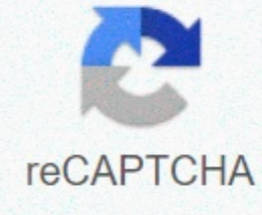




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## Li ching-yuen real

24th century, C) brings us dating the reign of some kings before and after this. Before the floods, the king stretched for centuries, after the devastation the king landed in homes of centuries and decades, but one or the other over a thousand years. Gilgesh, the famous semi-great king of Uruk, is said to have ruled for 123 years. Apart from being considered mythological, the problem of these accounts is not known to ensure how dating was done, will these many centuries be of the same person, or will the sum of the reign of many kings ruling with the same name represent? Fearing death, some Chinese emperors ordered their alchemists to build long lives or nectar of immortality. China's first emperor Qin Shi Huang Di (260-210 A.C) was one of the sovereigns who sought the mystery of immortality. As we walk through history, we again hear reports of elders, who have crossed the age of 100, living in places in Africa, Asia and america. The fountain of youth, a legend sought by the explorers of the modern era, inspired nobles and ordinary people to venture into the new world behind these miraculous waters that will ensure rejuvenation and prolong life. In the middle and modern age, there were nectar that prolong life and restore youth and beauty. At that time European alchemy sought to make such nectar and even build philosophical stone, although such a stone would turn ordinary metals into gold, but some said it could produce nectar of immortality. When we arrived in 18th-century Europe, in the midst of the Enlightenment, a mysterious man gave something to talk about in some countries. He was known as saint-Germain's count. He said he was an alchemist, goldsmith, artist, philanthropist, The very intelligent and intelligent man and knew the ancient mysteries, learned on trips made to India. It was said that by the count he appeared and was believed to be slowly aged old. While some accounts certify that he may have died in the 18th century, there are reports of people who say they saw the count in the 19th and 20th centuries. Long-lived Li Ching-yun is showing after this brief introduction that the quest to prolong life and even to mend youngsters, conquering beauty and immortality is something ancient in history, as well as accounts of people who will have lived longer. But in the case of this Chinese named Li Ching-yun or Li Ching-yuan, did he become a curious and mysterious figure? In China and in the past, he considers him the longest-living person, according to documentary evidence. Photo Li Ching-yun (1927?), the man who will have lived 256 years. In 1933, Time magazine published an article titled Turtle-Pigeon-Dog, where the article explained a mysterious Chinese who would have lived 256 years, been married 23 times and had more than 180 children. The article was written by Professor Wu Chung-chieh who was interested in the life of this respected old man allegedly discovered documents dating from 1827, which greeted Li Ching-yun for his 150 years. By the time Wu did this research, Li was still alive, as he died on May 6, 1933 from natural causes. However, Wu was unable to meet him, but revealed that the old man, who claimed to have been born in 1736, had died at the age of 197. However, Wu Chung-chieh continued to examine the past of this old Taoist master and herbalist and the date came that Li may have been born in Qi Xiang Jian in Szechuan Province in 1677. Would Lee have forgotten that year when he would have been born? Yes, it is possible, but it does not confirm that he remains so long, but we proceed with explanations. In the ancient mystery book of youth written by Peter Calder, which featured the testimony of Tai Chi Chuan master Da Liu, who was Li's disciple, he revealed some details of this old man's life and how he would have reached this long-distance bicentennial age. In this book, Klader sought to teach healthy ways to follow a lifetime for good health, temperament and longevity. The report points out that from the age of ten, Li started harvesting medicinal herbs and began to learn how to grow them. Years later she traveled through China until moving to Kai Hsien where she met taoist masters who began teaching her tao and alchemy. It was from these Traditional Chinese medicine, which Li started his body and mind theory, began to do regular physical exercise, began to practice meditation, learn philosophy, medicine, etc., to have a healthy diet and know how to use medicinal plants. It was said he performed his meals at regular times, slept early and woke up early, and did not consume alcoholic drinks or smoke. He learned the art of Chi Kung, which said how to maintain good health and prolong life. Some accounts of Da Liu's testimony said li would have met an old Chi Kung master who taught him pa-cua, by the time Li would have been 130 years old. Li's life habits may have contributed to prolonging his life, but he is not sure that he made it possible for him to reach this 200-year-old. Doctors recommend that we have a balanced diet, because eating too much does not mean having good health, because if we only eat certain types of food, but forget to eat others that contain essential nutrients, we will end up getting fat, getting anemia or developing some disease. Nutritionists recommend that we consume calories suitable for our daily efforts and lifestyle, so an athlete will not have the same diet as a person who works in the office, spends hours sitting; As well as a mason, you may not