

The Master Key: Qigong Secrets for Vitality, Love, and Wisdom

Robert Peng

Rafael Nasser, Contributor

Sounds True (March 2014)

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Very few people will ever achieve Robert Peng's mastery of Qigong which, he writes, "is the science of cultivating our Life Force through specific practices as well as the art of applying this energy in the service of the Dao, or the greater good." Peng, who was taught Qigong by an elderly Chinese master, shares a comprehensive program for understanding, learning, and practicing this spiritual art. The author's approach is detailed in this book plus nine follow-along videos and two audio downloads, available on his website.

Peng begins by telling the story of his own journey which, in and of itself, is a fascinating look at one man's spiritual evolution. This story acts as a precursor to instructing the reader on how to awaken the body's "Four Golden Wheels," or energy centers. Subsequent chapters present basic Qigong skills and "Essential Practices" that aim to lead one down the path to potentially becoming a Qigong master. Peng augments the text with many black-and-white photographs that depict the author stepping through the exercises.

The reader will need to grow accustomed to concepts that may be unfamiliar, such as the "Three Dantians" and the "Central Meridian," but Peng patiently explains them in clear everyday terms. The book follows a logical sequence, moving from basic to advanced exercises, nicely sandwiched between Peng's spiritual awakening at the beginning and his ascension to Qigong master at the end. Well written and illustrated, *The Master Key* guides the reader through a process that Peng says will result in becoming "a genuinely happy individual."

BARRY SILVERSTEIN (Spring 2014)

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