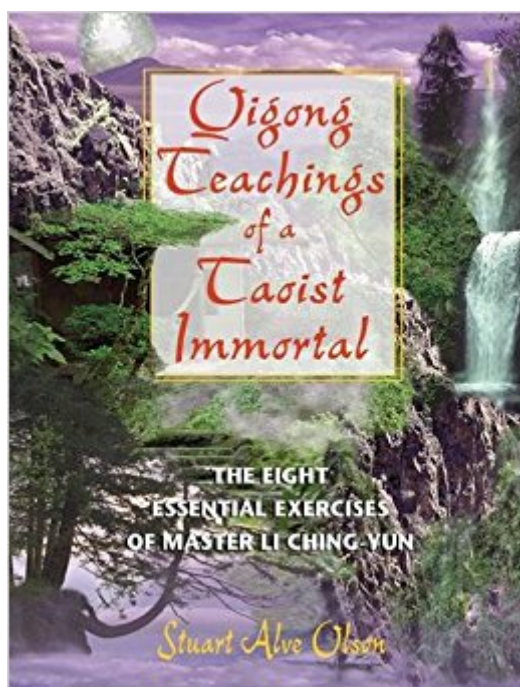




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Qigong Teachings Of A Taoist Immortal: The Eight Essential Exercises Of Master Li Ching-yun



Synopsis

The first English translation of Master Li Ching-yun's teachings on the Eight Brocades, the central practice of qigong. Explains the physical and spiritual benefits of the Eight Brocades and offers step-by-step instructions for this powerful sequence of postures. 85 illustrations highlight the postures and philosophies. Author's commentary provides insight and depth to the original translation. Throughout history Taoists have promoted the development and restoration of the Three Treasures-- body, breath, and spirit--through the gentle practice of qigong. At the center of the qigong practice are the Eight Brocades, a series of postures that developed during the 3,000-year Taoist quest for longevity and vitality. Now qigong expert Stuart Olson translates into English Master Li Ching-yun's treasured teachings on the Eight Brocades. One of the most famous qigong masters of this century, Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to and validate the Eight Brocades as the quintessence of Taoist health and qigong practices. With Master Li Ching-yun's original teachings as a guide, Stuart Olson presents an authentic yet accessible approach to this unique practice. Each exercise is accompanied by original text from Master Li, step-by-step instructions for each posture, illustrations of the positions, and insights on theory and practice. Because the Eight Brocades are the foundation of all qigong, this book provides valuable advice for all practitioners, regardless of the style they practice or the depth of their experience.

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Customer Reviews

TAOISM / QIGONG Throughout history Taoists have promoted the development and restoration of the Three Treasures--body, breath, and spirit--through the gentle practice of qigong. At the center of this practice are the Eight Brocades, a series of seated postures that developed during the 3,000-year Taoist quest for longevity and vitality. Now Stuart Olson provides the first English translation of Master Li Ching-yun's treasured teachings on the Eight Brocades. One of the most famous qigong masters of this century, Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to and validate the Eight Brocades as the quintessence of Taoist health and qigong practices. With Master Li Ching-yun's time-honored teachings as a guide, Stuart Olson presents an authentic yet accessible approach to this unique practice. Each exercise begins with its original Eight Brocades text, which comes from the Kao Lin stone engraving of the old Hangchou period, followed by Master Li's interpretation of that text and explanatory comments from Olson. Also included are step-by-step instructions for each exercise, fully illustrated with detailed photographs of Olson performing the exercises. Because the Eight Brocades are the foundation of all qigong, this book provides valuable advice for all practitioners, regardless of the style they practice or the depth of their experience. STUART ALVE OLSON currently teaches Eight Brocade Qigong, Taoist meditation, and I T'ai Chi. He has studied under numerous Taoist masters including Chan master Hsuan Hua, Kung fu and healing master Oei Khong-hwei, Dharma master Cheng Yi, and T'ai Chi Ch'uan master T. T. Liang. He is the author of T'ai Chi According to the I Ching, Tai Chi for Kids, and Tao of No Stress. He lives in the San Francisco Bay Area.

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Interesting & clear explanation on the topic matter.Highly recommended.

Good

This book teaches Olson's version of the seated Eight Pieces of Brocade. I have had little experience with that qi gong set so I can't comment on its efficacy, whereas I have experience with the standing version, and think it's great. Some books, like those by Yang Jwing Ming, teach both for the price of one, and with more clarity than Olson offers. He TRIES to explain the exercises, and most of them are simple enough that there is no problem learning them. But when movement is required, it's sometimes not possible to get a clear idea from the book and the scant photos. He has a DVD and you can see samples on his website, and that's likely clearer, but frankly I think they should be sold together or either should be sufficient. So my issue is not with the quality of the info but the clarity of the communication. He knows the theory and he knows the practice but there are books that are better for the 8 Pieces of Brocade including Yang's and Lam Kam Chuen teaches the set in *The Way of Energy*, but only the standing set but with great clarity.

You'll never do all these exercises, but a lot of interesting training tips here. Not sure that the exercises are that well explained either. But certainly worth looking at.

OK, this book has got a lot of great information. BUT, it is poorly written. There are so many. Typographical errors that it is difficult at times to sort out just what I needed to do. Like one place he states the reason for doing 24 of something and gives 23 reasons. (The number 24 is contained in *The Secret of the Hands*: limitless..... Two powers, Four images, Eight diagrams, Nine opening (total 23). Represent the 24 Breathes.) Information from Li Ching-yun says do something 18 times, the author says do it 36 times. Another spot the author is writing about doing the right hand version, throws in a comment about the left, then the next statement belongs to which? I've just stated three examples, there are about 20 that I've found so far. At the beginning of the book the author thanks the publisher for their help in editing. Either the publisher needs to be shot or? However all said and done, I've been using the routines as well as I can figure them and have had tremendous results with my energy. So, it's a great book, but it will take endurance to read it 6-8 times to sort out the routine. I've read it 6 times so far and need to do so a few more.

Good

i am not really fully qualified to review this work. i am not even 50 years yet. almost.i am really happy to get more insight on the life and thought of li ching yuen. this is an honest attempt to present his take on qi gong. for that the author deserves full appreciation.i have read the work and

have spent about a month with it, reviewing the exercises. much of it is good.. however the 5th and 6th brocade are not clear in my mind even after repeated readings.a lighter touch may have been better on a few other points as well.. but it is very good work and a pioneering effort.the subject matter is great.. and belongs on the shelf next to mantak chia.. but the work needs more polish.. a finer touch is required.. since there is nothing else in english i can find at least, it is worthwhile .. 3.5 stars.

Finally we have the original Chinese characters with their respective translation and can explain some of the different interpretations to our tai chi students. Don't take the "immortal" literally, please. They'll explain what they mean...

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