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ISBN 10: 9623000669 ISBN 13: 9789623000666.

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Synopsis. This book renders a choice of improving health, delaying ageing and prolonging life for the

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Elliott asserts that Coherent Breathing is 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. Find Elliott's complete works at COHERENCE.COM

~~Wuji Qi Gong And The Secret Of Immortality – WUJI
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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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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 exerciser must adopt the posture of "three-point-on-the-same-straight-line", i.e. keep

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