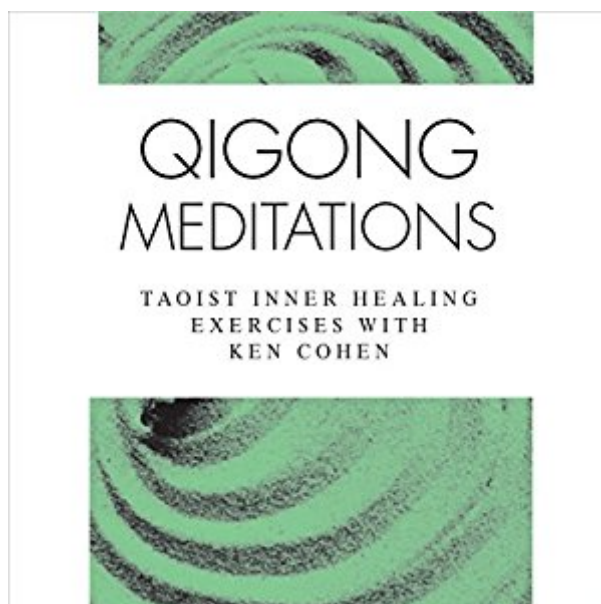


The book was found

Qigong Meditations: Taoist Inner Healing Exercises With Ken Cohen



Synopsis

Qigong meditation is the art of using your mind to direct the flow of energy within your body. This energy, or qi, is the bioelectricity carried by your nervous system. Current physiological research has verified that these currents control your immune system, the regeneration of organ tissues, and the growth of muscle and bone. Controlling this energy flow is one key to good health. In Qigong Meditations, master instructor Ken Cohen presents three authentic qigong exercises in specific detail and teaches correct posture, awareness control, and cleansing the organs inside the body, with special attention given to proper breathing methods.

Book Information

Audible Audio Edition

Listening Length: 57 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: October 7, 2015

Language: English

ASIN: B01697EEJU

Best Sellers Rank: #259 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #723 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #1325 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

Everyone is different. I've tried a number of tapes to calm me down. I was glad to have found this CD. It worked for me and I listen to different selections that apply to what I need at night for 2-4 times a week. I am able to stay with the exercises and can remember them and use the breathing methods during the day if I feel tense. I think he does a good job of working you through the exercise slowly and clearly.

Excellent guided meditations. I find using the meditations greatly reduces my anxiety, as well as noticeable reduction of muscle tension. Also produces the result of reduction of aches and pains from a mixture of joint problems. The previously stated personal and of course subjective observations: do however seem obvious and measurable for myself. In conclusion, when I use the CD, I feel better mentally and physically.

This is typical Ken Cohen. I like his medataiaions and these are no exception. Worth buying

Very healing & restorative.

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

Qigong Meditations: Taoist Inner Healing Exercises with Ken Cohen Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Qigong Empowerment: A Guide to Medical, Taoist, Buddhist and Wushu Energy Cultivation The Methods of Zhineng Qigong Science (Teaching Zhineng Qigong) (Volume 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Simple Qigong Exercises for Health: Improve Your Health in 10 to 20 Minutes a Day Awaken Healing Energy Through The Tao: The Taoist Secret of Circulating Internal Power Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy The Gold Pavilion: Taoist Ways to Peace, Healing and Long Life REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Each Day a New Beginning: Daily Meditations for Women (Hazelden Meditations) The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Miracle Healing from China: Qigong Qigong Meridian Self Massage - Complete Program for Improved Health, Pain Annihilation, and Swift Healing (Chi Powers for Modern Age Book 5) Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1)

[Dmca](#)