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The role of Wu 巫, the traditional Chinese shaman, is to connect with universal energy (or live in flow of the Dao) and pass universal knowledge to others. Using techniques from the Mt. EMei shamanic tradition, Master Zhongxian Wu will create a healing Qi field to help participants experience the healing power of Qi.

Chinese Shamanic Cosmic Orbit Qigong is an advanced form of Qigong from one of China's esoteric traditions. Never before written about in the West, this form offers great cumulative benefits from regular daily practice.

Chinese Shamanic Tiger Qigong is a qigong form to bolster our health and deepen our spiritual connection to universal energy. Master Zhongxian Wu provides a previously secret knowledge of how each movement in the practice relates to the meridians, for advanced students and practitioners of Qigong.

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Master Zhongxian Wu & Shamanic Tiger Chinese Shamanic Tiger Qigong A uniquely potent practice designed to bolster our health and deepen our spiritual connection to universal energy.

"Zhongxian Wu's latest book, Chinese Shamanic Cosmic Orbit Qigong, successfully continues his previous explorations of the highly secret shamanic tradition of self-cultivation as practiced on Mt. Emei in Sichuan. He provides a comprehensive and very accessible introduction to the main concepts and principles, then outlines twelve distinct exercises that tend to focus on the internal guiding and activation of qi, supported by hand and arm movements as well as mental visualizations and ...

Master Zhongxian Wu - Classical Daoist Arts

By Zhongxian Wu Chinese Shamanic

Master Zhongxian Wu was born on China's eastern shore in a small coastal mountain village in Zhejiang Province, where the sun's rays first touch the Chinese mainland. He began practicing Qigong and Taiji at an early age.

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Description. Chinese Shamanic Tiger Qigong is the expanded version of the "practice section" of Master Wu's first book published in English, Vital Breath of the Dao. This current incartion delves more deeply into a uniquely classical practice designed to bolster our health, activate our inner life power, and deepen our spiritual connection to universal energy.

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Chinese Shamanic Tiger Qigong DVD - Master Zhongxian Wu

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Chinese Shamanic Tiger Qigong -- Wonderful exercise. Also known as Laohu Gong. The book on this routine is a remarkable gift to all Qigong practitioners; is called "Vital Breath of the Dao" by...

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