

Chan Mi Gong: Chinese Meditation for Health



Chan Mi Gong is one of the most popular types of qigong (chi kung) in mainland China today. Years of experience have shown that Chan Mi Gong can develop internal qi, regulate body metabolism, promote health, prevent illness, bring forth latent ability and develop intelligence. This step-by-step manual includes illustration and instructions for learning this simple, but powerful type of qigong. Included is a brief historical background of the development of Chan Mi Gong from a combination of the Chan (Zen) and Mi (Tantric) sects of Buddhism. What others are saying about Chan Mi Gong. ... surprisingly effective. I have much more energy. -- Mu Lin Yang, retired librarian with t.b. ... surprisingly effective. I have much more energy. -- Mu Lin Yang, retired librarian with t.b. Its helped my concentration. I can study for longer periods. -- J. Chu, college student who suffers from bouts of depression Since practicing chan mi gong, I havent had a cold for three years. --L. Lu, clerk and former asthmatic Its helped my concentration. I can study for longer periods. -- J. Chu, college student who suffers from bouts of depression Since practicing chan mi gong, I havent had a cold for three years. --L. Lu, clerk and former asthmatic

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