



DOWNLOAD



Quiet Sitting The Daoist Approach for a Healthy Mind and Body

By Chen Yingning

Shanghai Press, Better Link Press. Hardcover. Book Condition: New. Hardcover. 144 pages. Dimensions: 7.3in. x 5.1in. x 0.8in. Jing Gong (quiet sitting) has been shrouded in mysticism since it traveled out of the Far East and across the shores to the West. Along the way, new schools of thought developed and the essential keys to the simple practice that is Jing Gong had been lost. Quiet Sitting: The Daoist Approach for a Healthy Mind and Body is a combination of two translated texts from two of the most famous Jing Gong pioneers in China during the early 20th century. This no-frills handbook is essential to anyone who is interested in the Eastern technique of breathing for a healthy mind and body. Free of esoteric words and phrases, this book offers beginner students a basic, yet powerful, knowledge of the breath: where it comes from, how it is distributed throughout the body, and how to harness it to heal from within. Whether you are looking for alternative ways to improve your physical health, maintain your mental well being, or curious about breathing meditations, Quiet Sitting provides the basic tools needed to get started. This item ships from multiple locations. Your book may...



READ ONLINE
[2.88 MB]

Reviews

Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).

-- **Marion Mann DDS**

Completely among the finest publication I have possibly read. It really is basic but excitement in the fifty percent from the pdf. Your lifestyle span is going to be convert when you total looking at this publication.

-- **Dr. Curt Harber**