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Paperback 2011 Author Zhongxian Wu
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Zhongxian Wu**

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Master Wu Cosmic Orbit Qigong - intro **Chinese Shamanic Tiger Qigong with Master Zhongxian Wu** *What is Microcosmic Orbit? (By Mantak Chia)* ~~Microcosmic Orbit Guided Meditation - Boost Internal Energy with the Microcosmic Orbit~~ ~~THE MICROCOSMIC ORBIT - ULTIMATE VERSION!~~ (Powerful Qigong Healing Meditation)

~~Microcosmic Orbit Guided Meditation - Activate Your Orbit~~ ~~Microcosmic Orbit and Stuck Qi Dragon Sickness #6~~ Microcosmic Orbit - Qigong Exercise ~~Taoist Longmen Microcosmic Orbit Qi Gong Qigong - OLD VERSION of Microcosmic Orbit (GO CHECK OUT THE NEW ONE!)~~ "Heavenly Stems, Earthly Branches" - Master Zhongxian Wu ~~Damo Mitchell in conversation~~ **Microcosmic Orbit Meditation** ~~Chi Kung Sword Finger - amazing energy practice of Qigong healing~~ **Demo 2: Dragon** ~~Tiger Medical Qigong with Related Energetics~~ Mantak Chia ~~Healing Hand Technique - qigong / chigung~~ MAY 11 MON WISDOM CHI KUNG *Morning Exercise for Activating your Tendon by Mantak Chia (Part 1/4)* *Powerful Taoist Cultivation | Energy Gathering| Visualization of Dantian Meditation | Qi Gon Music* **Wudang Five Animals Qi Gong (???????)** *Tiger Qigong for Lungs in Autumn Taoist Master explains Internal Alchemy theory* *Opening Dao a documentary film on Taoism and martial arts*

Cosmic Orbit QiGong with Elaine Scribner and Dan Jones ~~Microcosmic Orbit Mastering Foundation practice in Qigong - Masters~~ Zhongxian Wu ~~Damo Mitchell in conversation~~ ~~Microcosmic Orbit - Part 1/14~~

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Intro Chinese Shamanic Tiger Qigong -- Excellent !! Mantak Chia's Cosmic Qigong (Chi Kung) Part 2 of 3 In the Scholar's Hall: The Micro-Cosmic Orbit in QiGong Practice_Part 3 **The Art of Effortless Living (Taoist Documentary)** 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 震宫 (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 Hexagrams of the Yijing (I Ching), the 12 Chinese Animals and 12 Earthly Branches.

Cosmic Orbit Qigong DVD - Chinese Wisdom Traditions

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. Master Wu describes the practice in detail, including the meaning and significance of the Chinese names for each movement, with its shamanic roots, and provides the mantra, visualization, and mudra for each as well as explaining the therapeutic benefits and talismanic aspects.

Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans ...

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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The Microcosmic Orbit meditation is highly valued in qigong practice. This simple chi meditation allows you to influence the flow of chi in your body... Holding the tongue against the roof of the mouth connects the Governing and Conception vessels, and forms what is known as the Small Heavenly Circle, or the Microcosmic Orbit.

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