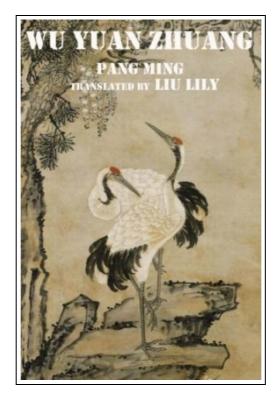
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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 134 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Wu Yuan Zhuang is a translation of the third level practice of Zhineng Qigong, one of the most influential and powerful qigong sect in China. The book covers four sections. Section 1 focuses on the theories of Wu Yuan Zhuang, including its origin, the fundamental ideas and features of Wu Yuan Zhuang, as well as the key points to master it. Section 2 focuses on the 13 postures of Wu Yuan Zhuang including the movements, gestures, tips, requirement for the mind intent and effects. Section 3 illustrates the assistive method of Wu Yuan Zhuang --- Genuine Zang Qi Converging into One Method. Section 4 is a summary of Wu Yuan Zhuang which provides the reader with instructions about how to benefit from Wu Yuan Zhuang. Hand signs, intonation and manipulation of emotions are peculiar features of Wu Yuan Zhuang. As a method centered on the five Zang-organs, Wu Yuan Zhuang can help its practitioner overcome emotional disturbance and depression. This item ships from La Vergne, TN. Paperback.



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