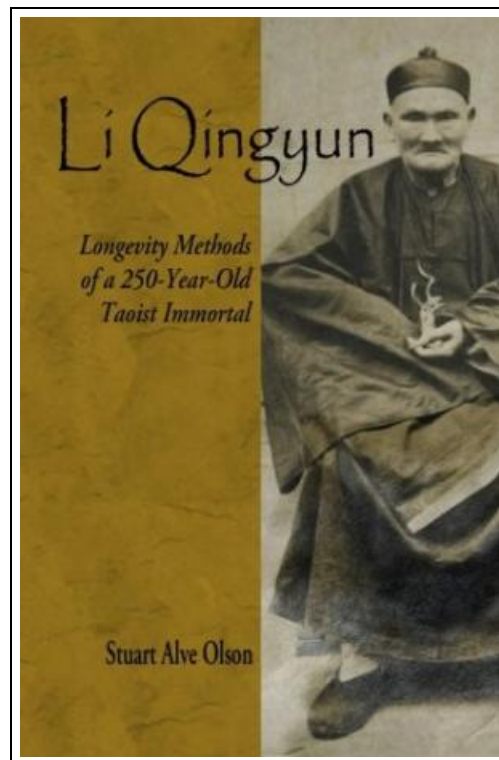


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book provides a succinct organization of materials and advice Li Qingyun provided on the subject for attaining health and longevity. Stuart Alve Olson's *The Immortal: True Accounts of the 250-Year-Old Man*, Li Qingyun is a large book covering many aspects of Li's teachings and life, and since it is a direct translation of Yang Sen's Chinese edition, it can be more challenging to navigate the teachings. Stuart's purpose in translating *The Immortal* was to present that work as Yang Sen intended, and he didn't provide any personal in-depth commentary and instructions to clarify the teachings. This book then fills in the gaps regarding Li Qingyun's advice and instructions for attaining health and longevity. The first chapter, *The Fundamentals of Longevity*, starts out with basic, but unique, regimes on acquiring longevity. The second chapter, *Foods and Herbs for Longevity*, covers more clearly the herbs Li Qingyun and Yang Sen recommended for improving health and life span. The third chapter, *Sex and Longevity*, explains what Li Qingyun meant by the sexual practices of Refining the Rosy Clouds. The fourth chapter, *The Eight Diagrams Elemental Exercises*, more popularly called *Eight Brocades*, includes a detailed look at these exercises. The fifth chapter, *Embryonic Breathing and Longevity*, delves into Li's teachings on Opening the Three Passes and Embryonic Breathing Qigong methods named after the two primary images from the *Book of Changes* (Yi Jing)-Qian (Creativity of Heaven) and Kun (Receptivity of Earth). The sixth chapter, *The Six Qi*, is about the practice of the Six Healing Sounds used for both the cure and prevention of illness and disease, and as a meditation practice. The seventh chapter, *Calming the...*



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