

The Root Of Chinese Qigong Secrets Of Health Longevity Enlightenment Secrets For Health Longevity And Enlightenment

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The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment is the absolutely best book for revealing the what, the why, and the how of qigong. When you know what qigong is, tht will help you make the right decision; "is qigong going to be a good choice for me?"

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The root of Chinese Qigong = [Qi gong zhi ben] : secrets of health, longevity, and enlightenment".

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With roots in ancient Chinese culture dating back more than 4,000 years, [citation needed] a wide variety of qigong forms have developed within different segments of Chinese society: in traditional Chinese medicine for preventive and curative functions; in Confucianism to promote longevity and improve moral character; in Daoism and Buddhism as part of meditative practice; and in Chinese ...

[Qigong - Wikipedia](#)

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<https://ymaa.com/publishing/dvd> Dan Tian means "elixir field" and refers to your energy centers/chakras. Video excerpt taken from "Qigong Massage" DVD by Dr....