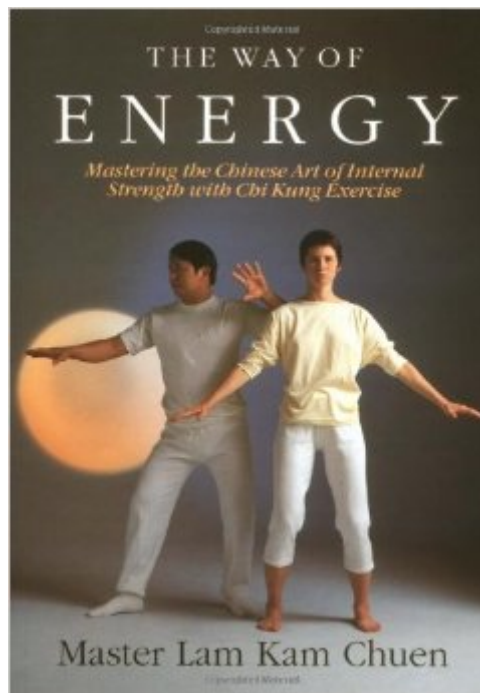


The book was found

The Way Of Energy: Mastering The Chinese Art Of Internal Strength With Chi Kung Exercise (A Gaia Original)



Synopsis

For centuries, the Chinese exercise system called Chi Kung has been shrouded in secrecy. The Way of Energy is the first comprehensive guide to the most powerful form of Chi Kung ever developedâ"standing like a tree"•A gentle, yet profoundly beneficial form of exercise, which requires very little movement, this form of Chi Kung unlocks deep reserves of energy builds internal stamina, strengthens immunity, relieves chronic illness, and promotes the natural regeneration of the nervous system. Using step-by-step instructions and more than 100 drawings and full-color photographs, The Way of Energy tells how to: -perform the entire sequence of rejuvenating positions -combat stress by practicing Chi Kung while standing, sitting, working, playing, and even sleeping -prevent and treat a wide range of common ailments Continuing our best-selling series of books for mind and body which includes The Sivananda Companion to Yoga, The Dance Workshop, and The Book of Stress Survival, The Way of Energy will help you achieve physical fitness, mental clarity, and a profound inner strength and vitality.

Book Information

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Customer Reviews

If you've heard about Zhan Zhuang (or Jan Juang) and want to begin practicing it, you're fortunate. You've also come to the right place. Dr. Lam's book is one of only two books I've found that explains "standing like a stake" in a clear, straightforward manner. The other is "Opening the Energy Gates of your Body by Bruce Kumar Frantzis (BKF). If you decide invest the time to practice Zhan Zhang, the amount of additional time it'll take you to read both of these fine and inexpensive books is trivial and

will repay you many times over. Both books provide wise counsel from a master teacher. As an Energy Gates practitioner I find a deep level of agreement between the two systems. There are differences in emphasis, but nothing in Dr. Lam's book and his I Chuan system (also see The Way of Power) strikes me as wildly different than what you'd get from BKF. Both books are incredibly clear and helpful. Both would enable a beginner working without a teacher to learn basic standing and obtain a great deal of benefit. However, at a certain point, everybody needs a teacher. Trying to learn and practice everything in the EG book and everything in both of Dr. Lam books by yourself would be very difficult. IMO, The odds of a beginner pulling it off are almost nil. But, with Zhan Zhuang, alone, the odds are much higher. Why? For the same reason it's kind of a magic bullet (albeit an incredibly slow moving magic bullet) for movement artists who study Tai Chi, Ba Gua and Hsing I. Even a beginner in Zhan Zhuang can precisely align his or her body and achieve great relaxation and energy flow in a very short time compared to attaining this level while practicing a complex form. And, inevitably, your standing practice will flow into all your arts and daily life.

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