



# Dragon and Tiger Medical Qigong, Volume 2: Qi Cultivation Principles and Exercises

*Bruce Frantzis*

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This 1,500-year-old self-healing exercise strengthens the immune system, mitigates chronic illness, prevents and heals cancer, reduces stress and anxiety, and improves focus and well-being. Dragon and Tiger medical qigong is based on Chinese medicine's acupuncture wellness model. The practice consists of seven movements which regulate and strengthen all of the acupuncture meridians of the body.

Grounded in the ancient spiritual traditions of Taoism and Buddhism, Dragon and Tiger medical qigong is known for its powerful ability to prevent and heal cancer and reduce the side effects of radiation and chemotherapy.

*Dragon and Tiger Medical Qigong: Volume 1* taught students the physical movements. Volume 2 teaches students how to take their practice to the next level and more effectively reap the health benefits for which this qigong practice is renowned:

- Releases stagnant chi that cannot move freely due to physical, emotional, or psychic blockages of energy.
- Increases the speed, strength, and evenness of the circulation of chi, blood, and other fluids, balancing the body's energy.
- Quickly raises the energy levels of the body to boost its natural healing capacities.

*Dragon and Tiger Medical Qigong: Volume 2* teaches how to cultivate and direct the flow of qi in the body and make the feeling of qi tangible. Qi, or "internal life-force energy," is the foundation of acupuncture and all Chinese medicine. The stronger the qi moves, the greater the health benefits of qigong will be.

Once the feeling of directing qi becomes tangible, the principles can be applied to other internal martial arts such as tai chi and other qigong practices such as sexual qigong.

Practitioners of healing arts will find this book valuable as a means for becoming sensitive to qi energy in themselves and others. Healers will also learn how to get rid of stagnant qi buildup and thereby avoid burnout when working with other people's energy.

Partial Table of Contents:

Chapter 1: Maintaining Awareness

Chapter 2: Exercises for Loosening Shoulder Blades, Arms, and Feet

Chapter 3: Developing Hyper-Coordination in Dragon and Tiger's Movements

Chapter 4: Basic Energetic Principles

Chapter 5: Basic Energetic Exercises

Chapter 6: Feeling the Energy Pathways in Dragon and Tiger's Movements

Chapter 7: Intermediate Energetic Principles

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