

---

# The Methods Of Zhineng Qigong Science Teaching Zhi

---

The Secrets of Healing Ourselves with Intelligent  
Life- Energy  
101 Miracles of Natural Healing  
Psicología de las percepciones interiores  
Qigong for Health & Vitality  
Wellbeing Begins with You  
Shades of Gray in the Changing Religious Markets  
of China  
Buddhism and Medicine  
The Theory of Hunyuan Whole Entity  
Paranormal Abilities  
Tai Chi Push Hands  
Awaken Vitality  
Chi-Lel Qigong  
Essentials of Complementary and Alternative  
Medicine  
Life More Abundant  
Qigong Meets Quantum Physics:  
Reboot and Rejoice  
Qigong Meditation  
Chinese Healing Exercises  
Wu Yuan Zhuang

The Methods of Zhineng Qigong Science  
Religion in China  
Complementary Therapies for the Body, Mind and  
Soul  
Chinese Medical Qigong  
Basic Theories and Methods of Zhineng Qigong  
Overview of Zhineng Qigong Science  
More Energy, More Life  
The Psychology of Inner Perceptions  
I Love Capri  
T'ai Chi Ch'uan Ta Wen  
Later Methods Zhineng Qigong and Taiji  
Chinese Religions Going Global  
The Non-Local Universe  
Qigong Theory  
Voyage to the Shore  
□□□□  
Zhineng (Chilel) Qigong  
Sound Healing Technologies  
The Healing Promise of Qi: Creating Extraordinary  
Wellness Through Qigong and Tai Chi  
The Lausanne Covenant  
Da Yan Wild Goose Qigong

*The Methods  
Of Zhineng  
Qigong  
Science  
Teaching Zhi*

*Downloaded  
from  
[tafayor.com](http://tafayor.com)  
by guest*

---

**WHITNEY ARIANA**

---

**The Secrets of  
Healing Ourselves**

**with Intelligent Life-  
Energy** Oxford  
University Press  
Qigong Theory is the  
third book in the  
author's series  
translating and  
interpreting the

lectures and writings of Dr. Pang Ming's innovative system of Zhineng Qigong. This remarkable book represents Hou Hee Chan's diligent interpretation of Dr. Pang Ming's lectures and book on Hun Yuan Wholistic Theory. The author has chosen to interpret and focus on the theory subjects specifically related to Qigong and has thus produced a work that is relevant to a wide-ranging audience of Qigong students, scholars and interested readers. The author notes in Chapter One that the Hun Yuan Wholistic Entity is "an entity in which physical structures and functions are merged as one." Hun Yuan Wholistic Theory "explores the Wholistic Entity's formation,

characteristics, and laws that govern its changes." The Introduction and Chapter One cover a wide range of topics such as the traditional components of Qigong Theory in which human beings and Nature are considered as one entity; the substance and levels of the Universe; the characteristics of the human body as a Wholistic Entity; and Traditional Qigong's Qi Theory describing Qi's functions and changes. Further chapters deepen our awareness of Qigong concepts used to describe the nature and characteristics of the Wholistic Entity. For example, Chapter Four focuses in depth on Human Hun Yuan Qi, exploring the evolution, movement

and formation of Hun Yuan Qi and its existence in the three forms of Jing, Qi and Shen. Although this book is a comprehensive explanation of Qigong Theory, the author also explains the link between Qigong Theory and Qigong Practice. As he states in Chapter Six: Conclusion: "Zhineng Qigong separates theories and practice methods into two systems. Hun Yuan Wholistic Theory is the foundation theory and explains the relationship between Nature and humans, consciousness and the physical body, and the body and functions. Hun Yuan Wholistic Theory also explains the functions of Qi that would become the foundation of the

