



# **Chen Tuan's Four Season Internal Kungfu: Breathing Methods, Exercises, Herbs and Foods for Longevity**

*Stuart Alve Olson*

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This book provides direct translations from one of China's greatest holistic healers and teachers, Taoist immortal Chen Tuan (871–989 CE), whose *Four Season Qigong* and *Twenty-Four Dao Yin Seated Exercises* are modeled on the four seasons and twenty-four lunar periods of the year. The exercises are really quite simple and take little time to perform. Despite their simplicity, the corresponding principles and theories supporting them are quite profound. Anyone sincerely engaging in these practices will not only find a trove of health benefits, but also acquire a deep appreciation of Chen Tuan's truly brilliant work. This book also presents advice on herbs and foods recommended for each season, clear explanations of the functions of the Twelve Primary Qi Meridians, Five Viscera, and Six Bowels of the human body, and the cures and remedies associated with each of the exercises. In addition, you'll find Chen Tuan's two *Sleeping Qigong* exercises (and several other related ones), as well as two *Medical Kung and Herbal Regimes*. Stuart Alve Olson has masterfully expounded Chen Tuan's teachings, uniquely showing that External Alchemy (Waidan), the *Dao Yin Exercises* described herein, are like the processes of a caterpillar forming a protective cocoon around itself, while Internal Alchemy (Neidan), the *Refining the Elixir* practices, enable the metamorphosis culminating in the emergence of a butterfly. This book will prove a necessary and requisite read for anyone engaged in Taoist health, meditation, and spiritual cultivation.

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