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Ancient Qi Gong, Ba Duan Jin: Mystical Functions And Mechanism Of Ba Duan Jin



Synopsis

Ancient Qi Gong, Ba Duan Jin is the origin of all forms of modern Qi Gong. Ba Duan Jin means 8 pieces of silk, in other words, 8 important exercises for health. Qi Gong activates energy channels in the body and also awakens consciousness. It is scientifically proved that practicing Ba Duan Jin improves quality of blood, pressure, diminishes LDL, increases HDL level. It means blood flows in better condition and prevents heart attack and stroke. Ba Duan also has good effects on diabetes. It also liberates stressed mind and treats depression. Qi Gong is a kind of energy healing practice that originated from ancient China. Emotional status is not just about brain but it is closely related to the status of internal organs. In the view of Chinese Medicine, without treating internal organs, treating depression is impossible. There are hundreds or thousands of ways to treat internal organs or preserving their health. One of the most simple and effective way is practicing Qi Gong everyday. Qi Gong is a kind of training energy system of body simply by moving, breathing and mind concentrating. It changes our body system. If you practice Qi Gong everyday, all of your energy flowing channels will be opened and you will feel the flow of energy (Qi) in your body. This book explains how Qi Gong works and its mechanism in view of Chinese Medicine. This book also explains each steps of movements of health Qi Gong, Ba Duan Jin, with clear photos. Added Chinese Medicine theory about types of Qi (Energy) that flows in human body in the part of Appendix.< Contents > 1. Qi Gong, Chi Kung for mental depression 2. Mentality or emotions in Chinese Medicine 3. The inborn life span of human being 4. How can we be healthy? 5. What is Chinese healing exercise, Qi Gong? 6. Benefits of Qi Gong, Ba Duan Jin 7. Who can practice Qi Gong, Ba Duan Jin? 8. Qi and channels in Chinese medicine, TCM 9. The energy pathways, channels 10. Ancient Qi Gong, Ba Duan Jin 11. How to practice Ba Duan Jin Qi Gong- Preparation of mind and breath- How to practice eight exercises of Ba Duan Jin 12. Appendix - types of Qi in Chinese Medicine- Ying Qi (nutritive Qi), Wei Qi (protective Qi), Zong Qi (pectoral Qi), Yuan Qi (original Qi), Zang Fu Qi (Qi in organs)

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