

Part I – Medical Qigong Introduction

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Health, wealth and happiness are everybody's dream; particularly staying young and having long life. People all over the world have developed their own ways and believes on how to keep healthy such as aerobic, yoga, qigong, etc... you name it, there are countless. In India, Yoga is well known, in China, Qigong is well known. When we take a closer look at each and every of these systems, there are similarities. One of the common factors in all is energy, which is known as Prana in India and Qi in China.

Qigong is a form of special exercises originating from China; it has gained popularity in the West over the last twenty years. These exercises are intended to help enhance and move energy (Qi) throughout the body in specified ways. The practice of Qigong is a system of self-healing exercises and meditation that includes postures, special movement, breathing techniques, specific forms of meditation, and self-massage.

I was very keen in Chinese martial arts when I was young. I remember cycling one hour from my house for practice then another one hour home, three times a week. Later, I was told that to be good in the art, the practice of internal strength and Qigong is essential. However, in the 60's it is difficult to find masters who teach these arts. I resort to enroll a correspondence Qigong course with a master in Taiwan. After a year, I give up because unlike today's email, skype, teleconference, communication through the normal post was simply not effective to learn the art.

I started my proper Qigong training in 1982. Even though the training at that time is quite martial art oriented, I was able to experience the healing power. My sinus from childhood mystically disappeared after about three months of 5-day weekly training. My other colleagues that I introduced to the training also got their gastric, backache and other problems fixed after few months of training.

1992 was another milestone for me, an elderly Qigong Grand Master in Beijing who healed my friend's throat cancer in 2 days kindly agreed to teach me Medical Qigong under the condition that his identity to remain anonymous. Even though the Grand Master keeps telling me that I have enough Qi to treat others, I was skeptical of my own ability. I was an Information Technology profession then, without really understand fully how the treatment works I don't want to treat others for fear that if I fail, it will be a laughing stock.

Three years past and I have yet to apply my skill on any 'patient'. On one occasion when my associate from Australia and I were invited by the world leading IT Company to give a one day seminar in Bangkok, my Aussie associate was overly excited over Thai spicy cuisine that got his stomach upset and suffered all night long. The next morning on seeing his paper white face, I knew something was wrong with him. To avoid having to take over his session, a flash of idea came to me and I make an offer to 'treat' him. To both our surprise, he recovered and back to his normal energetic self just within minutes. This experience marked the start of my journey in Medical Qigong healing.

Over the years, I was very fortunate to have met several Medical Qigong masters who were so kind to share their Medical Qigong healing knowledge and experience with me.

After my healing experience in Bangkok, there were many people who came to me for treatment

and training, some came from overseas. The common questions are “How to use Qigong to heal?” “What is Medical Qigong?” “Can everyone be trained in Qigong and Medical Qigong?” The purpose of this article is to share with you my experience and research in this area. I am very sure there are many more masters who are more qualified and experienced than me; I sincerely hope that they too can share with us their skill instead of keeping them as secret.

Types of Qigong Practice

Qigong practices can be classified in two main categories according to the training methods, Nei Dan (Internal Elixir) and Wai Dan (External Elixir).

Internal Elixir (Nei Dan) training method focus on building the energy from inside the body, store in the battery of the body, Lower Dan Tian and use gentle movement to lead and manifest Qi to flow along the meridians out through the internal organs and the whole body.

External Elixir (Wai Dan) training method uses more vigorous movements to build Qi in the arms and legs. When enough Qi is accumulated, it will flow thru the body’s meridian system inwards to nourish the internal organs.

Schools of Qigong Practice

There are many schools of Qigong practices; they can be classifying into four major categories according to the purposes of training:

- (1) Medical Qigong – for healing, both self healing and to heal others.
- (2) Scholar Qigong – for maintaining health.
- (3) Martial Art Qigong – for enhancing power in fighting.
- (4) Religious Qigong – for spiritual enlightenment.

