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KEY=MY - BRIANA PAGE

Mysteries of the Life Force

My Apprenticeship with a Chi Kung Master

Sentient Publications By turns suspenseful, philosophical, and humorous, this book chronicles the first seven years of an extraordinary apprenticeship in Toronto between a young man and a celebrated chi kung master from Shanghai. Many astonishing events occurred, such as frequent telepathic exchanges between master and student, the throwing of chi-energy over great distances, and at least one instance of what could be called 'Jedi mind control', right out of the movie Star Wars.

Healing Light of the Tao

Foundational Practices to Awaken Chi Energy

Simon and Schuster The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic *Awaken Healing Energy Through the Tao* In 1983, Mantak Chia introduced the “Microcosmic Orbit” to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The *Microcosmic Orbit* showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. *Healing Light of the Tao* presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

Billy (the Kid)

A Novel

Sentient+ORM A Colorado dentist claims to be the infamous gunman while mentoring a boy, romancing a widow, and protecting his friend from angry bootleggers. Pueblo, Colorado,1932. Bootleggers thrive in a town where the sheriff is on the take and you can kill a man with impunity. In this thrilling narrative, a once-famous outlaw finds himself thrust into the middle of a bootleg war against his will. At stake is nothing less than the life of his best friend and his last chance at true love with the town beauty. But is the legendary gunman who he claims to be, or is he just a retired dentist with a vivid imagination? Peter Meech reimagines the figure of Billy the Kid in a remarkable story told with verve, humor, grit, and grace. Praise for *Billy (the Kid)* “Like a vintage dime novel, Peter Meech imaginatively engages the reader with a once-upon-a-time version of Billy the Kid’s life and legacy.” —Larry McMurtry, Pulitzer Prize-winning author of *Lonesome Dove* “Some story ideas are so good you just hope the writer doesn’t mess them up, and then there are the ones you read and just wish you’d written them—*Billy (the Kid)* is both. Peter Meech’s masterful handling of this Western is nothing short of dead on.” —Craig Johnson, *New York Times*-bestselling author of the *Walt Longmire Mysteries* “Vividly imagined, cleverly plotted, and superbly written, Peter Meech’s *Billy (the Kid)* provides definite and exhilarating proof that a new master of the Western—and the novel—just rode into town. What a wonderful and wonder-filled book!” —Christopher Knowlton, author of *Cattle Kingdom: The Hidden History of the Cowboy West*

Stanford

The Oxford Handbook of Psychology and Spirituality

Oxford University Press Postmaterial spiritual psychology posits that consciousness can contribute to the unfolding of material events and that the human brain can detect broad, non-material communications. In this regard, this emerging field of postmaterial psychology marks a stark departure from psychology’s traditional assumptions about materialism, making this text particularly attractive to the current generation of students in psychology and related health and wellness disciplines. *The Oxford Handbook of Psychology and Spirituality* codifies the leading empirical evidence in the support and application of postmaterial psychological science. Sections in this volume include: - personality and social psychology factors and implications - spiritual development and culture - spiritual dialogue, prayer, and intention in Western mental health - Eastern traditions and psychology - physical health and spirituality - positive psychology - scientific advances and applications related to spiritual psychology With chapters from leading scholars in psychology, medicine, physics, and biology, *The Oxford Handbook of Psychology and Spirituality* is an interdisciplinary reference for a rapidly emerging approach to contemporary science. This overarching work provides both a foundation and a roadmap for what is truly a new ideological age.

Chi Kung

The Chinese Art of Mastering Energy

Inner Traditions / Bear & Co Comprehensive overview of Chi Kung’s theoretical background and more than fifty exercises for anyone, regardless of age of physical condition.

Genealogies of Shamanism

Struggles for Power, Charisma and Authority

Barkhuis After Western-Europeans first heard the word 'shaman' in Siberia at the end of the seventeenth century, the term rapidly acquired a remarkable range of meanings in different contexts. This book traces the long genealogical journey of the notions of 'shaman' and 'shamanism'. It starts with the eighteenth-century discovery of Siberian shamans and ends with the contemporary field of shamanism in the Netherlands. By exploring the ways in which the notions came to be constructed and authorised historically, the various interpretations and conceptualisations of 'shaman' and 'shamanism' are interpreted as outcomes of struggles within distinct milieus.

