

# Qi Gong and Taoist Discoveries Made by the Institute for Solar Studies Santa

Qi Gong is an ancient Chinese practice that focuses on the cultivation of vital life energy, known as Qi. With roots dating back thousands of years, this practice has been passed down from generation to generation and has become an integral part of Chinese culture. Through Qi Gong, individuals can experience profound healing, increased energy, mental clarity, and spiritual growth.

In recent years, the Institute for Solar Studies Santa has made groundbreaking discoveries in the field of Qi Gong and Taoist practices. This renowned institution, located in the heart of Santa Monica, California, is dedicated to the exploration and promotion of traditional Eastern practices for holistic well-being.

## The Institute for Solar Studies Santa and its Mission

The Institute for Solar Studies Santa, also known as ISSS, was founded by Dr. Li Ming, a Taoist master and Qi Gong practitioner. Dr. Li Ming has dedicated his life to the study of ancient Chinese practices, combining his deep knowledge of Taoist philosophy, Qi Gong, and astronomy to create a unique approach to holistic well-being.



## Unique AntiAging Techniques to Live Beyond 100 years via Newly Discovered Secret: Qi Gong and Taoist discoveries made by the Institute for Solar Studies, Santa Monica, CA

by Scott Rauvers (Kindle Edition)

★★★★☆ 4.2 out of 5  
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Enhanced typesetting : Enabled  
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The mission of ISSS is to bridge the gap between ancient Taoist wisdom and modern scientific research. Through their extensive studies, the researchers at ISSS have developed a deeper understanding of the energetic principles that underlie Qi Gong and other Taoist practices.

## **Qi Gong and the Power of Energy**

At the core of Qi Gong lies the belief in the power of energy and its ability to influence our physical, mental, and spiritual well-being. Qi, often described as life force energy, flows through our bodies, nourishing our organs, tissues, and cells. When this energy becomes stagnant or imbalanced, it can lead to physical and emotional discomfort.

Through various Qi Gong exercises and meditations, individuals can learn to cultivate and balance their Qi, resulting in improved health and vitality. The Institute for Solar Studies Santa has conducted extensive studies on the effects of Qi Gong on various health conditions, including chronic pain, stress, and anxiety.

## **Discoveries Made by ISSS**

### **1. Energetic Sunspots and their Effect on Human Energy Fields**

The researchers at ISSS have discovered a correlation between solar activity, particularly sunspots, and human energy fields. They have found that during

periods of increased solar activity, individuals experienced heightened sensitivity to energy, leading to enhanced healing and spiritual awakening.

These findings have significant implications for Qi Gong practitioners, as they can align their practice with solar cycles to optimize their energetic potential. ISSS is now developing specific Qi Gong techniques that harness the power of energetic sunspots to accelerate healing and spiritual growth.

## **2. Harnessing Lunar Energy for Qi Gong Practice**

Building upon ancient Taoist wisdom, ISSS has further explored the influence of lunar cycles on Qi Gong practice. Just as the moon affects the tides, it also has a profound impact on our energy fields. By aligning Qi Gong practices with lunar cycles, individuals can deepen their connection to nature and enhance the effectiveness of their practice.

ISSS researchers have developed a lunar Qi Gong calendar, allowing practitioners to optimize their Qi Gong routines based on the moon's phases. This groundbreaking approach ensures that practitioners are in harmony with the natural rhythms of the universe, amplifying the benefits of their practice.

## **3. Taoist Alchemy and Qi Gong**

In Taoist philosophy, alchemy is the process of transformation and refinement. ISSS has delved into the ancient practice of Taoist alchemy and its relationship with Qi Gong. Through their research, they have identified specific Qi Gong exercises and meditations that facilitate the alchemical transformation of body, mind, and spirit.

By combining Qi Gong with Taoist alchemical principles, individuals can accelerate their personal growth and spiritual evolution. ISSS offers specialized

workshops and training programs that guide practitioners through this profound process of self-transformation.

## **Taking Qi Gong and Taoist Practices to the Next Level**

The Institute for Solar Studies Santa is at the forefront of groundbreaking research and discoveries in the field of Qi Gong and Taoist practices. Through their innovative approach, they are revolutionizing how these ancient traditions are understood and practiced in the modern world.

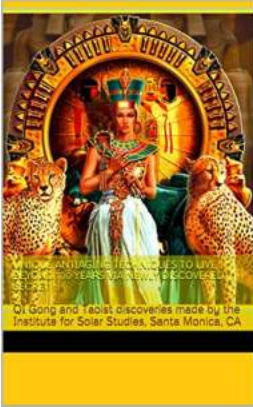
Whether you are a seasoned Qi Gong practitioner or new to this ancient art, ISSS offers a wealth of resources, programs, and workshops to deepen your understanding and enhance your practice. Their dedication to merging ancient wisdom with modern science ensures that Qi Gong continues to evolve and adapt to the needs of individuals in the 21st century.

Experience the transformative power of Qi Gong and unlock the secrets of Taoist wisdom with the Institute for Solar Studies Santa. Embark on a journey of self-discovery, healing, and spiritual growth as you explore the intricate connection between energy, nature, and the cosmos.

Join the revolution of Qi Gong and Taoist practices today, and experience the profound benefits they hold for your well-being.

**Disclaimer:** This article is for informational purposes only and should not be considered medical or professional advice. Consult with a qualified Qi Gong practitioner or healthcare professional before beginning any new practices or exercises.

