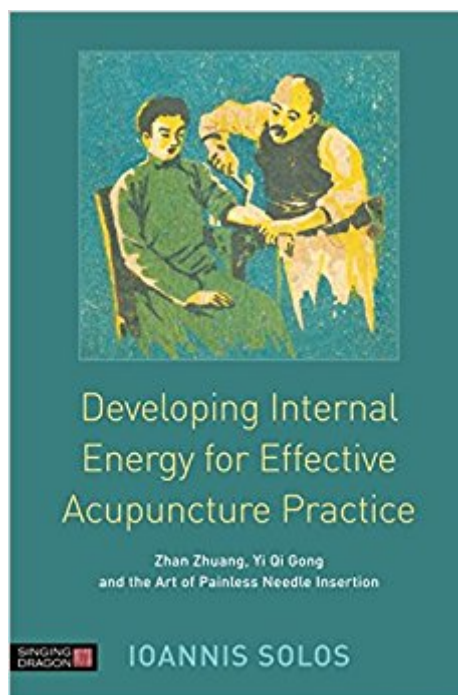




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# Developing Internal Energy For Effective Acupuncture Practice: Zhan Zhuang, Yi Qi Gong And The Art Of Painless Needle Insertion



## Synopsis

Drawing on ancient Chinese knowledge and tradition, this book teaches practitioners of acupuncture how to develop their internal energy and sensitivity to energy in order to improve their practice. Understanding and working with energy flow is essential to becoming a good acupuncturist and regular qigong practice helps the acupuncturist to direct energy flow within the patient more accurately and effectively. This book presents a complete training regime for Western acupuncturists and features qigong exercises dating back centuries. With images from the original manuscripts and the Chinese text alongside an English translation and commentary, Western readers are introduced to unique exercises and internal cultivation texts in a truly authentic way. This book provides essential internal training for acupuncture practitioners and students and will be of interest to a wide array of martial arts and traditional Chinese medicine practitioners.

## Book Information

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## Customer Reviews

Ioannis Solos has given us a beautiful book pointing to the heart of Chinese medicine. He recognizes that it is the practitioner's own level of cultivation that forms the foundation of efficacy and that all technique and theory is in service to that. Supporting this perspective with many sources from the primary literature, he goes on to offer us practical exercises that may help us cultivate proper intention. This material will be an excellent supplement to the knowledge of those whose medical practice is already complemented by training in the martial arts. Further, it offers those practitioners wishing to learn qigong a way to do so in the context of their clinical practice. Finally,

Ioannis transmits a deep love and respect for the medicine that is moving and inspiring. I take this as further evidence that not only is Chinese medicine flourishing, it has never been doing better.

--Lonny Jarrett, M. Ac., author of *Nourishing Destiny: The Inner Tradition of Chinese Medicine* Qi cultivation practices are a treasure from China. Many significant Chinese medical physicians, including Hua Tuo, Ge Hong, Tao Hongjing, Sun Simiao and Li Shen Zhen, emphasized the practice of qi cultivation for their personal health, and to obtain a deeper understanding of Chinese medicine. Ioannis Solos does a superb job of presenting Zhan Zhuang and I Quan qi cultivation. He provides a clear, deep and comprehensive teaching about the relationship between qi cultivation and Chinese medicine. I highly recommend *Developing Internal Energy for Effective Acupuncture Practice* to anybody wanting to learn qi gong, tai chi chuan, meditation and energy healing, and especially to acupuncturists. Solos has written an excellent book that brings to life the qi within Chinese medicine.

--David Twicken, DOM, L.Ac., author of *Eight Extraordinary Channels Qi Jing Ba Mai* and *I Ching Acupuncture The Balance Method* Ioannis Solos has written a book which deserves to become required reading for anybody embarking upon a study of Chinese medicine. The link between acupuncture, Qi Gong and indeed martial arts is absolute; in this book Ioannis manages to eloquently show how their unifying principle of cultivating the Spirit is of key importance for those wishing to take their needling skills to a deeper level.

--Damo Mitchell, author of *Daoist Nei Gong: The Philosophical Art of Change and Heavenly Streams: Meridian Theory in Nei Gong* Qi cultivation practices are a treasure from China. Many significant Chinese medical physicians, including Hua Tuo, Ge Hong, Tao Hongjing, Sun Simiao and Li Shen Zhen, emphasized the practice of qi cultivation for their personal health, and to obtain a deeper understanding of Chinese medicine. Ioannis Solos does a superb job of presenting Zhan Zhuang and I Quan qi cultivation. He provides a clear, deep and comprehensive teaching about the relationship between qi cultivation and Chinese medicine. I highly recommend *Developing Internal Energy for Effective Acupuncture Practice* to anybody wanting to learn qi gong, tai chi chuan, meditation and energy healing, and especially to acupuncturists. Solos has written an excellent book that brings to life the qi within Chinese medicine.

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This one is a doozy. Decidedly better than the ordinary TCM book which isn't traditional Chinese medicine at all but rather Mao Tse Tung's demand for a standardized Chinese medicine which removes all Mystical or Shamanic influences that shaped ancient Chinese medicine. There are now tens of thousands of acupuncturists in the United States having gone through programs of study that make it available to anyone with time and money to learned by rote, whereas authentic ancient Chinese acupuncture had concepts like the Doctor being a conduit of Qi, and increasing his own internal energy to a degree almost more than human, and his reputation might include that of having a golden needle, a symbolic statement meaning that one treatment from such a man might take away the imbalance or illness on a permanent basis. Other Chinese doctors would go to such a man to be treated as patients in order to soak up the ambiance of the real deal. This book is one of those – the real deal

Great book on Zhan Zhuang practice in general. Particularly valuable for practitioners of acupuncture or East Asian bodywork traditions as it directly connects the practice of standing meditation and neigong with their benefit to your application of those healing modalities. The instruction in the specific needling gong and associated neigong is invaluable as it is so rarely discussed in such detail in modern Chinese medical education. Excellent work!

Simplex and usefull

Interesting read and it has helped me be more aware of my state of mind when I do needling with my acupuncture clients. But I expected more and felt the material was a bit disjointed. I would have liked to hear more about empty force similar to what we use in Aikido (Japanese Non-Violent Martial Art) to be more receptive to an attack. I believe we should relax, strive to connect with the void and our intention when needling, not on the tips of needles.

## GAINING MORE KNOWING AND COMPREHEMSION

I received this book as a birthday present. I studied acupuncture in China, and have been in practice for over 20 years. I own numerous acupuncture qigong books published in the mainland, but only this one contains true 眞の眞髄 眞の眞髄 “essence” of acupuncture. The author strongly reminded me of my old professors in Fujian University of TCM. A couple of these exercises often appear in textbooks, but as far as I know only in this book they really come to life. Ioannis Solos writes very simple, but his instructions are insightful and intuitive. I strongly believe that this book will become classic.

I'm still working on finishing it, but as someone new to the practice of acupuncture, I found the topics and structure accessible and the language easy to understand, even with only a rudimentary understanding of the topic.

I was thrilled to receive this book as a gift. I am an acupuncturist and have been practicing Chinese Medicine since 2002, there are not many books that inspire me the way this one has. Reading this book reminds me how powerful my intention and focus as a practitioner is in treating my patients. Ioannis Solos writes with a heartfelt sincerity and respect for Traditional Chinese Medicine, offering ideas that are worth exploring. I like how he intertwines his own voice with those of the masters and found his explanations of the Qi Gong exercises clear and helpful. Not many authors can write with such eloquence about these ancient concepts in the practice of acupuncture, my hat is off to Ioannis Solos!

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