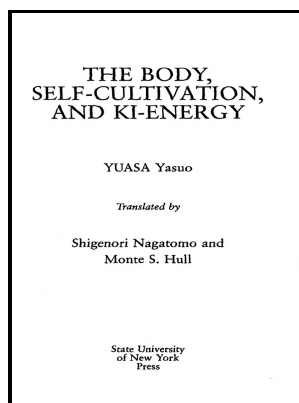


# Body, self-cultivation, and ki-energy

State University of New York Press - Revealed: The 12 Ways of Cultivating Qi



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Self-actualization (Psychology)  
Body, Human (Philosophy)  
Qi (Chinese philosophy)body, self-cultivation, and ki-energy

-  
SUNY series, the body in culture, history, and religionbody, self-cultivation, and ki-energy  
Notes: Includes bibliographical references (p. 193-213) and index.  
This edition was published in 1993



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Ki Cultivation is a 10 weekly course.

## Body, Self

For example, we use Nourishing Kidneys to direct qi to the kidneys, Pushing Mountains to direct qi to the hands, and Separating Water to direct qi to the lungs. Regular visits from senior practitioners and other Aikidoists from the Blue Mountain Dojo such as Darell Shields and Bill Harvey. His beautiful and clear calligraphy are on the walls of Shin Sen Dojo.

## Indigo

Let us share it with you.

## The body, self

Excepteur Sint Occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum. His movements were cleaner and his strikes always had power that came from someplace within.

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At that time he also established Shin Sen Dojo Katoomba. To explain the achievement of mind-body oneness in these traditions he offers an innovative schematization of the lived body.

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In my school of qigong, the primary way that we circulate the qi is with a beautiful and rare technique called Flowing Breeze Swaying Willow phase 3 of the 5-Phase Practice Routine.

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