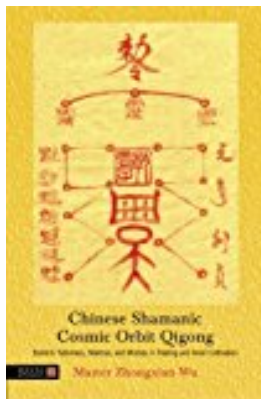


# [PDF] Chinese Shamanic Cosmic Orbit Qigong: Esoteric Talismans, Mantras, And Mudras In Healing And Inner Cultivation

Zhongxian Wu - pdf download free book

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**Books Details:**

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**Description:**

**Book Description** In this first book on Chinese Shamanic Cosmic Orbit Qigong written in the West, Master Wu provides the mantra, visualization, and mudra for each movement.

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**About the Author** Master Zhongxian Wu is the lineage holder of four different schools of Qigong and martial arts. He was Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices. Since 1988, Master Wu has instructed thousands of students, both Eastern and Western. He synthesizes wisdom and experience for beginning and advancing practitioners, as well as for patients seeking healing, in his unique and professionally-designed courses and workshops. Master Wu is the author of *Seeking the Spirit of the Book of Change: 8 Days to Mastering a Shamanic Yijing (I Ching) Prediction System* and *Vital Breath of the Dao: Chinese Shamanic Tiger Qigong - Laohu Gong* both also published by Singing Dragon.

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