

## Part III – Introduction to Medical Qigong Therapy

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Medical Qigong is primarily oriented toward self-healing as well as healing others. 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 "Blocked", "Oversupplied" or "Stagnant".

We are born with natural healing ability. With proper training, I believe everybody can acquire the skill of Medical Qigong. I have trained people from all walks of life and vast background, male/female and all race and age from more than twenty different countries. So far, everyone is able to heal. Together they have submitted to me hundreds of successful cases. Below are extract of some of their testimonials:

I have learnt a lot from the Wellness Medical Qigong training (WMQ) even I have attended Qigong classes before. Only now I know how to identify the Qi blockage/depletion, and how to treat it. I believe WMQ could give great benefit to everyone.

----- Adli Wong, Male, Malaysia

The WMQ course was very good and detailed. I have gained a lot. I would like to thank you, Master Tan.

----- Jay Yen, Male, Philippines

I have zero knowledge in Qigong before. I have learnt a lot, more than I expected. Course materials are good. I will definitely recommend the training to my friends.

----- Fred Fu, Male, Canada

Very good experienced in using Qigong for healing. I have a spine problem and the fellow course mate, Tony help me to re-align it during the practical session. I hope one day I can be an instructor.

----- Nisa W King, Female, Thailand

Very interesting training. Easy to understand, even I have no prior experience. Thank you for select me for the training.

----- Krattli Magdalena, Female, Switzerland

### **Protective Qi**

All living bodies generate an external field of energy called Protective Qi (Wei Qi). Protective Qi field also includes three external layers of the body's subtle energy fields. This energy originates from each of the internal organs and radiates through the external tissues and forms an energy field that radiates from the entire physical body. This field of Qi protects the body from the invasion of external pathogens, as well as interacts with the surrounding universal and environmental energy fields.

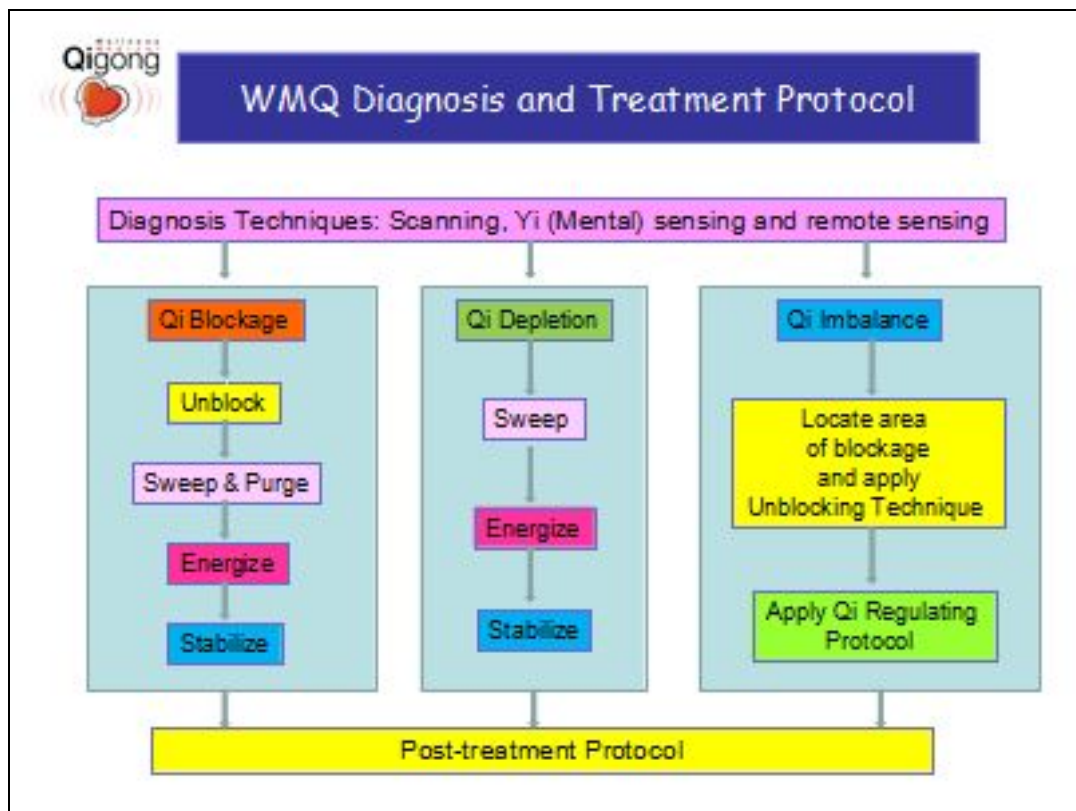
Both internal and external energy fields affect the structural formation of the Protective Qi. The internal factors include suppressed emotional influences (such as anger and grief from emotional

traumas); the external factors include environmental influences when they are too severe or chronic, such as cold, damp, heat or wind, etc. Physical traumas also affect the Protective Qi field. Any negative affects the Protective Qi by creating holes within the matrix of the individual's Protective Qi. When left unattended, these holes leave the body vulnerable to penetration, and disease begins to take root in the body. Strong emotions, in the form of toxic energy, become trapped with the body's tissues when we hold back or do not integrate our feelings. These unprocessed emotions block the natural flow of Qi, thus creating stagnant pools of toxic energy in the body.

