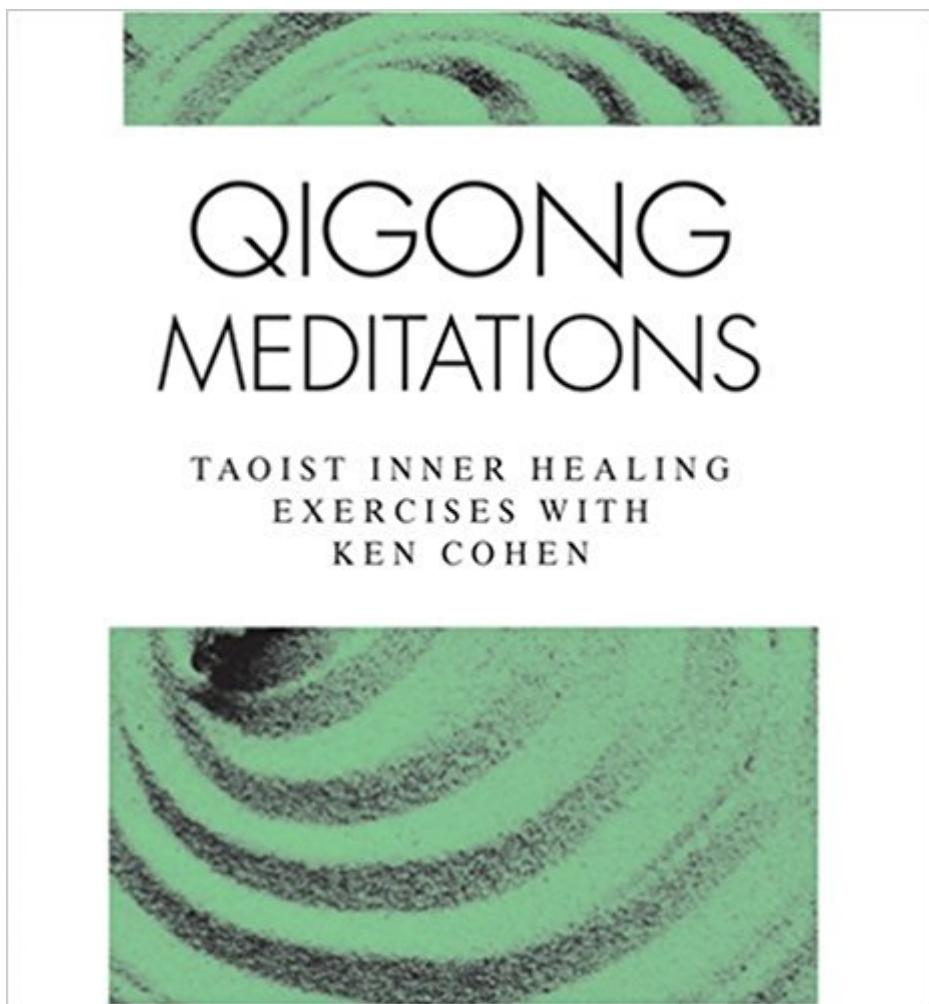


The book was found

Qigong Meditations



Synopsis

Qigong meditation is the art of using your mind to direct the flow of energy within your body. This energy or qi is the bioelectricity carried by your nervous system. Current physiological research has verified that these currents control your immune system, the regeneration of organ tissues, and the growth of muscle and bone. Controlling this energy flow is one key to good health. On Qigong Meditations, master instructor Ken Cohen presents three authentic qigong exercises in intense and exacting detail and teaches correct posture, awareness control, and cleansing the organs inside the body, with special attention given to proper breathing methods.

Book Information

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (April 1, 2006)

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Product Dimensions: 5.7 x 0.6 x 6.8 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,095,925 in Books (See Top 100 in Books) #98 in Books > Books on CD > Sports & Outdoors #242 in Books > Books on CD > Health, Mind & Body > Meditation #251 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

Excellent guided meditations. I find using the meditations greatly reduces my anxiety, as well as noticeable reduction of muscle tension. Also produces the result of reduction of aches and pains from a mixture of joint problems. The previously stated personal and of course subjective observations: do however seem obvious and measurable for myself. In conclusion, when I use the CD, I feel better mentally and physically.

Everyone is different. I've tried a number of tapes to calm me down. I was glad to have found this CD. It worked for me and I listen to different selections that apply to what I need at night for 2-4 times a week. I am able to stay with the exercises and can remember them and use the breathing methods during the day if I feel tense. I think he does a good job of working you through the exercise slowly and clearly.

I would have given this 5 stars except for the following: There should be a way to skip the intro after you listen to it once. I would be nice if the 3 meditations were divided so if you only wanted to listen to one of them you can. Other than that very relaxing - and I don't relax easy.

Very healing & restorative.

This is typical Ken Cohen. I like his mediations and these are no exception. Worth buying

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