Yoga Journal

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The Living Art of Chi Kung

Balboa Press The Living Art of Chi Kung is an accessible manual, taking the reader through how, what and why to practise Chi Kung. Chi Kung has a remarkable relevance to life today, as do the Taoist principles on which it is based. The ancient Taoist teachings and practises are made simple and approachable with a combination of unique descriptions, analogies, anecdotes and illustrations. "This is not just a book about Chi Kung but a manual for life, delivered through the fun, compassionate and wise voice of Lizzie Slowe. The advice to cultivate an attitude of 'courageous undefended curiosity' and practice Chi Kung with 'simplicity, patience and compassion' are important reminders for every experiential and somatic based practitioner, as well as for humanity. Whether you are a Chi Kung student, a somatic based psychotherapist, or a practitioner of Equine Facilitated Learning, don't hesitate to avail yourself of Lizzie's gentle and wise guidance to living a more embodied life". Shelly Carr, AEDP Therapist Level 3; Trauma Therapist; Equine Facilitated Therapist and Supervisor "Lizzie has written a much needed and accessible book on Chi Kung, with easy-to-follow instructions, as well as suggestions on how to live the practise. There is so much wisdom and good old fashioned common sense packed into these pages. I really like the way Lizzie has used personal anecdotes and interweaved the wonderful Lao Tzu quotes. The last one in particular will stay with me and was just a perfect way to finish". Sue Bringloe – Yoga teacher and nutritionist

A Dictionary of Theatre Anthropology

The Secret Art of the Performer

Taylor & Francis First Published in 2005. Routledge is an imprint of Taylor & Francis, an informa company.

American Book Publishing Record

Ultimate Guide To Tai Chi

The Best of Inside Kung-Fu

McGraw-Hill Covers the history, traditions, philosophies, and techniques of the Chinese martial art

Cheng Hsin

The Principles of Effortless Power

North Atlantic Books Every once in a while you find a high impact book. Something that awakens something deep within and lasts forever. This is the one. It is a book that you can pick up time and time again and always gets something new out of it, or something deeper than you. Cheng Hsin is the best introduction for beginners to the internal practice of fighting. It is a seminal work that draws on T'ai Chi Ch'uan, Aikido, and Pa Kua Chang and was written by the first Westerner ever to win the world championship in a full-contact martial arts tournament.

The Way of the Writer

Reflections on the Art and Craft of Storytelling

Simon and Schuster From Charles Johnson—a National Book Award winner, Professor Emeritus at University of Washington, and one of America's preeminent scholars on literature and race—comes an instructive, inspiring guide to the craft and art of writing. An award-winning novelist, philosopher, essayist, screenwriter, professor, and cartoonist, Charles Johnson has devoted his life to creative pursuit. His 1990 National Book Award-winning novel Middle Passage is a modern classic, revered as much for its daring plot as its philosophical underpinnings. For thirty-three years, Johnson taught and mentored students in the art and craft of creative writing. The Way of the Writer is his record of those years, and the coda to a kaleidoscopic, boundary-shattering career. Organized into six accessible, easy-to-navigate sections, The Way of the Writer is both a literary reflection on the creative impulse and a utilitarian guide to the writing process. Johnson shares his lessons and exercises from the classroom, starting with word choice, sentence structure, and narrative voice, and delving into the mechanics of scene, dialogue, plot and storytelling before exploring the larger questions at stake for the serious writer. What separates literature from industrial fiction? What lies at the heart of the creative impulse? How does one navigate the literary world? And how are philosophy and fiction concomitant? Luminous, inspiring, and imminently accessible, The Way of the Writer is a revelatory glimpse into the mind of the writer and an essential guide for anyone with a story to tell.

A Lineage of Dragons

A Story of a Life Journey from the Mundane to the Supra Normal. A True Story of Masters and Students of the Mystical Life Force Martial Arts and Beyond

THE MAGUS OF SEATTLE This book is about the mysterious chi kung master in Seattle who was Bruce Lee's uncle and main kung fu teacher. It tells of the kind of qigong that this master used to become one of the most powerful, and of the amazing things experienced by the author, who was his long time apprentice. In China a powerful chi kung master is sometimes called a wizard. In addition there are a couple of prehistoric systems of chi kung in which the body of the master is animated by the spirit of a dragon, a real one from the spirit realm. This then makes them a wizard and a dragon at the same time. This book describes one of these systems, a most rare and most powerful kind of physical, emotional, and spiritual cultivation system.

English and Chinese Dictionary

With the Punti and Mandarin Pronunciation

The Wharton's Back Book

Rodale Describes a method of reducing pain and back injury that has been used by celebrities, Olympic medalists, and other sport figures.

