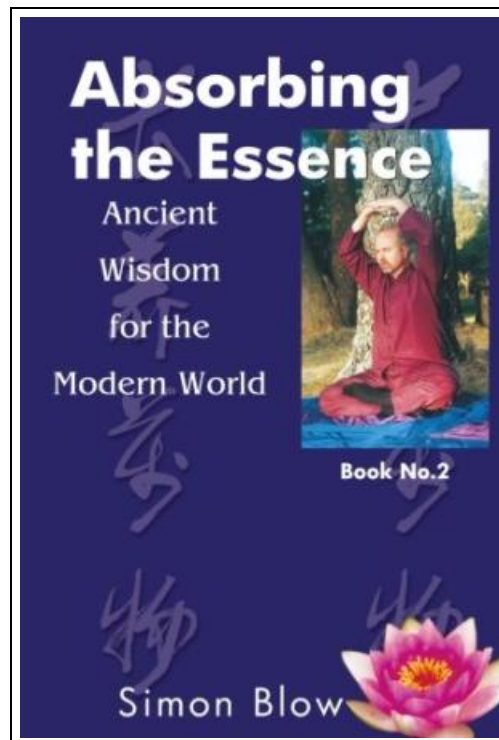


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Simon Blow, Australia, 2013. Mixed media product. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Absorbing the Essence, Book No. 2 Absorbing the Essence comprises the Qigong cultivation techniques that were taught to Simon by Grand Master Zhong Yunlong the Abbott of The Purple Cloud Temple at Wudang Mountain. Wudangshan is one of the sacred Daoist Mountains of China and is renowned for the development of Taiji. This book is for the intermediate student and for people with experience in meditation. It contains three sections: 1. Warm up - preparation movements; 2. Wudang Longevity Qigong - this sequence of gentle, flowing movements stimulates the Heavenly Orbit, absorbing the primordial energy from the environment and letting the negativity dissolve into the distance; 3. Ba Duan Jin, Nurturing Life Qigong - this 30-minute sequence includes eight sections with exercises to stimulate different organs and meridians of the body. It is practised in a seated position on a chair or cushion - ideal for people who have discomfort whilst standing. Simon Blow of Australia has twice travelled (1999,2000) to Mt Wudang Shan Taoist Wushu College, to learn Taiji Hunyuan Zhuang (Longevity) Qigong and Badajin Nurturing Life Qigong and through his study has absorbed the essence of these teachings. Therefore I specially grant Simon the authority to teach these, spreading the knowledge of these Qigong methods he has learnt at Mt Wudang to contribute to the well-being of the human race. May the Meritorious Deeds Be Infinite. Grand Master Zhong Yunlong Taoist Priest and Director, Mt Wudang Shan Taoist Wushu College, China September 24, 2000 The Chinese healing arts have a long proud history of over 5000 thousand years, the art consists primarily of meditation, relaxation, physical movement, mind-body integration and breathing exercises. There are thousands of different styles and...

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