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The root of Chinese Qigong = [Qi gong zhi ben] : secrets of health, longevity, and enlightenment. When you know what qigong is, this will help you make the right decision; "is qigong going to be a good choice for me?"

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Shen (神) is the Chinese word for "god", "deity", "spirit" or theos.This single Chinese term expresses a range of similar, yet differing, meanings. The first meaning may refer to spirits or gods that are intimately involved in the affairs of the world.

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