



## Qigong & Falun Gong

*Lu Yang*

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According to Daoist, Buddhist, and Confucian philosophy, respectively, qigong allows access to higher realms of awareness, awakens one's "true nature", and helps develop human potential. Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. Falun Gong is a Chinese spiritual practice that combines meditation and qigong exercises with a moral philosophy centered on the tenets of Truthfulness, Compassion, and Forbearance. The practice emphasizes morality and the cultivation of virtue, and identifies as a qigong practice of the Buddhist school, though its teachings also incorporate elements drawn from Taoist traditions. Through moral rectitude and the practice of meditation, practitioners of Falun Gong aspire to better health and, ultimately, spiritual enlightenment. - - This informative collection by Lu Yang covers Qigong and Falun Gong in depth. This edition serves as an excellent reference source.

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Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Qigong & Falun Gong, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its identified as reading friends.

#### **Patrick Allen:**

Beside that Qigong & Falun Gong in your phone, it could possibly give you a way to get nearer to the new knowledge or data. The information and the knowledge you can got here is fresh in the oven so don't be worry if you feel like an older people live in narrow village. It is good thing to have Qigong & Falun Gong because this book offers to you readable information. Do you sometimes have book but you don't get what it's interesting features of. Oh come on, that will not end up to happen if you have this within your hand. The Enjoyable agreement here cannot be questionable, such as treasuring beautiful island. Use you still want to miss the idea? Find this book as well as read it from today!

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