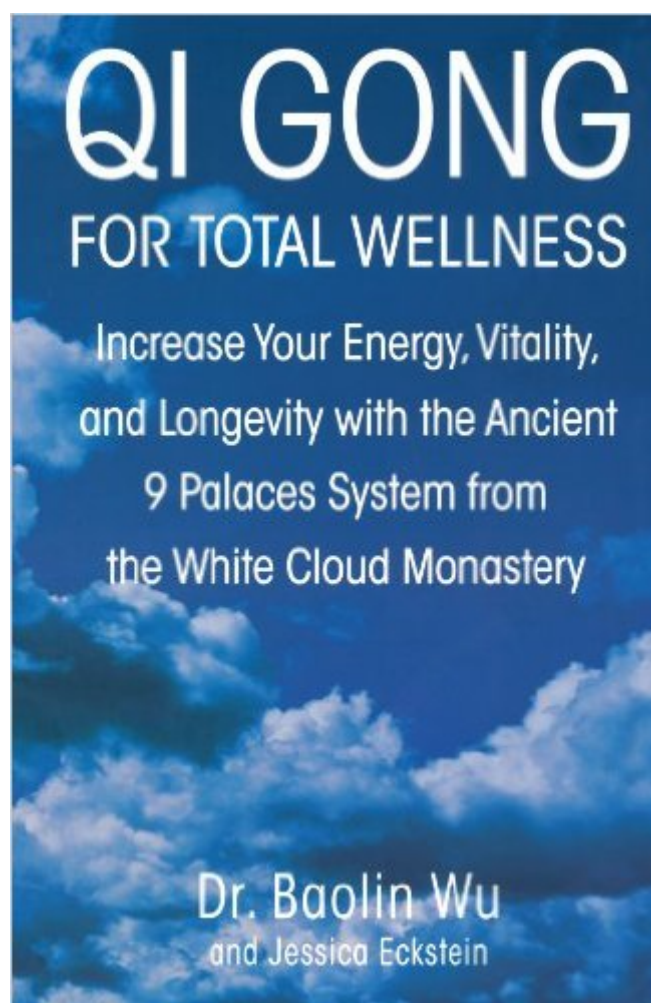


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Qi Gong For Total Wellness: Increase Your Energy, Vitality, And Longevity With The Ancient 9 Palaces System From The White Cloud Monastery



Synopsis

Qi Gong for Well-Being is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

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Customer Reviews

I have studied Qi gong for many years, and have read many books on it...most I have found lacking. But this book seems to have a profound spiritual basis and I have discovered wonderful things in it that I have not elsewhere. The critical problem this book suffers from is that it is a narrative style only...there badly needs to be a didactic picture and instruction section. This could be done separately as a workbook, but as it is, I'm having to go through slowly and create cards/diagrams that I can follow, based on the text. But it is worth it...I believe that this book contains many 'secrets' of Qi Gong practice...I encourage the author to produce an illustrated step by step manual to help us out!!

I've got a large collection of Qigong books, and have reviewed a number of them at [http://www.qigong.com](#), and given

quite a few of them 5 stars. Well, Baolin Wu's book goes beyond any star system, literally. This book will give you background information that I promise you is missing from every other book in your collection (including my beloved "Embryonic Breathing" and "Roots of Chinese Qigong", from Yang Jwing-Ming). I don't know if it's the best book for a true novice, hard to say. It reads very "Chinese", meaning it doesn't stay focused on topic all the time. He kind wanders off into tangents, but then returns to the original point. I suspect some readers may be put off by this. But I love it, because it reflects my own way of thinking. The system being described is "Nine Palaces" Qigong, and you can look at the preview to get a good sense of where it's taking you. This is pretty much all the Qigong a person needs, in order to start turning back the clock and returning to the original essence. There are so many deep insights contained in this book that you really have to be careful when reading it, to make sure you don't skip past one profound statement or another. Baolin Wu gives you in a single paragraph, in very blunt, precise language, insider information into Qigong practice that other authors spend chapters and entire books just kind of dancing around with yet never really telling what it's all about. The illustrations are a little cheesy and not always very helpful, but some are actually quite beautiful in their own right.

This is hands down the best book on qigong I've ever seen. The writing is simple, yet extremely deep and advanced! The exercises are well explained and HIGHLY effective. If I could only recommend one book to someone on the subject, it'd definitely be this one.

If you want to obtain a deeper understanding of Daoist "theology" this is the book for you. Sure, there seems to be a lot of anecdotal information, some of which takes some believing. It is way better than the many erudite theory books on Taoism which are on the market. Contrary to other contributors, I think it would be very hard to compile a set of DVD's in some kind of series of lessons as the stories associated with each exercise set add content and meaning to the exercises. Being a Westerner and typically impatient to get on and learn everything, this book is one you end up picking up and putting down a number of times as the subject matter is heavy duty. So I think the best technique is to take one section at a time, learn the form, understand what it does for you and why the anecdotal part) and then move on to the next. The directive to exercise outside is not easily attained if the climate you live in is not on the West Coast. Don't let that put you off. Or don't be fooled by the apparent simplicity of the exercises, just after a few days the effect is very noticeable, particularly, if like me, your health is not where it should be. In short, this is the only text you will need, ever. Dr. Wu is the real thing, and with so much erstaz Qigong out there these days, its

refreshing to find a real Master and worth learning and practicing everything he has to say. Don't just read the book, use it!

This is a well-written, easy to read book. I would encourage anybody even vaguely interested in the subject matter to take the leap and deepen your understanding. The idea of preventing illness by using these techniques, and the consciousness behind this idea, is a vastly superior approach to health and well-being, versus Western Medicine, which treats symptoms and is, more and more, mired in commerce rather than compassion. Besides health issues, there are other valuable things to be had from practicing these exercises and reading this book. For me it's an exhilarating discovery. I am not even vaguely an expert in Qi Gong, nor well-read in this area, but I have been daily practicing techniques from "Awaken Healing Energy Through Tao" by Mantak Chia since 1983. I've never had health insurance and have only been to the doctor twice, both times for minor cuts and stitches. (Glue and butterfly bandages have since replaced those infrequent doctor visits.) There is a lot of benefit to be had from practicing these techniques and I deeply thank Dr. Wu for bringing these esoteric exercises and understandings out of the Monastery for seekers around the world to find.

This was a most interesting book. One should have an understanding and an appreciation in regards to anatomy to get the most out of it. Filled with lots of good things to help improve your health. I liked everything said from page 1-124. After that I thought it went into another stage of work that I am not drawn to. I think the author is sincere in that as he stated if you don't do anything else do the sitting practice with the hand mudra he mentioned. I believe that sitting along with proper breathing will get you so much further ahead as well so there is something to be said for keeping it simple.

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