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An Illustrated Handbook of Chinese Qigong Forms from the Ancient Texts

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Drawing on ancient documents from China and Tibet, archaeological findings and cultural relics, this illustrated handbook presents authentic Qigong forms from the Warring States period right up the late Qing dynasty of the early twentieth century. Twenty-six sets of pictures relating to Qigong, Daoyin, diet and living habits are included, each set introduced with a brief overview of the origin, development, changes and practice modes of each method. Presented in chronological order, each chapter describes the source from which the exercises are derived, and then provides a description of the ancient form, its health and other benefits, uses, and how to do it, together with drawings of the original illustrations where these exist, or line drawings of the movements described where the original text was not illustrated. The forms are easy to learn, and easy to do, providing also a direct link to the authentic ancient forms.

The selection focuses on the forms oriented to achieving resilience and general good health, but also includes many simple ancient Qigong forms for particular health problems, ranging from fatigue, indigestion and headache, to more serious conditions such as rheumatism, and even typhoid and cholera. Qigong forms directed towards the more esoteric outcomes of Qigong practice are also included.

This valuable resource includes over 700 illustrations, and will be a treasure trove for all practitioners and students of Qigong, as well as anyone interested in the history of the Oriental internal arts.

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