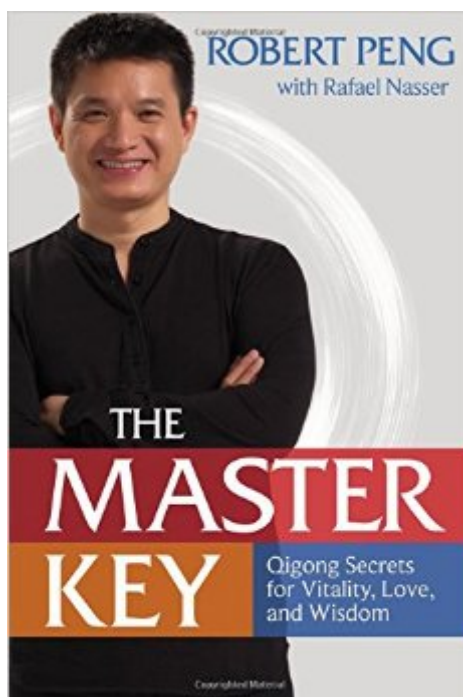


The book was found

The Master Key: Qigong Secrets For Vitality, Love, And Wisdom



Synopsis

It's 1972 in the industrial city of Xiangtan, China. A frail child with a heart condition sneaks into a hotel boiler room and befriends the elderly yet vibrant attendant, who eventually reveals his true identity as a revered Qigong master. He heals the boy and, for the next 13 years, secretly teaches him the keys to unlocking the spiritual and healing dimensions of the Life Force. It sounds like a modern-day fable, but the story is true. And with *The Master Key*, that grateful student, Robert Peng, invites all of us to enter the next chapter of this empowering path. Here, Master Peng brings together the unique insights of his teacher with the moving account of his own journey to inspire and guide us into:

- The foundational methods for gathering, refining, and using the Life Force
- A five-minute exercise to directly experience the reality of Qi energy
- Awakening the body's three Dantian centers
- The Four Golden Wheels practices for strengthening your Qi reservoirs
- The discovery of your True Self through Qigong's tools of self-inquiry
- Empowering your relationships and sexual intimacy
- Entering the sea of compassion and happiness, and much more

How do we open the doorways to authentic love, power, and wisdom? The answer lies in our inner Life Force—and *The Master Key* teaches us how to unlock it.

Book Information

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Customer Reviews

The Master Key: Qigong Secrets for Vitality, Love, and Wisdom is beautifully written. Through the first five chapters, Robert describes his journey, meeting his teacher Xiao Yao when he was 8 years old, and practicing 2 - 4 hours a day, first martial arts, and then qigong for healing, while cultivating

inner balance and developing spiritual awareness. In the course of his training, he says that he learned hundreds of Qigong practices, and in this book he shares several foundational practices. Through the following 11 chapters, Robert guides you to the process of awakening qi power, using a sword finger, creating a qi ball, empowering three dantiens (lower, middle, and upper), balancing the three dantiens, empowering the central meridian, lotus meditation, and connecting universe exercise. The qigong exercises are illustrated, and there are links to brief videos at SoundsTrue website. While these videos are helpful, they seem to be designed more to give you a preview of what you may expect from the DVDs you can get to get more out of the exercises. Having also purchased the Master Key videos through the SoundsTrue website, just as this book, they are truly professionally created. Robert has a resonant, hypnotic voice and through the video he radiates calm, balanced energy and both the videos and this book are at the same time informative, instructional and enjoyable. The slant of qigong practice presented in this book is primarily on creating inner balance, and becoming spiritually centered in the process, and then transforming inner imbalances and fostering healing through manipulation of energy, as well as through spiritual awareness.

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