



The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi

By Roger Jahnke

Contemporary Books Inc. Hardback. Book Condition: new. BRAND NEW, The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi, Roger Jahnke, 'Understand Qi. Access Qi. Cultivate Qi. Master Qi. It is the essential fuel behind all intention and action. It is the awesome power of the Universe within you. Qi is your edge in sports, business, relationships, and personal performance. Tai Chi and Qigong are powerful tools, profound yet simple, that will assist you in fulfilling your intentions, needs, goals - even your dreams!' - Roger Jahnke, O.M.D. Developed over millennia in Chinese monasteries, hospitals, and imperial courts, Tai Chi and Qigong (literally life-force and mastery) are profound yet simple methods for increasing vitality, longevity, and sexual potency; achieving and maintaining optimal health and inner peace; and healing both minor and major illnesses. Long kept a carefully guarded secret from the Chinese public, Tai Chi and Qigong have recently come into widespread use throughout the Far East. They are now a health and human performance enhancement breakthrough in the West as well - ancient power tools for self-improvement and a safe, gentle, and proven alternative approach to treating pain and disease. In "The Healing Promise of Qi", Roger Jahnke....



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[Billy and Monsters New Neighbor Has a Secret The Fartastic Adventures of Billy and Monster Volume 4](#)

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The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi. Tai Chi Qigong, Chinese Martial Arts, Traditional Chinese Medicine, How To Stay Healthy, Reiki, Healing, Wellness, Qi Gong, Kung Fu. Used Books Books To Read Massage Quotes Qigong Traditional Chinese Massage Therapy Alternative Medicine Healer Self Help. The Healer Within: Using Traditional Chinese Techniques To Release Your Body's Own Medicine, Movement, Massage, Meditation, Breathing by Roger Jahnke.

In the groundbreaking *The Healing Promise of Qi*, Dr. Roger Jahnke, internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within*, clearly and simply explains the concepts of qigong in practical terms. With the help of 125 superbly rendered illustrations, he describes a multitude of simple qigong tools, practices, and techniques for accessing and utilizing the incredible power of qi. He directs the Integral Institute of Tai Chi and Qigong and is the chair of the Qi cultivation department at the Santa Barbara College of Oriental Medicine. Dr. Jahnke teaches at such venues as the Esalen Institute and the Omega Institute and is the cofounder and chair of the National Qigong Association. In the groundbreaking *The Healing Promise of Qi*, Dr. Roger Jahnke, internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within*, clearly and simply explains the concepts of qigong in practical terms. With the help of 125 superbly rendered illustrations, he describes a multitude of simple qigong tools, practices, and techniques for accessing and utilizing the incredible power of qi. I can therefore recommend this book for anyone practicing Tai Chi or Qigong. As for readers who are new to qi practice, I can't think of a better introduction. Roger Jahnke brings us an outstanding discussion of subtle energies as Qi. His explanations are interesting and his style easy reading. Richly punctuated with parables, qigong and t'ai chi exercises.

The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi. by Roger Jahnke. Rated 5.00 stars. I especially enjoyed his frank, pragmatic discussion of sexual Qigong. It's an important subject and most authors are either too embarrassed or too unknowledgable to discuss it in detail. Dr. Jahnke takes the mystery out of the subject and gives us some practical, practiceable tips for building up our Qi reserves (for men AND women!). Roger Jahnke has taken the ancient practice of Qigong - a healing meditation practice that combines gentle movement with focus, posture and breath - and has truly made it accessible to beginners. In contrast to qi gong, tai chi movements, if practiced quickly, can be a form of combat or self-defense. What the Science Says About the Effectiveness of Tai Chi and Qi Gong. Research findings suggest that practicing tai chi may improve balance and stability in older people and those with Parkinson's, reduce pain from knee osteoarthritis, help people cope with fibromyalgia and back pain, and promote quality of life and mood in people with heart failure and cancer. However, differences in how the research on anxiety was conducted make it difficult to draw firm conclusions about this. Falling and Balance. Exercise programs, including tai chi, may reduce falling and the fear of falling in older people. The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi. The Healing Promise of Qi unlocks the secrets of one of the most powerful of Chinese healing arts. Developed over millennia in China, Qigong (literally, life force + mastery, or refinement) is a set of techniques used to increase your vitality, longevity as well as achieve and maintain optimal health and inner peace. In the groundbreaking The Healing Promise of Qi, Dr. Roger Jahnke, internationally respected Doctor of Chinese Medicine and author of the bestselling The Healer Within, clearly and simply explains the concepts of Qigong in practical terms and the underlying principles. The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi (Hardcover). Average Rating: (5.0) stars. Rather than focus on a particular form of qigong, Dr. Jahnke presents concise, easy-to-follow techniques from among the more than 25 traditional and modern forms that he has mastered and taught to thousands of people across the United States and Canada. Specifications. Language. The Healing Promise of Qi is a wonderful book that provides dedicated and insightful information on Qigong, and how to start a Qigong practices of your own. Roger Jahnke is a great writer and a wonderful teacher.