



7th volume: Yi Liao Neigong

“Therapeutic Qigong of 14 meridians”

THE IDEA

Presentation of the therapeutic Qigong of the 14 meridians

Following on from the previous 3rd volume dedicated to Neigong (Qigong) fundamental, the latter, in order, the seventh of the production series, is the second thematic volume, which in this case is dedicated to therapeutic Qigong. It aims to deepen the student's practical and didactic knowledge with the therapeutic component, fundamental to approach the parallel study of traditional Chinese medicine.

The "internal" work, so defined for the tangible difficulty of grasping the aspects in the immediate, is a practice that requires at least three conditions. The first is subordinate to teaching. This must be as direct as possible in lineage and transmission. Then allow the student to draw on the original source as much as possible in direct line. The second condition is that the student has acquired the qualitative skills resulting from the practice of fundamental, static Neigong "Zhan Zhuang" and dynamic "Dong Gong". This is so that he can recognize the peculiar aspects of the two systems and can translate them into their fields of principle. So the third condition, which emphasizes, for the student, his educational and practical maturation in the skills related to traditional Chinese medicine, on which to define those practical findings, useful for teaching, towards himself and consequently for others.

Often, the Western tendency is to theorize the didactic knowledge of Neigong, translating it through traditional Chinese medicine. We forget, in fact, that the practice of Neigong is historically antecedent to the canonized translation of the MTC. This as a discipline of an empirical nature, adopted later also by Chinese medicine, for the values and contents inherent in it. This is demonstrated by the fact that many experts in the discipline of Neigong, not necessarily translate it as a medical art, but as a transcendent discipline from every area, since it contemplates them all in itself. And at the same place, Chinese medicine gathers together and takes into account the curious, or extraordinary, circulations arising from the practice of Neigong, linking them to events and conditions arising from the environment and the spiritual direction towards which the psychic theory of the medical discipline is applied.

Here, therefore, that the volume itself, wishes to be for the student an indication to turn the gaze and attention towards the study of medical matters, through traditional Chinese medicine and thus make use of additional skills and practical tools derived from this synergistic culture in the principles of application.

The opinion of the master

Following my experience, deriving from the fact that, since the beginning, my teachers, as well as being such in "internal" disciplines, all had skills in medical arts. Their teaching, I have always come in response, in addition to my physical needs, sometimes resulting from road accidents, also with the intention of providing tools for feedback for my knowledge.

In addition to this, thanks to the physical and mental strength acquired by constant practice over the years, they have allowed me to be an example in various therapeutic areas and so, thanks to these opportunities, I was very easy to acquire specific skills in the field of medical science. Even today, in the transmission of teaching, amateur and professional, I dedicate an adequate space to the therapeutic study of feedback to my practice and use this knowledge to enrich my knowledge and my students.

The good fortune of having had illustrious masters, to whom I owe a lot, for the dedication shown to me in the transmission of their knowledge, allows me today to confirm and recognize a discipline from its fundamental contents, without losing myself in the aesthetic and surface aspects. What this deceives many neophyte students of the subject.

È proprio a loro, che dedico questo volume, affinché, lo stesso, possa servire da guida, per poter avventurarsi nel percorso pratico del Neigong, preservandone i contenuti fondamentali.

“Isidoro Li Pira”

Benefits

Aim of the course. As in today's times, many scientific studies confirm the benefits of the practice of Neigong (Qigong), are widely documented. There is therefore no doubt that the health contexts identified by this practice are primarily oriented to the structural and physiological areas of the human being.

But what has emerged even more clearly in the last decade is the psycho-sociological context to which the discipline of Neigong is particularly directed, having in practice the ethical and moral education of the individual, that structure what we can call mental hygiene. These teachings, derived from the Confucian culture, extend to the relationship "man environment" when they expand with the elements of Taoist and Buddhist culture. These contexts that play the role of philosophical culture, in practice are translated into real application strategies, commonly used today, in corporate welfare, coaching and other subjects that have taken place in today's society.

For these reasons, through the practice and study of Neigong (Qigong) we can evaluate the opportunity to equip ourselves with a strategic and effective tool to be applied consciously, both in the health field, in the professional field and for social relations.

