

Introduction

The study and practice of qi is an amazing journey. Inside each of us is a greater magic than anything contrived by human imagination. This life-force energy is called by many names: in India it is *prana*, in Hebrew *ruach*, and in Chinese it's called qi. Qi is the force that animates your body and brings it to life. The same energy that flows through the cosmos flows through the human body as well, and qi gong uses the body as the vehicle of transformation.

Many sages, ancient and modern, have devoted their lives to contemplating qi. Whole schools of thought, both Taoist and Buddhist, have focused exclusively on the power of qi. As you delve into the power of your life-force energy, you will discover an inner adventure into the miracles of your body, mind, and spirit. *Qi Gong for Health and Healing* will help you begin to unleash the power of your life-force energy, and realize what the ancient masters have talked about for millennia—that you are magical beyond belief.

These qi gong teachings are a map that have been used for thousands of years. Like a well-trodden path to the top of the mountain, the practices and meditations in this program have a rich and diverse history. But as it is said, the map is not the territory; like any great explorer, you must discover qi for yourself. Like all teachings, this program will point out certain sights and lead you toward certain destinations, but the journey can only be taken by you.

Once you are familiar with the techniques taught in this course, the true journey—one that is beyond instruction—begins. The true journey is less like a marked path and more like the invisible flight of a bird soaring through the air. It is a journey where healing, vitality, and deep peace are discovered. The Taoist path is an exhilarating rush of lightness and levity, of depth and intensity, and ultimately it is yours to discover in your own unique way.

The Benefits of Qi Gong for Health and Healing

The benefits of this program will astound you. Imagine having the resources within you to start every day full of energy and vitality, and end each day without stress or emotional tension. What's more, imagine how amazing it would be to have the power to heal yourself, prevent illness, and feel connected to the universal energy all around you. I have created this program because I personally have benefited so much from this practice. There is nothing I'm more passionate about, and when something works, you want to share it.

With just a little commitment to your own internal energy, you will soon see what the power of qi can do for you. In this particular time in history, with health-care costs going through the roof, our health insurance in crisis, and our medical doctors taxed and depleted, it's reassuring to have the tools and resources to heal your own body and take charge of your own health. It's an amazing experience to know that each and every one of us is our own best healer, and that we can discover the answers within.