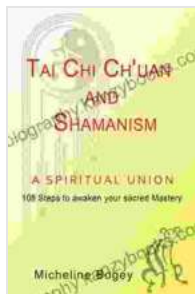


Tai Chi Ch'uan and Shamanism: Spiritual Union



Tai Chi Ch'Uan and Shamanism a Spiritual Union

by Antoinetta Vogels

★★★★★ 5 out of 5

Language : English
File size : 918 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages



Tai Chi Ch'uan and shamanism are two ancient practices that share a common goal of achieving spiritual union. Tai Chi Ch'uan is a Chinese martial art that emphasizes the cultivation of qi, or energy, through gentle, flowing movements. Shamanism is a spiritual practice that involves connecting with the spirit world through trance, drumming, and other ritual practices.

In recent years, there has been a growing interest in the connection between Tai Chi Ch'uan and shamanism. This is due in part to the growing popularity of Tai Chi Ch'uan as a form of exercise and self-healing, as well as the increasing awareness of the shamanic roots of many martial arts.

Tai Chi Ch'uan and Shamanism: Spiritual Union explores the deep connection between these two ancient practices. Through a comprehensive

examination of the history, principles, and practices of both disciplines, this book reveals how Tai Chi Ch'uan can be used as a powerful tool for spiritual growth and transformation.

The book is divided into three parts. The first part provides an overview of the history and principles of Tai Chi Ch'uan and shamanism. The second part explores the specific practices that can be used to cultivate spiritual union through Tai Chi Ch'uan. The third part offers a series of case studies that illustrate how Tai Chi Ch'uan has been used to heal physical, emotional, and spiritual ailments.

Tai Chi Ch'uan and Shamanism: Spiritual Union is a valuable resource for anyone interested in exploring the spiritual dimensions of Tai Chi Ch'uan. It is also a fascinating read for anyone interested in the history and practice of shamanism.

Reviews

"Tai Chi Ch'uan and Shamanism: Spiritual Union is a groundbreaking work that explores the deep connection between these two ancient practices. This book is a must-read for anyone interested in the spiritual dimensions of Tai Chi Ch'uan or shamanism." - **Dr. Yang Jwing-Ming, author of The Essence of Taijiquan**

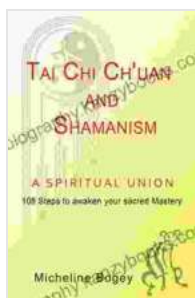
"Tai Chi Ch'uan and Shamanism: Spiritual Union is a beautifully written and deeply insightful book. This book is a valuable resource for anyone interested in the healing power of Tai Chi Ch'uan." - **Dr. John F. Barnes, author of Myofascial Release: The Search for Pain Relief**

"Tai Chi Ch'uan and Shamanism: Spiritual Union is a fascinating and informative read. This book is a must-read for anyone interested in the history and practice of shamanism." - **Michael Harner, author of The Way of the Shaman**

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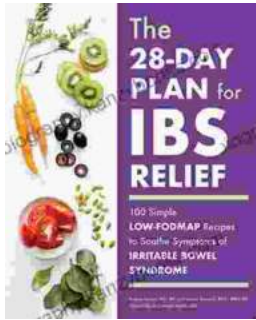
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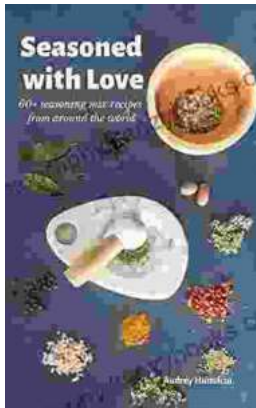
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