



# **Zhong Yuan Qigong: Second Stage of Ascent: Quietness (Enter your Innere World) (Volume 2) (Russian Edition)**

*Mingtang Xu, Tamara Martynova*

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Zhong Yuan Qigong (ZYQ) is an ancient Chinese art for improving your health: it is a way of thinking and a method to communicate with the surrounding world and the entire universe. ZYQ exists over seven thousand years and represents the wisdom and knowledge of Grandmasters from many generations. This School belongs to the highest level of Qigong. The book on stage two of ZYQ is a logical extension of the book on Stage one. It includes a very detail explanations to the theory and practice of different exercises, such as activating of energy ball in your middle Dan Tian for increasing your health and strengthening the power of Qi; methods of breathing and energy nourishment with the skin; reaching the state of quietness both of your body and mind, etc. The reader will find some basic knowledge from ancient Chinese philosophy, such as the concepts of Tao and De, Emptiness and Din, “Devil’s Gates”, Fate and Karma, and many others. The book includes a lot of stories on each topic to support their understanding and make the content more clear and interesting. Besides Qigong practitioners will find after each chapter the answers to many questions about possible phenomena that they can experience during their practice. The book is intended for both general readership and for Qigong practitioners.



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