In terms of style, there are thousands of different styles. Each has its main objective and purpose; some may serve more than one of the above.

Medical Qigong is primarily oriented toward self-healing as well as healing others using Qi. Individuals highly skilled in the Art are known as Medical Qigong Masters. Medical Qigong Masters can consciously channel the flow of healthy Qi energy to a sick individual, even at a distance. They can supply Qi to areas of a sick person’s body that may be low in Qi energy. Conversely, they can also draw or reduced excess Qi away from the body regions that are “oversupplied” or “Stagnant”.

Qi is energy which fills the universe. The Chinese believe there are Heaven (Sky) Qi, Earth Qi and Human Qi. Human Qi refers to the Qi within all living person, animals and plants. This vital energy within our body can be used for health and self-healing. The circulation of Qi is directed by our mind, known as Yi (Mind, Thought or Will).

Qi is energy, a bio-electromagnetic force within oneself and constantly inter-related to outside forces of Heaven Qi and Earth Qi. Our alignment to these forces is important. Our body always seeks to balance the Qi, when it is out of balance or weak, we will be sick.

External Qi

Since we are part of the Earth’s electromagnetic field, our own Qi is affected by variations in the Earth’s energy field. These variations can be caused by sources like the moon, sun and other outer space phenomena. The most obvious cycle that we are exposed to is that of the day/night cycle. As mentioned, alignment to external force is important. The earth is the most powerful single

force affecting us. The sun, moon and atmosphere also affect us. Therefore, it is important to tune into the earth's influence. The Earth pulsates at 7.8 Hz, providing us both with gravity and electro-magnetism.

The human body is a complex network of interwoven energy fields. The energetic network, which represents the physical framework, is organized by "subtle" energetic systems which coordinate the life-force within the body. There is a hierarchy of subtle energetic systems that coordinate electro physiologic and hormonal function as well as cellular structure within the physical body. It is primarily from these subtle levels that health and illness originate. Qigong helps a person to constantly adjust to the multitude of energetic forces and other factors which are having an impact on their body, in other words, to maintain balance.

What many of us may not realize is that metal buildings, vehicles, power lines, electrical appliances, computers, TVs, and broadcast radio waves all contribute to a kind of invisible electrical smog that interferes with the natural magnetic environment. In term they can affect the body immune system.

Internal Qi

The way we think and handle stress affects the internal Qi hence our ability to control the external Qi. Tension is harmful to the body. We need relaxation. Only when relaxation occurs in the whole body, can Qi flow freely throughout the body's systems. Western medicine also confirms that a significant percentage of ailments are stress-related. Learning to manage stress through Qigong Meditation and exercises puts one in the most conducive position to tune into the Earth's electromagnetic pulsation.

Through the practice of Qigong, one's internal energy (Qi circulation) is closely related to the mind. In order to be truly healthy, one must have both a healthy physical body and a calm and healthy mind. True good health is both external and internal. Qigong practice is the bridge that links body and mind into an integrated and functional system and it is the vehicle through which the mind may gain control over the body.

What is Medical Qigong?

The "Wang Ti Nei Ching" or "Yellow Emperor's Classic of Internal Medicine" is the earliest known text on Medical Qigong. It is believed to have been written during the reign of Emperor Huang Ti between the years 2697 B.C and 2596 B.C. Medical Qigong shared the same principle of TCM (Traditional Chinese Medicine); it is a way of affecting and directing Qi for medical benefit rather than using needles, herbs or massage. Medical Qigong has gained popularity in the recent years. It has been used to treat all kind of physical and emotional ailments. In China and other country like USA, Medical Qigong is used as complementary therapy for cancer. Medical Qigong consists of specific techniques that use the knowledge of the body's internal and external Qi to purge, energize and balance the internal Qi flow for healing.

In Malaysia, the government is aware of the important role of the various complementary therapies in the promotion of public health. The Ministry have together with the Qigong Experts in the country, developed a set of recommended training syllabus to certify Qigong Practitioners.