

Volume 3: The Shape of Water

"The natural way of Qigong"

THE IDEA

Presenting the Natural Way of Qigong

This volume is dedicated to fundamental Qigong as the primary discipline to understand the instrument "body."

The internal disciplines experience sensoriality through the sensations produced by the body. An abstract subject that implies an in-depth work of transformation of the senses. The body, which becomes a body-mind-spirit unit, integrates sensoriality with an objective vision of reality and awareness.

These three experiential qualities are supported by the factor "time," giving birth to a transformative and evolutionary process without limits. As it is for yoga, Qigong, which is the Chinese codification, integrates many functional areas, such as the practice of Doyin (breathing exercises, structural and energetic relaxation, meditative techniques), as well as the dynamic exercises "tong gong" and static "Zhang Zhuang" exercises. One for the understanding of the energy movement, or vital movement; the others for the knowledge of the evolution of sensations.

The meaning of Qigong practice can be translated as "nourishing life with experience." It deals with the matter of the environmental, natural and cosmic breaths. We must relate to living in harmony with the whole; therefore, this requires objective presence to understand existence. This experience is integrated with the dynamic and static Qigong. Through the body, which becomes a passive instrument, we learn from the structural and subtle or dynamic movements to understand the impulses and instincts. At the same time, we bring wellness to the "body-mind-spirit," this happens through the constant transformation of the energy that provides the elimination of toxins and the creation of new vital essences.

You can understand how simple elements can enable natural practice in this volume by presenting a few functional areas. A technique that allows you to experience and find the immediate sense of the work: the presence of the mental state, the feeling that translates the mental state, the sensation that translates the language of the body and the perception of all the elements that create the space and its energies.

The video course is presented by M° Isidoro Li Pira, who has experience of Qigong, matured in over 40 years of practice with masters Tsang Chiu-yu, Wong Mingsan, Wu Chanling, Thero Sunjaloca, Wu Taishi and most recently Master Wang Zhixiang. Over the years, the practice has accompanied him in the study and research, qualifying him among the foremost experts of this discipline. Master Li Pira is a trainer of Qigong teachers for over 25 years and, today, the most representative personality of the Water Form'school in Europe. His program spreads immediate and straightforward content during the training. It is one of the most complete psycho-corporeal techniques, suitable for multiple experiences, including therapeutic and martial techniques and professional, business and individual contexts.

Master's Opinion

The study of Qigong is of fundamental importance to the individual in general. Beyond any technicality, Qigong is the matter of the human being who searches in his life experience for its meaning. We are endowed with a body, a mind and a spirit, and we know very little about them; no theoretical study can fill this gap. In the years of experience spent alongside my masters, I have learned, from their dedication, that this discipline can be understood only from direct transmission

of it. This component is essential to the teaching of Qigong and cannot be replaced by any theory precisely because it is the practical experience itself that later becomes didactic. Therefore, my wish with this video project is to instill curiosity and love for the research for an extraordinary universe that lies within ourselves.

Understanding what we are physically and psychologically will allow us to live every moment of our existence in complete harmony with the whole. At the same time, this practical study will make us coherent and empathic, educating us to a sense of love without prejudice towards all that is the world of practice. **"Isidoro Li Pira"**

Benefits

Course Purpose. Many scientific and non-scientific studies describe the benefits of Qigong and Oriental disciplines in general. Educating oneself to this discipline under the guidance of experts brings undoubted benefits to the individual. These can be categorized under three significant aspects: health, when we consider the physiological and psychological body; cultural, when we consider the social and professional environment of our life and that of others; defense, when in this term we integrate all forms of physical and psychological confrontation.

Therefore, when we think about the practical study of Qigong, we can consider the opportunity to equip ourselves with a tool that makes us more sensitive and aware of ourselves and of the life that flows around us every day. Regardless of the activity, we do and the life we lead, professionally or recreationally, through Qigong, we can improve the way we carry out our daily life, endowing us with an energetic vitality, mental presence, emotional and psychic balance. Having control over our life brings a balance that leads to wellness and improves individual intentions.

