

REDUCE STRESS AND LIVE A HEALTHY LIFE WITH QIGONG

Is your everyday life making you stressed? Relieve stress by participating in Qigong. Qigong (pronounced “chee gong”) is an ancient Chinese system of exercise and meditation that will make your mind and spirit calm and serene.

Qigong has the power to improve your health, enhance well-being and expand life. Developed by ancient Chinese shamans, Taoists and Buddhists, Qigong is a spiritual discipline that brings harmony and peace into your life. Aside from achieving a calm state of mind and reducing stress, Qigong has many other health benefits, such as:

Well-being and improved health

Qigong works with your entire body, affecting all health aspects. While Qigong has been said to cure specific illnesses, the primary reason for practice is not just to add years to your life, but life to your years.

Clear and tranquil mind

Key to reducing stress is getting your mind at peace. A peaceful mind leads to a peaceful universe in which you can heal and transform others just through your presence. When you achieve a peaceful mind you will make better decisions and have the skill to know when to act and when to be still.

Deeper, more restorative sleep

Qigong will help you find the deep relaxation and mental quiet necessary for sleep.

Increased energy, including sexual vitality and fertility

People who practice Qigong have more energy. Consistent practice can increase energy and restore youthfulness.

Comfortable warmth

Qigong is great for cold hands and feet. Your circulation will improve causing your body to generate more internal warmth when it’s cold.

Clear skin

The skin, like the intestines, is an organ of elimination. According to Chinese medicine, as your Qigong improves, your body eliminates toxins, and the skin becomes clear.

Happy attitude

Correct and moderate Qigong practice usually creates an optimistic and joyous disposition.

More efficient metabolism

Practice Qigong and you’ll experience improved digestion and increased growth in your hair and nails.

Greater physiological control

This means that aspects of the body that were imbalanced or out of control begin to normalize, for example, breathing rate, heart rate, blood pressure, hormone levels, and states of chronic inflammation or depletion.

Spiritual effects

Advancement in Qigong is often accompanied by a variety of spiritual experiences. When the 'Qi' is abundant, clear and flowing, the senses perceive and are permeated by sweetness.

Source: <http://www.shambhalablog.org/tag/eva-wong/>