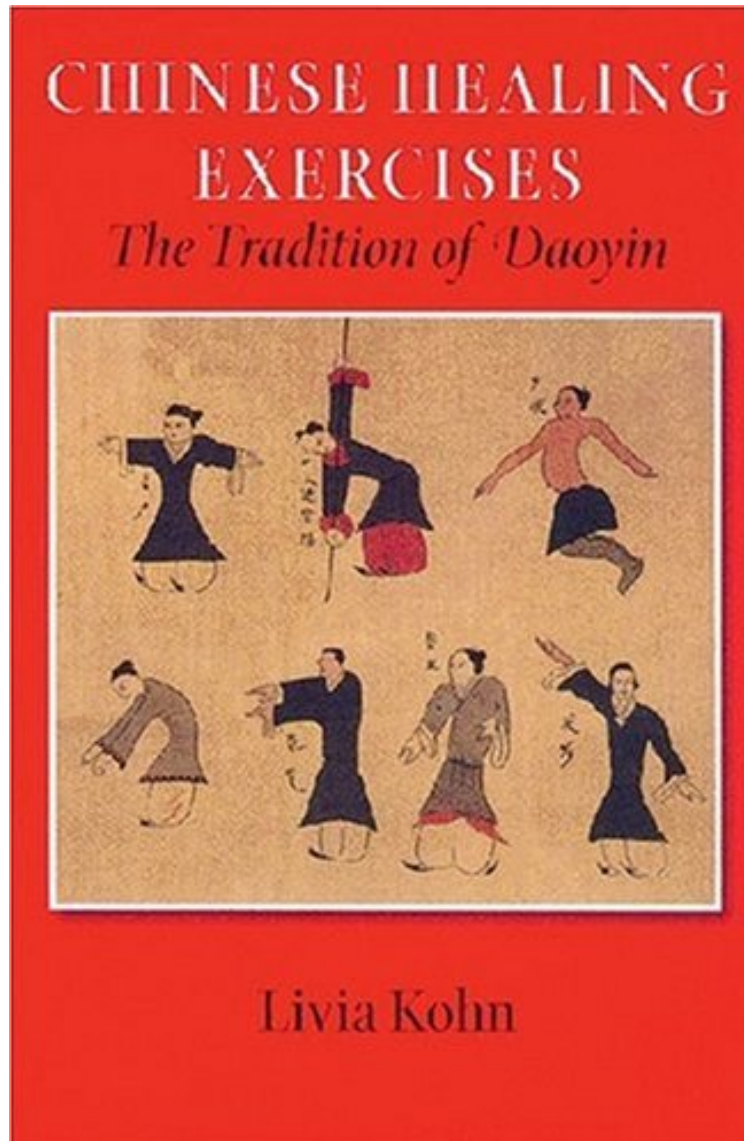


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Chinese Healing Exercises: The Tradition of Daoyin (A Latitude 20 Book)

Livia Kohn

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Livia Kohn : Chinese Healing Exercises: The Tradition of Daoyin (A Latitude 20 Book) before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Healing Exercises: The Tradition of Daoyin (A Latitude 20 Book):

