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Microcosmic Orbit Guided Meditation - Activate Your Orbit~~Microcosmic Orbit and Stuck Qi Dragon Sickness #6~~ Microcosmic Orbit - Qigong Exercise Taoist Longmen Microcosmic Orbit Qi Gong Qigong - OLD VERSION of Microcosmic Orbit (GO CHECK OUT THE NEW ONE!)

~~/"Heavenly Stems, Earthly Branches/" - Master Zhongxian Wu~~ /u0026 Damo Mitchell in conversation _ Microcosmic Orbit Meditation /u0026 Chi Kung Sword Finger - amazing energy practice of Qigong healing Demo 2: Dragon /u0026 Tiger Medical Qigong with Related Energetics ~~Mantak Chia - Healing Hand Technique - qigong / chigung~~ MAY 11 MON WISDOM CHI KUNG Morning Exercise for Activating your Tendon by Mantak Chia (Part 1/4) Powerful Taoist Cultivation | Energy Gathering| Visualization of Dantian Meditation | Qi Gon Music Wudang Five Animals Qi Gong (武当五行气功) Tiger Qigong for Lungs in Autumn Taoist Master explains Internal Alchemy theory Opening Dao a documentary film on Taoism and martial arts

Cosmic Orbit QiGong with Elaine Scribner and Dan Jones~~Microcosmic Orbit Mastering Foundation practice in Qigong - Masters Zhongxian Wu~~ /u0026 Damo Mitchell in conversation ~~Microcosmic Orbit - Part 1/14 - Intro Chinese Shamanic Tiger Qigong -- Excellent !!~~ Mantak Chia's Cosmic Qigong (Chi Kung) Part 2 of 3 In the Scholar's Hall: The Micro-Cosmic Orbit in QiGong Practice_Part 3 The Art of Effortless Living (Taoist Documentary) Chinese Shamanic Cosmic Orbit Qigong

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.

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Chinese Shamanic Cosmic Orbit Qigong is an advanced internal cultivation practice from the Mt Emei school which also involves mudras, mantras and visualisations. The cumulative therapeutic benefits of regular daily practice are manifold, from increasing overall vitality to harnessing your body's healing potential.

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Chinese Shamanic Cosmic Orbit Qigong is an advanced internal cultivation practice from the EMei ZhenGong 峨嵋真功 (Mt. EMei Shamanic Qigong) tradition. This 12 movement form utilizes key components of ancient shamanic Qigong lineages – mudra, mantra and visualization and connects us with the 12 rhythms of the natural cycle, the 12 Tidal Hexagrams of the Yijing (I Ching), the 12 Chinese Animals and 12 Earthly Branches.

Cosmic Orbit Qigong DVD – Chinese Wisdom Traditions

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.

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The Microcosmic Orbit meditation is highly valued in qigong practice. This simple chi meditation allows you to influence the flow of chi in your body... Holding the tongue against the roof of the mouth connects the Governing and Conception vessels, and forms what is known as the Small Heavenly Circle, or the Microcosmic Orbit.

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Zhongxian Wu (Author of Chinese Shamanic Cosmic Orbit Qigong)

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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.

Master Wu provides detailed instruction and explanation of the esoteric Chinese Shamanic Cosmic Orbit Qigong in this DVD. With full, uninterrupted demonstration of the practice, and a special feature demonstrating the standing style form, it is a complete introduction to this form for students and practitioners of Qigong of any style.

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 spiritual cultivation, and a way of life. Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to bolster health and deepen spiritual connection to universal energy. Lineage holder Master Zhongxian Wu uses story-telling and a wealth of practical examples to introduce this powerful 24-movement Qigong form, which combines the traditions of ancient

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shamanism, Confucianism, Daoism, classical Chinese medicine, and the martial arts. An excellent introduction for Qigong beginners, the book will also be of interest to experienced practitioners, students of classical Chinese Medicine and anyone interested in Classical Chinese culture and anthropology.

