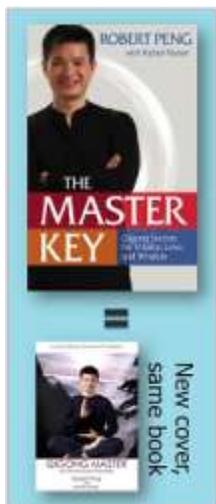


## Your Writing Muse

*Here to inspire you to create!*

### Books Melissa Pilgrim has Edited:



#### *Qigong Master, My Life and Secret Teachings* (Now titled *The Master Key*)

Authored by Robert Peng with Rafael Nasser

(Released Fall of 2010)

QIGONG MASTER describes the life, philosophy, and practices of Robert Peng, a Qigong Master who trained secretly in China during the Cultural Revolution. The book includes an intriguing account of Robert's apprenticeship with his Master, Xiao Yao, as well as a description of the essential practices of the system that he teaches, Elixir Light Qigong.

Robert offers the reader an engaging look at the process he underwent to awaken his own extraordinary spiritual gifts and reveals a systematic, step-by-step approach that readers can follow to boost their capacity for wisdom, love, and vitality, and bring about more peace and happiness.

Additionally, Robert explains how we can use the spiritual energies awakened through Qigong practice to protect ourselves from negative tendencies, enhance intimate relationships, and help us realize a meaningful destiny as creative beings living in a loving Universe.

#### **About The Author:**

When Robert Peng was eight-years-old he met a spiritually accomplished monk named Xiao Yao under unusual circumstances. The two became friends and when Xiao Yao offered to teach Robert the martial arts, he eagerly accepted.

Within a few years the focus of Robert's apprenticeship switched from the martial arts to the healing arts. As part of his new training regimen Robert spent a hundred days in a dark, underground chamber without food when he was a teenager. During this period Xiao Yao visited him daily and instructed him in advanced meditation practices intended to purify his Qi energy and accelerate his spiritual development.

One day, while meditating in the dark chamber, Robert dissolved into a blazing light and realized infinite peace. In this state his body showed no vital signs—no discernible breath, no pulse. After eight days Xiao Yao finally guided him back to normal, waking consciousness. Afterwards, Robert realized that he had developed extraordinary spiritual powers including the ability to discharge energy from his hands that felt like a powerful electric current.

Robert's reputation as a Qigong healer and teacher spread while he taught English at Zhongnan University and in the early 1990's he resigned his post as an assistant professor of English to become a full-time Qigong Master. Robert then opened the first Qigong healing clinic on Hainan Island in Southern China along with another Qigong practitioner. Within five years they taught Qigong to over 150,000 students and did Qigong healing treatments on many leading politicians and business figures from the Western world.

In the mid 1990s Robert was invited by the family of former Australian Prime Minister Bob Hawke to Sydney where he eventually relocated. Seven years later he moved again, this time to New York City where he currently lives with his wife Dongmei and teaches Qigong.

### **What People Are Saying About QIGONG MASTER (A.K.A. THE MASTER KEY )...**

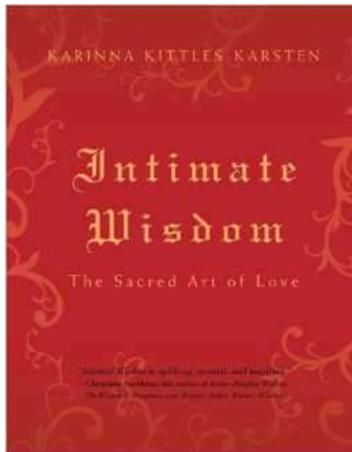
"Robert Peng's story is a miraculous journey into uncharted territory."  
—Florence Comite, MD, Yale School of Medicine

"Robert's Qi helped save my life. But he does something more important than heal, he teaches you to heal yourself."  
—Sally Jesse Raphael, Talk Show Host

"Robert has spiritual and magical hands full of light and love."  
—Naomi Campbell, Supermodel

"Robert's skill in the art of Qigong is of the highest caliber."  
—James MacRitchie, Founder of the National Qigong Association

"Robert's teaching is very clear, comprehensive, and systematic. Most importantly he understands American culture, which is crucial for transmitting deep knowledge from ancient masters."  
—Richard P. Brown, MD, Author of *How to Use Herbs, Nutrients, and Yoga in Mental Health Care*



***Intimate Wisdom, The Sacred Art of Love***

by Karinna Kittles-Karsten

(Released Fall of 2007)

INTIMATE WISDOM is the detailed teachings of a suppressed woman from the South who finally gains true insights about real love and intimacy once she studies with an enlightened Tao Master. She uses what she learns to help others find their best relationships by blending both ancient Eastern and Western customs for today's modern world. Along with inspiring insights it also contains many practices and exercises to help anyone find true, lasting love at a mental, physical, emotional, and spiritual level.

**About The Author:**

Karinna Kittles-Karsten is an internationally-known relationship counselor and the founder of Sacred Love, Inc. She has appeared in the media on various TV shows such as NBC's "Starting Over," countless radio shows throughout the U.S. and Canada, and has appeared in print publications such as COSMOPOLITIAN, SELF, and WOMEN'S HEALTH.

**What People Are Saying About INTIMATE WISDOM...**

"*Intimate Wisdom* is uplifting, sensual, and inspiring."

—Christiane Northrup, New York Times best-selling author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

"(5 STARS!) An invaluable, practical, and 'user friendly' guide," By Midwest Book Review

FULL REVIEW: In *Intimate Wisdom, The Sacred Art Of Love*, Karinna Kittles-Karsten draws upon her experience and expertise as an internationally recognized relationship expert and founder of Sacred Love, Inc. to share a unique combinations of Eastern and Western approaches to creating, fostering, and enhancing a romantic relationship characterized by joy, respect and passion. This approach begins with developing the capacity and appreciation for finding love within ourselves, boosting our own positive

energy, and thereby claiming the courage to extend ourselves to loving someone else. This is followed by learning how to overcome the diverse challenges of love to create an emotionally prosperous partnership. Ultimately resulting in the values of intimate love-making arts which foster ever deeper intimacies and intensified physical pleasures. Simply stated, *Intimate Wisdom* is an invaluable, practical, and 'user friendly' guide to creating a personal relationship with a significant other that will be emotionally, intellectually, physically, and spiritually fulfilling.

“Love is the most powerful emotion one can express. In *Intimate Wisdom, The Sacred Art of Love*, Karinna has provided the ultimate guide to reveal how to express and experience love at the deepest level.”

—Peggy McColl, New York Times best-selling author of *Your Destiny Switch*

“Fabulous, easy read with well planned, self-help exercises that I find to truly be beneficial.”

—Eden Putini, GoodReads.com

[www.YourWritingMuse.com](http://www.YourWritingMuse.com)