

Learn the Scientific Foundation of Qigong

Qigong means 'energy-work'. Qigong is the ancient art of using the mind to naturally develop the body's qi (energy) for improved health and longevity. Some qigong is practiced sitting or standing still, while other qigong can be a kind of moving meditation.

More people every day are using traditional mind/body/healing practices such as qigong and tai chi. It is important to truly understand what qigong is and how you can use it to improve your health, vitality and longevity. In these video courses, renowned qigong expert and author Dr. Yang, Jwing-Ming explains the concepts of qigong and the human energetic-circulatory system. Dr. Yang's systematic approach to teaching offers deep insight into the subject of qigong, using modern research data to support his theory from both eastern and western perspectives.

Drawing on decades of training qigong and his scientific background, Dr. Yang presents a clear and fascinating explanation of his qigong theory, and offers simple qigong exercises and guided meditation for students to experience their energy. This program is a must for qigong practitioners and anyone interested in understanding exactly how and why qigong works.

Course 1: What is Qigong? Qi: Circulatory System

Course 2: Qigong Kypoints & Breathing

Course 3: Embryonic Breathing

Course 4: Four Seasons Qigong

Course 5: Small Circulation

Course 6: Martial Arts Qigong Breathing

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Yvonne Goretzky

Dr. Yang, Jwing-Ming, Ph.D. is a world-renowned author, scholar and teacher of Qigong. He has been involved in Chinese martial arts since 1961, and he maintains over 55 schools in 18 countries.

Dr. Yang's writing and teaching includes the subjects of Qigong, Fu, Taijiquan (Tai Chi Chuan), Massage, Meditation, Chin Na, and he is a leading authority on Qigong (Chi Kung). Inducted into Martial Arts Museum Hall of Fame 2019, he is the author of 40 books and 50 videos.

*"One of America's
 most sought-after
 instructors of Qigong"*
 —THE OMEGA INSTITUTE

