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The assignment of alchemical and magickal correspondences to the Animals vary amongst practitioners of the Five Animal Frolics, qigong theorists, and Taoist Alchemists.

Five Animal Frolics (Wu Qin Xi) Qigong: Bibliography

Eight Section Brocade Chi Kung. A Hypertext Notebook by Michael P. Garofalo, M.S. Green Way Research, Vancouver, Clark County, Washington . Chi Kung (Dao-yin, Yang Sheng Gong, Qigong) are Various Ancient Chinese Exercise and Fitness Practices

Eight Section Brocade Chi Kung, Ba Duan Jin Qigong, Eight

Origins. Falun Gong is most frequently identified with the qigong movement in China. Qigong is a modern term that refers to a variety of practices involving slow movement, meditation, and regulated breathing.

Falun Gong - Wikipedia

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