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The Methods of Zhineng Qigong Science (Teaching Zhineng Qigong) (Volume 1)

Dr Pang Ming, Wei Qi Feng, Patricia Fraser

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Dr Pang, the creator of Zhineng Qigong, wrote 14 books but this is the first time a book written by him has been translated into English. Zhineng Qigong was found to have the greatest health benefits of the many types of qigong studied by the China Sports Bureau and millions learnt it. The Methods of Zhineng Qigong Science was published in 1992 when Dr Pang set up a two-year Teacher Training class of intensive and high-level learning. It was produced as a textbook for those students and covers the methods they were taught. Along with the postures, movement sequences and mind activity, Dr Pang has given detailed explanations and suggestions on how to advance one’s practice. The diagrams of the original book are reproduced alongside their related text, making it easy to follow instructions. The translation is enhanced by the addition of diagrams showing all energy points mentioned in the text, along with location instructions for each one. There is also a useful glossary of important words and concepts. Initial translation from the Chinese was by Master Wei Qi Feng, who is eminently qualified to undertake this challenge. After completing the two-year Teacher Training class in 1995, he was part of the small group chosen to teach new methods created by Dr Pang and any modifications of existing methods. Now with many years of teaching behind him, he holds workshops internationally and runs retreats in China. The other challenge was to produce well-written, clear English text. Patricia Fraser has considerable experience in this area. It includes re-wording the translation of an important lecture Dr Pang gave, sold as a book and DVD set entitled “Using Yishi Developing Human Potential through Qigong” translated by Samuel Lau (now out of print).

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