
The three types of chi gong

Posted by hazephase - 2007/07/06 22:15

Its a ancient chinese system of exercise and meditation that makes the mind and sprit tranquil , improves performance in sports such as the martial arts and cultivates health, well-being, and long life . Thus there are three major kinds of chi gong spiritual , sports and healing

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Re:The three types of chi gong

Posted by Rohitpatel - 2007/07/16 17:40

Well I am very new for this things and I know some facts from you. I hope you would explain it with us so we new people can know it more better.

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Re:The three types of chi gong

Posted by hazephase - 2007/07/26 01:02

As a chi healer I use chi kung to heal other people and to heal my self . Its called chi healing
Chi kung in sports can make you stronger and help you in art forms like tai chi and sports like football
spiritual Chi kung help you do devolope your self into a better person and end the suffering , it also makes you more loving .

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