YMAA Publication Center
 Recommended Skill Level



SKILL LEVEL

Understanding Qigong The Complete Six-Course Series

Dr. Yang,
 Jwing-Ming

DVD
 VIDEO



Understanding Qigong

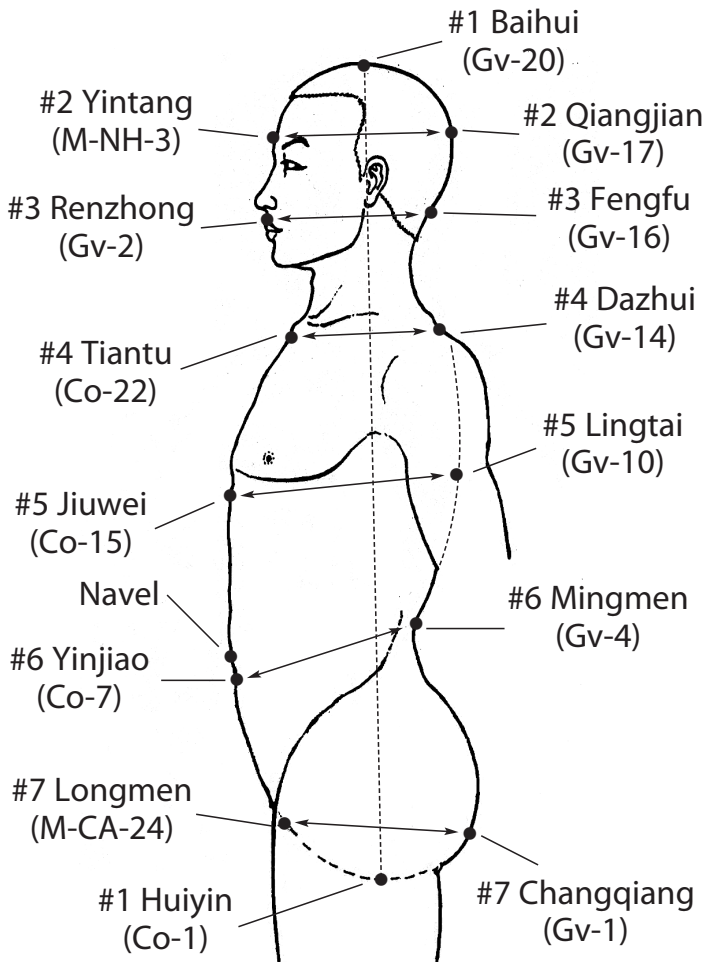
The Science of Qigong

- Theory
- Breathing
- Meditation
- Healing
- Prevention
- Power



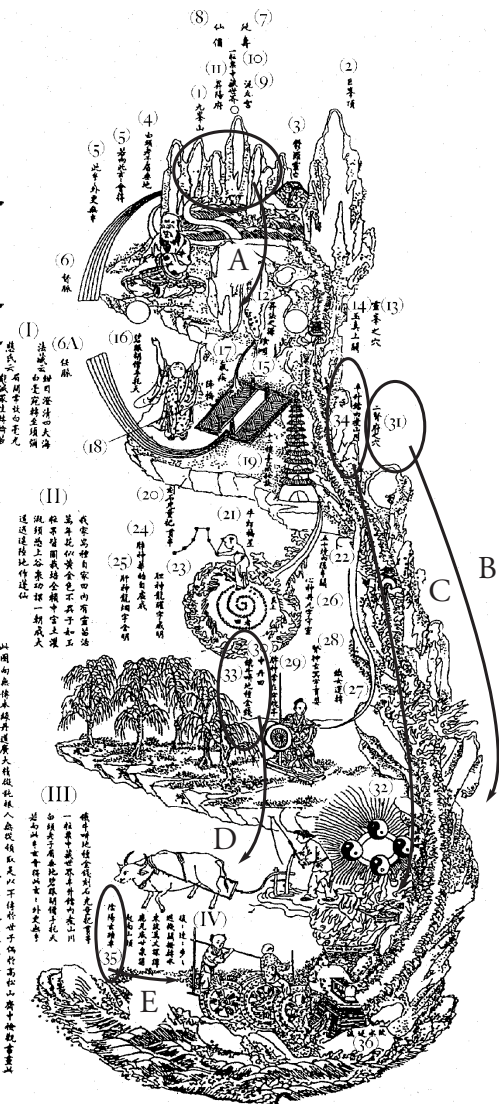
Dr. Yang, Jwing-Ming

DVD
 VIDEO



Seven Pairs of Corresponding Qi Gates

內經圖真蹟



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Corrections of Tang Dynasty Internal Elixir Meditation Illustration

SUMMER (HEART)

Environment: Extreme Yang

Result: Body Changes from weak Yang into extreme Yang. The heart becomes less Yin. Excess emotional excitement, including happiness, can turn the heart into a Yang state and become harmful. Guardian Qi is strongest in Summer and all pores are opened widely to release excess Qi in the internal organs. The main goal is to keep the heart in the proper Yin state. Deep inhalation can calm the mind and remove excess Qi from the heart into the lungs.

Mind

1. Emotion Excited and Stimulated
2. Deep Breathing and Peaceful Mind
3. Keep the Mind Away from the Heart

Breathing

- Normal Breathing—Inhale Longer Than Exhale
- Embryonic Breathing—Lead the Qi to the Skin and Bone Marrow

Sounds: Summer (Heart-Fire): He (Heart), Hen (Store Qi in Marrow) 呵、呼

FALL (LUNGS)

Environment: Yang Weakens and Yin Grows

Result: Body Changes from extreme Yang into Yin. The Lungs are the first internal organs that interface with the external air which can make the lungs agitated and change the Qi state from Greater Yang in Lesser Yin. When this happens, you will cough. More water is needed to keep the lungs in Yin state. Exhalation should be longer than inhalation, to lead the Qi from internal organs to the skin surface and also enhance the Guardian Qi.