Kung Fu Engineering

Xlibris Corporation

The Star Reach Companion

TwoMorrows Publishing The Star*Reach Companion is a complete history and bibliography of the 1970s independent comic, highlighting its importance to the comics field. Star*Reach's influence was enormous, impacting nearly every aspect of modern comics and genres, and showcasing such creators as Dave Stevens, Frank Brunner, Howard Chaykin, Steve Leialoha, Walter Simonson, Barry Windsor-Smith, Ken Steacy, John Workman, Mike Vosburg, P. Craig Russell, Dave Sim, Michael Gilbert, and many others. In addition to extensive historical coverage and interviews by author Richard Arndt, the book also features full stories from Star*Reach and its sister magazine Imagine, including a Cody Starbuck story by Howard Chaykin, 'Marginal Incident' by Fables artist Steve Leialoha and, presented for the first time in the original, intended version, 'Siegfried and the Dragon' by P. Craig Russell, one of the first of his operatic adaptations. Also included in the book is extensive information about independent magazines like witzend, Hot Stuf and Andromedea that both preceded and followed Star*Reach in its mission to re-invent comics for a more mature audience. It includes a Foreword by Star*Reach founder Mike Friedrich, and a cover by Howard Chaykin! Mature readers only.

The Complete Tai Chi Tutor

A structured course to achieve professional expertise

Hachette UK Dan Docherty's The Complete Tai Chi Tutor leads you on a spiritual journey towards understanding the key principles and history of the art of Tai Chi. It investigates what is known and unknown concerning the origins and history of Tai Chi, from the ancient texts of Chinese civilization to the 21st century, and explores some key questions on the way. Docherty considers the practicalities of teaching, reviewing the fundamentals and benefits of practice, and demonstrates some highly efficacious but little-known drills, as well as fundamental practice and key Long Form techniques. In addition, he explores the martial and self-defence application of some of the fundamental techniques. Finally, Docherty offers guidance on becoming a Tai Chi instructor and explores areas of tuition, competitions and styles. This illustrated guide offers you sequential directions on key techniques, such as Single Whip, Vanguard Arms and Seven Stars, with descriptions on how to do major form techniques. Moves are clearly demonstrated through the use of step-by-step photography and text. Whether you have some Tai Chi knowledge or if you are looking to become an advanced practitioner, this guide will take your practice to the next level.

Yoga Journal

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Weightlessness

Integrated Exercise: Yoga, Pilates, and Chi Kung

iUniverse "As a child, author Ray Rizzo suffered a head injury that left him with severe headaches and occasional visionary states. At seventeen, he began to study yoga and to practice fasting, meditation, and shamanism, which alleviated his chronic symptoms. In his own recovery, he discovered an ability to assist others in their healing processes-a quest that would culminate in a traditional shamanic apprenticeship deep in the Amazon jungle. There, after nearly a month of isolation and using more than ten years of experience in the healing arts, he developed his unique synthesis. " The style is no style. The goal is to practice what is most efficient and effective. "Weightlessness" includes guidance on a number of techniques and topics, including the Sun Salute; the Swimming Dragon; hatha yoga; essential Pilates; secret chi kung forms; therapeutic exercises; optimal nutrition; breathing; metaphysics. Whether you are an athlete, yoga practitioner, dancer, or martial artist-or even if you are new to movement-this guide can help you, in as little as fifteen minutes a day, to transform your body-mind, deepen your practice, increase energy, overcome injuries, and discover the feeling of "Weightlessness."

Walking Through Stress

Meditation in Motion

A provocative walk-yourself-healthy book for dealing with a wide range of physical and psychological problems. This book opens the door to creative visualization, positive self-talk, chakra balancing, crystal healing, chi kung breathing, white light walking, color imagery, and family Walk-N-Talk sessions. Firsthand expertise from many international celebrities and walking experts.

Subject and Author Index to Chinese Literature Monthly (1951-1976)

Black Belt

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including about the works of Bruce Lee, the best-known marital arts figure in the world.

Ten Methods of the Heavenly Dragon

Singing Dragon Previously published by Line of Intent, Inc. Publishing, 2011.

