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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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Cosmic Orbit Qigong DVD - Chinese Wisdom Traditions

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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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In this revised edition of the practice section in his first book, Vital Breath of the Tao: Chinese Shamanic Tiger Qigong, Master Wu presents an expanded view and practical approach to an esoteric system of energy work practiced in China for thousands of years to cultivate health, longevity, and spiritual awareness, a system Master Wu has adapted to fit the needs of contemporary readers looking for effective ways to deal with the complex challenges to human health in the world today.

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Within the theoretical foundation of Mt. Emei Sage Style Qigong lies the wisdom of ancient Yijing science and the principles of classical Chinese medicine. This Wu 符 (Chinese shamanic) style is also commonly known as the FuLu 符 School. The Chinese character Fu 符 means symbol, omen, in alignment with, and in accord with.

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