



Beautiful Heart, Beautiful Spirit (Shing-Ling-Mei Wudang Qigong as Taught by Master Qing Chuan Wang)

Katherine Orr

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For millennia, the Chinese have practiced qigong to enhance body, mind and spirit. They understood that the key to good health and well-being resides within heart and mind. By using heart and mind to direct energy - qi - we can learn to balance our body and our life. Master Qing Chuan Wang is a qigong grandmaster, a gifted healer and 18th patriarch of the Wudang Qigong lineage. He brings you Shing-ling-mei Wudang qigong, an effective and uplifting practice that promotes health, healing and happiness. "Beautiful Heart, Beautiful Spirit" is written by Master Wang's wife, Katherine, who is also one of his most advanced students. Through anecdotes, personal history and clearly articulated philosophical principles, this book holds your interest. It presents an overview of the qigong tradition and thorough explanation of the form of qigong taught by Master Wang. You learn what qigong is and how it works, as well as its benefits and applications. A well-illustrated, detailed practice section provides everything needed to develop an effective practice at home. Shing-ling-mei Wudang qigong is a safe, gentle and effective practice for all ages. A companion DVD, purchased separately, features the six moving exercises illustrated in the book.

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