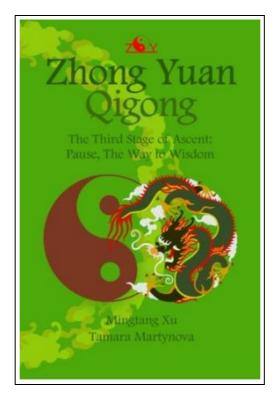
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### Reviews

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Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. This book is a logical extension of the first two volumes on Stages I and II on Zhong Yuan Qigong (ZYQ) from the series Enter Your Inner World. Every formidable system is based on or grows out of certain philosophical assumptions. ZYQ is no exception. However, while being the oldest of the known systems for the development of people, it at the same time represents some ancient views on the structure and evolution of the Universe and the Way of the development of Life and Mind. You II find here a philosophical concept and the model of creation, with its different levels of worlds and possible forms of life. Practice of this part assumes your mastery of the methods of self-regulation for the purpose of your development as a human being, as a representative of a certain biological type. This development is supposed to transform you in such a way that you II be able to move to a qualitatively different level of life. To understand and do more, we must understand ourselves. This requires investigating ourselves. After all, many mysterious things and questions that remain unanswered are connected with us. For example, what is the energy that we employ to help ourselves and others? What are our dreams, and why in many situations are they things that inform us about the future? Why do some people suddenly recall a previous life of theirs and begin speaking a different language? Why are we able to dream about our deceased relatives and interact with them? Do we understand what Life is, what being alive is? Do we know where the boundary line of Life passes and whether there is,...



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