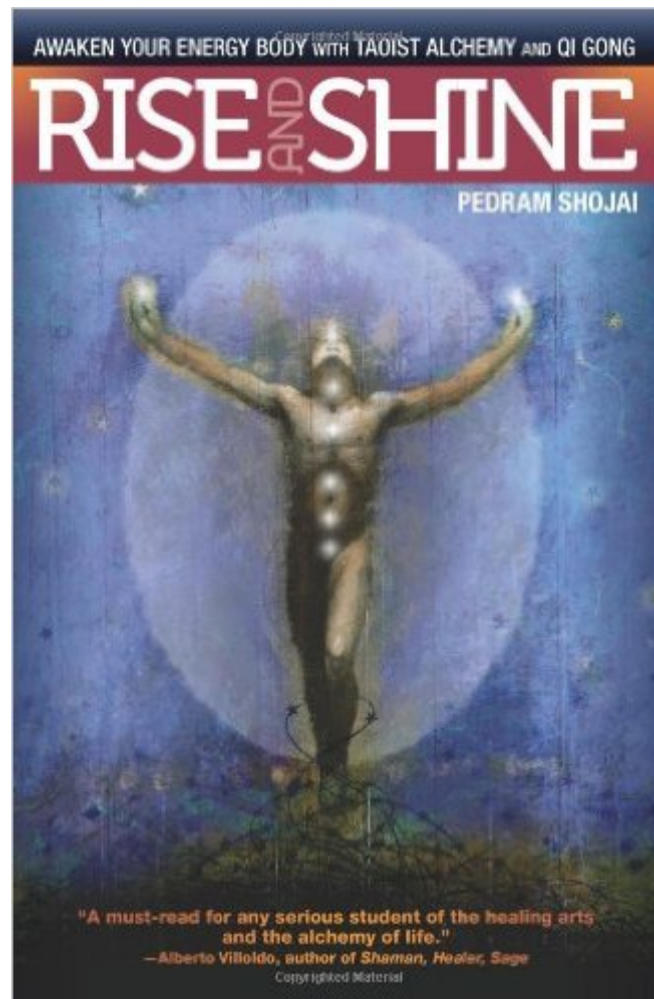


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# Rise And Shine: Awaken Your Energy Body With Taoist Alchemy And Qi Gong



## Synopsis

"Pedram Shojai is the master teacher and guide for movement, awareness, and exploration of the harmony of energy."—Don Campbell, author of *The Roar of Silence* and *The Mozart Effect* Millions of Americans are joining a holistic health revolution in which yoga, natural foods, and traditional Chinese medicine are providing potent healing alternatives to costly and often debilitating prescriptions of surgery and pharmacology. As a renowned acupuncturist, master herbalist, wellness consultant, and lifelong student of various alchemical traditions, Pedram Shojai is the first author to fuse these energetic practices with an alchemical perspective, resulting in a powerful daily practice that not only heals and invigorates your body, but expands your awareness and personal power. *Rise and Shine* begins with the remarkable story of Shojai's personal transformations that led him into him to his unique synthesis of spiritual and physical purification practices. Shojai then shows readers ways to activate and balance the "Subtle Body" or "Light Body"—the energy meridians of acupuncture and other energy channels. He incorporates meditation and synthesized forms of Qi Gong (Chinese energy yoga) from Taoist, Buddhist, and eastern medical traditions to teach modern audiences simple, profound methods to find balance, energy, and peace in today's world. Pedram Shojai has worked with individuals, companies, and groups for several years teaching transformative practice and meditation. He has a three DVD set out titled *The Alchemy of Qi Gong (Sacred Mysteries)* that recently won acclaim from The Coalition of Visionary Resources awards.

