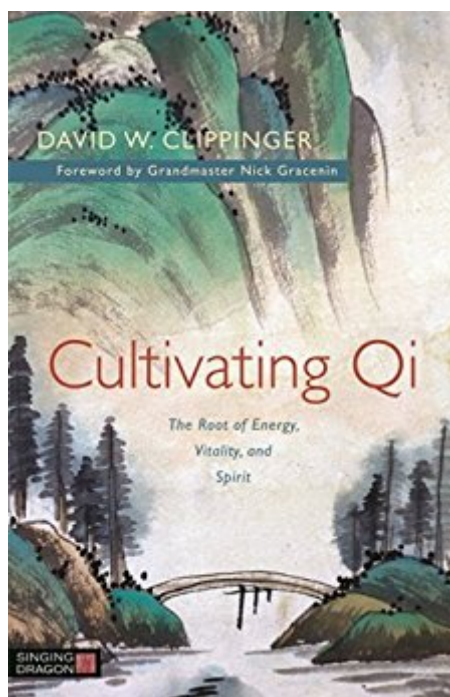


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# Cultivating Qi: The Root Of Energy, Vitality, And Spirit



## Synopsis

How can Qi offer you the means, tools and will to live a life of balance? Explaining what Qi is, where it comes from, how we use it, and how we can cultivate it in order to achieve wholeness and balance, this much-needed book combines knowledge and practice to explore all aspects of Qi, including its modern, everyday implications. The book not only covers the history of Qi, but also demystifies the vital philosophies and practices surrounding it. Filled with valuable information on how to recognise and cultivate Qi in order to increase your energetic capacity and return to a more efficient physical, emotional, and psychological state, it also illustrates Qi's central importance in meditation, Taiji, Qigong, and other Internal Arts practices that focus upon its vitality. The author also offers instruction on a number of methods for opening the energy gates of the body to cultivate Qi.

## Book Information

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## Customer Reviews

This elegant book presents a comprehensive view of Qi in its history, philosophy, and it's practice. The clarity of writing allows this book to be a value to novice and to master. As a new student of Taiji, I read a forward copy a few months ago, but find that today I appreciate it in a different level of

meaning. Qi is a concept bandied around in the context of Western discussions of the Internal Arts. I find this book grounds the concept of Qi as energy firmly in its historical and philosophical context. The section on applications allows the reader to follow the traditional movement and learn to experience the theoretical. I believe for these reasons it is an important book on this subject. For me the intertwining of body and mind in Buddhism has always presented a stumbling block. As on many topics in this book, I find the discussion satisfying and a source for new meditation and for practice. Any practice to be a "real human" , " a more fully realized person at peace and tranquil internally in the world," presents an arduous practice . Still David Clippinger presents ways to start unifying energy, vitality, and spirit at any level. David Clippinger is also my teacher, and instructs with precision, humor and vigor. I recommend him as a teacher. I highly recommend this book as a further education on Qi which maintains all the merits of its author., and functions fully as its own entity.

This is a great book. A lovely combination of Qi's roots/history and clear/simple ways we can access this in today's world. The tracing of Qi threads across what the author notes as 'Eastern philosophy, Traditional Chinese Medicine, spirituality, and the practice of Internal Martial Arts' is fascinating. Even more helpful (and encouraging) are the book's chapters that look at specific practices to help facilitate our own Qi, with all its many benefits. This is a book hard to put down, and one I suspect I will go back to again and again to gain more and more understanding.

Having read dozens of books on the martial way, I have found this one to be by far the most-insightful in terms of the actual roots of Qi, its benefits, and how to practice development and incorporation into our everyday lives. Dr. Clippinger speaks from a place of long Eastern tradition and study, but in a manner that we as Westerners can appreciate and understand. I have found myself re-reading chapters so as to truly appreciate his words. Thanks for a great book!

This book is the most thorough and direct explication of the elements of Qi on the market. It is concise, well written and pleasant to read. The writing has a personal feel to it and it does not meander. It is a small book with incredible nutrient density. You can carry it with you wherever you go because of its size. There is nothing on the market that compares to it. Get it today, have it for your lifetime.

I've been practicing meditation and Tai Chi for many years with various teachers. Daily practice

makes me feel better physically and mentally. After reading Cultivating Qi I know why I feel good. The writing is authoritative and accessible. Excellent book.

I should begin by acknowledging that Dr. Clippinger has been my teacher for the past 6 years. With that disclosure aside, it is my opinion that Cultivating Qi is a clear, concise and comprehensive guide to the principles underlying Tâ™ai Chi, Chi Kung and Châ™an meditation. The authorâ™s central claim is that the regular practice of Tâ™ai Chi, Chi Kung and/or meditation, when undertaken with the appropriate focus and attention, can lead to greater vitality, tranquility and purpose in life. As an established master of Tâ™ai Chi and Chi Kung, who has learned and taught numerous forms and styles, as an ordained Châ™an Buddhist priest and as a scholar trained in the Western tradition (Phd in American Lit), Dr. Clippinger brings a unique set of qualifications to the task. He has written a serious book that is solidly grounded in the traditional Chinese literature, yet he is adept at explaining time-honored practices in concrete and understandable terms for the modern reader. Highlights of the book include a detailed discussion of breathing techniques and their importance for the practice and a short, but effective, Chi Kung set that Dr. Clippinger has developed for his students at the Still Mountain Tâ™ai Chi and Chi Kung in Pittsburgh, PA. In conclusion, I strongly recommend Cultivating Qi both to the longtime practitioner as well as to someone who is new to the energy arts.

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