



Fire Dragon Meridian Qigong: Essential NeiGong for Health and Spiritual Transformation

Karin Taylor Wu, Zhongxian Wu

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Fire Dragon Meridian Qigong is a remarkably powerful practice developed to revitalize our health and deepen our spiritual connection to the Dao. Lineage holder, Master Zhongxian Wu provides detailed instruction in this essential NeiGong form from the EMeiZhenGong school. The EMei lineage teaches ancient Wu (Chinese shamanic) style practices, which are the roots of all classical Chinese culture, including Confucianism, Daoism, Chinese medicine and the martial arts. For thousands of years, Chinese have held the dragon as an auspicious symbol of transformation. Fire Dragon Meridian Qigong works directly with the acupuncture meridian systems, transforming areas of stagnation into a free flowing Qi state, thereby strengthening the body, balancing the mind, and reuniting us with our original nature. It is a Qigong form that is specifically recommended for people seeking healing from cancer and other significant health challenges. This DVD includes detailed instruction of the form, a description of each movement from a NeiGong (internal alchemy) perspective, as well as demonstration of the entire form. Format: DVD, NTSC, Region 0 (worldwide).

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