Mind

1. Emotions Depressed

Breathing

- Reverse Breathing—Exhale Longer Than Inhale (Scholar Fire)
- Embryonic Breathing—Store the Qi in the Lower Dan Tian and Lead the Qi to the Skin to Strengthen the Guardian Qi

Sound: Fall (Lungs-Metal): Si, 泗

WINTER (KIDNEYS)

Environment: Extreme Yin

Result: Qi Deficiency in Kidneys, Guardian Qi Shrinks to the Center, Body feels chilly, Urine Increases, Body shrinks/contracts, the Spirit is lower, and Depression increases.

Mind

1. Raising Up the Spirit
2. More Physical Movements

Breathing

- Reverse Breathing—Exhale Longer Than Inhale (Expand and Strengthen the Guardian Qi)
- Embryo Breathing—Massaging the Kidneys from Breathing

Sound: Winter (Kidneys-Water): Chui (Kidneys), Ha (Expand Guardian Qi) 吹、哈

SPRING (LIVER)

Environment: Yang Grows and Yin Weakens

Result: Body Changes from Extreme Yin into more Yang. The Liver is in its Absolute Yin state and needs to change into Yang. Body's Guardian Qi starts to grow. Spirit is raised. When Liver's Qi grows too fast, the Liver will be too Yang. However, if Liver's Qi stays Yin, then Liver's Qi becomes deficient.

