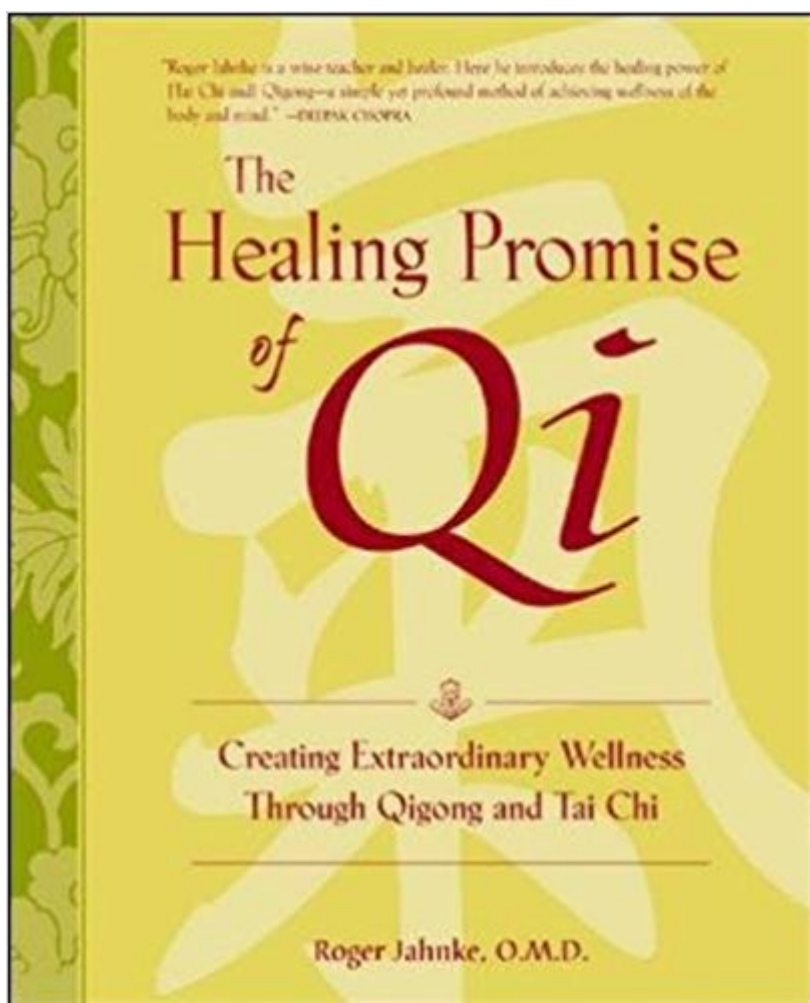




The book was found

# The Healing Promise Of Qi: Creating Extraordinary Wellness Through Qigong And Tai Chi



## Synopsis

Unlocks the secrets of one of the most powerful of Chinese healing arts Developed over millennia in China, qigong (literally, life force + mastery, or refinement) is a set of techniques used to increase your vitality, longevity, and sexual potency as well as achieve and maintain optimal health and inner peace. In the groundbreaking *The Healing Promise of Qi*, Dr. Roger Jahnke, internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within*, clearly and simply explains the concepts of qigong in practical terms. With the help of 125 superbly rendered illustrations, he describes a multitude of simple qigong tools, practices, and techniques for accessing and utilizing the incredible power of qi. Rather than focus on a particular form of qigong, Dr. Jahnke presents concise, easy-to-follow techniques from among the more than 25 traditional and modern forms that he has mastered and taught to thousands of people across the United States and Canada.

## Book Information

Series: All Other Health

Hardcover: 304 pages

Publisher: McGraw-Hill Education; 1 edition (March 22, 2002)

Language: English

ISBN-10: 0809295288

ISBN-13: 978-0809295289

Product Dimensions: 7.6 x 1.1 x 9.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 73 customer reviews

Best Sellers Rank: #109,460 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #22 in [Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine](#) #46 in [Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure](#)

## Customer Reviews

"Roger Jahnke is a wise teacher and healer. Here he introduces the healing power of [Tai Chi and] Qigong--a simple yet profound method of achieving wellness of the body and mind." "Qi--the energy that sustains all life--holds the key to health and longevity. *The Healing Promise of Qi* shows you how to access this potent force."

