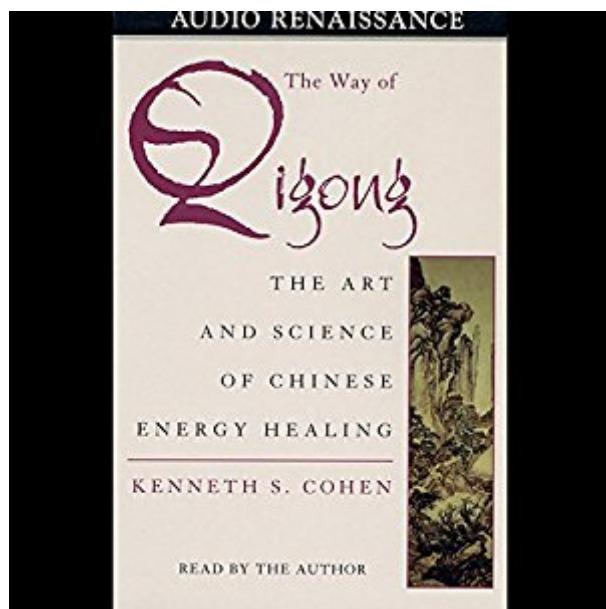


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# The Way Of Qigong: The Art And Science Of Chinese Energy Healing



## **Synopsis**

Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help your mind and body achieve the harmony of true health. --This text refers to the Paperback edition.

## **Book Information**

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## **Customer Reviews**

Note: I've had this book for about 4 years now and just now getting around to write a review of it. This a good book if you are new to qigong. Cohen steps the beginner through theory and then the various qigong exercises. This includes color and organ meditation, healing sounds, Big Dipper, External practices, diet, etc. He also includes some moving meditation such as the Eight Brocades and Five Animals frolics. Pluses: \* Covers a lot of material. \* Well footnoted and indexed. \* Has suggested routines for a student to practice. \* Gives advice on the dangers of wrong qi practice. Which is quite important but neglected in some texts. Minuses: \* No illustrations for meridians or acupuncture points. These would help explain and guide a student. Especially with the exercises like Microcosmic orbit. I found it odd that a Qigong expert like Cohen would neglect to include this. \* The moving meditations are done by drawings - I found them impossible to follow. Photos would have

been much better. \* Some of the qigong exercises listed are watered down and much simplified for instance the color light meditation. It's still somewhat useful but only about a third of the exercise is there and you don't get the full effect. I don't know why Cohen does not tell the reader why he watered some qigong methods down. Overall a decent introduction, as most of the material is very basic. This makes it good for the beginner but be prepared to buy other books if you want to do other methods like Microcosmic orbit or learn about meridians and acupuncture points. This also goes for trying to learn the moving meditations from this book - a beginner with no experience with this material will be lost.

I was expecting great things from this 420+ page book. Unfortunately I am VERY disappointed with "The way of Qigong" by Kenneth S. Cohen for two reasons. 1. the mental (Nei Dan) aspect of Chi Kung is mentioned only in passing with no useful information. 2. There is no illustration, or adequate description of where the meridians appear on the human body. Meridians are channels under the skin that distributes Ch'i throughout the body; much the same way arteries and veins distribute blood, oxygen, and nourishment to the cells. On pages 255 and 256, Mr. Cohen displays where the meridians end on the hands and feet. Completely inadequate information. ---- "The way of Qigong" contains adequate information on the physical (Wai Dan) aspect of Chi Kung. However; without the mental (Nei Dan) aspect of Chi Kung; you will only receive about 1/3 of the true benefit of Chi Kung. "The way of Qigong" contains adequate information on various breathing techniques. "The way of Qigong" contains several methods of meditation. Unfortunately most of these descriptions are limited to only 1 - 1.5 pages. Of very limited value. ---- Now that I have told you which book you shouldn't buy, allow me to list three books I recommend. I rate these in the order listed. "Chi Gung" by L.V. Carnie "Chi Kung for health and vitality" by Wong Kiew Kit "The Chi Kung way: Alive with Energy" by James MacRitchie. If you are a beginner to Chi Kung, I would recommend you start with the book "Chi Kung for health and vitality" by Wong Kiew Kit. Study this book for about three months.

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