Zhineng Qigong practice."The process of evolution in Hun Yuan Wholistic Theory is described as an "upward spiral, not an enclosed circle." Human beings are in the middle of this upward spiral of evolution. Zhineng Qigong's emphasis on the mind's (Shen) function and ability to direct body functions towards a balanced state of health and wellness are a profound inspiration for an upward spiral of consciousness and evolution for humanity. [101 Miracles of Natural Healing](#) Random House Da Yan - Wild Goose Qigong The 2nd 64 movements From ancient times, Qigong was developed as a way of helping improve people's quality of life. It's an important

component of the Chinese medical health systems. The art of Qigong consists primarily of meditation, relaxation, physical movement, mind-body integration and breathing exercises. When the mind and body come into a state of balance, stress is reduced and there is an increase in health and longevity. The 2nd 64 Da Yan Wild Goose Qigong movement set deals primarily with the 'pre-natal body' and refers to the energy we gather from the universe and from our ancestors before birth. Having dredged the channels in the 1st 64 movement set, the 2nd 64 movement set is designed to clear the channels to absorb fresh Qi, expel stale Qi and to restore organ balance. The twisting,

stretching, bending and pressing movements produce stronger Qi fields and intensify the circulation through the energy channels. In the 2nd 64 movement set the goose is embarking on a great journey and flies out from this world to the edge of the Milky Way, to pick the herbs or gather the pre-natal Qi from the core of the universe. It then flies back to this world to share this healing energy with humanity. Simon Blow is a 29th Generation of the Da Yan Wild Goose Qigong, an initiated student of the 28th lineage holder Grand Master Chen Chuan Gang, the eldest son of Grand Master Yang Mei Jung. He is a master teacher (Laoshi) and is the author of numerous books, DVDs and

meditation CDs about the ancient Chinese healing arts. Simon has been initiated into Dragon Gate Daoism and given the name 'Xin Si' meaning 'Genuine Wisdom' and is also a Standing Council member of the World Academic Society of Medical Qigong, Beijing, China. 'This is the teaching textbook on Wild Goose Qigong in accordance with the original principles of the ancient masters, accurate instructions for all the movements, genuine meaning and interpretation of the understanding of all the key principles.' Grand Master Chen Chuan Gang 'Qigong makes me feel centered and balanced. I find I am calmer and more able to be the mindful person I wish

to be.' Annie 'Qigong makes me feel calm, focused, happy and healthy. I have experienced improved health, both physically and mentally.' Jann *Psicología de las percepciones interiores* Singing Dragon Intelligent Life-Energy, known in China as 'Zhineng Qigong' and renowned for its dramatic healing capabilities on even the most intractable conditions, is a complete integrated system developed to liberate human energy in all dimensions, ultimately opening one's heart to the awakening of objective conscience. It also provides an effective path to take charge of one's physical health and empower healthy living. Zhineng Qigong finds its roots in the

7000-year old tradition of folk, shamanic, Buddhist, Taoist and Confucianist traditions-integrating them into a whole with the latest understanding of physiology, psychology and medicine. Through posture, movement, breath and mental focus, Intelligent Life-Energy (Zhineng Qigong) offers a methodology to rediscover the inner medicine-qi, the vital and healing resource within us-and to magnify the exchange between ourselves and nature, enabling us to become harmoniously connected with the infinite creative power of the universe that ultimately is the origin of love, compassion, and the source of all healing. Today it is the world's most widely practiced qigong, with

upwards of 20 million practitioners globally. Practitioners learn and practice a series of movements that make up a particular 'method' or exercise. The daily practice of these movements opens blockages and increases vital energy. "We cultivate our own life energy through accessing nature's great store of life energy (qi). This approach produces quick results. But cultivating one's qi is not the most fundamental; cultivating one's spirit is. Mastery of qi is really achieved through mastery of consciousness. We use consciousness in a careful, craftsman-like way, to shape our life, to attain our goals. If we use modern terminology to name

this process, we call it qigong..." "...in modern terms, qigong is just the refinement of consciousness to enhance the state of energy in the body. This leads to vibrant health, a harmonious body and mind, and an awakened spiritual life. Dr. Ming Pang, creator of

**Qigong for Health & Vitality** Ymaa

Publications  
This book is a collection of studies of various religious groups in the changing religious markets of China. These ethnographic studies demonstrate many shades of gray in the religious market and fluidity across the red, black, and gray markets.

