

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong

By Pedram Shojai

Download now

Read Online ➔

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai

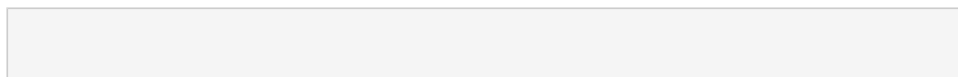
"Pedram Shojai is the master teacher and guide for movement, awareness, and exploration of the harmony of energy."—Don Campbell, author of *The Roar of Silence* and *The Mozart Effect*

Millions of Americans are joining a holistic health revolution in which yoga, natural foods, and traditional Chinese medicine are providing potent healing alternatives to costly and often debilitating prescriptions of surgery and pharmacology.


As a renowned acupuncturist, master herbalist, wellness consultant, and lifelong student of various alchemical traditions, Pedram Shojai is the first author to fuse these energetic practices with an alchemical perspective, resulting in a powerful daily practice that not only heals and invigorates your body, but expands your awareness and personal power.

Rise and Shine begins with the remarkable story of Shojai's personal transformations that led him into him to his unique synthesis of spiritual and physical purification practices. Shojai then shows readers ways to activate and balance the "Subtle Body" or "Light Body"—the energy meridians of acupuncture and other energy channels. He incorporates meditation and synthesized forms of Qi Gong (Chinese energy yoga) from Taoist, Buddhist, and eastern medical traditions to teach modern audiences simple, profound methods to find balance, energy, and peace in today's world.

Pedram Shojai has worked with individuals, companies, and groups for several years teaching transformative practice and meditation. He has a three DVD set out titled *The Alchemy of Qi Gong (Sacred Mysteries)* that recently won acclaim from The Coalition of Visionary Resources awards.



 [**Download** Rise and Shine: Awaken Your Energy Body with Taois ...pdf](#)

 [**Read Online** Rise and Shine: Awaken Your Energy Body with Tao
...pdf](#)

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong

By Pedram Shojai

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai

"Pedram Shojai is the master teacher and guide for movement, awareness, and exploration of the harmony of energy."—Don Campbell, author of *The Roar of Silence* and *The Mozart Effect*

Millions of Americans are joining a holistic health revolution in which yoga, natural foods, and traditional Chinese medicine are providing potent healing alternatives to costly and often debilitating prescriptions of surgery and pharmacology.

As a renowned acupuncturist, master herbalist, wellness consultant, and lifelong student of various alchemical traditions, Pedram Shojai is the first author to fuse these energetic practices with an alchemical perspective, resulting in a powerful daily practice that not only heals and invigorates your body, but expands your awareness and personal power.

Rise and Shine begins with the remarkable story of Shojai's personal transformations that led him into him to his unique synthesis of spiritual and physical purification practices. Shojai then shows readers ways to activate and balance the "Subtle Body" or "Light Body"—the energy meridians of acupuncture and other energy channels. He incorporates meditation and synthesized forms of Qi Gong (Chinese energy yoga) from Taoist, Buddhist, and eastern medical traditions to teach modern audiences simple, profound methods to find balance, energy, and peace in today's world.

Pedram Shojai has worked with individuals, companies, and groups for several years teaching transformative practice and meditation. He has a three DVD set out titled *The Alchemy of Qi Gong (Sacred Mysteries)* that recently won acclaim from The Coalition of Visionary Resources awards.

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai
Bibliography

- Rank: #939776 in Books
- Published on: 2011-05-31
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x .50" l, .90 pounds
- Binding: Paperback
- 275 pages

 [Download Rise and Shine: Awaken Your Energy Body with Taois ...pdf](#)

 [Read Online Rise and Shine: Awaken Your Energy Body with Tao ...pdf](#)

Download and Read Free Online Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai

Editorial Review

About the Author

Pedram Shojai is a dynamic teacher, Taoist minister, and lifelong student of various Alchemical Traditions. A master herbalist, licensed acupuncturist, and wellness consultant, Pedram has worked with individuals, companies, and groups for several years teaching transformative practice and meditation. Pedram teaches various forms of Qi Gong (Chinese energy yoga) from the Taoist, Buddhist, and medical traditions. He has a 3 DVD set out titled "The Alchemy of Qi Gong" (Sacred Mysteries) that won acclaim from the COVR awards.

Users Review

From reader reviews:

Vance Malik:

Within other case, little people like to read book Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong. You can choose the best book if you'd prefer reading a book. Given that we know about how is important the book Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong. You can add expertise and of course you can around the world by way of a book. Absolutely right, simply because from book you can realize everything! From your country right up until foreign or abroad you will end up known. About simple factor until wonderful thing you are able to know that. In this era, we can easily open a book or maybe searching by internet product. It is called e-book. You should use it when you feel bored stiff to go to the library. Let's read.

Jon Gomes:

As people who live in the particular modest era should be up-date about what going on or info even knowledge to make all of them keep up with the era and that is always change and advance. Some of you maybe can update themselves by studying books. It is a good choice for you personally but the problems coming to you actually is you don't know which you should start with. This Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong is our recommendation so you keep up with the world. Why, as this book serves what you want and wish in this era.

Jon Gonzalez:

Many people spending their moment by playing outside having friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to shell out your whole day by examining a book. Ugh, think reading a book really can hard because you have to accept the book everywhere? It fine you can have the e-book, getting everywhere you want in your Smart phone. Like Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong which is obtaining the e-book version. So , try out this book? Let's find.

Jennifer Fountain:

A number of people said that they feel uninterested when they reading a guide. They are directly felt it when they get a half portions of the book. You can choose typically the book Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong to make your reading is interesting. Your current skill of reading skill is developing when you such as reading. Try to choose easy book to make you enjoy to study it and mingle the idea about book and looking at especially. It is to be 1st opinion for you to like to open up a book and go through it. Beside that the book Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong can to be your friend when you're truly feel alone and confuse using what must you're doing of their time.

**Download and Read Online Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai
#EW6JK87ARLN**

Read Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai for online ebook

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai books to read online.

Online Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai ebook PDF download

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai Doc

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai Mobipocket

Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai EPub

EW6JK87ARLN: Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong By Pedram Shojai