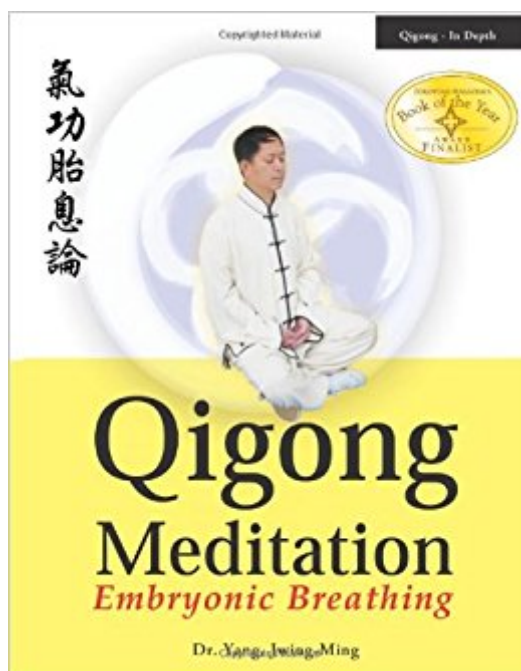


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# Qigong Meditation: Embryonic Breathing



## Synopsis

Finalist - 2006 Book of the Year Award by ForeWord Magazine  
The Root of Spiritual Enlightenment  
Chinese Qigong can be generally categorized into External Elixir (Wai Dan) and Internal Elixir (Nei Dan) Qigong. The first step of practicing Internal Elixir Qigong has been known as Small Cyclic Heaven (Small Circulation or Microcosmic Meditation). After completing Small Cyclic Heaven, a practitioner will learn Grand Cyclic Heaven (Grand Circulation or Macrocosmic Meditation). The purpose of Grand Cyclic Heaven is to re-open the Heaven Eye (Third Eye) to unite the natural spirit and human spirit. This is the ultimate goal of spiritual enlightenment in both Daoism (Taoism) and Buddhism. Although these kinds of meditations are popular, very few scientific books or documents are available to the public.  
The Foundation of Internal Elixir Cultivation  
In order to reach the goal of longevity and spiritual enlightenment, the Qigong practitioner must learn Internal Elixir Qigong. The first step to learning is to understand the theory and the method of Embryonic Breathing. Practicing this breathing technique will help you to establish your central energy system, conserve your energy, and store this energy to abundant levels. Once you have established this foundation, you will be able to practice Small Cyclic Heaven (Small Circulation or Microcosmic Orbit) and Grand Cyclic Heaven (Grand Circulation of Macrocosmic Orbit) effectively. It is understood that without this foundation, the root of spiritual enlightenment will not be established and the study and the practice of spiritual enlightenment, through meditation, will be in vain.  
Embryonic Breathing theory and techniques were kept secret in Buddhist and Daoist (Taoist) monasteries. Dr. Yang discusses most of the available documents, translates and comments upon them. Scientific analysis and summary of the practice methods. A comprehensive, straightforward way to understand and practice Embryonic Breathing.

## Book Information

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## Customer Reviews

"During my many years as a natural health writer, I've read hundreds and hundreds of books on Qigong and meditation, but during those ten years I've never encountered a book as thoroughly researched and documented as Dr. Yang, Jwing-Ming's massive translation and commentary on the available materials related to Embryonic Breathing theory and techniques. Those of us in the West owe Dr. Yang a sincere bow of gratitude for this fascinating resource." (Chet Day, author of *21 Days to Health & Beyond*)

FINALIST for Book of the Year Award: Health, 2003 (sponsored by Foreword Magazine)

It is an extremely interesting book. with 3 main Chapters/Sections that you could read separately and then try to put it all together. Definition; History and Technique. I have read it, put it down, think, meditate, analyze and sometimes start all over again. I recommend it for some one that is as interested as I am in learning the true roots to all martial arts and Chinese medical and health philosophy. Wish I had had such a book about 30 years ago. I still strongly recommend that you work, train and learn from a Sensei. It is not a book for a person that is looking for simple answers. This is not the only book and DVD by Sensei Yang Jwing-Ming that I own. It is said: "The Sensei will arrive when the student is ready". This doesn't mean I'm ready yet, but definitely anxious to learn more. I have found MY Sensei!

Thorough read on its history. To be honest, over 80% of the book is on the history of the qigong practice. This is to lay a knowledge foundation for the reader to understand the reason behind the exercises. (still kind of lengthy and some of the passages are translated from ancient texts) I bought the *Qigong Secret to Eternal Youth* after this book.

Almost impossible to find this much knowledge condensed into one book from an authentic source anywhere else.

love this guys books have several others and am always referencing these for basic subject matter

on topic never had any complaints with this guys work liked his stuff so much i have researched and started to dabble with other offerings of the author not pertinent to my original inquire

Amazing book. Information dense. If your into Qigong this is an essential book!

This is exactly the basic qigong book that I have long been looking for. Thank you very much Dr. Yang for accumulating, translating ancient document and publish this book

The book is very enlightening. it really gives you a new perspective of the world if you were born in the West and never heard of the eastern philosophies but also it combines both worlds together to broaden your perspective.

The steps outlined in this book are extremely timely. Those who are serious about learning Qigong should seriously consider reading this book. The book was written in an easy to understand format. I highly recommend this reading.

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