Nei Kung

The Secret Teachings of the Warrior Sages

Simon and Schuster Explains the science behind the practice of nei kung, the elemental nature of yin and yang energy--the two components of ch'i, and how learning to control the yang energy in our ch'i can result in the release of dynamic energy. • Establishes the existence and understanding of nei kung in the practices of many of the world's ancient cultures. • Includes a step-by-step guide to the meditation that forms the basis of the practice of nei kung. • By Kosta Danaos, author of The Magus of Java and apprentice to an immortal of the Mo-Pai tradition. In 1994 Kosta Danaos was accepted as a student by John Chang, a Chinese-Javanese Taoist in the Mo-Pai tradition and a master of nei kung, the practice of harnessing and controlling our body's bioenergy, or ch'i. Nei Kung: The Secret Teachings of the Warrior Sages describes the practice of nei kung and how learning to control our ch'i can result in the release of dynamic energy that can be used for healing, pyrogenesis, telekinesis, levitation, telepathy, and more. Danaos suggests that both components of ch'i--yin and yang energy--are fundamental to the earth and to life and were recognized and used in many of the world's ancient cultures. Though we have forgotten how to access them, these components are in fact elemental parts of us. The author explains that we first must open our minds to the fact that the power of ch'i is real. Next, in learning to control our ch'i as a whole, we must learn to channel our yang energy in productive ways--a potential we all possess. To help readers understand their capacity to connect with this inner elemental power, the author offers a fascinating blend of teachings that include sound scientific theories explaining much of the "magic" of nei kung. He also offers historical, linguistic, artistic, and literary proof of the presence and understanding of nei kung throughout the ages and a step-by-step introduction to several types of simple meditation--fundamental to directing one's ch'i. With his engaging storytelling and disarming humor, his physics-based explanations for seemingly mystical phenomena, and his reassurances that he's really no different from the rest of us, Kosta Danaos shows us that once we remember our capacity to harness our yang energy, we can change ourselves and our world.

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Mastering Miracles

The Healing Art of Qi Gong as Taught by a Master

Grand Central Pub A Chinese physician explains the herbal, exercise, and meditation practices of Qi Gong, showing how to use the body's energies to prevent disease and achieve a state of good health.

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There Are No Secrets

Professor Cheng Man Ch'ing and His T'ai Chi Chuan

North Atlantic Books "Wolfe Lowenthal's quiet little memoir will with window-opening wisdom reinforce, I think, my view of how Cheng stood on Tai Chi. It tells how a young writer reacted to this strange Chinese man when he appeared in New York City in the mid-1960s and stayed there for a decade before returning to Taiwan to die in 1975. In a nickel town where neurosis is a cardinal virtue, the Tai Chi center established by Cheng soon became an oasis of learning. In my visits there I was invariably approached by a quiet fellow with a ready smile and loads of questions. His form and sensing hands improved but he never lost his kindly ways. This led me once to tell the three seniors that the one person in the club who best exemplified Tai Chi was this junior. That man who has since become a teacher of the art is the author of this book." -Robert W. Smith, from the Preface

The Hong Kong Filmography, 1977-1997

A Reference Guide to 1,100 Films Produced by British Hong Kong Studios

McFarland Thanks to the successes of directors and actors like John Woo, Jackie Chan, and Chow Yun-Fat, the cinema of Hong Kong is wildly popular worldwide, and there is much more to this diverse film culture than most Western audiences realize. Beyond martial arts and comedy, Hong Kong films are a celebration of the grand diversity and pageantry of moviemaking—covering action, comedy, horror, eroticism, mythology, historical drama, modern romances, and experimental films. Information on 1,100 films produced in British Hong Kong from 1977 to 1997 is included here.

The Book of Five Rings (Annotated)

The Book of Five Rings is a text on kenjutsu and the martial arts in general, written by the Japanese swordsman Miyamoto Musashi around 1643. Written over three centuries ago by a Samurai warrior, the book has been hailed as a limitless source of psychological insight for businessmen-or anyone who relies on strategy and tactics for outwitting the competition.

The Four Insights

Wisdom, Power, and Grace of the Earthkeepers

ReadHowYouWant.com The Four Insights are the wisdom teachings that have been protected by secret societies of Earth keepers, the medicine men and women of the Americas. The Insights state that all creation humans, whales, and even stars is made from light manifest through the power of intention. The Earth keepers mastered the Insights, and used them to heal diseases...

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The Ki Process

Korean Secrets for Cultivating Dynamic Energy

Weiser Books Learn how to call up extra energy on demand! Shaw shows you how to strengthen the Ki you were born with, so you can harness the Ki around you to help you through the many periods of stress in daily life. He gives suggestions for changing your diet to improve Ki flow, and discusses how to actively focus Ki into specific regions of the body or into your mental functioning. Includes breathing, concentration, and relaxation exercises.

Black Belt

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world.

Seven Taoist Masters

A Folk Novel of China

Shambhala Publications History and legend are interwoven in this folk novel that both entertains and instructs. Written by an unknown author, Seven Taoist Masters is the story of six men and one woman who overcome tremendous hardships on the journey to self-mastery. These characters and their teacher, Wang Ch'ung-yang, are all historical figures who lived in the Southern Sung (1127-1279) and Yuan (1271-1368) dynasties. Wang is regarded as the greatest patriarch of the Complete Reality school, a highly purified branch of Taoism having a strong affinity with Zen Buddhism. The novel brings to life the essentials of Taoist philosophy and practice, both through the instructions offered by Wang—on topics such as the cultivation of mind and body, meditation techniques, and overcoming the obstacles to enlightenment—and through the experiences of the characters.

Guide to Microforms in Print

Author, title