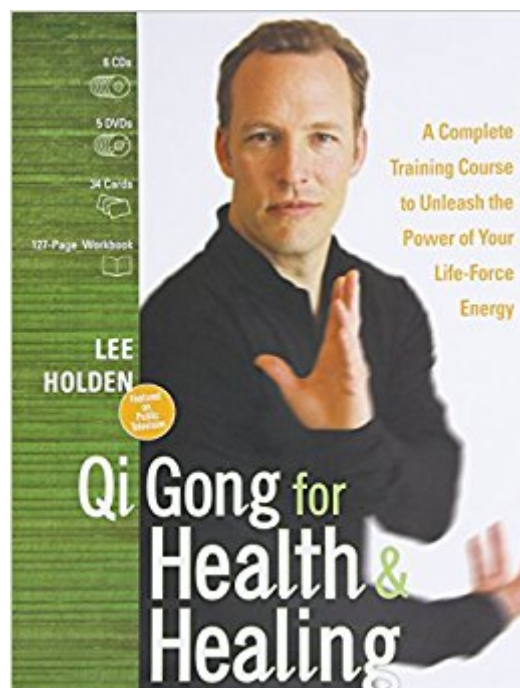




The book was found

Qi Gong For Health And Healing: A Complete Training Course To Unleash The Power Of Your Life-Force Energy



Synopsis

Qi Gong for Health and Healing contains everything you need to create and sustain a customized practice rooted in centuries of tradition. Five DVDs provide your qi gong workouts, with 10 hours of foundational exercises for morning, evening, self-healing, emotional balance, and spiritual qi gong. Six CDs complement the video instruction offering a series of qi-infusing guided meditations. The beautiful deck of qi cards gives you on-the-spot inspiration along with practice themes and pointers. Your workbook features energy self-assessments, a glossary of acupressure points, practice overviews, and tips for "qi gong cross-training" - or combining exercises to address specific areas of concern. All of these tools support the primary goals of qi gong: increasing the flow of life-force energy, boosting immunity, and clearing out stress and tension to help us reach our full potential. The Benefits Are Limitless . . . People who regularly practice qi gong report truly remarkable results, from starting every day full of vitality, to overcoming serious illness, to genuine spiritual awakening. "One thing is certain," explains Lee Holden, "The more you engage in the practice of qi gong, the greater your return will be." With Qi Gong for Health and Healing, now you can begin to experience for yourself this gentle, natural, and complete method for discovering life's greatest treasures from within.

Book Information

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Customer Reviews

Lee Holden Lee Holden is an internationally celebrated Qi Gong master. He is also a well known television personality who has appeared regularly on PBS. In 2009, he was honored by the

International Chi Gong Association. Lee is a licensed Chinese medical doctor and acupuncturist and the co-founder of the Santa Cruz Integrative Medicine and Chi Center. An instructor in meditation, tai chi, qi gong, and stress management, he has recorded dozens of audio and DVD programs and also written a book "Seven Minutes of Magic: Recharge Your Body Each Day with Qi Gong." He lives in Santa Cruz, California. For more information about his classes, workshops, and teacher training program, please visit www.LeeHolden.com."

this DVD deserves 10 stars

This is the set that started it for me. After having a lot of pains from stress my youngest daughter suggested Qi Gong. I had never heard of it before. I tried a few different DVD's from the library and I like Lee Holden's approach the best. I like the way the exercises are explained in conjunction with his delivery and calming voice. I have been doing it for over a year and have purchased some of his other programs and have started reading additional books on the philosophy behind the exercises. It has helped to bring the qi gong to a new level. The set comes with 5 DVD's (this is the best way to learn the exercises), 6 CD's which explain the philosophy and each has a guided meditation, a booklet that coincides with the CD's and DVD's and helps make the program your own, and a whole bunch of Qi cards. I draw the cards randomly each day and it really is weird how many times it touches on a relevant topic in my life. After looking back at all the doctor visits, tests, scans, and prescriptions I like the idea that we have the ability to heal ourselves, plus it's free, easy, and can be done anywhere. I guess with age comes wisdom, I just wish I started this long ago. Now the pains are gone, I have learned how to manage the stress, no more doctors, I lost the last 15 lbs that I could never lose (A friend of mine told me he found them). I sleep better, have more energy, and feel better. Best of all I really look forward to doing the exercises and meditation. I wish Lee would do more of the guided meditations, and maybe a DVD on Tai Chi. Looking back I really think this is something the medical community doesn't want to become widespread. Imagine what would happen if people found a free and painless way to feel better. This practice has been around for thousands of years. It certainly has worked for me and took me down a better path.

My first introduction to Qi Gong was on a PBS special called Qi Gong Flow for Beginners with Lee Holden. I recorded it on my DVR player and did Qi Gong continuously until the machine broke. In trying to find the video, I found that Lee Holden had a brand new product Qi Gong for Health and Healing. Wonderful program! Systematic and beautifully presented. Masterful. For anyone

interested in Qi Gong I can't say enough about this product. Each time I use the DVD's my energy level increases, I feel happy and have an inner peace. I love the natural feeling of Qi Gong and I love how masterful Lee Holden is in his embodiment of peaceful energy and as an instructor. I listen to the CD's constantly and use the breathing techniques in my work and anywhere I happen to be, having confidence that I have a great tool within me. When I felt the flu coming on, I immediately took out the DVD on self-healing and it all went away by the time I was done. There is a corresponding workbook and some very cool and meaningful cards with quotes. All well-done. I give this product an A+.

As someone who has experimented with all kinds of different types of healing modalities and done tons of Kundalini Yoga waiting to see some real practical results or to feel something, I came to Qi Gong with a fairly open mind and my expectations are finally being met! After one week of Qi Gong (doing at least one hour per day), I can definitively say that I am happier, more energetic, more confident and generally feeling more optimistic about life. I cannot say that I gained these sort of real results from any other system this quickly and the great thing is that as I am going through the movements and meditations I can actually feel the buzzing and tingling of Qi. With other systems, I was basically just assuming that "something" could be happening, but the strong feedback of feeling Qi and relaxed happiness motivates me to keep building up my energy. It is important to note, however, that I think because I've done yoga and other modalities in the past I have an appreciation for the fact that the momentum of healing builds slowly, so the results I'm so excited about may not blow the average person away considering the "instant gratification" culture we live in. The fact is that I'm seeing results build like "a sculptor chipping away piece by piece" as Lee says, so the patient will be rewarded! The whole set is organized incredibly well and professionally and is beautifully presented. There is a good grounding in the knowledge of Qi and the meridian system as well as the organs and their associated attributes - this goes a long way for someone like myself who wants to know why something is working just as much as how to do it properly. Highly recommended for anyone who wants to improve their lives at all levels and particularly for those, like me, who are a bit jaded by the esoteric nature of other healing systems.

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