have the same food as the bus driver, who also spends the sitting day; Heat intake is different, but in both cases people should maintain a good diet. We don't know if Lee was completely consumed vegan or fish or poultry meat, but it's likely he's eliminated red meat from his diet. But from the reports, we know that they consumed many plants and roots, as well as drink plenty of tea, as well as water, and perhaps also use milk and even cheese and yogurt, as they help to maintain calcium for bones. However, reports tell us that Li was one of the first two plants to focus on consumption: goji fruit (Lycium barbarum), called gou qi ji in China and plant gotu cola (Centella asiatica) fo-ti-tieng, which produces tea as known there. These two plants are rich in nutrients, something Lee drew attention to because they were guaranteed to get the necessary amounts for certain nutrients, which were either hardly or not present in other foods. Goji is known as a fruit rich in amino acids with at least 18 minerals, besides 21 of them minerals, iron, zinc, calcium, germanium, selenium, phosphorus, etc. It is also rich in beta-carotene (possessing a substance in large quantities than carrots), including a large amount of vitamin C, B1, B3 and E, in addition to having 8 types of polysaccharide that will benefit in strengthening the immune system. Such a plant in traditional Chinese medicine is widely recommended for consumption, especially in old age. Today such plants are exported to other corners of the world, and medical research carried out in recent decades certifies the benefits of the plant's consumption that has been consumed in China for centuries. Goji (Lycium Barbarians) freshly bitten. The second plant about Gotu Cola is still being researched, although in the West it has increased its consumption, mainly through natural-based medicines. In some special pharmacies, you can find vials with gotu cola extract. Such a plant is known in Asia and is cultivated in many countries, so it is used in cooking and medicine. Such a plant has been used in the field of medicine to treat various diseases and diseases, although today it is not sure about its total effectiveness against some of these diseases, but it is known that Gotu Cola has strong properties of treatment and immunity. Such plants can be consumed in raw or juice, salads, tea making, etc. Vase with Gotu Cola (Sentella Asiatica). In the West such a plant is used to treat varicose veins, veins insufficiency, treatment of minor injuries, treatment of anxiety problems, insomnia, scleroderma, etc. Although Universty of Maryland Medical Center advises that the person in the Gotu Cola case should not be consumed to have liver problems, skin problems or cancer, since it has been claimed that such a plant could cure cancer, but research has not yet proven such veracity. The intake of Gotu Cola can be mixed with tea, juice, salad, shaved up to powder and added to sauces, seasonings, soups, milk or capsules. While adding this good diet to Lee Ching-yun, he practiced physical exercise regularly, besides practicing meditation, to keep the brain healthy. Lack of sedentary lifestyle and exercise is a problem facing contemporary society these days. Busy life in cities takes time to devote ourselves to taking care of our health and our personal affairs. Also, add the issue of laziness to exercise or play the game. And finally a third element that goes into this equation is that in normal physical activities there are more exercises for aesthetic reasons than a health issue in the West, of course everyone thinks so, but many think so. Practice in China is a centuries-old tradition, whether it is related to military training or health. Chinese exercise has to achieve strength, endurance, temperament, well-being, Concentration and happiness. In some Chinese cities, we see adults and the elderly exercising in squares, many enjoy doing so. Ancient Greeks were also a people who valued sports and physical activities. Regular exercise was something that was part of the school curriculum and Greek culture, although greeks also noticed the aesthetic side of good body shape. This evaluation is another point to be evaluated in terms of meditation. Reports suggest that this is how Lee kept his brain faculty healthy. In the past we thought that when we got old age, we should rest, not exercise and think a lot. Today, medicine explains the opposite, it is in old age that we should worry more about physical and mental activities, because the body is in a state of deterioration, and this leads us to double care with it. In addition to meditation, there are other ways to maintain brain activity: reading, writing, chatting, traveling, counting, studying, watching TV, surfing the internet, playing, listening to music, singing, playing, playing games, etc. Such habits contribute to reducing the loss of reasoning and learning speed, and can keep memory and clarity active. In addition to exercise and meditation, the master also performed breathing exercises. Some martial arts teach some breathing techniques to help in the proper functioning of the respiratory system. Monk Lobsang Rampa (1910–1981) recommended a series of breathing exercises in some of his books that would help not only the respiratory system but also the parts of the muscles of the womb, etc. In terms of early sleep for eating and getting up early on regular times, research indicates that it contributes to wellness. Due to not having a set time to eat, the body tends to feel hungrier, and consequently ends up eating more or choosing snacks. In the