

Nourish The Blood, Tonify The Qi To Promote Longevity, And Calm And Concentrate The Mind To Regulate The Heart (Dao Yin Yang Sheng Gong Foundation Sequences) By Zhang Guangde

By Zhang Guangde

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Zhang Guangde is the author of Nourish the Blood, Tonify the Qi to Promote Longevity, Energy to Regulate the Breath: Dao Yin Yang Sheng Gong Foundation

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-> 3 (harmony) -> 2 (yin-yang) image of the heart in your mind. and forearm must experience tension to raise blood pressure locally. (Yang,

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