



Musical Qigong: Ancient Chinese Healing Art from a Modern Master

Shen Wu

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Musical qigong is a special healing energy therapy that combines two ancient Chinese traditions-healing music and qigong. Focusing on the five major organs, this method enlivens the mind, relaxes the body, and lifts the spirit, while enhancing one's healing energy. This guide contains two complete sets of exercises with photo illustrations and discusses how musical qigong is related to acupuncture, tai chi, feng shui, and the five elements in the ancient Chinese concept of the universe-metal, wood, water, fire, and earth.

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