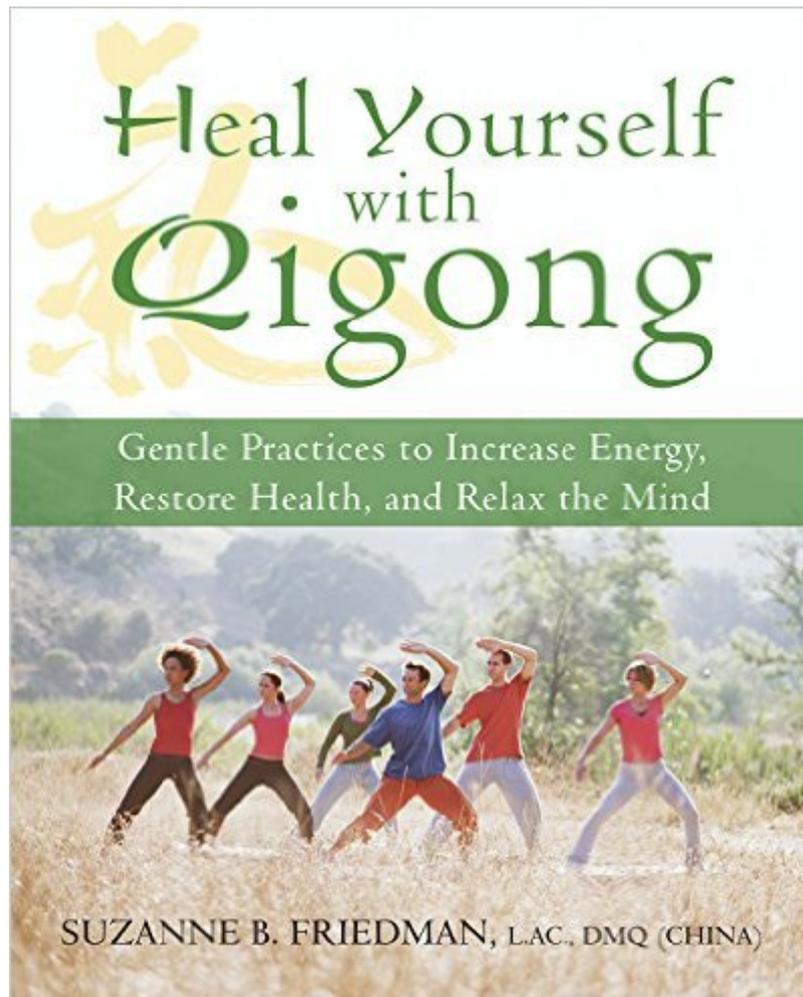


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Heal Yourself With Qigong: Gentle Practices To Increase Energy, Restore Health, And Relax The Mind



Synopsis

Qigong (pronounced chee-gung) is an ancient Chinese practice consisting of physical movements, meditation, creative visualization, and breathing exercises to help revitalize the body and heal the spirit. Similar to tai chi, qigong cultivates vital life-force energy in the body for better health, heightened energy, and longevity. Its powerful benefits have been known in China for thousands of years. This unique book presents over 100 easy, five-minute qigong exercises designed to target specific health issues, from strengthening an aching back and reducing stress to improving sexual function and boosting energy. You can use this book to quickly find the best qigong exercises to target your particular physical and mental health needs. *Heal Yourself with Qigong* allows you to customize routines, making it ideal for both experienced practitioners and those new to qigong. Choose and combine from these four sections:

- Instant energy boosters
- Exercises for restoring physical vitality
- Emotion-balancing techniques
- Practices for calming the spirit

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Customer Reviews

This is yet another well-written, easy-to-follow Qigong guide. There is something about this modality

of exercise that seems to welcome calm, clear, common-sense instructions while managing to convey that deep work is brewing at the surface. After describing why she entered the world of Qigong and the rest of Traditional Chinese Medicine, the author offers a three or four brief but important fundamentals, then offers a total of 62 simple Qigong exercises. They are organized into Instant Energy Boosters, Restoring Physical Vitality, Balancing Your Emotions and Calming Your Spirit. While nothing should stop you from doing all of the exercises in a certain segment- or book, for that matter- you don't have to. You can do one or however many you'd like and in any order you'd like. (Unlike many other forms of exercise, the sequencing isn't as much of a make or break issue here.) However, the author does advise a consistent daily practice, even if it's only five to ten minutes long. Throughout the instructions, the author assures that it's okay to start from where you are, or come as you are. If it's possible to start with a 30 minute practice, do so. However, knowing that many people are tired and stressed and are coming to Qigong to alleviate those symptoms, she advises starting with what we can manage. She notes that as the practice begins to work for you, the distractions of stress and anxiety will slowly become more manageable, which will in turn allow for a longer practice, which will then lead to less anxiety and stress. A positive cycle. The illustrations are good, but in certain places they could have been more descriptive.

This book offers a really good basic introduction to Qigong aimed at the average Qigong novice or even people that have various limitations due to illness. For anyone not sure what Qigong is, it could maybe very loosely be described as super-gentle and simple Tai Chi combined with some breathing exercises, visualisations and sometimes some simple meditation techniques. It makes sense to me that improving circulation, and so Qi (or Chi), can be helpful when you are treating disease. If there is no blood flow to an area, it can't heal. Qigong can also improve respiratory and digestive function, and give you a calmer and less cluttered mind. Keeping your body out of 'adrenaline mode' as much as possible also facilitates healing, as healing can occur only after the ANS shifts from Sympathetic to Parasympathetic dominance (rest, relax and repair mode). I have a disease with some similarities to M.S. (Myalgic Encephalomyelitis, or M.E.) I'm housebound and 98% bedbound. Being very inactive and bedbound means you really need to improve your circulation if at all possible, as anyone bedbound will know! Using up to 5 minutes of my 30 - 60 or so minutes a day I can be upright on Qigong seems a reasonable idea to me. This is right on the cusp of what I am able to do, so I am not sure if I can do it yet but I am going to give it a try very soon and am looking forward to it. My disease is very slowly improving and even these simple exercises would have been impossible a year ago or even 6 months ago. Despite what some people say, Qigong is not something even in

a very simplified version that everyone that is ill will be able to do.

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