



Fire Dragon Meridian Qigong: Essential NeiGong for Health and Spiritual Transformation

By Karin Taylor Wu, Zhongxian Wu

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Fire Dragon Meridian Qigong is a traditional Chinese internal alchemy method that embodies the spirit of the rising dragon, an auspicious symbol of transformation in Chinese culture. The form works directly on the acupuncture meridians, releasing areas of stagnation and bringing the physical and emotional body into a balanced state of well-being.

This Qigong form implements special visualization and breathing techniques in addition to movements that imitate sparks arising from a bonfire and swirling upward like a spiraling dragon. Stoking our 'inner fire' melts away the 'ice', or the areas of blockage and disease, opens our energetic pathways and allows the smooth flow of Qi in our meridians. The Fire Dragon practice follows the traditional internal alchemy process, where Jing (essence) transforms to Qi (vital energy), Qi transforms to Shen (spirit), and Shen returns to Emptiness. Fire Dragon Meridian Qigong is a key Qigong form for those seeking healing from cancer and other significant health challenges, and is the practice the authors turned to in order to transform the grief over their son's death.

The book provides background information and a detailed description of the form itself, illustrated with calligraphy, meridian drawings, and photographs throughout.

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- Sales Rank: #980092 in Books
- Brand: Brand: Singing Dragon
- Published on: 2012-07-15
- Released on: 2012-07-15
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .45" w x 5.98" l, .81 pounds
- Binding: Paperback
- 200 pages

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