

Educational Materials Description

Qigong Therapies: A Self Care Approach: Learn to use your own energy to heal and transform your emotional balances, improve your immune system, and create a mind, body and spirit approach to holistic health utilizing this ancient Chinese technology. Douglas K. Chung, MSW, MA, Ph.D. wrote this book to help bring East and West together. As a compliment to Western medicine, Qigong Therapies will bring the thoughts, process, and lifestyle changes that create a healthier tomorrow.

Wisdom Qigong: Transformation Through Meditative and PQQD Motion Qigong Videotape: A supplement to the Qigong Therapies book, this tape shows the movements and points on the meridians that help you to fully understand Qigong therapy. The meditative thoughts and processes are very important to complete the entire Qigong Therapy. You will benefit from these suggested lifestyle changes, especially if you practice one hour a day, and keep a daily log of your activity, food intake, medication, and any other important data.

Wisdom Qigong Videotape: This includes a lecture of Wisdom Qigong that was provided by Douglas K. Chung, and helps to acquire the knowledge along with the practice. This 80 minute tape is ready for use to help one understand Qigong Therapy and it's practice.

Tai Chi Workshop series by Gabriel Chin (5 Videotapes): Tai Chi is a form of Qigong, and has been utilized by thousands of people for many years. This ancient practice is taught by a Master of Tai Chi, and personal friend of Douglas K. Chung, through a series of tapes. Gabriel Chin has taught many students, and resides in Ann Arbor, near the University of Michigan.

Confucian Healing and Development Model Paper: Douglas K. Chung wrote this paper to help bring understanding and vital information of understanding Confucian technology along with social work practice. As a social work scholar, Douglas K. Chung brings the understanding of how Confucian thought influences Asian Culture today.

QD Wisdom Qigong Practice Audio Tape: An audio tape for those who prefer to listen and help with guided meditative Qigong practice.

PQQD Wisdom Qigong Paper: A paper written specifically on the meditative Qigong process.

Qigong Sound Therapy for Human Services: A paper that integrates the knowledge and use of Qigong Sound Therapy, and specifically utilizes the group therapeutic measure as well.

Qigong Water Therapy: A paper written discussing the water crisis, and how our body, 70% water is in need of energy cleansing. By utilizing this method, many have experienced positive results, including a personal therapeutic message from Douglas K. Chung.