## Book Information

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## Customer Reviews

If you're like me, you've danced around energy work in one form or another for years, certain that there is something to it and sure that it's right for you, but you've never quite been able to get started. This book is filled with great information (as is its frequently referenced companion Website, [taoistpath.com](http://taoistpath.com)) that will help you initiate your pursuit of a cleaner, clearer life - in body, mind and spirit. Thank goodness for Pedram Shojai's book and his commitment to sharing his knowledge. Mr. Shojai not only points to the path, he helps you weed it and rake it, then he shines his light on it and takes you by the hand to help lead you on your journey! And of course, his pedagogical approach throughout the book is appropriately balanced with the constant reminder that "The Way is the Training," letting us know that, for all his guidance, WE have to do the work to reap the benefits. I strongly recommend this book to anyone with an interest in personal evolution and growth.

As someone who grew up very passionate about health, alternative medicine, spirituality, fitness, business, and self-improvement I can tell you that I have read endless books about these topics. I have taught classes at both the graduate and undergraduate for business and have a discerning eye for clarity, simplicity, and content. I will say it takes a phenomenal communicator and teacher to be able to explain such a subject in a way that is not only intriguing but also applicable to one's life. Pedram Shojai takes this to another level. Not only is the book comprehensive from the standpoint of understanding energy from a scientific standpoint and how to use Qi Gong, Meditation, and Lifestyle changes to take your energy to the next level but he explains it in a way that is simple to understand by giving many pictures, graphs, and tables that allow different style learners to fully grasp what he explains. There are few authentic teachers who embrace and live what they preach. Its evident in his writing that he practices what he preaches. If there is one book that everyone should purchase for greater wisdom and understanding in their life on how to live their best life today, it should be this! As an MBA graduate, Entrepreneur, Aspiring Doctor of Oriental Medicine, and a business consultant I can't tell you how vitally important these principles are for performing at the top of your field. Anyone can use more energy as its the essence of all creation. If you want to live better, have more energy, perform better at whatever you do and have a deeper wisdom of life, this book is for you!!

As someone who is relatively new to the practice of Qi Gong and Tai Chi (one year of daily practice), I have found Pedram's book to be immensely valuable: it has given my practice a clearer focus and has allowed me to apply the foundational principles of energy work to other areas of my

life. Pedram is very skilled at explaining in simple terms concepts that are often shrouded in mystery and applying them to our hectic, harried lives. I am reading it for the second time and I expect it to be a constant companion for years to come. When I first began to dabble with Qi Gong, I viewed it as an exotic form of stretching, but thanks to Pedram and others, I am beginning to see that, combined with Taoist wisdom, it is a magnificent means for emotional healing and self-discovery. Pedram puts it best: "Look within and reach for the internal stars."

Pedram Shojai has taken some of the most esoteric information in the world and made it accessible, practical, and so easily understood a child could do it! Indeed, children with less of a need to intellectualize are generally far easier to teach than many adults. This beautifully designed handbook is filled with tales of encounter with strong mystic seers and great teachers, and then exquisitely shows the reader how to attain similar skills on their own by simply following the Way (Dao) While the Taoist Path is simple, it does require some degree of focused intent in order to give direction and responsibility. And the "gongs" or focused intention exercises allow one to pursue their study of the Tao in a natural, yet intensive manner. You will also love Pedram's accounts of personal experiences all over the world which helped sensitize him to the reality of the path he chose to pursue. As a person trained in the philosophical, spiritual, Chinese medical, and martial traditions, Pedram is able to seamlessly weave together the common elements found across paradigms in a way that engages the reader. Rise and Shine is the perfect tool to help persons from many cultural backgrounds find their own unique direction while walking the path trod by many. I am proud of my student Pedram and the way he has presented the teachings in such a friendly yet accurate way.

I can not tell how much I liked this book, with lots of information (but not boring), and also with the authors' experience in the way of self-knowledge. Explains difficult concepts of the Chinese medicine and the practice of Tai Chi and Qi Gong in a very interesting way.

This book is excellent. I purchased it wanting to learn more about Taoist Alchemy with no knowledge or experiences in this topic. Pedram does an excellent job of explaining what are typically difficult concepts for westerners to understand. It is easy to get started with the included exercises, especially after the "why" behind the exercises is explained. I personally started noticing results very quickly. I couldn't recommend this book more.

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