



Zhong Yuan Qigong: Forth Stage of Ascent: Wisdom, The Way to Truth (Enter Your Inner World) (Russian Edition)

By Mingtang Xu

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This book is the fourth installment in the series on Zhong Yuan Qigong (ZYQ), “Enter Your Inner World.” It is built on lectures and workshops given across the globe by Grandmaster and Professor Mingtang Xu on the fourth stage of ZYQ. The book introduces ancient beliefs about ways of thinking and perception, as they relate to information passed to us by various life forms: humans, plants, animals, insects, high spirits, etc. It explains a method for communicating with people, plants and animals through images. It explores the differences between “wisdom” and “knowledge,” and helps guide you on your own path of wisdom. The book then presents techniques for developing certain energy points and channels in your body, which are needed to develop abilities to receive knowledge directly from the environment. It teaches methods of obtaining information necessary for healing and self-development from other life forms. It shows you how to come into the world of plants and animals through the so called “guides” of these worlds. This book also explores various philosophies on the methods of practice, including, You-Wei and Wu-Wei, Dao Gong and Zheng Gong, and the Trance Stage. After reading this book, you will have learned a number of ways of communicating with all types and forms of life not only in our visible physical world, but the entire universe. You will have seen the path to Wisdom. Like all the previous volumes in this series, this book is intended for the general public and all practitioners of Qigong.

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