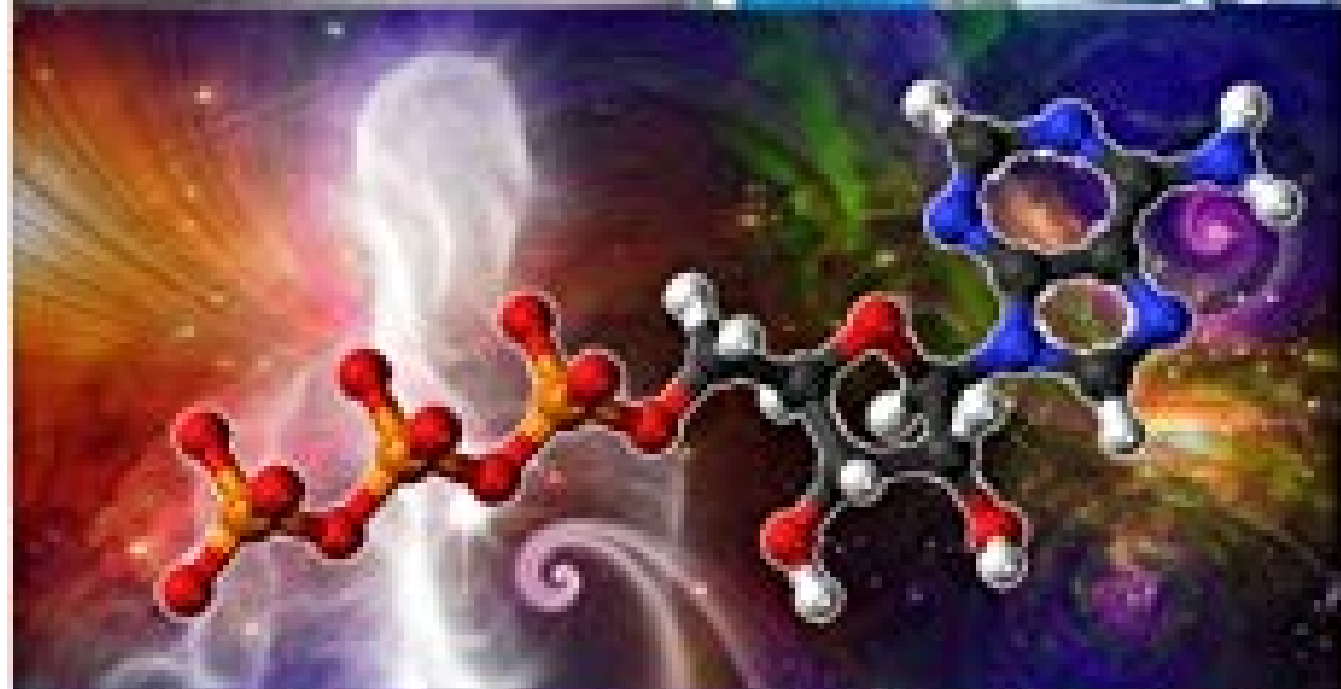


SCIENTIFIC QIGONG



BREATHING AND ENERGY

Siu Nanman

Scientific qigong: breathing and energy



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During many century Qigong became surrounded simply by many techniques, spiritual rites, tales, myths and even magic. From our viewpoint, if to completely clean qigong from philosophical-spiritual and in addition mystical layers, there is a basic and effective technique, predicated on laws of the human physiology. This reserve elucidates among qigong aspects, specifically its influence on such physiological process as energy synthesis by the individual organism. Just the advancement of the consciousness capability to affect physiological procedures is the main and, in fact, single goal of all qigong practices. The book clarifies from positions of contemporary physiology, why qigong breathing technique are such as for example they are. You can find only physiological laws and regulations of our organism functioning. There is no spot to mystic and religion.



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