

Chinese Shamanic Cosmic Orbit Qigong Esoteric Talismans Mantras And Mudras In Healing And Inner Cultivation Paperback 2011 Author Zhongxian Wu

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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.

Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans ...

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 震宮 (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

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Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans, Mantras, and Mudras in Healing and Inner Cultivation by Zhongxian Wu (2011-05-15) Paperback - January 1, 1747

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In this revised edition of the practice section in his first book, Vital Breath of the Tao: Chinese Shamanic Tiger Qigong, Master Wu presents an expanded view and practical approach to an esoteric system of energy work practiced in China for thousands of years to cultivate health, longevity, and spiritual awareness, a system Master Wu has adapted to fit the needs of contemporary readers looking for effective ways to deal with the complex challenges to human health in the world today.

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Within the theoretical foundation of Mt. Emei Sage Style Qigong lies the wisdom of ancient Yijing science and the principles of classical Chinese medicine. This Wu 符 (Chinese shamanic) style is also commonly known as the FuLu 符 School. The Chinese character Fu 符 means symbol, omen, in alignment with, and in accord with.

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