



Qigong Meditation: Small Circulation

By Yang Jwing-Ming

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Qigong Meditation: Small Circulation By Yang Jwing-Ming

Finalist - 2006 Book of the Year Award by ForeWord Magazine

Small Circulation, or the Microcosmic Orbit, is the practice of circulating energy, within the human body, Qi, through the two main pathways, or "vessels" of the body. This practice is considered to be the foundation of Internal Elixir Qigong, and was a fundamental step on the path of meditation training in ancient times. Over the centuries, this practice has slowly been lost from many meditation traditions, and its importance has been forgotten.

Small Circulation regulates the Qi circulating in the Twelve Primary Qi channels, making it abundant throughout the entire body, which has been known for centuries for promoting health and longevity. This is also the foundation of Muscle/Tendon Changing Qigong (Yi Jin), which deeply conditions and strengthens the body. It is advised that you begin your meditation training by practicing Embryonic Breathing, which will help you to establish your central energy system, and to conserve and store this energy to abundant levels. Building on this foundation, Small Circulation is the next required stage of meditation training. Ultimately, one then practices Grand Circulation Meditation, which circulates Qi everywhere in the body and exchanges it with partners and the surrounding environment. Its purpose is to open the third eye and reunite the human spirit with the spirit of nature.

This book contains translation and analysis of many ancient documents used to transmit Small Circulation and Internal Elixir cultivation to future generations, and offers modern scientific explanation for learning and training safely. Though meditation is popular today for relaxation and general health, the ultimate goal of this training, in both Daoism (Taoism) and Buddhism, is spiritual enlightenment.

- Small Circulation Meditation builds the body from weak to strong and trains the mind to be calm and focused.
- Dr. Yang presents a modern method for learning safely.
- Includes scientific analysis, translation and commentary of ancient documents, and a summary of the practice methods.

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Editorial Review

Review

"The author, a physicist and engineer, is undoubtedly the most knowledgeable expert on Chinese martial arts and internal energy systems in the Western world. In this incredibly well-illustrated and documented tome on qigong (chi kung) meditation, Dr. Yang provides in-depth information as to what internal energy is, how it works, how to safely develop it, and its importance to health. In this reviewer's experience with the fighting arts for over fifty years, this is absolutely the best, most complete book on the subject I have seen. Dr. Yang should be considered a national treasure by both China and the US. No one else has the breadth or depth of his knowledge, the scientific understanding of it, and the ability to explain its innermost secrets while transcending an allegorical Oriental knowledge base to a scientific Western one. We rated this book the highest five hearts score." (Bob Spear *Heartland Reviews*)

From the Publisher

FINALIST for Book of the Year Award: Mind/Body/Spirit, 2006
(Sponsored by Foreword Magazine)

About the Author

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

Users Review

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Myra Flory:

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David Jones:

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