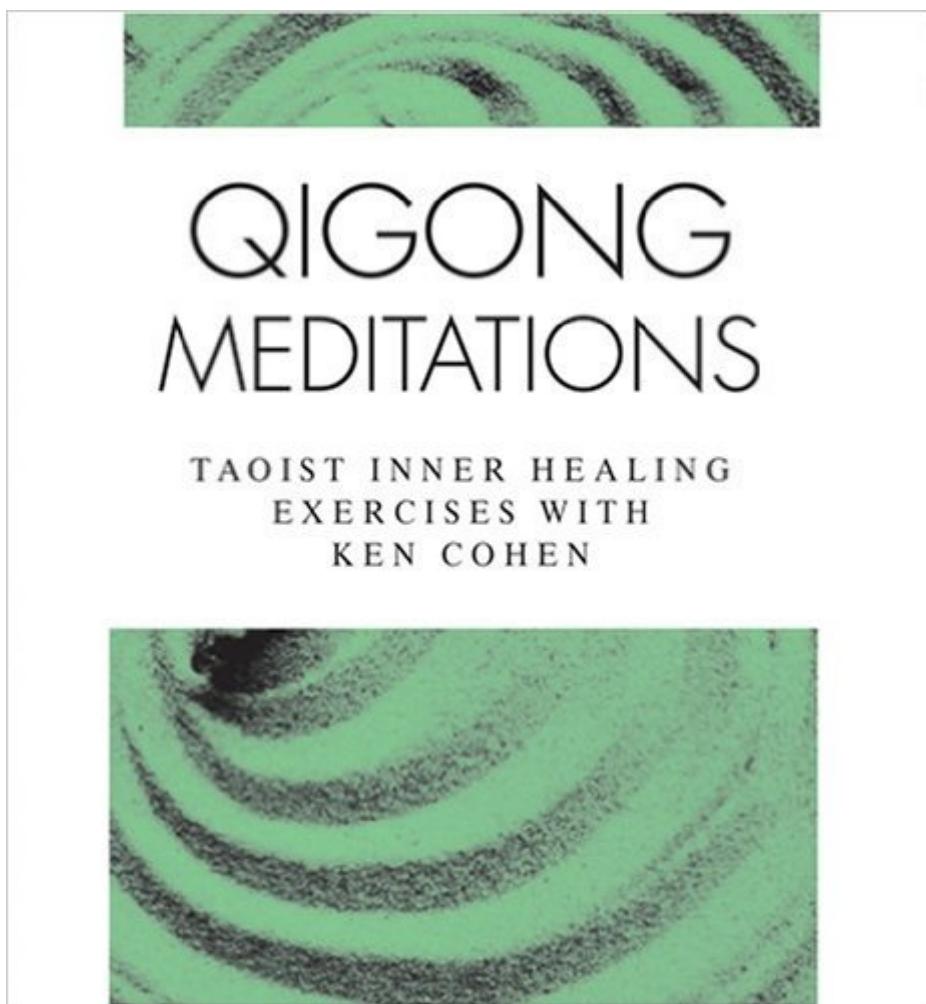


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# Qigong Meditations



## **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

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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: 5.0 out of 5 starsÂ  See all reviewsÂ  (4 customer reviews)

Best Sellers Rank: #1,153,373 in Books (See Top 100 in Books) #123 inÂ  Books > Books on CD > Sports & Outdoors #314 inÂ  Books > Books on CD > Health, Mind & Body > Meditation #349 inÂ  Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## **Customer Reviews**

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.

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.

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

Very healing & restorative.

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