



Opening the Energy Gates of Your Body: Qigong for Lifelong Health

Bruce Frantzis

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Opening the Energy Gates of Your Body explains the practice of chi gung (qigong), the 3000-year-old self-healing exercise system from China. Originally published in 1993, this book has become a classic that has inspired tens of thousands of Westerners to learn to activate their chi—life-force energy—to improve their health, reduce stress and reverse the effects of aging. This fully revised edition has more than 100 pages of new material, including Longevity Breathing methods; how cross-training in chi gung can enhance other exercises such as yoga, golf and weight training; and nei gung techniques for advanced practitioners. Chi gung exercises utilize a system of energy channels in the body that are similar to an electrical circuit. Frantzis' thorough knowledge of energy arts and the Chinese language allow him to peel away the secrecy and metaphors. He presents this 300-page edition in easy to understand terms to suit beginners, with enough meaty detail and depth for the advanced martial artist, healer or meditator. *Opening the Energy Gates of Your Body* includes a comprehensive guide to chi gung theory and a systematic lesson plan with more than 100 illustrations. These low-impact exercises are suitable for almost any age or fitness level. They provide the foundation for learning any other chi practice, such as tai chi, martial arts, meditation or TAO Yoga. Frantzis explains not only how these inner aerobics are done, but why. Going beyond mere body movement, he teaches from the inside out, linking the biomechanics and anatomy of the physical body with the subtleties of chi. This book provides practical methods to help people become balanced, relaxed and joyful. Frantzis trained for more than a decade in China, became a Taoist Lineage Master—quite a rare occurrence—and came back to the West to teach. “My hope is that chi gung and tai chi can become mainstream exercises in the West,” says Frantzis. “We have a major health crisis looming; practicing chi gung or tai chi is one of the most effective ways people can reclaim control of their health and well-being.”

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