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Zhong Yuan Qigong.: The Third Stage of Ascent: Pause, the Way to Wisdom (Paperback)

By Mingtang Xu, Tamara Martynova

Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a logical extension of the first two volumes on Stages I and II on Zhong Yuan Qigong (ZYQ) from the series Enter Your Inner World. Every formidable system is based on or grows out of certain philosophical assumptions. ZYQ is no exception. However, while being the oldest of the known systems for the development of people, it at the same time represents some ancient views on the structure and evolution of the Universe and the Way of the development of Life and Mind. You ll find here a philosophical concept and the model of creation, with its different levels of worlds and possible forms of life. Practice of this part assumes your mastery of the methods of self-regulation for the purpose of your development as a human being, as a representative of a certain biological type. This development is supposed to transform you in such a way that you ll be able to move to a qualitatively different level of life. To understand and do more, we must understand ourselves. This requires investigating ourselves. After...



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