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Kohn...I have never found any book that had such a complete history of Dao Yin. You can learn about the evolution of qigong from before Christ to the present time. Fun to compare the different exercises, and see how certain ones, like bending at the waist help digestion, so you could almost create your own program if you had the knowledge from your teacher and this book. For adepts, it gives deep insight into taoist practices; for beginners there is plenty here to get you started on the Way3 of 3 people found the following review helpful. Extraordinary BookBy CustomerThis book is a MUST READ for anyone interested in the history and practice of Daoist exercises. There are many excellent descriptions of exercises that are relatively easy to follow. I enjoyed every page.15 of 17 people found the following review helpful. Worth readingBy Edwin GardinerA worth while read, Livia shows a strong understanding of the history of Dao yin, or Qigong like practices. She admits the importance of help of insights from contemporary Qi gong practitioners, which a rare show of humility from an academic.. The book is useful in terms it gives an impression of the type of Chi cultivation practices by various different Taoist sects. The book rightly brings in to question some of the authenticity's of contemporary Qigong Masters in America. However the book in quite deficient in it explanations of the various Dao yin practices. Written descriptions are vague and do not describe the exercises sufficiently to be meaningful. I do not have the expectations of being able to learn dao yin from the book, but I would like to know general favour, or style of what these ancient exercise looked like. It is possible for archaeologist to do reconstructions to give the public an impression, so why not historians as well ? I feel here the big problem is that most academic works is the lack of practical experience of the subject they are translating and commentating on. Livia has done a lot Indian yoga, but she is a relatively new comer to Qi gong. While this gives her more of an insight into to Taoist esoteric practices than most academics it is not the same as Dao yin.It should be remember that the academics are in the position, of people who are on the outside the temple making comments on, what life might be like inside the temple ? Yet they can be relied upon on giving a more un-bias account of the history and nature of esoteric practice. Where as people teaching a brand of contemporary practice have a vested interest in claiming the biggest and best. Livia book does arm the reader to some extent with the ability make a more informed choice.

Daoyin, the traditional Chinese practice of guiding the qi and stretching the body is the forerunner of Qigong, the modern form of exercise that has swept through China and is making increasing inroads in the West. Like other Asian body practices, Daoyin focuses on the body as the main vehicle of attainment; sees health and spiritual transformation as one continuum leading to perfection or self-realization; and works intensely and consciously with the breath and with the conscious guiding of internal energies.This book explores the different forms of Daoyin in historical sequence, beginning with the early medical manuscripts of the Han dynasty, then moving into its religious adaptation in Highest Clarity Daoism. After examining the medieval Daoyin Scripture and ways of integrating the practice into Tang Daoist immortality, the work outlines late imperial forms and describes the transformation of the practice in the modern world.Presenting a rich crop of specific exercises together with historical context and comparative insights, Chinese Healing Exercises is valuable for both specialists and general readers. It provides historical depth and opens concrete details of an important but as yet little-known health practice.

"Livia Kohn is absolutely the source on the origins and great luminaries of Qigong, Tai Chi, and Chinese Healing Exercises, or Chinese Yoga. As the world's appetite for stress mastery, wellness, and complementary medicine grows and the fields of health promotion and personal empowerment explode, there is a need for accurate reflection on the origins of China's ancient power tools for well-being, healing, and longevity. Based on sound scholarship and accessible to a wide audience, this book fulfills that need." -- Roger Jahnke, OMDLivia Kohn is absolutely the source on the origins and great luminaries of Qigong, Tai Chi, and Chinese healing exercises. As the world's appetite for stress mastery, wellness, and complementary medicine grows and the fields of health promotion and personal empowerment explode, there is a need for accurate reflection on the origins of China's ancient power tools for well-being, healing, and longevity. Based on sound scholarship and accessible to a wide audience, this book fulfills that need.--Roger Jahnke "OMD, Institute of Integral Qigong and Tai Chi" Livia Kohn is absolutely the source on the origins and great luminaries of Qigong, Tai Chi, and Chinese healing exercises. As the worlds appetite for stress mastery, wellness, and complementary medicine grows and the fields of health promotion and personal empowerment explode, there is a need for accurate reflection on the origins of Chinas ancient power tools for well-being, healing, and longevity. Based on sound scholarship and accessible to a wide audience, this book fulfills that need. (Roger Jahnke OMD, Institute of Integral Qigong and Tai Chi)About the AuthorLivia Kohn, Ph.D., is Professor Emerita of Religion and East Asian Studies at Boston University. The author or editor of over 40 books, she now lives in Florida, serves as the executive editor of the Journal of Daoist Studies, and runs various workshops and conferences. Her specialty is medieval Daoism and the study of Chinese longevity practices. She has written and edited numerous books and is a long-term practitioner of taiji quan, qigong, yoga, and meditation.