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edition: Synopsis. This book renders a choice of improving health, delaying ageing and prolonging life for the breathing exercises, the sufferers of chronic diseases, the aged and the weak, the intellectuals science workers and the broad masses of retired workers.

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integral to the practice of Wuji Qi Gong,
as the body becomes an “instrument”
strung between Heaven and Earth.

Breathing causes the instrument to play.

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~~Immortality~~ ~~WUJI QIGONG~~

To do it: Relax your neck and shoulders. Keeping your mouth closed, inhale slowly through your nose for 2 counts. Pucker or purse your lips as though you were going to whistle. Exhale slowly by blowing air through your pursed lips for a count of 4.

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Satsang with Mooji Recorded 1 April 2017
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follow this beautiful short exercise...

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Breathe fully into your belly as it rises and falls with your breath. Breath Focus.

While you do deep breathing, use a picture in your mind and a word or phrase to help you feel more relaxed.

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I. WUJISHI BREATHING EXERCISE

Constant practice of breathing exercise can strengthen one's health, prevent and treat disease and prolong life. A. The Characteristic Features of Wuji Breathing Exercise 1. Regulating the body: The

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exerciser must adopt the posture of "three-point-on-the-same-straight-line", i.e. keep

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