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By Yves Réquena



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Chi Kung, Chinese for "energy mastery," is an ancient physical discipline that utilizes deliberate movement, slow breathing, mental concentration, and visualizations. The discipline is based on the same energy meridians used in Chinese acupuncture and is fully integrated into the traditional five-element wisdom of Chinese healing. Chi Kung exercises not only promote physical well-being, but transform consciousness by amplifying one's sensitivity to both the natural world and one's own personal potential. With regular practice of no more than 15 to 30 minutes a day, the author shows how we can develop a more sensitive perception of our environment, allowing us to feed our own life energy from the magnetic resonance of the world around us.

The author's simple series of exercises is well within the capability of anyone, regardless of age or physical condition.



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Editorial Review

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About the Author

Dr. Yves Requena is Europe's leading authority on Chi Kung. An acupuncturist and phytotherapist, he is the director of the European Institute of Chi Kung in France.

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