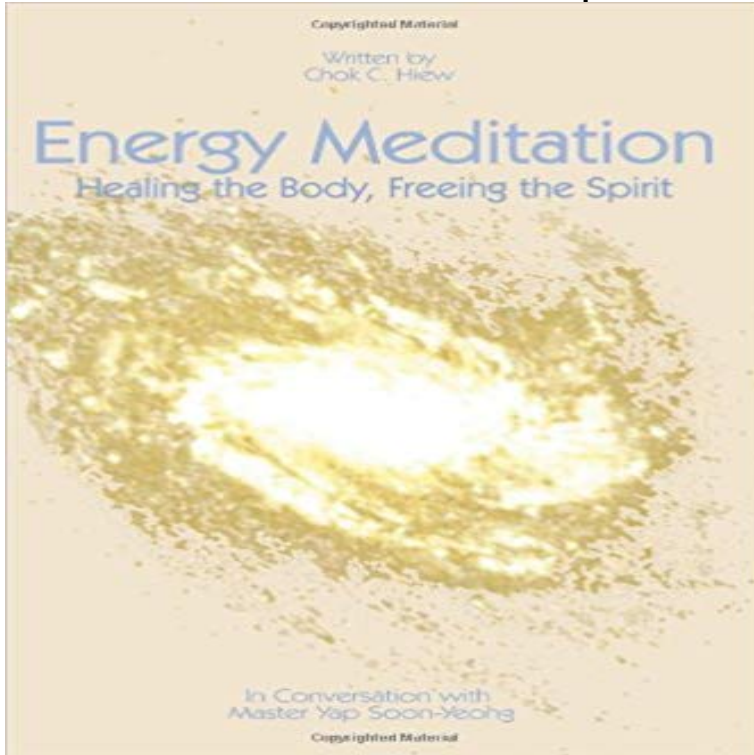


# Energy Meditation - Healing the Body, Freeing the Spirit: In Conversation with Master Yap Soon-Yeong



Energy healing is a traditional Eastern therapy that exists today as alternative medicine in the West. To gain the most benefits, the roots and principles of therapeutic energy healing evident in Taoism, Buddhism, traditional Oriental medicine, and martial arts practices, need to be understood to nurture effective healing in contemporary living. Since energy healing is an oral tradition and there are few genuine healers today who can truly cure or transmit true teachings. In the authors travels to South-East Asia in Penang, he was fortunate to meet a remarkable master energy healer of Qigong, Sifu Yap Soon Yeong, who is the founder of Chaoyi Fanhuan Qigong (CFQ). The author soon became convinced that CFQ was unique in that it is the only energy healing system that is truly good enough to deliver on its claims on transforming mind, body, and spirit. This book records, for the first time, Master Yaps CFQ or radiant Goldbody energy meditation healing system.

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