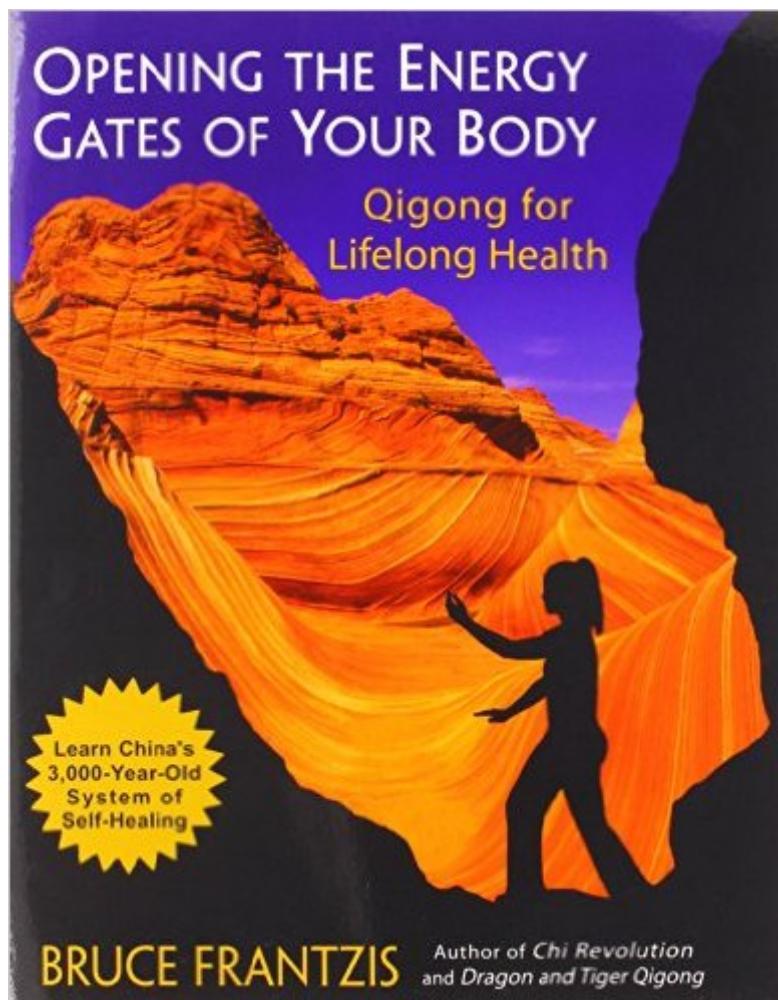


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Opening The Energy Gates Of Your Body: Qigong For Lifelong Health



Synopsis

Opening the Energy Gates of Your Body explains the practice of chi gung (qigong), the 3000-year-old self-healing exercise system from China. Originally published in 1993, this book has become a classic that has inspired tens of thousands of Westerners to learn to activate their chiâ "life-force energyâ "to improve their health, reduce stress and reverse the effects of aging. This fully revised edition has more than 100 pages of new material, including Longevity Breathing methods; how cross-training in chi gung can enhance other exercises such as yoga, golf and weight training; and nei gung techniques for advanced practitioners. Chi gung exercises utilize a system of energy channels in the body that are similar to an electrical circuit. Frantzisâ™ thorough knowledge of energy arts and the Chinese language allow him to peel away the secrecy and metaphors. He presents this 300-page edition in easy to understand terms to suit beginners, with enough meaty detail and depth for the advanced martial artist, healer or meditator. Opening the Energy Gates of Your Body includes a comprehensive guide to chi gung theory and a systematic lesson plan with more than 100 illustrations. These low-impact exercises are suitable for almost any age or fitness level. They provide the foundation for learning any other chi practice, such as tai chi, martial arts, meditation or TAO Yoga. Frantzis explains not only how these inner aerobics are done, but why. Going beyond mere body movement, he teaches from the inside out, linking the biomechanics and anatomy of the physical body with the subtleties of chi. This book provides practical methods to help people become balanced, relaxed and joyful. Frantzis trained for more than a decade in China, became a Taoist Lineage Masterâ "quite a rare occurrenceâ "and came back to the West to teach. âœMy hope is that chi gung and tai chi can become mainstream exercises in the West,â • says Frantzis. âœWe have a major health crisis looming; practicing chi gung or tai chi is one of the most effective ways people can reclaim control of their health and well-being.â •