case of the West, it is common to choose to eat fast food or consume frozen foods, which we put in the microwave. The problem with these foods is that in general fast food there is a lot of caloric, greasy and non-nutrient (exceptions) and about frozen foods, it is related to the chemicals used to keep it. In case you sleep, that's another problem. Our busy life leads us to sleep late because of taking care of home or work and study tasks, and the next day we get up early to go to work, study, etc. Master Lee will lie down early to wake up early, it is something necessary, because later you fall asleep, later you have to get up, but if we break this eight-hour delimitation, it creates problems Insomnia, drowsiness, impatience, laziness, lack of appetite, muscle movements, slow thinking, etc. My maternal grandparents have a habit of sleeping early and getting up early. My grandfather will be 84 soon, and in my paternal grandmother's case he's 86. Finally, another fact to be considered from known reports was that the master did not consume alcoholic beverages or fumes. Both these products cause serious health problems. The big problem is not the intake of alcoholic beverages, but the intoxicatingness, which can lead the person to develop alcohol, and alcohol is a disease. The fluffy state certifies that the body is saturated with alcohol, and its stability will affect the brain, in addition to delaying motor skills, reflexes and reasoning, liver, stomach, pancreas, kidneys, circulating system, heart problems; Also creating social problems. If people drank without getting drunk we wouldn't have alcoholics, car accidents, crimes, etc. Unfortunately society is still lagging behind in this case. For smoking, it can develop smoking, i.e. dependence on the consumption of such substances. A large amount of chemical substances that compose it in the case of cigarettes, cigars, etc., not only damage the respiratory tract, but also affect the circulating system, heart, digestion, immunity, neurological, etc. My maternal grandfather smoked for a few decades, until he had a lung problem and the doctor was very clear to him: either you stop smoking, or you won't live any longer. My paternal grandfather died of heart problems due to high consumption of cigarettes. As an adult, Li began marketing medicinal plants until the age of 71 he was drafted to serve in yeuh jong Chyi provincial army, where he started serving as a martial arts master and strategic consultant. It is not known how long he was in office or where he went after that. Furthermore, we are not sure if he actually did serve in the Yeh Jong Chyi army due to the lack of documents that there confirm his presence and dates. But in 20th-century General Wu Pei-fu, one of the warlords who ruled some provinces from 1916 to 1927 in a turbulent phase of Chinese Republican history, where such gentlemen wanted to inactie the monarchy or the then republic, P-Fu wrote about the old master Lee whom he had heard, admiring his qualities and his long life. Yang Sen was one of the warlords general Yang Sen (1884-1977) in 1927, interested in meeting this man who he said was over 200 years old, called him to his home in Wann Hsien in Szechuan Province, the old master's homeland. At the time of Li's visit, he took his photo, which he could do Look ahead in this text. The general was surprised to meet the man, according to his account and photograph, saying that Lee did not even appear to be 70 years old and said more than 200 years old. In addition, the general explained that this bicentennial person had a good vision, quick past, heartfelt colour and a surprising nature and vigor for a person of that age, which was said to be. Another aspect was her long nails, as you can see in the photo. These features were written by General Yang Sen in an account he called: A factual account of the 250-year-old good luck man. The general also tells us that the old guru said that one of the secrets of his long life was: keeping the heart calm, i.e. avoiding anger and, in today's case, avoiding stress; Sit like a turtle, go cheerful like a pigeon and sleep like a dog. These are complicated to understand the last three aspects, as Chinese masters always like to talk in metaphors. Turtles don't sit, at least I've never seen that happen. The physical shape of the tortoises does not allow them to do this, but as I said. However, I believe the master means that sitting like a turtle will sit with the right posture. The shell of the turtles does not allow them to bend their bodies, so we should not bend, but sit upright. Back and back pain are diseases that suffer much of the world's population, and many are caused by poor posture when sitting and even lying down. In the case of pigeons, I have seen such birds moving, they go with regular progress and well-off dalits. Also they always walk straight with their heads, without seeing the floor, and walking with their breasts. Here we can understand that one must maintain a good posture, and walk with confidence, because I believe that the master found the walking of these birds something strange and funny, so he says walk cheerful like a pigeon. We can also understand this metaphor as a way of saying that we must lead a life with good humour, happily and walk smoothly, but constantly. Smiling and laughing is good for health, something American doctor Patch Adams claims in his work. Smiling is good for the body, as long as it is not forced. Regarding the dog, I have seen many dogs sleeping, they sleep from different positions, but always look to stay in a comfortable