



# The Key to the Qigong Meditation State: Rujing and Still Qigong

*Tianjun Liu*

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## **The Key to the Qigong Meditation State: Rujing and Still Qigong** Tianjun Liu

Exploring classic Qigong meditation through the theories of modern psychology, parapsychology and cognitive science, Dr. Tianjun Liu defines the mental state of 'still' Qigong in new terms, identifying a specific mental state, Rujing. He examines the psychology of meditation, showing what happens, both mentally and physically, when a person is in a meditation state. Dr Liu shows how the mastery of Rujing is a fundamental skill vital to the practice of Qigong, and presents a new type of Qigong exercise which takes the achievement of Rujing as its primary goal. His scientific approach to meditation is a breakthrough in this area and will be of interest to practitioners of Qigong and related practices at any level, in addition to anyone with an academic interest in meditation.

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