

Written by
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Energy Meditation

Healing the Body, Freeing the Spirit

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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. The interventions go beyond the disease to its roots in the whole person, and often encourages the patient to fully participate in self-care and healing. But energy healing is an oral tradition and there are few genuine healers today who can truly cure or transmit true teachings.

In the author's 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. The internationally acknowledged Qigong Grandmaster Wong Kiew Kit points to Master Yap as one of the few genuine Qigong masters living today. Wong, the author of many highly regarded books in Qigong and Zen Buddhism, cited Master Yap as, "one of the youngest Qigong masters in the world and is also one of the most successful." Seven years ago, Wong also wrote that Master Yap had reached a breakthrough in his healing powers having attained 'intuitive wisdom', "where the master comes face to face with reality in a mystical, almost divine experience. This often results in a subsequent discovery which brings much benefit to humanity." This book records, for the first time, Master Yap's CFQ or "radiant Goldbody energy meditation" healing system. Diseases and aging can be overcome through natural rejuvenation and rediscovery of one's innate self-repair response. Through energy meditation, the boundaries of one's consciousness expand to a 'transparent state', going beyond healing the body to free the human Spirit. A Socratic style question and answer dialogue is presented to enhance more direct learning of the essence of energy meditation and healing.

"Congratulations to the author on the first book presenting the theory and practice of the Tao of Goldbody energy healing and meditation. It will be a classic book on Eastern alternative medicine aimed at transformation of body, mind and spirit to reverse disease, aging and liberation."

—Master Yap Soon-Yeong, Qigong Healer, CFQ Goldbody Energy Founder.

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In Conversation with
Master Yap Soon-Yeong