Wellbeing Begins with You Qigong Foundation  
"This book, T'ai Chi

Ch'uan Ta Wen, was written sixty years ago by Professor Ch'en Wei-ming, who was a famous exponent of the Yang style T'ai Chi Ch'uan and a student of the great master, Yang Cheng-fu. In 1927 he established the Chih Jou School in Shanghai where he taught many students. At that time he saw how popular T'ai Chi Ch'uan was becoming and he was concerned that if it became a fad it would lose its original spirit. In the process of its being spread, its principles would be forgotten or mixed with other forms, thus leading to the loss of an important part of its essence. Therefore, this book is based only on what Professor Ch'en heard in his teacher's classes. The questions are his own



personal questions." - Benjamin Pang Jeng Lo, from the Introduction Shades of Gray in the Changing Religious Markets of China Lulu.com  
Four out of ten patients visited a complementary and alternative medicine (CAM) practitioner last year--Your Patients!  
Essentials of Complementary and Alternative Medicine provides you with the information you need to understand this phenomenon. This practical source brings together today's leading CAM researchers and practitioners to offer the reader insights into the social and scientific foundations of CAM, the safety and efficacy of CAM products and practices, and overviews of 20

commonly used CAM modalities. Essentials of Complementary and Alternative Medicine helps you inform, educate, and treat patients who are interested in or currently using CAM.  
*Buddhism and Medicine* Createspace Independent Publishing Platform  
China has long been a country rich in the mystery of life cultivation and wisdom of great philosophy. Zhineng Qigong is a great inheritance and development of the essence of traditional Chinese culture, meanwhile it is well targeted at the great demands of our time for Good Health, Good Environment, and Harmonious Relationships between humans and nature among people all over

the world. This target is realized by deep recognition of the nature of the world, of human life and of human relationship. The Theory of Hunyuan Whole Entity (written by Dr. Pang Ming and translated by Zhang Yuhong), which is about the Theory of Three Level Substances or the Hypothesis of Three Levels of Substances, is a profound work giving revelations not only to qigong practitioners who are actively improving their physical and mental health level, to researchers, scientists who are keen in knowing more about the truth of the universe and human life, but also to all people who are interested in the essence of Chinese

culture. Zhang Yuhong, the translator, is conscientiously presenting this great wisdom inherited from Chinese ancestors and developed with new creativity by Grand Master Pang Ming to the world.

The Theory of Hunyuan Whole Entity BRILL

Qigong is one of the most important aspects of traditional Chinese culture and medicine. In recent years, Qigong therapy has attracted more and more attention from modern medicine and science and is now widely applied in clinical settings to treat illness and promote well-being. Chinese Medical Qigong is the first English translation of the only official textbook of medical Qigong, now in its third edition, used in

colleges and universities of traditional Chinese medicine in China. Correlating the traditional therapies of Qigong with the most recent outcomes of modern scientific research, it is the authoritative introduction to the knowledge system and content of Qigong study. This textbook will be an essential tool for medical students and healthcare professionals working in complementary and alternative therapies as well as for all those seeking a better understanding of the beneficial medical applications of Qigong. Paranormal Abilities Lippincott Williams & Wilkins  
Tai Chi Ball Qigong training is a long established method for

increasing the body's physical power and Qi (energy). This training strengthens the torso, bones, muscles, ligaments, and improves root and balance. It helps with concentration and alertness, and teaches you how to lead and manifest Qi, which is key for martial power. Tai Chi Ball Qigong is good for all ages and any martial art style. *Tai Chi Push Hands* BoD – Books on Demand  
Inspirational stories of 101 individuals who miraculously recovered from chronic illnesses, such as cancer, diabetes, heart disease, severe depression, lupus, arthritis, and paralysis. *Awaken Vitality* University of Hawaii Press  
The foundational