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Customer Reviews

In this book, Frantzis Kumar describes techniques which are essential for all energy work as well as a precondition for practicing internal martial arts; that is, he gives detailed instructions on opening the channels that control the flow of chi ("the energy gates"). By following the instructions step-by-step the practitioner learns to generate an uninterrupted flow of chi through the major meridians and dan-tiens. Any dedicated practitioner of aikido, tai-chi, chi-kung, capoeira and other martial arts knows that this is not an easy thing to do - learning to manipulate chi takes years of practice and one has to be lucky to have instructors who are willing to impart this knowledge. Internal energy techniques used to be (and still are) rather secret in China and it is rare to encounter a Chinese master who is willing to teach these to non-Chinese disciples. That's why we're lucky to have this book written by a Westerner for a Western audience. Kumar starts from the beginning, with techniques designed to dissolve energy "knots". He then describes all the major points on the meridians where stale energy is wont to accumulate and introduces a simple Cloud Hands practice, which is an optimal way to open the shoulder blades and the pelvic girdle (stretch them darn psoas muscles!). He ends with teaching a simple spinal stretch method (which reminds me of Feldenkrais). The book is filled with helpful hints and admonitions. It is also well written, unlike many other similar manuals which tend to suffer from mistranslations and bad grammar. Written text of course is no substitute for a live teacher, whose help is crucial so that we learn to correct the warped micro-postures and subconscious mis-alignments that tend to plague our steps into the wonderful world of energy work. As a supplement, however, I think Kumar's book is very useful and I recommend it highly.

I bought this book reluctantly as it sounded, well, a bit new-agey and filled with BS. When everyone's talking Quigong and Taijiquan, etc. what's one more book about our Chi, energy bodies, etc.? In this case, this is a book that is no-BS, gets down to business, and gets the job done. Forget new-agey claptrap and people who sound like they've seen too much Dragonball Z. The author's history is presented, a quick guide to Chi and other energy issues, then straight into the exercises. There's no bragging (though the part on the author that was written by someone else gets a tad grandiose), no pointless buzzwords, just instructions on a useful series of exercises for health and

well-being. To add to this delightful book, it has advice any good master would give his students - warnings of what not to do and reminders that self-development is something that takes months to get off the ground. The author fully believes (and perhaps demonstrates) the mystical powers of Quigong, but he admits that one can harm themselves if they're not careful and warns that there's no substitute for hard work. I'm not even through all of the exercises completely, and I've noticed significant improvements in my health and well-being. As a person with a sceptical nature, I'm convinced this book is 100% worth it.

I practice Aikido and over the years I heard an awful lot of meaningless bla-bla about Ki. In my opinion the author is able to formalize concepts and convey his knowledge to the reader. Moreover, I began practicing the core exercises that he precisely explains in the book. As far as I can tell, all what he says in this book is true, and I feel the benefits. This apply not only to my back (that was injured a couple of years ago), but also to my Aikido training. I have the clear feeling of currents of energy flowing through my body. I am still a beginner in this field, but I know where I want to go, now. This book (first printed in 1993 and still ranking 15000 on) is worth its weight in gold. It's a shame that the author didn't follow through his promise of publishing similar books about "Dragon and Tiger", "Joining of Heaven and Hearth", "Bend the Bow and shoot the Arrow", "Spiraling Energy Body" and Gods playing in the Clouds". Instead he has been writing a bunch of mediocre books about clueless mumbo-jumbo Chi Gung ... stuff. As for the new, expanded 2006 edition, it's certainly worth the few more dollars it costs. Dissolving process is better explained and the procedure is more clearly detailed. All the steps of the three swings and the spinal stretch are explained more clearly and with greater details. I am glad I bought this last edition to update the old one.

Most people will not have the discipline and patience to work through this workbook on qigong, but for those who do, this is absolutely the finest presentation around. Even more advanced practitioners will want to refer to this fundamental book again and again. This book works through the physical alignments and beginning standing-dissolving practice as foundation for all advanced work in healing, martial, and meditative qigong/neigong. The old edition was excellent, but the new revised edition is even better, adding a step-by-step chapter on Taoist breathing which is a very welcome addition, and one which is a stand-alone practice in its own right.

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