



Qigong Meditation: Embryonic Breathing

By Yang Jwing-Ming

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Finalist - 2006 Book of the Year Award by ForeWord MagazineThe Root of Spiritual Enlightenment

Chinese Qigong can be generally categorized into External Elixir (Wai Dan) and Internal Elixir (Nei Dan) Qigong. The first step of practicing Internal Elixir Qigong has been known as Small Cyclic Heaven (Small Circulation or Microcosmic Meditation). After completing Small Cyclic Heaven, a practitioner will learn Grand Cyclic Heaven (Grand Circulation or Macrocosmic Meditation). The purpose of Grand Cyclic Heaven is to re-open the Heaven Eye (Third Eye) to unite the natural spirit and human spirit. This is the ultimate goal of spiritual enlightenment in both Daoism (Taoism) and Buddhism. Although these kinds of meditations are popular, very few scientific books or documents are available to the public.

The Foundation of Internal Elixir Cultivation

In order to reach the goal of longevity and spiritual enlightenment, the Qigong practitioner must learn Internal Elixir Qigong. The first step to learning is to understand the theory and the method of Embryonic Breathing. Practicing this breathing technique will help you to establish your central energy system, conserve your energy, and store this energy to abundant levels. Once you have established this foundation, you will be able to practice Small Cyclic Heaven (Small Circulation or Microcosmic Orbit) and Grand Cyclic Heaven (Grand Circulation of Macrocosmic Orbit) effectively. It is understood that without this foundation, the root of spiritual enlightenment will not be established and the study and the practice of spiritual enlightenment, through meditation, will be in vain.

- Embryonic Breathing theory and techniques were kept secret in Buddhist and Daoist (Taoist) monasteries.
- Dr. Yang discusses most of the available documents, translates and comments upon them.
- Scientific analysis and summary of the practice methods.
- A comprehensive, straightforward way to understand and practice Embryonic Breathing.

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Editorial Review

Review

"During my many years as a natural health writer, I've read hundreds and hundreds of books on Qigong and meditation, but during those ten years I've never encountered a book as thoroughly researched and documented as Dr. Yang, Jwing-Ming's massive translation and commentary on the available materials related to Embryonic Breathing theory and techniques. Those of us in the West owe Dr. Yang a sincere bow of gratitude for this fascinating resource." (Chet Day, author of 21 Days to Health & Beyond)

From the Publisher

FINALIST for Book of the Year Award: Health, 2003

(sponsored by Foreword Magazine)

About the Author

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

Users Review

From reader reviews:

Eric Campanelli:

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