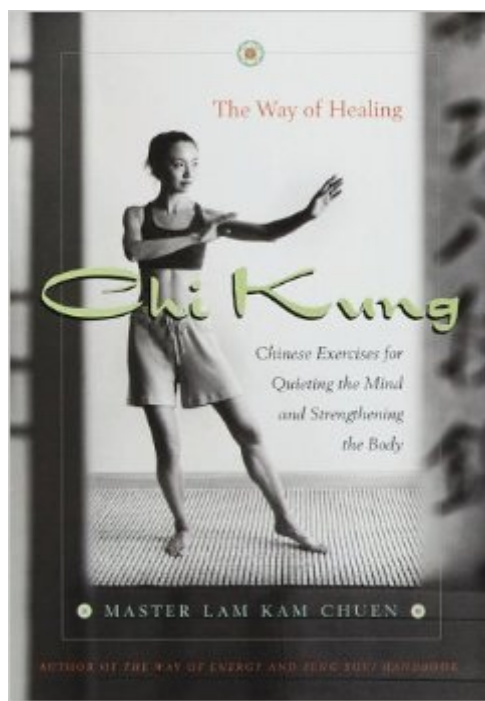


The book was found

Chi Kung: The Way Of Healing



Synopsis

Master Lam Kam Chuen combines simple Chi Kung and Tai Chi exercises to offer relief for the stress-related symptoms and illnesses Western medicine and exercise are ill-equipped to treat. All healing depends on energy. This book includes chi exercises to sustain health, increase energy, healing and recovering such as Silk Cocoon, Rolling the golden Sphere, Waving hands like clouds and more.

Book Information

Paperback: 160 pages

Publisher: Broadway; 1st U.S. ed edition (May 4, 1999)

Language: English

ISBN-10: 0767903390

ISBN-13: 978-0767903394

Product Dimensions: 6.5 x 0.4 x 9.3 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #532,657 in Books (See Top 100 in Books) #286 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #933 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #1843 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

This excellent book by Master Chuen adds to the set of books that he has written that introduce the methods of working with and enhancing you own internal energy (Chi or qi). The emphasis in this book as implied by the title concerns using qi for healing, mostly oneself, but others are mentioned. There is information presented in this text that is also in his other texts, especially *The Way of Energy*, though this is a little more focused on self healing. The major emphasis in all of his books are a set of deceptively simple practices called variously "universal post", "tree standing" though the author uses their generic Chinese name Zhan Zuang. These exercises are central many types of internal qigong exercises, though they have a bit of an aura of secrecy around them. Mostly this is because martial arts teachers don't tend to teach them to their students until they have become quite advanced. (You want to know that a student is sufficiently serious and patient to benefit from these practices, else why waste your time teaching them). Many martial arts teachers discount these practices as not being effective since they don't involve much external movement (how could you

fight with them?). The same could be said for typical qigong health practitioners since most trainers think it is better to be aerobically moving, running or stretching than just standing. Master Chuen explains these postures and their supported mental awareness, using some of the best visual images and metaphors in any qigong book I know of. I use some of his images in teaching taiji and qigong students daily. This teacher's unique facility is in explanation and imagery, especially for the western student unfamiliar with the Chinese concepts of five elements, yin & yang or chi flow.

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