position, to maintain a calm sleep, however, in any sign of strange noise, they wake up quickly. However, I can not explain the metaphor of the master, because dogs usually do not sleep in the same way. Will he mention gold peacefully, but be vigilant? Or is it a concern that dogs can easily sleep? In 2002 Stuart Alway Olsen wrote the book Qigong Teachings a Master Li Ching-yun eight essential exercises. In this work Olsen teaches some Chi Kung practices as sea eight fabrics, which would have been taught by Li to General Yang Sen, and it in turn transmitted it to Tai Chi Chuan Master Liang Tsung Tsai (1900-2002), who by his accounts, Olsen wrote part of his book. Taoist and Tai Chi Chuan master Liu Pai Lin (1907-2000) had said that he met Li Ching-yun and learned some of his arts with him, moved to Brazil, and was responsible for introducing traditional Chinese medicinal products and spreading Taoism and Tai Chi Chuan to the country living in Sao Paulo. His academy still exists and still teaches some of the art of longtime master Li. Master Liu was one of the disciples of Father Lin Li Ching-yun. Final thoughts: Due to the lack of sources to deepen the study on this matter, I had a problem at the time of being able to complain about this topic, but I would criticize this information as far as I could because of the availability of content and knowledge about it. First, if Li Ching-yun got married 23 times and had at least 180 children where are his grandchildren, great grandchildren and great grandchildren? He died in 1933, it is very likely to be due to this supposed lineage, that his descendants are still alive, but why has no one manifested himself since his death? You just forgot your ancestor who lived 256 years? Or there's something else behind it. Where are your relatives to comment on this matter? Second, we are not sure which documents Wu Chei-ching demanded and used to reach its conclusions. While he says he received a 'document' that congratulated Lee on his 150th birthday, where is that document today? Following this documentary question, Wu said he came to the conclusion that Lee was born in 1677, though Lee reportedly said he was born in 1736, but because of these date anomalies? I commented that the old bicentennial master would have forgotten the date that was born? And yet Wu found this document that would prove born in 1677, where exactly did he find it? The royal documents are many, the Chinese Empire lasted for more than 20 years, and the big problem is that nations from before the twentieth century had no habit of conducting population censuses or storing birth certificates, marriages, deaths, baptism, adoption, inheritance, etc., notaries and archives in all countries, and moreover, in a country of dimensions of China and its vast population. , even today there are people without civil documents, by saying in the seventeenth century, even if we believe that far away villages or villages of cities, make it impossible for government officials to travel there to survey the population. The human who lived the longest, based on documentary evidence and witnesses, was frenchman Jeanne Louis Calment (1875-1997) who died at the age of 122. Jean finds herself as the woman and oldest known person in the Guinness Book. In the case of Li Ching-yun we do not have access to documents used by Wu to support his arguments, although we know that by witnesses, Lee was indeed a real person, although his past and life are still mysterious. Jean Calment on his 121st birthday in 1996. To date, Jeanne is the longest-living human, officially known. One problem that involves documentary research is that we don't know any relatives of Lee, whether they're a dead relative or a living relative, and documents Wu found could refer to someone else with the same name, something that's not impossible has happened. If we take the logical scope of medicine, Western medicine does not prove us in any way likely to live so long, because biologically the human body is unable to live so long, although today we know that the 100-year barrier is already possible to be moved. Countries such as Japan, China, Italy and Greece have several centuries. Diet and life habits are major issues to reach such an age and with health. However, I do not deny that Master Lee's lifestyle may not have contributed to his vast age, in fact his habits may have contributed to him living longer, but to say that he reached 197 years or 256 years, I find something difficult. However, if there is a Chinese historian or any other country, I have come to read such a text, I ask that he or she go after discovering the truth he is interested in the subject, look for investigations, documents, sources, accounts, witnesses, relatives, etc. Saint-Germain's count himself, although he has been cited by many people and even by newspapers, there are still doubts as to whether he was a man or several men who passed through him, to the point of building an urban legend about his aspect, knowledge and deeds. Would it have happened to old master Lee Ching-yun, would he have become a 'legend' or would his deeds have been distorted throughout his life? This is not something we have an answer to. Note: Currently Bolivian Carmelo Flores claims Laura to be 123 years old. The Bolivian government is investigating the matter. Note 2: Jiaulong Baguzhang Marshall style was supposedly developed by Master Li. This might also be possible, as Li Herb was known for being a master of martial arts in addition to a master of science. Reference:

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