"Understand Qi. Access Qi. Cultivate Qi. Master Qi. It is the essential fuel behind all intention and action. It is the awesome power of the Universe within you. . . . Qi is your edge in sports, business, relationships, and personal performance. Tai Chi and Qigong are powerful tools, profound yet simple, that will assist you in fulfilling your intentions, needs, goals--even your dreams!"--Roger Jahnke, O.M.D. Developed over millennia in Chinese monasteries, hospitals, and imperial courts, Tai Chi and Qigong (literally life-force and mastery) are profound yet simple methods for increasing vitality, longevity, and sexual potency; achieving and maintaining optimal health and inner peace; and healing both minor and major illnesses. Long kept a carefully guarded secret from the Chinese public, Tai Chi and Qigong have recently come into widespread use throughout the Far East. They are now a health and human performance enhancement breakthrough in the West as well--ancient power tools for self-improvement and a safe, gentle, and proven alternative approach to treating pain and disease. In *The Healing Promise of Qi*, Roger Jahnke, O.M.D., internationally respected doctor of acupuncture and Chinese medicine and best-selling author of *The Healer Within*, clearly and simply explains Tai Chi and Qigong principles and practices. Rather than focus on one particular method or form, Dr. Jahnke distills the best and most important lessons, learned from Chinese teachers with whom he has studied. With the help of more than one hundred superbly rendered illustrations, Dr. Jahnke teaches you easy-to-learn techniques drawn from among twenty-five traditional and modern forms of Tai Chi and Qigong that he has mastered and taught to thousands of people in workshops, retreats, and health-care institutions throughout North America and China. And instead of offering a one-size-fits-all program, he provides guidelines for tailoring a self-healing and empowerment regimen to your unique goals, age, body type, personality, and medical condition. Qi is the ancient Chinese concept for the source of all vitality, healing, and creativity. For those who are healthy and those who seek healing, Qi is the primary ingredient in the most profound medicine, which is produced for free, naturally within the human body. China's most traditional and powerful healing arts, Tai Chi and Qigong are the most direct route to accessing and mastering Qi. Now, this down-to-earth guide, makes the awesome power of Qi available to everyone through Tai Chi and Qigong. Advance Praise for *The Healing Promise of Qi* "Qi--the energy that sustains all life, holds the key to health and longevity. *The Healing Promise of Qi* shows you how to access this potent force. And that's very good news, indeed."--Christiane Northrup, M.D., Author, *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* "The Healing Promise of Qi has the power to change your life. Dr. Jahnke not only practices Oriental medicine, he lives it authentically. His teaching is pure and potent, combining mind and heart to give you the practical skills you need to be your best self. This book is a gem that you will treasure for the rest of your

life."--Joan Borysenko, Ph.D., Author of *Minding the Body, Mending the Mind and Inner Peace for Busy People*"The ancient tradition of Tai Chi and Qigong is masterfully revealed in this book. Whether you are new to Qigong or a seasoned practitioner, Dr. Jahnke's insights will add new understanding and depth to your practice."--Larry Dossey, M.D., Author, *Healing Beyond the Body, Reinventing Medicine, and Healing Words*"A timely book of gentle persuasion and clear understanding, with easy-to-follow instructions to guide the readers, step by step, toward the success of achieving health and well-being."--Chungliang Al Huang, Living Tao Foundation, Author, *The Essential Tai Ji and Embrace Tiger, Return to Mountain*

Perhaps mislead by reviews, this book has 95% theory and fundamentals, and less than 5% actual postures and sequences. This may be a good addition to a seasoned practitioner, or a newbie who really wants to understand the "why" before doing the "how". Not for me, though. I might post it for sale later on, at 1/2 price, to recover some money and give someone an opportunity to try it,

Excellent, you can get started right away. Good research basis. Simple enough for ANY one to do, no long series of movements to memorize. Good diagrams. Encouraging. You don't have to read the book in order, or even cover to cover to begin. Roger encourages you to take charge of your own health and the Qi Gong/Tai Chi really are easy the way he offers in this book. Improve your balance and strength. The best thing this practice has done for me is stress reduction, positive mood, improved confidence, in an uncomplicated way that has proven beneficial in modern science as well as from sages throughout the ages! It's not rigid, and I super-LOVE the Spontaneous Qi Gong to music!! (esp trance music but have even had fun doing it to Sinatra, funk, jazz, as well as meditative and traditional Chinese and Asian instrumentals!)

