

Nature
of
Energy
1

Sifu Fong Ha

Yiquan and the Nature of Energy

壹氣功

The fine art of doing nothing
and achieving everything.



Situ Ha Fong and
Yiquan and the nature of energy (Volume 1)



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It is a one way journey towards an illuminated trip, the perfection of one self.(English edition) Yiquan and the Nature of Energy is a lot more than only a Chi Kong practice instruction. Soothing and sooth, and accesible by all, without the limit of age, it will travel you towards a better-being that may sooth and transcend. Yiquan and the type of Energy can be an usage of the 'empty pressure', but also a way to re-integrate oneself, those essential forces, such as wellness, vitality and longevity. First opus of a series related to the Nature of Energy, Yiquan may be the 1st step towards an understanding and the unlimited accomplishment, an auto transforming way that could lead to changing your own world. Sifu Fong Ha explains to us his spitirual experience with simple words and accesseible to all or any, the only requirements being willingness to be completely alive and content. By Sifu Fong Ha (new edition 1991)



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I research Yiquan for fifteen years now, but I still can learn a lot and this book is helpfull. One Star "Book" is only 64 pages.Filled with Yiquan essentials in compromised form. Five Stars Good Republishing of Yiquan, thankGrand Master One Star Poor editing. This book has not a lot of pages, but is full of Yiquan essentials.



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