



The Master Key: Qigong Secrets for Vitality, Love, and Wisdom

By Robert Peng, Rafael Nasser

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It's 1972 in the industrial city of Xiangtan, China. A frail child with a heart condition sneaks into a hotel boiler room and befriends the elderly yet vibrant attendant, who eventually reveals his true identity as a revered Qigong master. He heals the boy and, for the next 13 years, secretly teaches him the keys to unlocking the spiritual and healing dimensions of the Life Force.

It sounds like a modern-day fable, but the story is true. And with *The Master Key*, that grateful student, Robert Peng, invites all of us to enter the next chapter of this empowering path.

Here, Master Peng brings together the unique insights of his teacher with the moving account of his own journey to inspire and guide us into:

- The foundational methods for gathering, refining, and using the Life Force
- A five-minute exercise to directly experience the reality of Qi energy
- Awakening the body's three Dantian centers
- The Four Golden Wheels practices for strengthening your Qi reservoirs
- The discovery of your True Self through Qigong's tools of self-inquiry
- Empowering your relationships and sexual intimacy
- Entering the sea of compassion and happiness, and much more

How do we open the doorways to authentic love, power, and wisdom? The answer lies in our inner Life Force—and *The Master Key* teaches us how to unlock it.

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Editorial Review

Review

"Eastern energy systems like Qigong can be difficult for Westerners to grasp because of the unique vocabulary and unfamiliar metaphors employed. Peng has organized this ancient Chinese teaching in a way that puts it squarely within Western comfort zones. At the same time it is condensed, not abbreviated, containing the powerful seeds of the original instruction which was passed along to him in China by Master Xiao Yao [his teacher] so many years ago. Customers who have been curious about how to work with chi (life force energy) but were afraid to ask will find that this book has the answers they've been looking for."

—Anna Jedrzejewski, *Retailing Insight*

"A delicious read. I am thrilled that such a book is available to help unlock the mysteries of energy healing and the Life Force. Robert Peng is a master storyteller and healer, and his book is a wonderful combination of his personal journey and instructions that will take you deeper into the wisdom and practice of Qigong. Don't miss this one!"

—Donna Eden, author of *Energy Medicine*

"Robert Peng's work is truly phenomenal-impactful on a physical and emotional level, grounding, and centering. I am in awe of his profound gift and the way he has chosen to use it in service to others. He is a true healer and a master at his craft."

—Seane Corn, yogini and founder of Off the Mat and Into the World

"An extraordinary reference text for anyone interested in the energy body and Qigong. This is a 'must read' for anyone interested in self healing with energy."

—Ann Marie Chiasson, MD, Arizona Center for Integrative Medicine, author of *Energy Healing: The Essentials of Self Care*

"Robert Peng's compelling life story illuminates a vast inner world. His clear and incisive teaching expands our understanding of what is possible, and his healing energy is truly remarkable."

—JOSEPH GOLDSTEIN, Cofounder, the Insight Meditation Society

"Robert's skill in the art of Qigong practice is of the highest caliber of practitioners."

—JAMES MACRITCHIE, Founder, the National Qigong Association

About the Author

Robert Peng

Robert Peng is an internationally renowned qigong master capable of generating healing energy through his hands with power equal to a potent electrical charge. He has used his extraordinary ability to help countless people regain their optimum health and vitality, and to demonstrate to the world the incredible spiritual potential human beings possess. He began an intensive apprenticeship at age eight under the close guidance of the legendary Buddhist monk Xiao Yao, an enlightened master known for his profound healing ability and martial arts skill. At age fifteen Robert performed a 100-day water fast in a dark chamber at a secluded monastery in the remote mountains of Hunan province. He underwent a radical spiritual transformation and

awakened amazing healing powers. The essence of his training was described in his book Qigong Master: My Life and Secret Teachings. Robert Peng resides in New York and teaches internationally.
www.RobertPeng.com

Users Review

From reader reviews:

Bobby Griffin:

The feeling that you get from The Master Key: Qigong Secrets for Vitality, Love, and Wisdom is the more deep you digging the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to recognise but The Master Key: Qigong Secrets for Vitality, Love, and Wisdom giving you enjoyment feeling of reading. The author conveys their point in selected way that can be understood by anyone who read the item because the author of this book is well-known enough. This book also makes your personal vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this specific The Master Key: Qigong Secrets for Vitality, Love, and Wisdom instantly.

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Gene Baker:

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Wisdom giving you yet another experience more than blown away the mind but also giving you useful details for your better life with this era. So now let us demonstrate the relaxing pattern this is your body and mind will be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

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