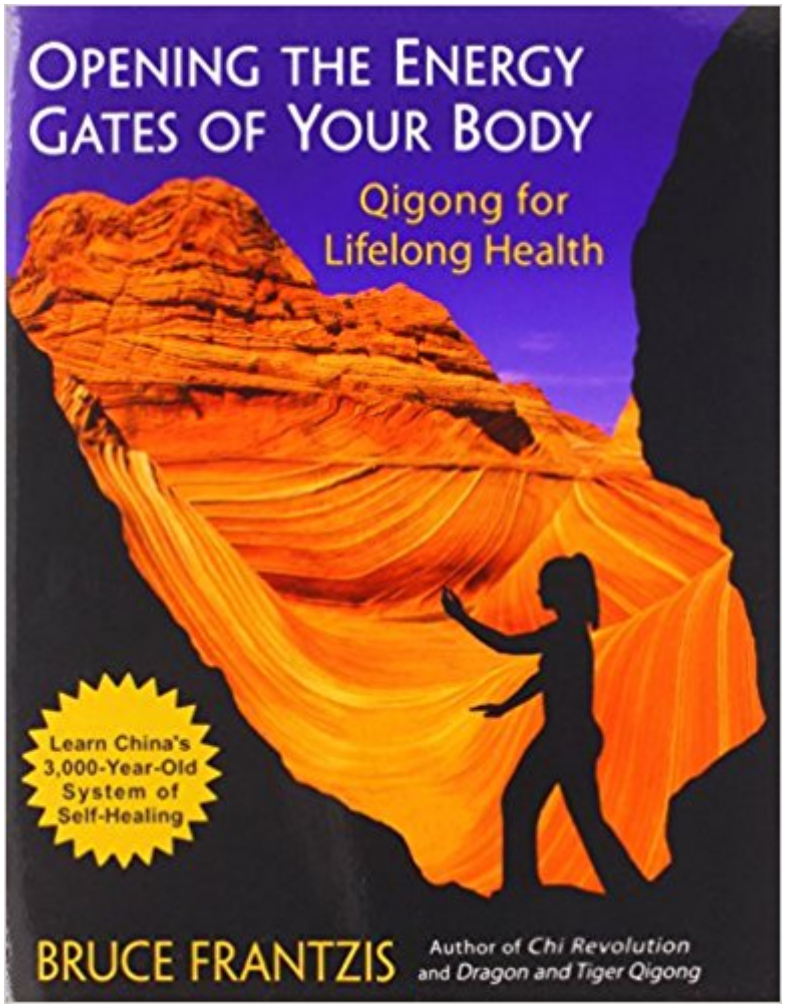
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Opening The Energy Gates Of Your Body: Qigong For Lifelong Health



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Synopsis

Opening the Energy Gates of Your Body explains the practice of chi gung (qigong), the 3000-year-old self-healing exercise system from China. Originally published in 1993, this book has become a classic that has inspired tens of thousands of Westerners to learn to activate their chiÃ¢â ¬â •life-force energyÃ¢â ¬â •to improve their health, reduce stress and reverse the effects of aging. This fully revised edition has more than 100 pages of new material, including Longevity Breathing methods; how cross-training in chi gung can enhance other exercises such as yoga, golf and weight training; and nei gung techniques for advanced practitioners. Chi gung exercises utilize a system of energy channels in the body that are similar to an electrical circuit. FrantzisÃ¢â ¬â„¢ thorough knowledge of energy arts and the Chinese language allow him to peel away the secrecy and metaphors. He presents this 300-page edition in easy to understand terms to suit beginners, with enough meaty detail and depth for the advanced martial artist, healer or meditator. Opening the Energy Gates of Your Body includes a comprehensive guide to chi gung theory and a systematic lesson plan with more than 100 illustrations. These low-impact exercises are suitable for almost any age or fitness level. They provide the foundation for learning any other chi practice, such as tai chi, martial arts, meditation or TAO Yoga. Frantzis explains not only how these inner aerobics are done, but why. Going beyond mere body movement, he teaches from the inside out, linking the biomechanics and anatomy of the physical body with the subtleties of chi. This book provides practical methods to help people become balanced, relaxed and joyful. Frantzis trained for more than a decade in China, became a Taoist Lineage MasterÃ¢â ¬â •quite a rare occurrenceÃ¢â ¬â •and came back to the West to teach. Ã¢â ¬Å“My hope is that chi gung and tai chi can become mainstream exercises in the West,Ã¢â ¬Â• says Frantzis. Ã¢â ¬Å“We have a major health crisis looming; practicing chi gung or tai chi is one of the most effective ways people can reclaim control of their health and well-being.Ã¢â ¬Â•

Book Information

Paperback: 320 pages
Publisher: Blue Snake Books; 2 Rev Upd edition (December 23, 2005)
Language: English
ISBN-10: 1583941460
ISBN-13: 978-1583941461
Product Dimensions: 7.4 x 0.8 x 9.2 inches
Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 82 customer reviews

