the Antikythera Mechanism Alexander: The Great Leader and Hero of Macedonia and Ancient Greece (European History, Ancient History, Ancient Rome, Ancient Greece, Egyptian History, Roman Empire, Roman History) Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong Qi Gong for Health and Healing: A Complete Training Course to Unleash the Power of Your Life-Force Energy Developing Internal Energy for Effective Acupuncture Practice: Zhan Zhuang, Yi Qi Gong and the Art of Painless Needle Insertion Gong and Chalice: Epic LitRPG Adventure (Fayroll - Book 4) 7 Minutes of Magic: Recharge Your Body Each Day with Qi Gong Qi Gong for Beginners: Eight Easy Movements for Vibrant Health White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) Structure and Mechanism in Protein Science: A Guide to Enzyme Catalysis and Protein Folding Enzymes: A Practical Introduction to Structure, Mechanism, and Data Analysis Carbonic Anhydrase: Mechanism, Regulation, Links to Disease, and Industrial Applications (Subcellular Biochemistry)

Contact Us

DMCA

Privacy

FAQ & Help