practice of Wisdom Healing Qigong is the Lift Chi Up, Pour Chi Down Method (LCUPCD). Widely recognized as one of the world's most powerful healing technologies, LCUPCD's universal nature addresses all purposes and brings strong benefits to all conditions. Now you can learn this practice at home using this book full of step-by-step instructions addressing the physical movements as well as the energetic cultivation and visualizations for realizing your true potential. Bonus 20?minute video practice session makes learning and developing a consistent practice easy.

Chi-Lel Qigong

Columbia University Press  
 Learn and practice the Qigong movements to reduce stress, open your energy channels, heal and prevent illness, and optimize your mental and emotional wellbeing as you are guided by Master Gu. The Wisdom Healing Qigong Preliminary Practices are six easy-to-follow and tremendously powerful movements you can utilize any time, anywhere. Practiced separately or together in a sequence these practices focus on cultivating a healthy and flexible spine, thereby increasing the well-being and vitality of the entire body. They are proven effective for releasing stress, decreasing pain, improving mental functioning, and

rebuilding health for anyone suffering from a wide variety of conditions, including debilitating and life-threatening ones (see testimonials on our website). Each practice is clearly explained for beginning and intermediate level students and sequentially illustrated for easy learning. The text reviews modifications, cautions and visualizations to safeguard as well as enhance your experience. Whether you want to start your day with a good whole body stretching routine or discover the deeper dimensions of your energetic body, your dedicated practice will be well supported with the book, the DVD and the CD. Booklet is 48 pages.

Essentials of

Complementary and Alternative Medicine  
Oxford University Press  
La psicología de las percepciones interiores es una nueva rama de la psicología y tiene sus raíces en la cultura china, especialmente en la Medicina Tradicional China. Con este libro, los autores nos acercan, en un lenguaje actual, las raíces históricas y las técnicas específicas para la percepción interior. Un modo de percepción en que se basa esta nueva psicología: conocer el mundo a través de la mente que, en lugar de orientarse hacia afuera, se dirige hacia adentro. Esta manera de explorar los principios de la vida se ha aplicado desde la antigüedad con el propósito de mantener una buena salud y

lograr una vida longeva. Sin embargo, en el siglo pasado, se ha tendido a un conocimiento abstracto y meramente filosófico de la esencia de la percepción interior. Muchos conceptos como "la unidad del hombre y el cielo", por ejemplo, acabaron siendo símbolos culturales de filosofías antiguas. El hecho de que este concepto se refiera a un estado perceptible en el que el ser humano está conectado al cielo por medio del qi, apenas se conoce hoy día. Considerar la vida desde una perspectiva holística y más abarcadora puede ser hoy parte de una moda, pero son pocos quienes experimentan el sentido real de estar conectados interna y externamente con el

cielo y la tierra. Diferente, entonces, de la metodología de la investigación moderna, en la que la mente se orienta hacia lo exterior y es fundamentalmente objetiva (no-subjetiva) a percepción interior implica dirigir la mente hacia nuestro interior para nutrirla y reforzar su poder.

Life More Abundant

McGraw Hill

Professional

Over the centuries, Buddhist ideas have influenced medical thought and practice in complex and varied ways in diverse regions and cultures. A companion to Buddhism and Medicine: An Anthology of Premodern Sources, this work presents a collection of modern and contemporary texts and

conversations from across the Buddhist world dealing with the multifaceted relationship between Buddhism and medicine. Covering the early modern period to the present, this anthology focuses on the many ways Buddhism and medicine were shaped by the forces of colonialism, science, and globalization, as well as ruptures and reconciliations between tradition and modernity. Editor C. Pierce Salguero and an international collection of scholars highlight diversity and innovation in the encounters between Buddhist and medical thought. The chapters contain a wide range of sources presenting different perspectives rooted in distinct times

and places, including translations of published and unpublished documents and transcripts of ethnographic interviews as well as accounts by missionaries and colonial authorities and materials from the contemporary United States and United Kingdom. Together, these varied sources illustrate the many intersections of Buddhism and medicine in the past and how this nexus continues to be crucial in today's global context.