Chinese Shamanic Tiger Qigong is a uniquely classical practice designed to bolster our health, activate our inner life power, and deepen our spiritual connection to universal energy. This book illustrates the philosophy and cultivating method of the Tiger Qigong form and unlocks the mysterious internal alchemy principle of LaoHu (Shamanic Tiger) Gong. By delving further into Xiang (Daoist symbolism) of Tiger, practitioners will receive greater benefits from studying this book and their own Tiger Qigong practice. Master Wu also shares how each movement in the Tiger Qigong practice relates to the eight extraordinary meridians, twelve organ meridians and twenty four JieQi (seasons). This knowledge will help seasoned practitioners experience new dimensions of their cultivation and sharpen their healing tools.

TianGan (Heavenly Stems) and DiZhi (Earthly Branches), commonly abbreviated to GanZhi, originated in the ancient Chinese cosmological sciences and is a complex calendrical system which was created to codify the patterns of life and of the universe itself. The ten symbols of Gan express the Yin or Yang perspective of Five Elements and embody the Way of Heaven. The 12 symbols of Zhi, made manifest in the 12 animals of the Chinese zodiac, hold the root of each Element and embrace the Way of Earth. This set of study cards beautifully presents the key characteristics of each of the 22 GanZhi symbols, making it a unique learning tool and reference guide. The Chinese character of each Stem or Branch is shown, and for calligraphers and those who want to draw the characters correctly the stroke order is clearly illustrated on separate cards. This accessible learning tool offers essential information on the fundamental building blocks upon which Chinese classical texts, classical Chinese medicine, Fengshui, Chinese astrology, traditional Chinese cosmology, Qigong, Neigong, Taiji, and other inner cultivation practices are built. These cards provide a key starting point for the beginning student and offer invaluable information for the seasoned practitioner to deepen their practice. A companion book (9781848191518), also published by Singing Dragon, is available.

The Yijing (I Ching) or "Book of Change" is one of the oldest of the Chinese classic texts and has held a key place in the Daoist tradition for thousands of years. Explaining the ancient Yijing system of prediction based on the Xiang (symbolism) and Shu (numerology) knowledge of Bagua (the eight basic trigrams), which have not previously been written about outside China, this book makes the Yijing accessible to the Western world in a new and fuller way. In the space of just eight days, Master Zhongxian Wu leads the reader towards a deep understanding of the Eight Trigrams of the Yijing and how to apply this knowledge in practical ways in daily life. Master Wu explores the numerology and symbolism of Yijing and clearly explains how the reader can use the Yijing divination system for themselves. This remarkable book provides a user-friendly eight day program that will be a fascinating read for anyone with an interest in learning more about the Yijing or Chinese philosophy and culture as a whole, as well as those who wish to learn how to use the Yijing for practical purposes.

Looks at a variety of Taoist magic diagrams, talismans, and charms, discusses the magical use of calligraphy, and explains the importance

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of graphic symbolism in Chinese culture

Exploring classic Qigong meditation from the perspective of modern psychology, parapsychology and cognitive science, Dr. Tianjun Liu defines the mental state of 'still' Qigong in new terms, identifying a specific mental state, Rujing. He examines the psychology of meditation, showing what happens, both mentally and physically, when a person is in a meditation state. Dr Liu shows how the mastery of Rujing is a fundamental skill vital to the practice of Qigong, and presents a new type of Qigong exercise which takes the achievement of Rujing as its primary goal. His scientific approach to meditation is a breakthrough in this area and will be of interest to practitioners of Qigong and related practices at any level, in addition to anyone with an academic interest in meditation.

I Ching Acupuncture - The Balance Method is a system of acupuncture point selection based on the principles of Chinese philosophy and classic Chinese texts, including the I Ching, Nei Jing Su Wen and Ling Shu. In this unique book Dr. Twicken presents classic Chinese philosophical models that explain the relationships between philosophy, Chinese medical principles, acupuncture channels and the human body. The models are the He Tu, Luo Shu Nine Palaces, Early Heaven Ba Gua, Later Heaven Ba Gua, Twelve-Stage Growth Cycle, Stems and Branches and the Chinese calendar. These models and theories clearly show the relationships between the acupuncture channels and the human body and provide guiding theory for acupuncture strategies and point selection. I Ching Acupuncture presents six Balance Methods. This clinically effective system of acupuncture is based on minimal and distal acupuncture treatments. I Ching Acupuncture - The Balance Method is a valuable and effective acupuncture system that can complement any practice.

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