

# The Secrets of Qigong Masters & its first anniversary

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Chi-Gong Radio

2009 was not an easy year for media around the world with sluggish economy and the changing landscape of media channels. In the U.S., we have seen major newspapers folding, radio stations suffering, and TV networks revenue declining. However, in the areas of [Taichi](#) and Chi-Gong, the strong support and efforts from numerous enthusiasts, information on Taichi and Chi-Gong has been collected, organized, distributed and published at a brisk pace for the general population.

Most of the communications for Taichi and Chi-Gong occur in cyberspace with a grassroots enthusiasm. They take advantage of the high speed internet, creative web portals, and smart phone technology and have grown quickly. There are thousands of Taichi and Chi-Gong video clips on Youtube. Official websites for Taichi and Chi-Gong organizations and personal Taichi and Chi-Gong blog sites have sprung up quickly. Taichi and Chi-Gong interest groups have utilized the internet social networks, i.e. Facebook, MySpace and Twitter and have reached out to practitioners all over the world.

With a clear vision and deep devotion, Lama Tantrapa and his [Academy of QiDao](#) started the first [Chi-Gong Blog Radio](#) *the Secrets of Qigong Masters* on Jan 6, 2009. It has been a huge success since its inception. Chi-Gong (Qigong) Blog Radio broadcasts once a week on Monday. The show normally starts at 8 pm cst (9 pm est or 6 pm pst) and normally lasts for an hour.

Lama Tantrapa was born and raised in Russia. He is a lineage holder of [the Tibetan Shamanic](#) Qigong. The Tibetan Shamanic Qigong in Russia has deep roots from Tibetan culture dating back to around 1300 CE. Lama Tantrapa inherited the family secret and has been teaching the art for all his adult life. He moved to the States in 1995 and has been very active in the Chi-Gong and Taichi community. As a Chi-Gong master, he has been working closely with Chi-Gong and Taichi masters and researchers around the world exchanging knowledge and experience. He

receives great support from them on Chi-Gong Radio.

In the past year, Lama Tantrapa had 50 shows interviewing experts talking about various Chi-Gong style, their theories, principles, applications and benefits as well their own experiences. He also interviewed masters and experts of Taichi, yoga, Reiki and other [fitness](#) regimens. Because of Mr. Tantrapa's vast knowledge in Chi-Gong, wellness and fitness, the interviews have been insightful. To keep the discussion comprehensible for even laymen, he skillfully organizes the interview with fundamental information first before leading into a deep discussion. He has a good sense of humor and makes the interviews interesting. He is also honest and some of his questions are rather direct and straight forward. With his sincerity, no interviewees have been offended.



Lama Tantrapa

You can listen to the program live and call in with questions. After a

show is broadcasted, you also have options to listen to it online directly or download it to iTunes. The direct listening online after the broadcast will not allow you to pause or replay a portion of it. The download is free and gives you the information on the length of a particular show and allows you to pause in case you have to listen to the show in segments or repeat a portion of a show. You can even download the interview to your iPod and listen to the shows whenever and wherever.

According to Mr. Tantrapa, there are about 5,000 live listeners. There are about 29,000 downloads for each show. This is certainly a remarkable success, considering the show is only in its first year and the size of Chi-Gong community is relatively small compared with other sports or health regimens.

With these encouraging results and positive feedback, Lama Tantrapa is making a bold plan which he is going to launch a



Lama Tantrapa in a workshop

Chi-Gong TV program this year.



## **Violet Li**

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