



Qigong & Falun Gong

Lu Yang

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According to Daoist, Buddhist, and Confucian philosophy, respectively, qigong allows access to higher realms of awareness, awakens one's "true nature", and helps develop human potential. Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. Falun Gong is a Chinese spiritual practice that combines meditation and qigong exercises with a moral philosophy centered on the tenets of Truthfulness, Compassion, and Forbearance. The practice emphasizes morality and the cultivation of virtue, and identifies as a qigong practice of the Buddhist school, though its teachings also incorporate elements drawn from Taoist traditions. Through moral rectitude and the practice of meditation, practitioners of Falun Gong aspire to better health and, ultimately, spiritual enlightenment. - - This informative collection by Lu Yang covers Qigong and Falun Gong in depth. This edition serves as an excellent reference source.

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