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# An enchanting evening with Bill Douglas on Tai Chi and Qigong

December 14, 2011

6:20 PM MST



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Bill Douglas's book signing event photo

*Violet Li*

**Bill Douglas** is the renowned **World Tai Chi & Qigong Day** founder. Recently, he and his wife Angela Wang visited St. Louis after a trip to Chicago for a national TV interview. He met St. Louis **Tai Chi** leaders as well as some practitioners during a special book signing event.



Violet Li

The book signing took place in [Dunaway Books](#) on South Grand. Dunaway is one of the largest used books store in the Metro St. Louis area and houses more than 200,000 titles of rare books. Bill and Angela causally talked to the participants of the event and asked them about their Tai Chi/[Qigong](#) practice experience. He also reported that the World Tai Chi & Qigong Day has grown to more than 70 countries from its humble start in 1999. St. Louis was actually one of the early participants of the annual event, which takes place on the last Saturday of April. Long-time Tai Chi instructor and writer Sifu Justin Meehan attended the event and praised Bill and Angela's for their selfless effort to spread the word about the benefits of Tai Chi and Qigong to the world and create a global phenomeum.

Bill then led a Qigong mediation session. He used the same method as detailed in SMARTTacihi's [Anthology of Qigong Relaxation Therapy & Mind Expansion](#), which is an audio CD authored and produced by Bill. It is a powerful and unique modern approach to ancient Chinese wisdom. The session lasted 20 minutes. Afterwards, participants felt relaxed yet rejuvenated. To some of them, it was a transcendental experience especially sitting in an old bookstore surrounded by beautiful books.

[2012: The Awakening](#) was Bill's first thriller, which was chosen as the Best Fiction by [Spiritual Enlightenment Magazine](#). His second novel [A Conspiracy of Spirits: Wall Street vs. The 99%](#), which was just published two weeks ago, has already won rave reviews. Like the first novel, A Conspiracy of Spirits contains facts with current economy as the backdrop. It talks about an aged female Chinese Tai Chi practitioner stunned by a violent vision of a young girl and a man connected in the vast web of life. The web has been disturbed by a crime of such proportions that its perpetrators have the blood of nations on their hands. Famous writer [David W. Menefee](#) regards "Douglas is one of the most remarkable writers of our generation ... on a par with Dickens." He says "the book's final chapters rivet

the reader to each page. Bill Douglas plucks the strings of suspense with expert craftsmanship that rivals D. W. Griffith's *Intolerance* or Alfred Hitchcock's *The Birds*. In fact, I felt as if I was watching a movie because the story's short, efficient scenes swiftly move along an enthralling, nearly cinematic cataract. Breathtaking apprehension actually reaches sublime proportions in an unforgettable climax that excruciatingly stretches tension to the breaking point. " Bill mentioned that he started writing on this book three years ago but many of the story plots are similar to what have been happening around the world today and in Wall Street. No wonder many consider Bill as a visionary.

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