



Starting Your Practice: An Instructional Manual for Qi Gong Practice (Paperback)

By MR Lyn Dilbeck

Spiraling Life Force, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This manual is the first in a series of instructional manuals being offered by Master Lyn Dilbeck for the practice of Qi Gong and Internal Martial Arts. In his first book Experiencing God's Reflection, Lyn gave you the foundation, the spiritual theory and methods, of Qi Gong Practice. In this series he shares how to employ these methods in your daily life. The manuals are introducing a new operational system, a new way for you, as consciousness, to relate to every experience you have in the different realms or planes of Creation. the realms of energy and matter (Etheric), feeling and emotion (Astral), and thought (Causal). Through easy-to follow instructions, you will be guided in how to apply the Transformational Keys and Guiding Principles of Qi Gong to your experiences. Applying these keys and principles to each experience of life is the very essence of the practice that is realized in the three tan tiens of your body (the energetic fields of intelligence that form the interface between your consciousness and the vibrational realms of Creation in which you exist,...



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