Best Sellers Rank: #307,694 in Books (See Top 100 in Books) #114 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #400 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #569 inÃ Â Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

Ã¢â ¬Å“This extraordinary book, written by one of the WestÃ¢â ¬â„¢s greatest living masters, offers nothing less than a course in the miracle of our own energy field. Bruce Frantzis has translated ancient Taoist practices into a modern program that manages to be both highly accessible and transformational, affording us all the opportunity to experience the wonder of the Tao firsthand.Ã¢â ¬Â• Ã¢â ¬â •Lynne McTaggart, author of The Field and What Doctors DonÃ¢â ¬â„¢t Tell YouÃ¢â ¬Å“A must for those who are new to chi gung, those who are already practitioners, and anyone interested in complementary medicine or self-help.Ã¢â ¬Â• Ã¢â ¬â •Angela Hicks, Co-founder of the College of Integrated Chinese Medicine, Reading, England, and author of The Acupuncture HandbookÃ¢â ¬Å“This remarkable book has become a classic. Mr. FrantzisÃ¢â ¬â„¢ biography alone is worth the price of admission.Ã¢â ¬Â• Ã¢â ¬â •Stephen E. Langer M.D., Berkeley, California, President of the American Nutritional Medical Association and author of Solved: The Riddle of Illness

Bruce Frantzis is reputed to be the first Westerner to hold authentic lineages in Taoist energy arts. He studied healing, martial arts and meditation with renowned teachers in Asia for 16 yearsÃ¢â ¬â •including training in China for more than a decade. Since 1987, Frantzis has taught chi gung, martial arts, TAO yoga, TAO meditation, and energetic-healing therapies to over 15,000 students in the United States and Europe. His teaching methods are spread by a growing number of certified instructors that he has trained in the United States and Europe.Frantzis is the author of several widely praised books about the power of chi including: Tai Chi: Health for Life; the chi gung books, Opening the Energy Gates of Your Body and the Dragon and Tiger Medical Chi Gung Instruction Manual; and two volumes on the water method of TAO meditation, Relaxing Into Your Being and The Great Stillness. Two CDs, The Tao of Letting Go and Ancient Songs of the Tao, shed valuable insights into the power of TAO Meditation in helping people let go of their deepest emotional blockages and move closer to becoming truly alive, balanced and joyful.When Frantzis moved to China to follow the Taoist path of warrior/healer/priest, he was extensively trained in the

chi principles and practices that are the basis of Chinese medicine. From 1974 to 1979, he trained with high-level chi gung tui na (therapeutic energy work) doctors and apprenticed under their tutelage in Chinese medical clinics. He learned to use chi to help heal a wide range of conditions including broken bones, nerve and organ damage, and cancer. He also gained an advanced acupuncture degree. Frantzis used these chi principles and practices to dramatically heal himself: first from a life-threatening form of hepatitis in India and more dramatically from massive spine injuries that he received in a car accident in 1981.FrantzisÃ¢â ¬â„¢ experiences have made him a teacher with a mission: teaching people how the ancient and proven self-healing chi practices can help them achieve health, relaxation, inner peace and longevity. He aims to help avert a major health crisis that threatens to engulf the Western world.

This is not just more info to add to your arsenal for empowerment,if you sincerely follow the instructions in this book it could actually help you to grow both mentally and physically.We are given stationary exercises that allow us to engage our entire being.The benefits are immeasurable for anyone wishing to develop self discipline and a spirituality that can be applied to a number of arts.This book really deserve more than five stars.

I've learned a great deal from this book. I started doing the exercise and found it to be far beyond what I had expected. I long ago gave up ever finding a qigong set in a book that really produced good results. Not any more. I'll tell you how good I found it to be: I've been in MAs for 54 years, covering a lot of ground over those years, but I read this book, then immediately contacted one of Bruce's instructors and am arranging personal coaching on this exercise; I signed up for the 2nd chi kung set in an online course; I signed up for his Hsing i Mastery program (It's an incredible course), and have obtained his other books.I've learned more from one DVD of Bruces instruction than from others who pretended to teach Hsing i.

book as described

Serious book! But please read it and find a teacher, maybe the person who wrote the book.Energy work should NEVER be done by a novice, especially without a Master's supervision.Finding a Master is difficult, but this guy who wrote the book may be a good find, or ask them who they are affiliated with in your area.

Long in words and short in practices.The most valuable section for beginner is the appendix A: "guidelines for practice." One can not develop any valuable qigong or health by just practicing the three described methods. One can only understand qigong by practicing it, not by reading its theory.

Excellent. More breadth, depth and clarity than most.

A lot of information about energy gates and Taoist chi guns exercises.

Slow at the beginning but does get to good exercises in the next section.It does explain some details that I didn't previously understand.

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