Medical Qigong consists of specific techniques to flush, purge, energize, and balance these energies. This therapy combines breathing techniques with movement, visualization, and spiritual intent to improve health and control over one's own life.

### Wellness Medical Qigong (WMQ) Diagnosis and Treatment Technique & Protocol

WMQ is a medical Qigong system that uses the above theory. It consists of a complete set of Diagnosis and Treatment Techniques. In summary, the protocol is as below:



Note that the protocol consists of BEFORE, DURING and AFTER treatment session. It shares the TCM principle that ailments is caused by Qi Blockage/stagnates; Qi Depletion and/or Qi Imbalance. Base on the result of diagnosis, different technique and protocol is used.

To diagnose the patient, try to understand the background of the ailment, communication and observation is very important in this. You must learn the technique on how to enhance the sensitivity of your palms; use the palm to scan the patient to check the status of the affected area. With further training and experience you can even use the Yi to scan the patient. The main cause

of most ailments is Qi Blockage, Qi Depletion or Qi Imbalance. It can also be a combination of these causes.

Qi Blockage is the most common root cause. In this case, unblock the blockage is the first step to do, follow by Sweep, Purge the stagnate Qi, Energize the affected area and stabilize and seal the Area.

Qi Depletion can be due to blockage along the meridian or injury. Quick sweep the area to prepare it for energizing. Once energized, stabilize and seal the area.

Qi Imbalance can be caused by any or combination of the above. After the treatment, regulating the overall Qi for the patient is the most important step to perform.

The above may sound technical to you. In fact, it is very logical and easily understood. The key is regular practice, there is no short cut. The training uses experiential method, it is a step by step hands on conducted in the following sequence:

- Discover Qi
- Activate Qi
- Enhance Qi
- Recharge Qi
- Gather Qi
- Circulate Qi
- Conserve Qi
- Direct Qi
- Store Qi
- Transmit Qi
- Main causes of illness
- Diagnosis techniques
- Treatment principles
- Treatment techniques and protocol
- Techniques in Touch, Non Touch, Near Distance and Distance healing
- Precautions before, during and after treatment session
- Case study

### **Discover Qi**

To begin with, you must believe the existence of Qi. The discovering includes Qi in your body as well as its present in others. You will also experience how far the Protective Qi can reach. The result is an eye opener.

### **Activate Qi**

There are many methods to activate your Qi. They are so simple and easy to learn.

### **Enhance Qi**

Qi enhancement will increase your sensitivity towards Qi. It is the basis of self healing and improves your ability to heal others.

### **Recharge Qi**

The techniques allow you to recharge your Qi in seconds. This is useful if you are tired or when you need additional Qi for whatever the reason.

**Gather Qi**

In addition to our internal Qi, there are abundant of Qi surrounding us. The technique on Gathering Qi is useful for both enhancing our internal Qi as well as to use it to heal others.

**Circulate Qi**

We must be the master of Qi and able to lead the flow. Circulate Qi includes both Inner Orbit and Outer Orbit.

**Conserve Qi**

There is no point to train so hard and not knowing how not to waste our Qi.

**Direct Qi**

Before learning how to transmit Qi, ability to direct Qi is important. We want to be able to direct Qi at will. Achieve the traditional saying of “When your Will (Yi) is there; your Qi is there”.

**Store Qi**

It is important to store Qi at the close of your practice. This will both reserve it for your use at any time as well as to prevent the Qi to stay stagnate in the meridian.

**Transmit Qi**

To heal others, you must be able to transmit Qi to others. You will be surprise with how powerful your Qi is and to experience for yourself, “energy (Qi) is not constrained by distance” as what Quantum Physics claimed.

**Main causes of illness**

Basic TCM theory is important for the understanding of the causes of ailments.

**Diagnosis techniques**

To be more efficient in healing, diagnosis to identify the cause and location is important.

**Treatment principles**

There are basic treatment principles that are useful to know before learning treatment techniques.

**Treatment techniques and protocol**

Based on the result of the diagnosis, application of respective treatment technique and protocol to clear the problem.

**Techniques in Touch, Non Touch, Near Distance and Distance healing**

There are sets of techniques using touch, non touch, near distance and distance healing.

**Precautions before, during and after treatment session**

This is important protocol to learn and understand to be more efficient in healing.

**Case study**

Common ailments, their cause and treatment techniques will be discuss in the training and practical sessions. Case Study will help student to understand the application of techniques and protocol better.