

# QIGONG EXERCISES FOR ENERGY AND EMOTIONAL BALANCE

## 養心：《養氣》進階版・提升能量的修心三法

*Experienced Chinese medicine practitioner Dr. Kao Yao-kai presents original exercises that readers can practice at home to relieve stress and promote health by cultivating and circulating the subtle energies of the body.*

After a high-pressure day at work, what can we do to relieve stress and restore energy to our worn out body and mind? According to experienced Chinese medicine practitioner Dr. Kao Yao-kai, this question has greater consequences than you might imagine. Dr. Kao has discovered that the accumulation of stress and negative emotions is the root cause of many illnesses. This is why he has developed these simple exercises to circulate *qi* – the subtle energy of the body – helping to restore the body's natural balance, and release stress and negative emotions, replacing them with “love”.

Dr. Kao begins by teaching readers how the “Law of Love” operates, and how the emotions, the body's energy field, and the acupuncture meridians all contribute to our health. With this foundation in place, he introduces his three original techniques for cultivating emotional resilience and inner harmony. Each technique combines postures and breathing to calm the mind and promote health. Techniques to address specific issues, such as insomnia, are also introduced. Finally, Dr. Kao teaches the “Healing Verse”, a powerful mantra for stabilizing the emotions and maintaining optimal health.

Over his lengthy clinical career, Dr. Kao has developed a uniquely down-to-earth language for explaining esoteric concepts, often borrowing terminology from the world of high-tech gadgets. The



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body's energy field is similar to wifi. The acupuncture meridians running through the body are like circuits on a microchip. Cartoon-style illustrations help drive these helpful analogies home. Readers interested in healthy lifestyles, spirituality, and Chinese medicine will find much to benefit from in this easy-to-follow guidebook to Dr. Kao's original techniques for promoting health and peace of mind.

## Kao Yao-kai 高堯楷

Kao Yao-kai is a practicing doctor of Chinese medicine. He holds a master's degree in East-West Integrative Medicine, and is currently completing a PhD at the Institute of Brain Science at National Yang Ming Chiao Tung University. His 2020 book *Cultivating Qi* was an instant bestseller in the health category.