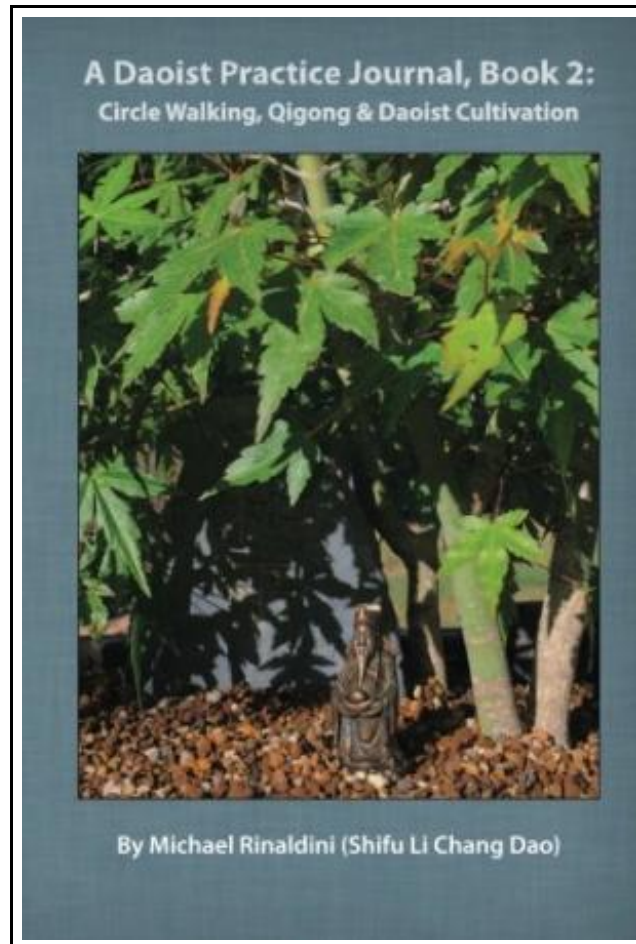


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Daoist Practice Journal, Book 2: Circle Walking, Qigong Daoist Cultivation is the second book in a series on the practices for walking the Daoist path by a modern day, western Daoist priest. This second book consists of journal entries by the author from June 2013 to October 2016. It picks up with his journey where he left off in his first book, A Daoist Practice Journal: Come Laugh With Me in February 2013. The main topics covered include Qigong circle walking, both technique and health benefits. It includes a broad range of entries on Qigong exercises, including a simple way of performing energy health assessments on self and others. The key practice which is discussed throughout the book is the core Daoist meditation practice of Zuowang, or sitting and forgetting. In addition to the explanations on the technique of Zuowang is an in-depth discussion on the Daoist alchemy of cultivation. And still more.

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