



## Everyday Qigong Practice

By Richard Bertschinger

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Early-stage Qigong practitioners often find it difficult to establish a daily Qigong practice. This useful handbook teaches simple Qigong exercises that can be easily practised in the home every day.

The book provides guidance for a series of warm-ups and exercises which are easy to learn, very effective and all based on ancient and traditional practice. These include refreshing Early Morning Meditations; the classic Eight-Sectioned Brocade; the dynamic Three Circles Posture; the Ten Aggrievement Exercises, which are great for combating bad moods; and the Three Lowerings, an exercise for sound sleep; as well as Rubbing Exercises, self-massage for combating stiffness, aches and pains. The author offers advice throughout on important points to remember when practising Qigong at home and how to deal with any problems that arise in a straightforward and relaxed manner.

Suitable for young and old, this introduction to classic Qigong for daily practice translates the traditional Chinese teaching expressions into English that reflects the multi-layered meaning of the original; intuitively grasped, meaning deepens on reflection. The meditations and exercises will be particularly healing for those recovering from illness.

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### Editorial Review

#### Review

Richard has managed to condense some very ancient wisdom into these pages which I found very readable and easy to follow. If these exercises are followed, the 'Energy of Life' will flow and be enhanced contributing to a healthier body and mind. I enjoyed the beautiful Chinese drawings and the poems in the book that help to make it so appealing.

– Dr Phil Jackson, retired GP

Everyday Qigong Practice is an excellent introduction for anyone wishing to improve their health and wellbeing. The book presents simply and in a conducive spirit, the essence of this empirical art invented and developed in China. Included are a selection of traditional and widely practiced Qigong exercise systems, that will hopefully inspire many people to find a recommended and qualified teacher of traditional Qigong where they live and safely further their daily practice.

I can personally attest to the practicality and beauty of these regimens, that if practised on a regular basis over time will certainly enrich one's physical, mental and emotional being.

– Sifu Gary Wragg, Chief Instructor and Director of Wu's Tai Chi Chuan Academy, London UK & Europe, Founder Member and Former Chairman of the Tai Chi Union for Great Britain

This long time practitioner/teacher (over 25 years) has constructed a simple but excellent guide to basic daily practice that anyone can embark on.

– Ancient Future blog

Richard Bertschinger achieves a brightness and levity in the pages of this volume that reflects his teaching and practice - a lightness of being that is both mischievous and benevolent, and authentically Daoist. In retaining the mythic poetry through which Daoists describe human experience and the wider macrocosm (the purple dragon of the tongue, the heavenly column of the neck), Richard remains true to the transformative language of this treasured tradition that seeks, in his words, to make anew our experience each day.

– Paul Hougham, author of The Atlas of Mind, Body and Spirit and past Principal of The College of Traditional Acupuncture, UK

I have studied qigong with Richard for more than twenty years. His approach to teaching is so simple and clear it's easy to think you've discovered the exercise yourself. Yet every session reveals depths. I would recommend him to everyone.

– Russell, Qigong student

I have always found any form difficult to follow and so for some time I ignored Richard's invitation to attend his qigong class. However Richard has proven himself to be subtly persuasive and having 'psyched myself up', I found myself in his class one January morning. I soon found Richard's approach gentle and non-regimental and that there is room for fun and lightness of self. My fear and embarrassment dissipated and now I enjoy my practice. I enjoy being at one with myself, whether practicing in the studio or at home. In the 18 months since I first began qigong I have found my confidence and overall well-being improved greatly.

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#### About the Author

Richard Bertschinger studied for ten years with the Taoist sage and Master, Gia-fu Feng. A practising acupuncturist, teacher of the healing arts, and translator of ancient Chinese texts, he works and practises in Somerset, England. He is the author of The Secret of Everlasting Life and Yijing, Shamanic Oracle of China also published by Singing Dragon.

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