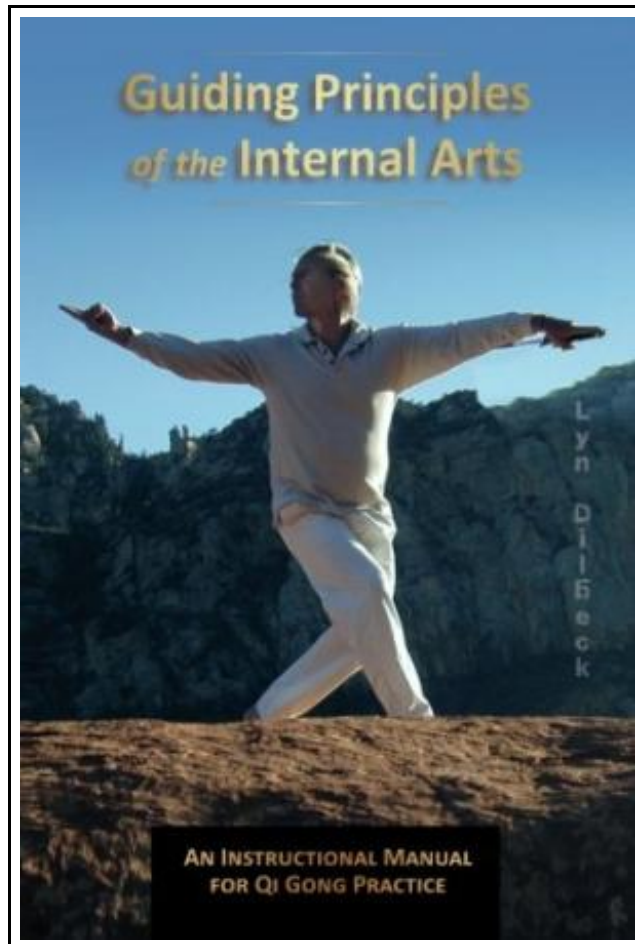


## Guiding Principles of the Internal Arts: An Instructional Manual for Qi Gong Practice



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## GUIDING PRINCIPLES OF THE INTERNAL ARTS: AN INSTRUCTIONAL MANUAL FOR QI GONG PRACTICE

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Spiraling Life Force, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the first instructional manual of this series, *Starting Your Practice*, you developed the physical skills needed for the etheric practice of Qi Gong. This manual now presents the Guiding Principles of Qi Gong and will instruct you in how to apply these principles in the primary levels of existence. physical/energetic (Etheric), feeling/emotional (Astral), and mental (Causal). It is through the application of these principles to your experiences on every level of existence that you realize the unbinding of your consciousness from the Qi of Creation and from the reflections of the beliefs of separation and limitation you are choosing to experience within Her. The spiritual theory of Qi Gong becomes a method for living through the Keys for the Transformation of Human Consciousness. These four keys were explained in the book *Experiencing God's Reflection The Role Qi Gong Plays in the Transformation of Consciousness*. But, as you will soon experience, these transformational keys become the Guiding Principles as they play out through the energetic centers through your body, your tan tiens. In your spiritual life, the Guiding Principles are where the rubber meets the road. These principles help you, as consciousness, relate to and interact with the Qi of energy, emotion, and thought. They show you how to experience all levels of Creation without attaching your consciousness to Her through your acts of judgment, control, and manipulation. The manual opens with The Spinal Series (chapter 2), an ingenious exercise set that both empowers your core pumps and deepens your awareness of how and where the energy of movement manifests within you. You first experience The Guiding Principles by way of the Unity Form, a...



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