



Pathways of Qi: Exercises & Meditations to Guide You Through Your Body's Life Energy Channels

Matthew Sweigart

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Pathways of Qi is a complete system for enhanced personal well-being. Join Chinese Medicine expert Matthew Sweigart as he shows how to use Awakening Awareness, Five Element Meditations, and gentle Qigong exercises to clear away blockages and open up all aspects of your being to receive the energetic nourishment you need.

Explore the channels of energy flow in the body—known in Chinese Medicine as the twelve meridians—and for each one, discover the limb position, yin/yang properties, corresponding elements, key functions and characteristics, affirmations, and more. *Pathways of Qi* is a simple, hands-on Qigong healing system based on ancient wisdom to heal the body, mind, emotions, and spirit. Experience the graceful physical movements that anchor these teachings inside your body, and continue these gentle practices for the expansion of awareness, connection, and wellness.

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