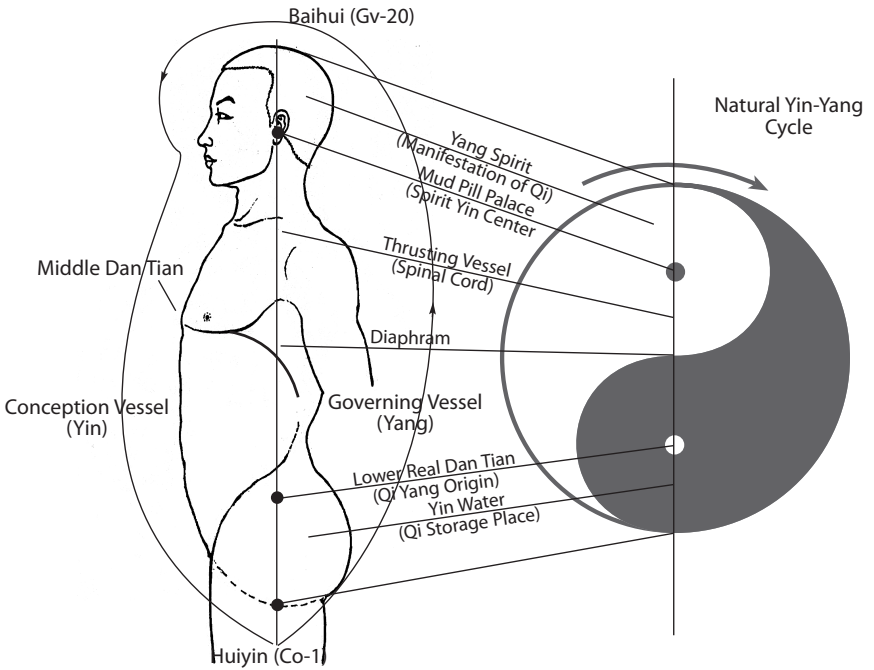
Mind

1. Emotions start to be disturbed/stimulated
2. Deep Breathing and Peaceful Mind

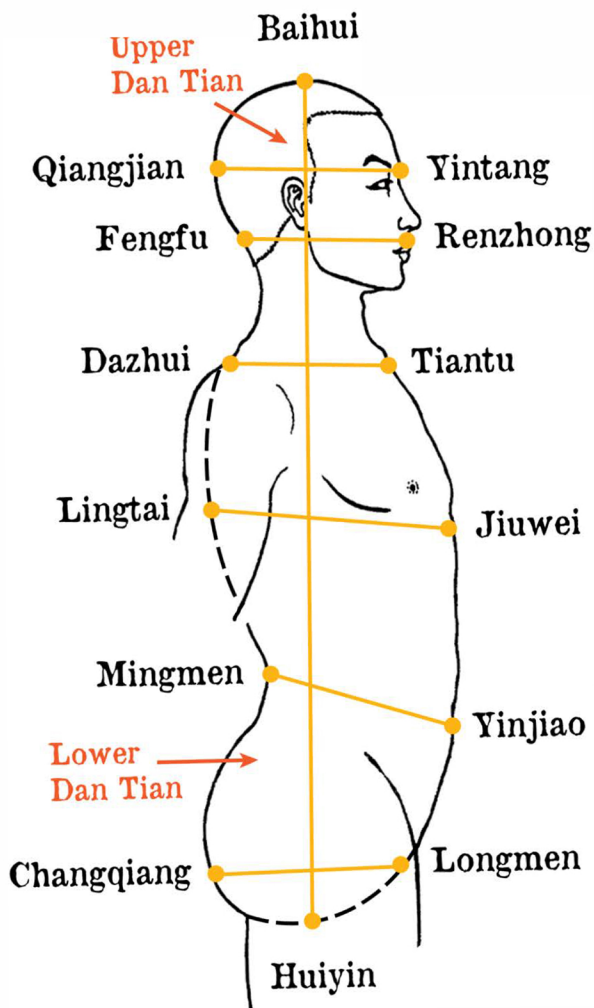
Breathing

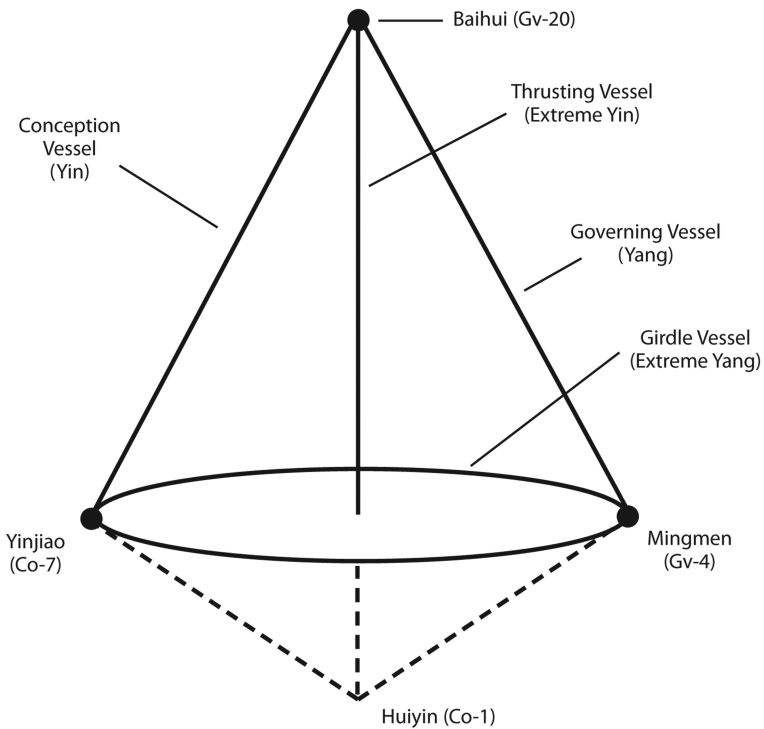
- Reverse Breathing—Inhale Longer Than Exhale (Scholar Fire)
- Embryo Breathing—Store the Qi in the Lower Dan Tian

Sound: Spring (Liver-Wood): Xu, 嘘



The Body's Yin and Yang, and the Two Polarity Centers





Thrusting Vessel and Governing Vessel

