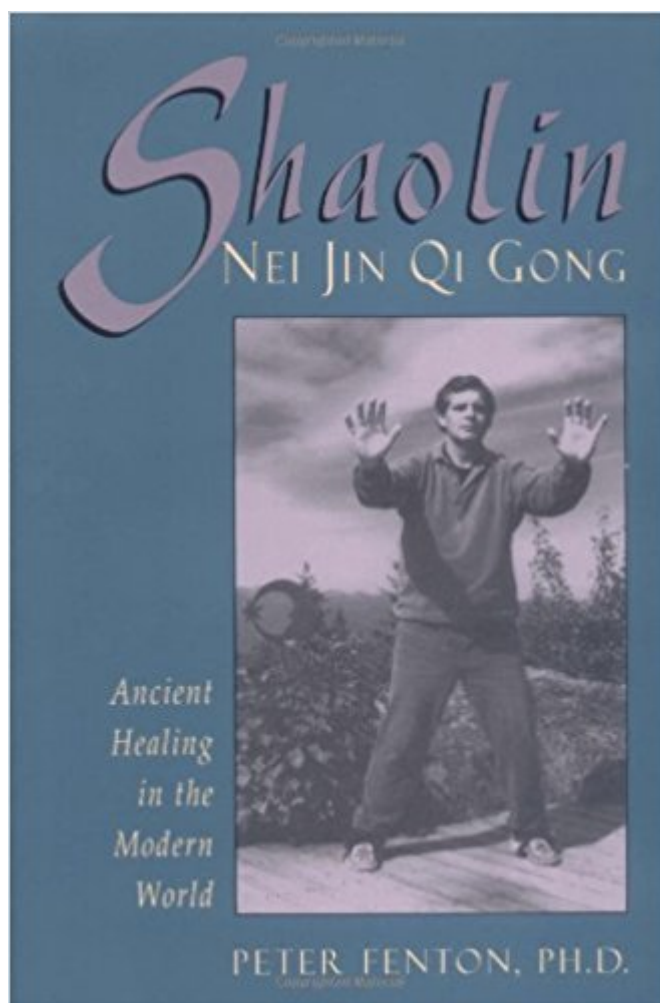


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# Shaolin Nei Jin Qi Gong: Ancient Healing In The Modern World



## Synopsis

This special Qi Gong was developed by Shaolin priests for the cultivation of internal vital energy. Fenton explains 16 basic exercises, including working with the fingers, to prolong life. Fenton also offers instruction for dealing with specific ailments, including a possible cancer prevention technique, for increasing your energy and stamina, for changing your life. Illustrated. Index.

## Book Information

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## Customer Reviews

About the Author A journalist, naturalist, and educator, Dr. Fenton is the author of a number of articles and books including *Message from Earth: My Experience in a Ritual Sweatlodge*, *Shaolin Nei Jin Qi Gong: Ancient Healing in the Modern World*, *The Wisdom of Tai Chi: Ancient Secrets to Health & Harmony*, *Tibetan Healing: The Modern Legacy of Medicine Buddha*, and *Close Encounters of the Shamanic Kind: In the Peruvian and Andes*. His writings are dedicated to preserving, and advancing, ideas and systems of education that have served what is best in humanity in its long journey through time into consciousness. Qi of Nature "According to Chinese tradition, the Qi of nature created both the 10,000 things and human life. Qi works throughout all of nature to ensure growth and evolution. Without it, life would not exist."

I have enjoyed reading this. I Am learning the moves he teaches. Clearly explained. The photos help a lot.

This is one of the few sources for the finger bending exercises in English.

A previous reviewer describe the form that this book documents as "too simple" for people interested in the martial arts... For the record, the form described by this book was a closely guarded secret of the Shaolin temple and it formed the basis for developing "external" qi for both martial and healing applications. The form was made public early in the twentieth century and has become very popular in China. Most extremely effective qigong are deceptively simple. The secret of their application lies in years of constant practice.

The writing is clear, but some parts of the book contain mistakes. There is confusion about the right and left sides. This has not seemed to do any good. This is more like a myth than effectual.

As a person who studied with students of and later Peng Jui Ling himself (continuing to Luo Han Gong, Kongjing Qigong and the Poison Hand techniques), the man who is supposedly the source of the information of this book, I would like to take issue with the content. When I studied this form (taught by Master Peng as One finger Zen, also known elsewhere in the world as One Finger Art and Yihizi Chan Qigong), I was given his notes and I find many inconsistencies from notes to book, one of the most glaring the amount of time bending each finger, which is actually the core of this form. I would suggest this book be used as an introductory primer for someone considering taking one Master Peng's courses with either him or an instructor recommended by him, not as a substitute for actual instruction.

I agree with the two most recent reviewers....this is an excellent book for those wishing to learn this ancient and powerful Qi Gong method. I learned the form 8 years ago from a Chinese master in Vancouver, B.C., and have searched for more information since. This book provides comprehensive descriptions keyed to clear photographs showing both how to do the form as well as describing applications. With any Qi Gong form, having an instructor standing in front of you is ideal. However, Peter Fenton does the next best thing for those without this option. I learned key information that my instructor had not provided and I continue use the book as a valuable guide.

This book is excellent for those who wish to renew their health and maintain it. The most important part is the Horse Stance and One Finger Gong. Practising this alone soon brings qi to the hands and other parts of the body thereby allowing the individual to experience energy very early on. Martial

artists may want a much harder form of Qigong and not this 'soft' form which seems to be good for all ages.

I bought this book thinking it would have Chi applications for martial arts. I found out that the book is very simple and would be better for beginners. Good for those who wish to learn more about Chi Kung to increase vitality or however you want to say it. But if you are a martial artist with some experience with directing Chi and you know about meridians and all, then the information will seem simple and have little use to increase your power for self defence or destruction, whatever your goals may be. I gave it a three cuz it can be usefull to some people. My guess is that the author is trying to make some money from a now popular practice.

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