

# Mastery Journal

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Feb Cover of Mastery Journal

*Mastery Journal*

After a well planning and few months of hard work, [Mastery Journal](#) was recently launched. [Mastery Journal](#) is an international ezine dedicated to the mastery of [Qigong](#), Internal Arts and life. It also provides an online network for the practitioners of Energy Arts, martial artists, and spiritual seekers. Publisher Lama Tantrapa says that different articles and columns in the publication will appeal to a variety of readers, yet all of them are focused on promoting energy awareness and enhancing the wellbeing of people.

Qigong Master Lama Tantrapa is a visionary and entrepreneur. Two years ago, he embarked on a first blog radio show [The Secrets of Qigong Masters](#). It has been a great success. He has interviewed over one hundred experts and masters. Many guests are well-known authors, who volunteer to contribute articles or write regular columns for [Mastery Journal](#). [Mastery Journal](#) first came out in January and the February Issue is now on line free for everyone to review.

Compared with other magazines, Mastery Journal is relatively concise in its size with a few articles in

each issue which may be more suitable for the busy life style of modern people. The format of *Mastery Journal* is classy with an uncluttered look and easy on eyes. It brings harmony to readers.

## The January Issue

- **What Is Mastery?** This editorial introduction to *Mastery Journal* sheds light on the subject of mastery and invites you to look within for the seeds of authentic mastery.
- **Feel with the Mind**, by **Jon Weston**, the senior student of Qigong Grandmaster Mantak Chia, explains how to feel, rather than to think, with the mind.
- **Beware of Phony Gurus**, by **Phillip Scott**, provides some advice on avoiding trouble by exercising discernment about the teachers.
- **The Unity of Opposites in Life**, by **Gary Giamboi** shares his wisdom regarding the interplay of Yin and Yang aspects of energy **flow** in the universe.
- **Giving 110% May Be Trying Too Hard**, by **John Munro**, author of *Qigong: Foundation Practices*, is sharing his perspective about the levels of intensity in Qigong training.
- **Exercises Most Ancient**, by **Mark Brophy** expounds on the benefits of the ancient Dao Yin Qigong.
- **An Eye-opening Synchronicity**, by **Paul Levy**, author of *The Madness of George Bush: A Reflection of Our Collective Psychosis*, explores the dreamlike nature of life in a personally revealing article.

## The February Issue

- **Does Mastery Lead to Enlightenment**, by Lama Trantrapa discusses the relationship between mastery and enlightenment
- **Master of the Month**, by Mark Johnson who has taught many Hollywood superstars **Tai Chi** and Qigong including **Tom Cruise**, **Nicolas Cage**, **Patrick Swayze**, **Mickey Rourke**, **Ralph Macchio** and renowned director and producer **Francis Ford Coppola**.
- **Introduction to a Life of Daoist Play**, by Mark Johnson shares his experiences of meeting many spiritual masters and learning how to “Play”.
- **Tai Chi and Snow Shoveling**, by Violet Li talks about how to apply Tai Chi principles in

shoveling snow.

- [Qigong and Creativity](#), by John Munro shares his experiences with mastery creativity
- [The Great Epidemic, Part 1](#), by Paul Levy's perspective on humanity
- Qigong and Reality, by Gary Giamboi's view on how to approach reality with objectivity

On the [Mastery Journal](#) site, you can also find the most recent episodes of the radio show [The Secrets of Qigong Masters](#). Publisher Tantrapa states that as they continue developing this publication, it will also include short video on Qigong and Internal Arts.

Most of the articles allow comments. Lama Tantrapa and his Academy of Qi Dao also created an online community portal [QigongNetwork.ning.com](#) providing opportunities for Qigong practitioners to post their own blog entries, discussion board posts, photos and even videos.

Now you can follow me on Twitter <http://twitter.com/#!/TaichiExaminer> .

## SUGGESTED LINKS

- [The Secrets of Qigong Masters & its first anniversary](#)
- [Reading the tea leaf of the closing of Inside Kung-Fu Magazine](#)
- [Kung Fu Tai Chi Magazine is now splashed with colors!](#)



**Violet Li**

Tai Chi Examiner