**Qigong Meets Quantum Physics:**  
Createspace  
Independent Publishing Platform  
Wu Yuan Zhuang is a translation of the third level practice of

Zhineng Qigong, one of the most influential and powerful qigong sect in China. The book covers four sections. Section 1 focuses on the theories of Wu Yuan Zhuang, including its origin, features and fundamental ideas, as well as the key points to master it. Section 2 focuses on the 13 postures of Wu Yuan Zhuang including the movements, gestures, tips, requirement for the mind intent and effects. Section 3 illustrates the assistive method of Wu Yuan Zhuang --- Genuine Zang Qi Converging into One Method. Section 4 is a summary of Wu Yuan Zhuang which provides the reader with instructions about how to benefit from it. Hand signs, intonation and manipulation of

emotions are peculiar features of Wu Yuan Zhuang. As a method centered on the five Zang-organs, Wu Yuan Zhuang can help its practitioner overcome emotional disturbance and depression. For more information, please visit our website [www.zhineng.com](http://www.zhineng.com)

### **Reboot and Rejoice**

BRILL

Master Liu has been practicing Zhineng for over 24 years. Zhineng Qigong is the most widely respected and practiced qigong in China today for health and healing. Based on the laws of nature, Grandmaster and Dr. Pang Ming founded this natural healing system to develop physical, emotional, and mental well-being. Master Liu has worked for three years translating Grandmaster Pang's



books on Zhineng Qigong in order to present this important information in an accurate translation. In the book, he explains the nine characteristics of Zhineng Qigong that make it different from other forms of qigong; Yi Yuan Ti theories; how to pull energy information; how to organize the qi field; as well as information on the forms. Master Liu's book is a needed and wonderful complement to any teacher and student in developing a deeper understanding and practice of Zhineng Qigong.

### **Qigong Meditation**

Infinity Publishing  
Religion in China survived the most radical suppression in human history--a total ban of any religion during and after the Cultural Revolution. All

churches, temples, and mosques were closed down, converted for secular uses, or turned to museums for the purpose of atheist education. Over the last three decades, however, religion has survived and thrived even as China remains under Communist rule. Christianity ranks among the fastest-growing religions in the country, and many Buddhist and Daoist temples have been restored. The state even sponsors large Buddhist gatherings and ceremonies to venerate Confucius and the legendary ancestors of the Chinese people. On the other hand, quasi-religious qigong practices, once ubiquitous, are now rare. All the while, authorities have

carried out waves of atheist propaganda, anti-superstition campaigns, severe crackdowns on the underground Christian churches and various "evil cults." How do we explain religion in China today? How did religion survive the eradication measures in the 1960s and 1970s? How do various religious groups manage to revive despite strict regulations? Why have some religions grown fast in the reform era? Why have some forms of spirituality gone through dramatic turns? In *Religion in China*, Fenggang Yang provides a comprehensive overview of the religious change in China under Communism.