Specifically, the theme determined in this volume of Neigong "therapeutic of the 14 meridians" will allow us to explore the body as an energy map, in which all physiology, until now understood in a conventional way, interacts with even more subtle flows. This will make us even more sensitive to the perception of psycho-bodily movements, ensuring a level of control, which will work as a preventive structure for the protection of psycho-physical health.

Description

By purchasing this video course you can:

- Have a series of videos, divided into 10 detailed episodes on the different practical aspects of therapeutic Neigong (Qigong), of which two unpublished led by M- Wang ZX, for direct practice.

- A clear and detailed exposition of the contents of the matter of Neigong divided between the various meridians, plus a photographic support of the various positions present in the sequence.
- A sequence of self-massage that is applied, either individually in daily practice, or in preparation for the practice of the sequence.
- A presentation video that indicates the guidelines to be adopted for the practice of the therapeutic method.
The anatomical maps of the meridians that illustrate the various paths and that precede the practical sequence.

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Introduction

- Presentation of the project Yiliao Neigong - Qigong therapeutic 14 meridians and essential meaning.
- Specificity for the practice and study of the therapeutic method, how to approach it and how to develop it.
- Indications on how to understand sensory body language and insights of psychological attitude.
- Indications on how Neigong can become a tool for cultivating well-being for oneself and for others.
- Indications on how to understand the scientific language inherent in the practice and that becomes translatable experience for the various areas.

Teoria

- Il linguaggio didattico specifico per la pratica e lo studio di Yiliao Neigong
- Breve introduzione alle finalità inerenti alla materia pratica.
- Insegnamento sull'automassaggio dedicato ai punti ago.
- Elementi didattici finalizzati alla comprensione del linguaggio sensoriale del corpo e dello stato mentale.

Foundamentals

- The complete sequence of "Yiliao Neigong of the 14 meridians" according to the traditional lineage of the water school.
- The complete self-massage sequence, with direct stimulation on the acupoints and the "Baifa" batting technique, applied to different areas of the physiological body.
- The practice of the view sequence with the detail of the various meridians involved, in addition to the photographic sequence, to improve posture during practice to solo.
- Illustration of the two variants on how to practice the same sequence in a static and/or dynamic way.
- Indications on the mental state to be adopted during the practice of the sequence and that allows to explore and improve the sensory perception of the body.
- Fundamental principles of Yiliao Neigong that can be integrated into the practice of Taijiquan and many other internal disciplines.

What purchase?

What does the purchase of the Yiliao Neigong multimedia course include?

By purchasing this course you are immediately provided via email with links to download the complete course without time limits, so you can consult the lessons on any device (pc, tablet, smartphone) anywhere you want and without having to be connected to the internet.

Contents

- Everything included in the course is detailed in the INDEX tab on this page. Here we summarize the highlights.
- 1 video dedicated to present, in the specific didactic language, the practice of Yiliao Neigong of the 14 meridians, which illustrates the historical-cultural aspects of the discipline and its correct placement in the environment of internal styles.
- An introductory dispensation to the discipline of Qigong, in "pdf" format, containing the fundamental concepts of the school of the form of water, in practice and teaching principle.
- 9 video files for a total of about 77.40 minutes. The files thus divided allow to identify the individual themes that make up the discipline, as well as in the program of the school of water:
 - Presentation of the therapeutic method of the 14 meridians;
 - The 1st episode dedicated to the conception vessel (endocrine system) and the meridians of the metal movement: lungs and large intestine;
 - The 2nd episode dedicated to earthmoving: stomach and spleen;
 - The 3rd episode dedicated to the fire movement of activation: heart and small intestine;
 - The 4th episode dedicated to water movement: urinary bladder and kidneys;
 - The 5th episode devoted to the fire control movement: master of the heart (pericardium), triple heater;
 - The 6th episode devoted to the movement wood: gallbladder (gallbladder) and liver; then, the governor vessel (nervous system);
 - The 7th episode video that shows the practical sequence in photographic view for the correction of each posture.
 - The 8th episode video dedicated to self-massage Tuina that reports the sequence conducted by M. Wang Zhixiang.
 - The 9th episode video dedicated to the practical sequence, conducted by M° Wang Zhixiang.