Description

By purchasing this video course, you will:

- ! Have 8 videos showing the different practical aspects of Qigong so that you can practice them individually.
- ! A clear and detailed exposition of the contents of the subject of Qigong so that the practice can awaken the proper attention.
- ! Begin to learn the techniques of self-massage that lead, with experience, to learn Tuina self-massage for yourself and others.
- ! Use the attached handout to get a quick overview of the main contents of the Tuina self-massage system described in the video.
- ! Three videos are dedicated to the preparation exercises, "Qiluofa," for awakening the body's vital energies and the other two for the "Baifa" cleansing.
- ! A video with the integrated practice that allows you to follow the sequence for your daily routine.
- ! Learn the difference between the dynamic and static practice of Zhang Zhuang and thus translate many other different sequences.

Summary

- Introduction

- ! Presentation of Qigong in its essential meaning.
- ! Specificity of the practice and study of Qigong as a conjunction for the different disciplines of the Chinese repertoire.
- ! Learning the language of the sensory body and the insights of the psychological attitude.
- ! Understand how Qigong can become a tool to cultivate wellness for oneself and others.
- ! Approach the scientific language and equip oneself with helpful material for any individual experience.

- Theory

- ! The didactic language specific to the practice and study of Qigong
- ! A brief introduction to the aims of the practice subject.
- ! Needlepoints and energy areas of the body through the Tuina.
- ! Detailed handout with photos specific to the location of the needle points.
- ! Detailed descriptions of the body's sensory language and mental state.

- Fundamentals

- ! The complete sequence of the "Qiluofa" method for preparing the body's sensibility.
- ! The sequence of the "Bauifa" method of beating is helpful to cleanse the energy body and thus implement it; restore the sensory memory.
- ! The self-massage, divided into various sections, accompanied by images specific to the location of the needle points.
- ! The integrated dynamic and static practice are seen on two projections quickly followed on video for the daily practice.
- ! Practical presentation of Dynamic Qigong: meaning, didactics, methodology, and significant points in practice.
- ! The practice of Static Qigong, known as "Zhang Zhuang," the didactics and execution, the meaning of its use and the description of the main gestures and psychological intuition.
- ! Fundamental principles of Qigong that integrate with the practice of Taijiquan and many other internal disciplines.

What do I purchase?

What does the purchase of the multimedia Qigong course include?

By purchasing this course, you will immediately receive by email the **links to download the complete course without time limits**, offline on any device (PC, tablet, smartphone).

Contents

Everything included in the course is described in the table of contents below. Here we summarize the main elements.

- ! 1 video dedicated to present, in a specific didactic language, the practice of Qigong in general, illustrating the historical-cultural aspects of the discipline and its correct place in the environment of internal styles.

- ! 8 video files for a total of about 90 minutes. Each file allows identifying the
- ! single themes regarding the discipline, as in the program of the School of Water:
 - o The preparation "Qiluofa," method for the awakening of body energies;
 - o The "Baifa" beating method for cleansing the energy body;
 - o A video dedicated to Tuina self-massage that shows the sequence ordered by Master Wang Zhixiang;
 - o A handout summarizing the needle points treated in the Tuina self-massage video;
 - o Practical presentation on Dynamic Qigong;
 - o Practical presentation of Static Qigong;
 - o A video showing the integrated practice sequence to assist the student in the daily execution.

Download now. You can consult without time limit the files downloaded at the time of purchase: 1 mp4 video lesson of 15 minutes entitled "The integrated practice"; an introductory handout to the discipline of Qigong, in "pdf" format, containing the fundamental concepts of the school of the Water Form, in practice and the didactics of principle.

Technical Data

- ! Duration of each video file 15 minutes approx.
- ! Video file resolution: 1920x1080
- ! File size: from 600 MB to 1.55 GB (divided into several files to download)
- ! Warnings, legal notes, and copyright referred to **art. 1 of Law no. 633/1941**