

Three Pines Press

Qigong Journey

Nine-Five Maintenance of Qi

Qigong Journey brings students of Asian culture, Daoist philosophy, and the mind/body wellness connection directly into the mind of a master. Through the unparalleled knowledge and openness of Dr. Baolin Wu, take a journey through the many layers of the Daoist qigong experience. In this expansive volume, filled with personal anecdotes of life in the White Cloud Monastery, lies an in-depth exploration of the holistic and lyrical Daoist worldview, a shamanic experience both pragmatic and poetic. Discover the connection between the history and traditions of ancient understanding and the daily life we all lead today. The book is a practical manual detailing a complete, eight hundred year old protective qigong practice from the founder of the White Cloud Monastery itself, preserved in silence by the members of the White Cloud Monastery community until today. With painstaking, step-by-step instructions and beautiful illustrations by Oliver Benson, our beloved Qi Gong for Total Wellness artist, the goal of this book is to present the next level of Nine Palaces Daoist Qigong. Using a guided series of breath, visualization and internal isometric strengthening exercises, it is a life-changing physical training, focused on securing one's body and consciousness in the midst of the very real health challenges, hardships and volatility of today's world.

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