What a great book! Well written and fascinating to read. I liked the poetic quotes from various Qi masters that introduce each chapter. I had read some other books on energy healing (e.g., "Energy Medicine"), but this book was the one that brought home the general concepts about energy healing while presenting a practice that is easy to follow without being technical (i.e., if you are interested in details about meridians and Chakras, you're better off with a different book like "Energy Medicine," which to me was overwhelming in its details and techniques.). "The Healing Promise of Qi" emphasizes the importance of body alignment, breath, and mind and breaks the Qigong/Tai Chi practice down into ten steps: 1. Discover Qi 2. Gather Qi 3. Circulate Qi 4. Purify Qi 5. Direct Qi 6. Conserve Qi 7. Store Qi 8. Transform Qi 9. Dissolve in Qi 10. Transmit Qi Approximately 1-3 exercises

are presented for each step (total 10-15 exercises) to help you develop the Qi flow. The book then finishes off in the later chapters with an "owner's manual" or guide for your practice and a discussion on the science of Qi (fields of energy, mind and consciousness, etc.). I have been following the practice, and the exercises have really helped me relax amid the stress of everyday life. The exercises take less than 10 minutes, plus they help me to meditate more easily. The author's words ring true and sincere, and he has organized his topics well. I believe in his general message that anyone's health would benefit from following the practice of Qigong/Tai Chi.

I have only recently begun reading about, and practicing, chi gong. I like the practice of chi gong (Qigong) because it is much easier than learning tai chi and just as beneficial. I have a couple of DVDs which show one how to do basic exercises of chi gong and a couple of books. I am practicing almost daily and noticing little changes in myself, mainly being more aware of my breathing. These DVDS and books ones are a bit simple and did not answer some of the questions that came up for me. So I bought Jahnke's book based on reading a bit of it and all the reviews. After reading the first few pages, I turned to Chapter 15 which contains guidelines for practice. Gone were the "rules" like, repeat certain exercises 9 times or, practice at a certain time of day. These could be important for an intermediate or advanced practitioner but not for a beginner. In the beginning, it is enough to do the best you can with each exercise, try to get the breathing right and keep practicing. And there is no such thing as "no pain, no gain." In fact, he stresses NOT to do anything that is at all painful, even mildly so. He also stresses the great variability and styles of chi gong and that you're not committing a crime by doing an exercise "wrong" or differently than someone else does. Now that I'm clearer on the basics, I'm reading the rest of the book and am quite happy with the level of detail - it doesn't seem "bloated" as one reviewer put it. I think that if it's not already, this book is destined to be a classic English language introduction to chi, chi gong and tai chi.

Wonderful reading! Entertaining, educational and potentially life changing.

This book is written by an author that knows what he is talking about. A deeply informative book on a sacred subject: Our Life energy and how to cultivate, circulate and store it. Roger Jahnke is a Master. This book is a gift to anyone that sincerely wants to create a healthier Body, Mind and Spirit.

This book was recommended by a friend. If you practice Tai Chi and Qigong this is excellent.

Deeply insightful, inspiring, educational, fulfills a longing for more awareness of the deeper coherence always present in this life.

[Download to continue reading...](#)

Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Answers to Common Tai Chi and Qigong Questions Tai Chi Chuan 24 - 24 • Classical Yang Style: The Complete Long Form and Qigong Tai Chi Ball Qigong: For Health and Martial Arts Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised Qigong Meridian Self Massage - Complete Program for Improved Health, Pain Annihilation, and Swift Healing (Chi Powers for Modern Age Book 5) Long Life, Good Health Through Tai-Chi Chuan 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1) Meridian Qigong Exercises: Combining Qigong, Yoga, & Acupressure Wu Qin Xi: Five-Animal Qigong Exercises (Chinese Health Qigong)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)