



# The Qi Healing Kit: Energy Practices for Health and Vitality

*Lee Holden*

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To the dedicated qi gong practitioner, the body is a wellspring of health and vitality. Qi gong (literally "energy practice") is a way to tend to the body with understanding, compassion, and love. With The Qi Healing Kit, Lee Holden immerses us in the key practices of qi gong and Taoist meditation for self-healing, stress and pain reduction, energy enhancement, emotional balance, and spiritual insight. Designed to help us access the full potential of our natural healing abilities, this multimedia program includes: Two CDs featuring "The Healing Sounds Practice" for detoxification and mind-body harmony and "Microcosmic Orbit Meditation" to infuse you with life-force energy and boost immunity; - DVD with two daily qi gong sessions using gentle movement, breathwork, and simple acupressure to activate your powers of rejuvenation and healing; - 52-page workbook with energy self-assessments, overviews of each practice in the program, journaling exercises, and additional instruction in qi g

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