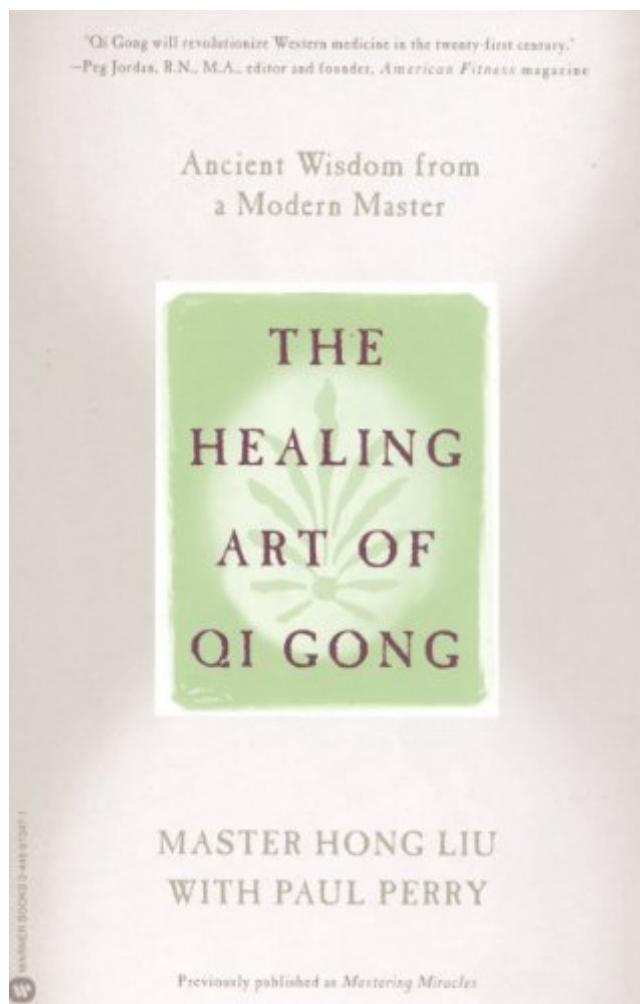


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# The Healing Art Of Qi Gong: Ancient Wisdom From A Modern Master



## **Synopsis**

Dr. Liu describes how he risked his life under the Communist regime in China to study Qi Gong and meet secretly with a master who lived in a mountain cave above Shanghai. If there is one concept that comes up in all forms of Chinese medicine it is that of Qi, or vital energy. Qi is the very backbone of the Chinese healing arts. It refers to the energy of the universe that is channeled from nature and runs through all of us. To have Qi is to be alive, while to have none is to be dead. Qi Gong relies on the manipulation of this vital energy, and Qi Gong masters can see this energy. This book explores the basics of Qi Gong to create a guide for greater health, the Chinese way.

## **Book Information**

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## **Customer Reviews**

After reading the last review by "A Customer", I felt I must write to say what a great book this is and one which contains valuable information. Qigong is valuable. Would one have value it as much if it was free? You get what you pay for. I know many including myself that have been helped or healed by Master Hong. He is a true Qigong master. I have been a life-time student of Chinese Healing and

Martial Arts and hold high regards for Grandmaster Hong. I have only met a hand full of true Qigong Master of this caliber in my 35 years in the Arts. I feel very fortunate to have done this as I do not feel this way about everyone who claims to be a healer "master". Master Hong is an MD of western medicine before he found his Qigong master who transmitted the Qigong knowledge to him. He is truly amazing. He can change your life.

This is one of th best books that I have ever read - and I have read many. It is the journey of this man through his passage from being a traditional doctor of medicine in the Chinese army - to the cave dwelling of his Qigong master - thru his many years of training - to his ultimate emergence as a Medical Qigong Master. Along the way - he gives wonderful insights that he encountered - which helped me to better understand the path of Medical Qigong. This book is a must read for anyone interested in the energy healing field.

One of the best books ever written on qi-gong. Master Hong brings you on his amazing journey With a short summery of how these incredible Qi-Gong masters had survived the cultural revolution and passed on their wisdom & knowledge. Master Hong is one of only 10 Great Grand Qi-Gong Masters in the world. Provides exercises, and healthy recipes. A must read for anyone interested in expanding their knowledge of ChineseMedicine.

Begins as an exciting, page-turning autobiography, then second half goes into Qi Gong itself. Reading this book can change one's life, especially if one learns and practices,daily, Master Hong's Qi Gong Golden 8 exercises.

This book is more than just a good introduction to Qi Gong; it is a well-told story that kept my interest. A worthwhile read.....

If you are thinking of beginning Qi Gong, this book is a must on the history of this ancient Chinese practice. Some of the recipes in the back are way too intense for me, but the bulk of the writing is very intriguing. My lessons begin in 2 weeks. I feel as though I'm ready to truly begin to experience the Healing Art....

I won't say much. This book will change your view of how the human body works, and how powerful the forces of healing are. I don't agree 100% with all the philosophy presented, but mainly viewing

the same thing from a different angle, and using different words to describe it. (See Mark Chapter 5 verse 25-34 for a story of Jesus using Chi to heal. It isn't just the Eastern Philosophies that knew this stuff!)

Great introduction to Qi Gong from the perspective of a master healer. Really good for those of us familiar with western medicine and little knowledge of eastern medicine. Includes background, herbs, Qi Gong routines, and a good connection between using eastern and western medicine at the same time for total healing.

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