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This publication is a research study from 8 years of practicing the anti aging exercise shown in the 36,000 year old tablet The Emerald Tablets of Thoth, the Key to Life and Death. Since 2012, the Solar Institute has written over 17 books, many on longevity and wellness.

Total Number of Pages: 241

Partial Listing of Book Chapters:

Published Scientific Studies of QI Gong and their Numerous Health Benefits

Chapter 1 – A Brief Synopsis of the Emerald Tablets

Explaining the Revitalizing Energy that Comes From the Practicing the Emerald Tablets Exercise

What is Geomagnetic Energy?

The Human Body is a Magnet

Why The Color Green Relates to Immortality

Chapter 2 – How do I Perform the Emerald Tablets Exercise?

Chapter 3 - Locations where Revitalization Energy is generated inside the Body

Why is this Energy Stronger from Late Fall to Early Spring?

Chapter 4 - Energetic Peaks According to the Hour of the Day

QI Energy Flow Variation According to the Hours of the Day and Seasons

What are the 12 earthly branches?

The Ten Heavenly Stems

How will I know if I have performed the Exercise Correctly?

Chapter 5 – Tips to Improving the Revitalization Energies

Using Coherence for Anti-Aging

Chapter 6 – The North and South Positions of the Emerald Tablets Exercise

Chapter 7 – Physical, Health and Mental Restorative Effects

Foods that Boost the Regenerative Effects

Chapter 8 – Techniques that Enhance the Revitalization Energies

Food Combinations to Take After the Emerald Tablets Exercise

Chapter 9 – Time Anomalies and Effects

Our DNA as a Hologram

Chapter 10 - Scientific Evidence of Gamma Rays Rejuvenating the Human Body

The PhotoElectric Effect and Anti-Aging

The Great Pyramid and Cygnus

Chapter 11 – How the Constellation Cygnus Contributes to Enhanced Revitalization

Chapter 12 – An examination of the Particles being emitted from Cygnus

Chapter 13 – How to Detect Negative Energies when performing the Exercise

Chapter 14 - Beneficial Environments to Perform the Emerald Tablets Exercise

Best Soil Surfaces to Perform the Exercise

Chapter 15 – How to build a device to amplify the Revitalization

Chapter 16 – Moon Phases that Enhance Revitalization

Qigong According to Phases of Moon

Chapter 17 - Ancient Egyptian Qi Gong and the Microcosmic Orbit

A Simple Exercise to Experience the Microcosmic Orbit

How to Befriend A Tree and Connect with Its Energy

Chapter 18 – Geomagnetic Activity and the Exercise

Using Earth's Geomagnetic Energy for Revitalization

How to Use Solar Electrons for Revitalization

How to Find Beneficial Solar Activity for Revitalization

A Summary of Optimal Solar Conditions to perform the Exercise

Chapter 19 – Internal Critical Mass and Revitalization

How to Achieve Critical Mass

Yin and Yang Energy Flow Variation According to Day and Season

Chapter 20 - Methods for Using the Revitalization Light For Healing

Chapter 21 - Can The Right Levels of Solar Energy Cause Instant Healing?

Chapter 22 – Taoist Techniques of Physical Immortality

Chapter 23 – How to Tune into Energy from the Big Dipper

Chapter 24 - How to Tap Into The Energy Of The North Star

Chapter 25 – How to Practice Planetary Qi Gong for Healing and Wellness

Using the 12 Earthly Branches for healing

Chapter 26 - The 12 Earthly Branches Re-Examined

Chapter 27 – The 60 Year Chinese Zodiac

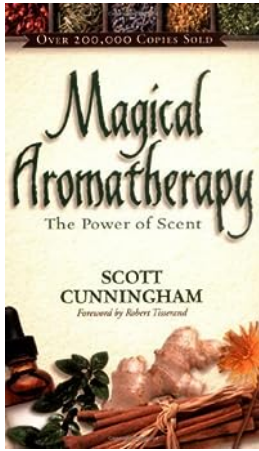
Chapter 28 - An In-Depth Examination of the Restorative Energy Emitted from Cygnus

Chapter 29 - The Grand Cycle and the 12 Constellations

Chapter 30 – Gamma Rays, Climate Change and Evolution

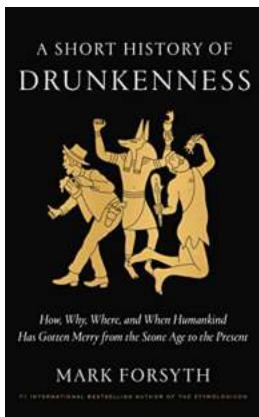
Chapter 31 – Ancient Cultures who used the Energies from Cygnus

Chapter 32 - Four documented cases of people who live without food usin



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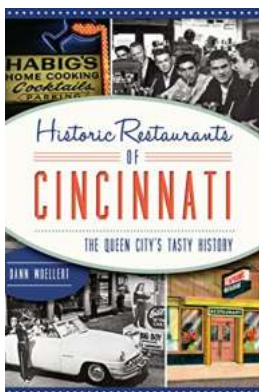
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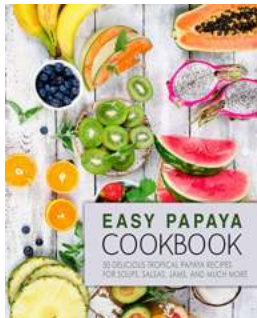
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