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By Zhongxian Wu Chinese Shamanic

Zhongxian Wu's latest book, Chinese Shamanic Cosmic Orbit Qigong, successfully continues his previous explorations of the highly secret shamanic tradition of self-cultivation as practiced on Mt. Emei in Sichuan.

Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans ...

About the Author. Master Zhongxian Wu, a lifelong Daoist practitioner, is the lineage holder of four different schools of Qigong and martial arts. Since 1988, Master Wu has instructed thousands of students, both Eastern and Western, in his unique and professionally designed courses and training programs.

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Zhongxian Wu - amazon.com

Since the publication of his first, groundbreaking book twelve years ago, Wu Zhongxian has become an important voice for the Tao in the western world, renowned for the clarity and practicality of his approach to teaching western students the ancient Taoist art and science of energy work, one of China's greatest gifts to the world.

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Master Zhongxian Wu is the lineage holder of four different schools of Qigong and martial arts. He was Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices. Since 1988, Master Wu has instructed thousands of students, both Eastern and Western.

Zhongxian Wu (Author of Chinese Shamanic Cosmic Orbit Qigong)

Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to bolster our health and deepen our spiritual connection to universal energy. Lineage holder, Master Zhongxian Wu provides detailed instruction in this powerful Mt. Emei Sage Style 24-movement Qigong form, which combines the traditions of ancient shamanism, Confucianism, Daoism, classical Chinese medicine, and the martial arts. The tiger is a symbol for shamanic power and for Qi, especially Zhengqi.

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Amazon.com: Chinese Shamanic Tiger Qigong: Zhongxian Wu ...

Master Zhongxian Wu. Master Zhongxian Wu was born on China's eastern shore in a small coastal mountain village in Zhejiang Province, where the sun's rays first touch the Chinese mainland. He began practicing Qigong and Taiji at an early age.

Chinese Wisdom Traditions - Master Zhongxian Wu

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Interview with Master Zhongxian Wu, Singing Dragon Newsletter. January 2012 "Chinese Shamanic Cosmic Orbit Qigong." YangSheng, June 2011: 7-8 "BiGu ShiQi: Avoiding Food and Eating Qi." Empty Vessel: A Journal of Daoist Philosophy and

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Practice, Spring 2011: 26-32 "Chinese Astrology and Inner
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Master Zhongxian Wu, a 1989 graduate of XiDian 西安 University in Xi'an China, worked as a Aerospace Engineer in Xi'an for 12 years. He also served as Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices.

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Vital Breath of the Dao is a fully illustrated guide to the historical background, practical application, underlying principles and techniques of Qigong, a way of physical and spiritual cultivation, and a way of life. Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to...

Vital Breath of the Dao: Chinese Shamanic Tiger Qigong

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Chinese Shamanic Cosmic Orbit Qigong is an advanced form of Qigong from one of China's esoteric traditions. Never before written about in the West, this form offers great cumulative benefits from regular daily practice. Master Wu describes the practice in detail, including the meaning and significance of the Chinese names for each movement, with its shamanic roots, and provides the mantra ...

Chinese Shamanic Cosmic Orbit Qigong: Esoteric

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The elements of the EMei ZhenGong school are rooted in the ancient world of Wu 巫 (Chinese shamanism), which is the source of all the classical Chinese traditions, such as Confucianism, Daoism, classical Chinese medicine, traditional Chinese music, Yijing, FengShui, and the martial arts.

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Wei Zhongxian (1568 - December 12, 1627) was a Chinese court eunuch who lived in the late Ming dynasty. He is considered by most historians [who?] as the most powerful and notorious eunuch in Chinese history. He is best known for his service in the

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court of the Tianqi Emperor (r. 1620–1627), when his power eventually appeared to rival that of the emperor.

Wei Zhongxian - Wikipedia

Master Wu is the author of Vital Breath of the Dao, Seeking the Spirit of the Book of Change, The 12 Chinese Animals and Chinese Shamanic Cosmic Orbit Qigong, all published by Singing Dragon. Please visit www.masterwu.net for details about his teachings.

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