Downloadable files immediately after purchase, which you can browse without time limit using your computer, tablet and smartphone, where and when you want, without needing to be connected to the internet!

Technical data

- Duration of each video file from 5 to 11 minutes c.a.
- Video file resolution: 1920x1080
- File size: 400 MB to 1.55 GB (split into several files to download)
- Notices, legal notices and copyright referring to art. 1 of Law No. 633/1941,
- **Author** Profile : [M° Isidoro Li Pira](#)



Curriculum extended to: <https://iacma.com/index.php/m-li-pira/>

- 1976/1981 Allievo del M° Fung Yip Ko: Kung Fu stile Choy Lee Fut (Stile Buddista Di Choy e Lee) e Pak Siu Lam (Shaolin del Nord)
- 1979/1990 Allievo ad Hong Kong del M° Tsang Chiu Yu: Kung Fu Pak Shing Choy Lee Fut, Taiji Quan (Yang) e studio della Medicina Tradizionale Cinese (Agopuntura e Tui Na)
- 1983/1993 Allievo ad Hong Kong del M° Wong Gong: Kung Fu stile Hung Shing Choy Lee Fut e Luo Han Buddhist Chi Kung (Qigong)
- 1985/1989 Seguo il M° Yuan Hi Tzai (Kungfu Hong Chuan)
- 1989/1997 Allievo del M° Wu Chan Lin: Taiji Quan (scuole: Yang, Chen e Wu), Bagua e Xing Hi Chuan, Qi Gong Taoista
- 2000/2008 Seguo gli insegnamenti del M° Xu Guo Min: Taijiquan (scuola Chen) e Lan Shou, Neigong Marziale
- Dal 2002 Seguo gli insegnamenti del M° Wang Zhi Xiang: Taijiquan Scuola Yang (Dong Yin Jie), Medicina Tradizionale Cinese e Neigong Tuina
- 2012/2016 Formazione col Dott. Zhou Xin Wen; Neigong Tuina - Shanghai
- Nel 2014 Formazione Tuina col Dott. Zhang Jing Zong e MTC col Dott. Jing Ling- Pechino

RISULTATI DI RILIEVO

- 1980/1981 Campione italiano assoluto Kung Fu Choy Lee Fut (forme e combattimento libero e interstile)
- 1983 Riconosciuto dalla Hong Kong Chinese Martial Arts Association Ltd
- 1984 Nominato membro a vita dalla Choy Lee Fut World Union Ltd
- 1989 Riconosciuto dalla China Wu Shu Association; nominato Rappresentante Europeo per la "Hung Shing Choy Lee Fut Association"
- 1990 Fondatore della IACMA (International Academy of Chinese Martial Arts)
- 1992 Membro onorario per l'Europa per la Chan Heon Foundation
- 1993 Co-Fondatore delle Fédération Suisse de Taijiquan.
- 1996 Insignito dalla Shandong Wu Shu Research & Development come membro onorario per lo sviluppo dello sport e la cultura della regione dello Shandong in Europa
- 2008 Diplomato come Terapista in Neigong Tuina presso la Shanghai Clinic of Traditional Chinese Medicine Dott. Zhou Xinwen
- 2010 Responsabile Tecnico del progetto formazione terapisti Neigong Tuina Presso il



Policlinico di Milano: Clinica De Marchi

- 2012 Diplomato come terapeuta in Neigong Tuina presso la Shanghai University of Traditional Chinese Medicine
- 2014 Insignito della carica di consigliere Onorario dalla International Wushu Federation, per la grande opera di divulgazione fatta negli anni in Europa
- Dal 2006 Formazione terapisti Neigong Tuina presso la IACMA
- Dal 2009 Formazione Qigong per terapisti MTC presso la scuola di Medicina Empirica a Lamone
- Dal 2015 Direttore della formazione internazionale per la UPWA degli Insegnanti di Taijiquan (stile Yang della forma dell'acqua) e Neigong: Italia, Svizzera, Francia e Germania.
- Dal 2016 Presidente della Università popolare Wang Academy, che si occupa della formazione certificata del Taijiquan/Qigong e Neigong Tuina