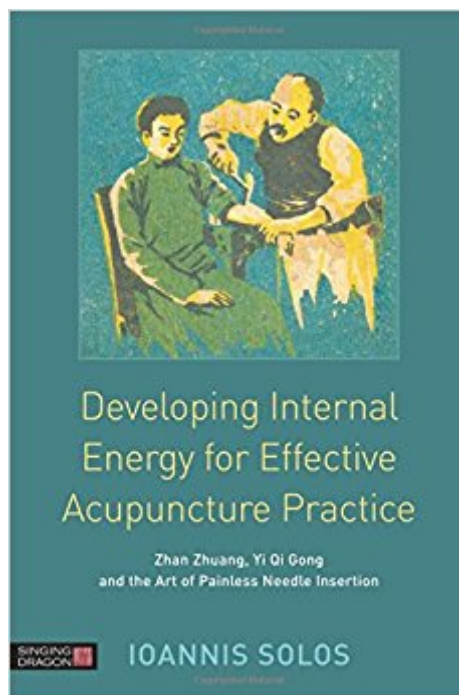


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# Developing Internal Energy For Effective Acupuncture Practice: Zhan Zhuang, Yi Qi Gong And The Art Of Painless Needle Insertion



## Synopsis

Drawing on ancient Chinese knowledge and tradition, this book teaches practitioners of acupuncture how to develop their internal energy and sensitivity to energy in order to improve their practice. Understanding and working with energy flow is essential to becoming a good acupuncturist and regular qigong practice helps the acupuncturist to direct energy flow within the patient more accurately and effectively. This book presents a complete training regime for Western acupuncturists and features qigong exercises dating back centuries. With images from the original manuscripts and the Chinese text alongside an English translation and commentary, Western readers are introduced to unique exercises and internal cultivation texts in a truly authentic way. This book provides essential internal training for acupuncture practitioners and students and will be of interest to a wide array of martial arts and traditional Chinese medicine practitioners.

## Book Information

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## Customer Reviews

I received this book as a birthday present. I studied acupuncture in China, and have been in practice for over 20 years. I own numerous acupuncture qigong books published in the mainland, but only this one contains true *essence* of acupuncture. The author strongly reminded me of my old professors in Fujian University of TCM. A couple of these exercises often appear in textbooks, but as far as I know only in this book they really come to life. Ioannis Solos writes very simple, but his instructions are insightful and intuitive. I strongly believe that this book will become classic.

This one is a doozy. Decidedly better than the ordinary TCM book which isn't traditional Chinese medicine at all but rather Mao Tse Tung's demand for a standardized Chinese medicine which removes all Mystical or Shamanic influences that shaped ancient Chinese medicine. There are now tens of thousands of acupuncturists in the United States having gone through programs of study that make it available to anyone with time and money to learned by rote, whereas authentic ancient Chinese acupuncture had concepts like the Doctor being a conduit of Qi, and increasing his own internal energy to a degree almost more than human, and his reputation might include that of having a golden needle, a symbolic statement meaning that one treatment from such a man might take away the imbalance or illness on a permanent basis. Other Chinese doctors would go to such a man to be treated as patients in order to soak up the ambiance of the real deal. This book is one of those â “ the real deal

I'm still working on finishing it, but as someone new to the practice of acupuncture, I found the topics and structure accessible and the language easy to understand, even with only a rudimentary understanding of the topic.

Great book on Zhan Zhuang practice in general. Particularly valuable for practitioners of acupuncture or East Asian bodywork traditions as it directly connects the practice of standing meditation and neigong with their benefit to your application of those healing modalities. The instruction in the specific needling gong and associated neigong is invaluable as it is so rarely discussed in such detail in modern Chinese medical education. Excellent work!

I was thrilled to receive this book as a gift. I am an acupuncturist and have been practicing Chinese Medicine since 2002, there are not many books that inspire me the way this one has. Reading this book reminds me how powerful my intention and focus as a practioner is in treating my patients. Ioannis Solos writes with a heartfelt sincerity and respect for Traditional Chinese Medicine, offering ideas that are worth exploring. I like how he intertwines his own voice with those of the masters and found his explanations of the Qi Gong exercises clear and helpful. Not many authors can write with such eloquence about these ancient concepts in the practice of acupuncture, my hat is off to Ioannis Solos!

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