



Chan Mi Gong: Chinese Meditation for Health (Paperback)

By Liu Han Wena

Victory Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Chan Mi Gong is one of the most popular types of qigong (ch i kung) in mainland China today. Years of experience have shown that Chan Mi Gong can develop internal qi, regulate body metabolism, promote health, prevent illness, bring forth latent ability and develop intelligence. This step-by-step manual includes illustration and instructions for learning this simple, but powerful type of qigong. Included is a brief historical background of the development of Chan Mi Gong from a combination of the Chan (Zen) and Mi (Tantric) sects of Buddhism. What others are saying about Chan Mi Gong. . . . surprisingly effective. I have much more energy. -- Mu Lin Yang, retired librarian with t.b. . . . surprisingly effective. I have much more energy. -- Mu Lin Yang, retired librarian with t.b. It s helped my concentration. I can study for longer periods. -- J. Chu, college student who suffers from bouts of depression Since practicing chan mi gong, I haven t had a cold for three years. --L. Lu, clerk and former asthmatic It s helped my concentration. I can study...



READ ONLINE
[3.1 MB]

Reviews

If you need to adding benefit, a must buy book. It really is rally interesting through reading through period. Your way of life period will probably be convert as soon as you total looking over this book.

-- **Ms. Kirstin O'Kon**

I actually started off looking over this publication. Indeed, it really is play, nevertheless an amazing and interesting literature. Its been printed in an exceedingly basic way and is particularly just right after i finished reading this ebook by which actually altered me, affect the way i believe.

-- **Toney Bernhard**