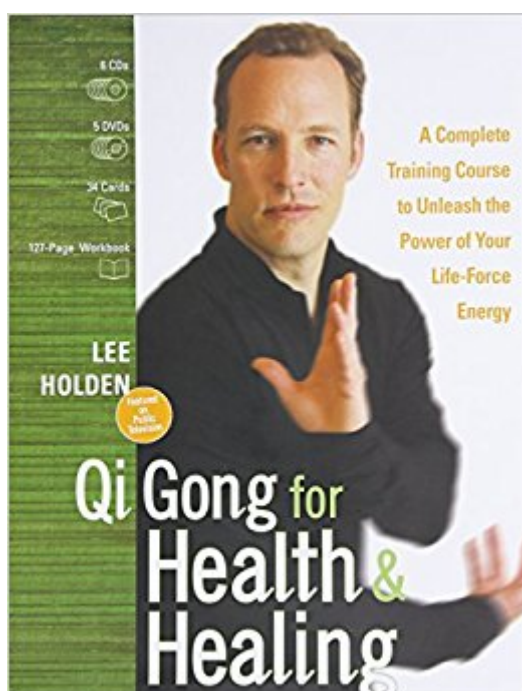


The book was found

# 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 acupuncture 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

Paperback: 140 pages

Publisher: Sounds True, Incorporated; Pap/Com/Dv edition (September 28, 2010)

Language: English

ISBN-10: 1591799163

ISBN-13: 978-1591799160

Product Dimensions: 2.2 x 8.8 x 11.2 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 11 customer reviews

Best Sellers Rank: #377,357 in Books (See Top 100 in Books) #154 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #495 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #642 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## 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](http://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.

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

Qi Gong for Health and Healing: A Complete Training Course to Unleash the Power of Your Life-Force Energy  
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1)  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive

Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Nei Gong: The Authentic Classic: A Translation of the Nei Gong Zhen Chuan Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Unleash the Power of the Female Brain: Supercharging Yours for Better Health, Energy, Mood, Focus, and Sex Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION-

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)