

'SHEN HONGXUN QIGONG' BOOK II

TAJIWUXIGONG

SELFHEALING BY SPONTANEOUS MOVEMENT

Dr. SHEN HONGXUN

EDITION 1992

INTERNATIONAL TAJIWUXIGONG INSTITUTE

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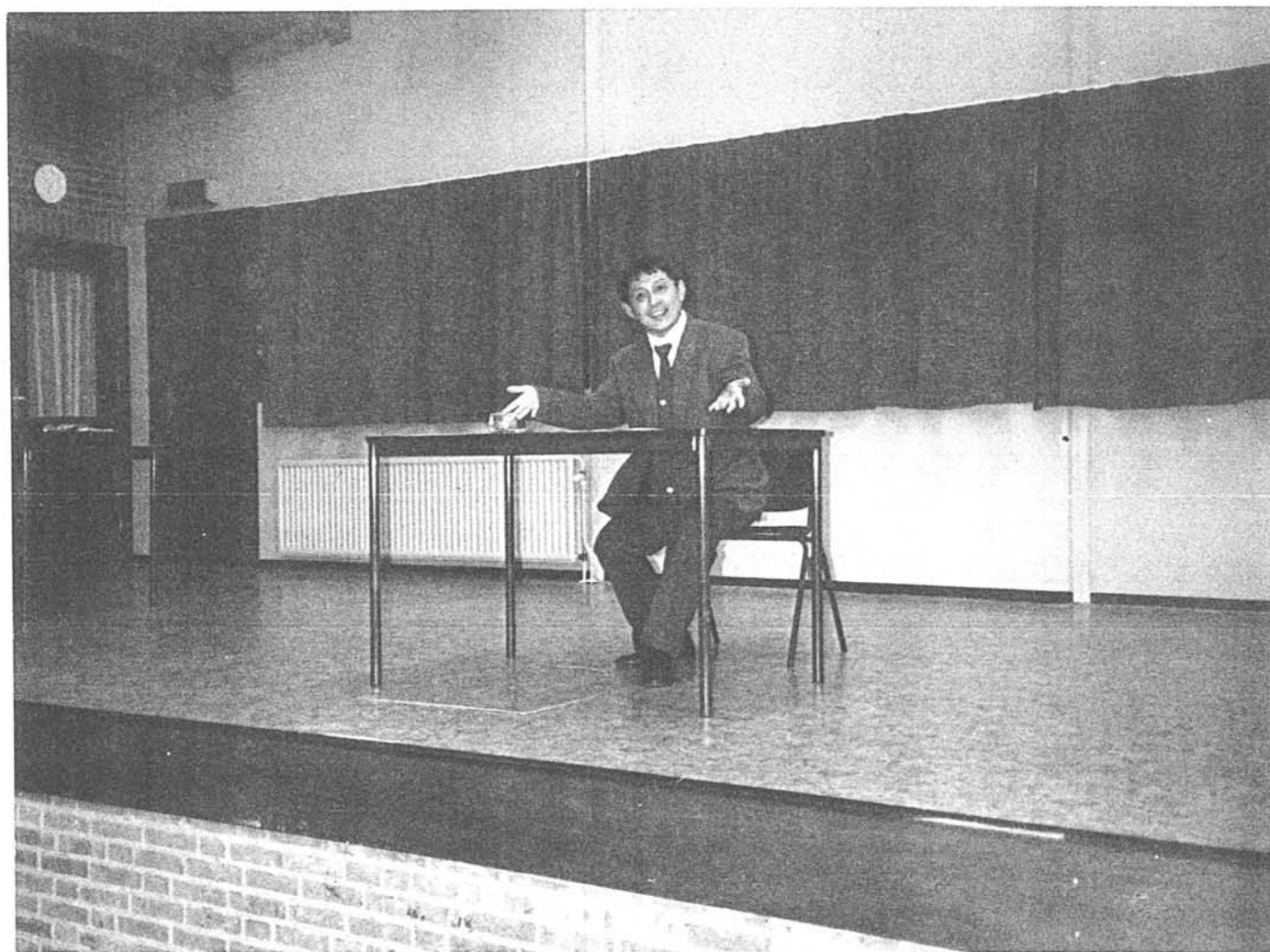
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Registration number
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Address of the author
Dr. SHEN HONGXUN
SHEN HONGXUN QIGONG INSTITUTE
Smidsestraat 172
9000 GHENT BELGIUM
Tel: 09/222 10 04
Fax: 09/221 74 55



Dr. SHEN HONGXUN

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FOREWORD

How to achieve the best state of the mind and the body?

For more than 5,000 years people have done profound research on this problem. Some have found good methods to make themselves stronger and happier, to have a longer life and to awaken their special functions (latent functions). But, because these methods were held in secret and used mainly within the religious circles¹ for religious purposes, they appeared very mysterious. They are also difficult to learn, so they could not be popularized.

For more than forty years I have done careful study on these ideas and have differentiated the chaff from the wheat. Summing up my own experience, and that of my students, I have found a short-cut. This short-cut consists of the different exercise systems I teach. "TAJIWUXIGONG" is one of these systems. It is an easy and simple method. It is based on Chinese classical philosophy--the TAIJI philosophy. It can bring the body to the state of balance. The power of Spontaneous Movement drains the channels and the meridians and helps to achieve the best state of the body. It makes the YUANQI circulation return to the best condition. Once this is achieved one can do mental exercises to awaken the latent functions².

During the last twenty years fifty thousand people learned this method. Now, this method has become very popular. In 1988, 'THE FIRST WORLD CONFERENCE FOR ACADEMIC EXCHANGE OF MEDICAL QIGONG' was held in Beijing, China. During the conference, ten QIGONG styles were demonstrated to the participants and they all agreed that TAIJIWUXIGONG was the most effective.

This book about 'TAJIWUXIGONG' has been revised several times since it first appeared. It was first published in a series of 9 articles in the "XINJIANG SCIENCE AND TECHNOLOGY GAZETTE" from April to July, 1983. Afterwards, it was published in bookform. In 1985, the 2nd edition was published. It had been revised extensively and a third part, which was written in cooperation with Dr. XIA TINGYU, was added with the results of research into the effects of TAIJIWUXIGONG on different diseases.

In 1987, new editions were published in English, Dutch and French for European and American students as reference. I have taught TAIJIWUXIGONG for more than 5 years in Europe and America. Upon request of my students, I have revised this book again and add some new content. This is the first renewed edition in English.

We would like to invite you to read this book, and do the exercises. After a few days you will feel stronger and happier. If you exercise a little longer, you can discover some special functions and your evolution will go on and on.

A long life! I'm only 52 years old. I cannot give you a definitive answer as to TAIJIWUXIGONG will prolong life. I think being happy and strong is more interesting and important than the age one can reach by practising TAIJIWUXIGONG.

SHEN HONGXUN
GHENT, April 1992

1. Only a few people knew these methods and could understand them. Not all Monks and Daoists were taught in these methods. They were kept secret. Furthermore these methods were used to control other people.
2. For our ancestors these special functions were as natural as hearing and seeing. For generations these functions were not used and they became degenerated. They are however not lost but are dormant present in each of us. An example of these functions is "seeing with the third eye".