Chinese Healing

### Exercises

978-1-893104-16-7  
 Master teacher Hou Hee Chan offers a rare insight into the concepts and methods of Zhineng Qigong--introduced to the West as Chiheng Qigong by Hou Hee Chan and his brother, Luke Chan, who have both published works on Zhineng Qigong. This book is unique in that it offers exceptional and in-depth explanations of the basic practices of Zhineng Qigong, originally written in Chinese by Dr. Pang Ming, whose extensive writings include a nine-book series on Zhineng Qigong. As Master Chan has observed, no one can translate Dr. Pang's books as they are written; all one can do is interpret them as closely to the original as possible. Combining

his understanding of both the theories and methods of Qigong, Master Chan gives us an opportunity to explore the depths of this ancient Chinese tradition and brings Qigong into the 21st century with his interpretations of these methods for a healthy body and a relaxed, clear mind. Relieve the stress of modern life by taking a journey into the practices of Zhineng Qigong! Master Chan's translation of the foundation methods of Zhineng (Chilel) Qigong offers a balanced and informed approach that will appeal to a wide audience of readers. Other books on Qigong are often intended for the specialist with a focus on the martial arts aspects of related

practices, but this book is written to introduce the general public to the art of Qigong and to a specific type of Qigong aimed at creating a healthy and vital lifestyle. The standard spelling of Chinese terms (Pinyin) is used for ease in reading and pronouncing Chinese throughout the book. Both Chinese characters and Pinyin are used for technical terms in the main text or when the terms first appear. There is also a helpful glossary for use in finding and understanding terms. This masterful work is divided into three sections: a succinct overview of Zhineng Qigong; an in-depth explanation of the foundation methods of this practice; and a much needed

translator's perspective that interprets and illuminates the practice methods based on Master Chan's years of personal experience as a teacher in the U.S. and abroad, and his study in China. Qigong is both an ancient and an evolving art, and this book captures the essence of these qualities through Master Chan's interpretations that help deepen our understanding of this dynamic art form.

*Wu Yuan Zhuang*  
Macmillan

This volume explores Chinese religions on a global stage so as to challenge the traditional dichotomy of the western global and the Chinese local, and to add a new perspective for understanding religious modernity globally.

Contributors from four different continents aim at applying a social scientific approach to systematically researching the globalization of Chinese religions. The Methods of Zhineng Qigong Science Ediciones

Lilium

Classical physics states that physical reality is local--a point in space cannot influence another point beyond a relatively short distance. However, In 1997, experiments were conducted in which light particles (photons) originated under certain conditions and traveled in opposite directions to detectors located about seven miles apart. The amazing results indicated that the photons

"interacted" or "communicated" with one another instantly or "in no time." Since a distance of seven miles is quite vast in quantum physics, this led physicists to an extraordinary conclusion--even if experiments could somehow be conducted in which the distance between the detectors was half-way across the known universe, the results would indicate that interaction or communication between the photons would be instantaneous. What was revealed in these little-known experiments in 1997 is that physical reality is non-local--a discovery that Robert Nadeau and Menas Kafatos view as "the most momentous in the

history of science." In *The Non-Local Universe*, Nadeau and Kafatos offer a revolutionary look at the breathtaking implications of non-locality. They argue that since every particle in the universe has been "entangled" with other particles like the two photons in the 1997 experiments, physical reality on the most basic level is an undivided wholeness. In addition to demonstrating that physical processes are vastly interdependent and interactive, they also show that more complex systems in both physics and biology display emergent properties and/or behaviors that cannot be explained in the terms of the sum of parts. One of the most startling implications of

non-locality in human terms, claim the authors, is that there is no longer any basis for believing in the stark division between mind and world that has preoccupied much of western thought since the seventeenth century. And they also make a convincing case that human consciousness can now be viewed as emergent from and seamlessly connected with the entire cosmos. In pursuing this groundbreaking argument, the authors not only provide a fascinating history of developments that led to the discovery of non-locality and the sometimes heated debate between the great scientists responsible for these discoveries. They also

argue that advances in scientific knowledge have further eroded the boundaries between physics and biology, and that recent studies on the evolution of the human brain suggest that the logical foundations of mathematics and ordinary language are much more similar than we previously imagined. What this new knowledge reveals, the authors conclude, is that the connection between mind and nature is far more intimate than we previously dared to imagine. What they offer is a revolutionary look at the implications of non-locality, implications that reach deep into that most intimate aspect of humanity-- consciousness.