

Lire Des Ebooks Le Souffle Du Chi Gregorio Manzur PDF, EPub, Mobi



Lire des ebooks Le Souffle du Chi Gregorio Manzur PDF, ePub, mobi, Journaliste, écrivain originaire d'Argentine, Gregorio Manzur s'est installé à Paris en 1965. Il a effectué de longs séjours en Inde et en Chine, s'éveillant à une expérience qui a changé sa vie : le tai-chi, véritable enseignement de l'antique tradition taoïste pour laquelle le corps et l'esprit sont mus par le *chi*, cette énergie qui imprègne l'univers. Après avoir raconté son apprentissage auprès de grands maîtres chinois dans son autobiographie *Les Mouvements du silence* et révélé les fondements philosophiques et les techniques secrètes du tai-chi et du chigong dans *L'Art du combat avec son ombre*, il répond ici aux questions sur la philosophie taoïste, les apports du bouddhisme et du confucianisme, les aspects théoriques et pratiques soulevés par la pratique du tai-chi et du chigong. Mais aussi sur l'alchimie interne créée par tous ces mouvements ainsi que sur le rôle joué à la fois par la respiration et par ce que la tradition chinoise appelle le *chi* (devenu *ki* en japonais), qui recouvre à la fois l'énergie qui circule dans les méridiens de notre corps et l'énergie globale qui sous-tend l'univers.

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