

zhineng chilel qigong overview pdf

Qigong (气功), ch'i kung (气功), and chi gung are English words for two Chinese characters: qì (气) and gōng (功). Qi (or chi) is often translated as life energy, referring to energy circulating through the body; though a more general definition is universal energy, including heat, light, and electromagnetic energy; and definitions often involve breath, air, gas, or the relationship between ...

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