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Chinese Shamanic Cosmic Orbit Qigong

Chinese Shamanic Cosmic Orbit Qigong is an advanced form of Qigong from one of China's esoteric traditions. Never before written about in the West, this form offers great cumulative benefits from regular daily practice.

Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans ...

Chinese Shamanic Cosmic Orbit Qigong is an advanced internal cultivation practice from the Mt Emei school which also involves mudras, mantras and visualisations. The cumulative therapeutic benefits of regular daily practice are manifold, from increasing overall vitality to harnessing your body's healing potential.

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Chinese Shamanic Cosmic Orbit Qigong is an advanced internal cultivation practice from the EMei ZhenGong 震宮 (Mt. EMei Shamanic Qigong) tradition. This 12 movement form utilizes key components of ancient shamanic Qigong lineages - mudra, mantra and visualization and connects us with the 12 rhythms of the natural cycle, the 12 Tidal Hexgrams of the Yijing (I Ching), the 12 Chinese Animals and 12 Earthly Branches.

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Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans, Mantras, and Mudras in Healing and Inner Cultivation by Zhongxian Wu (2011-05-15) Paperback - January 1, 1747

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Within the theoretical foundation of Mt. Emei Sage Style Qigong lies the wisdom of ancient Yijing science and the principles of classical Chinese medicine. This Wu 武 (Chinese shamanic) style is also commonly known as the FuLu 福祿 School. The Chinese character Fu 福 means symbol, omen, in alignment with, and in accord with.

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