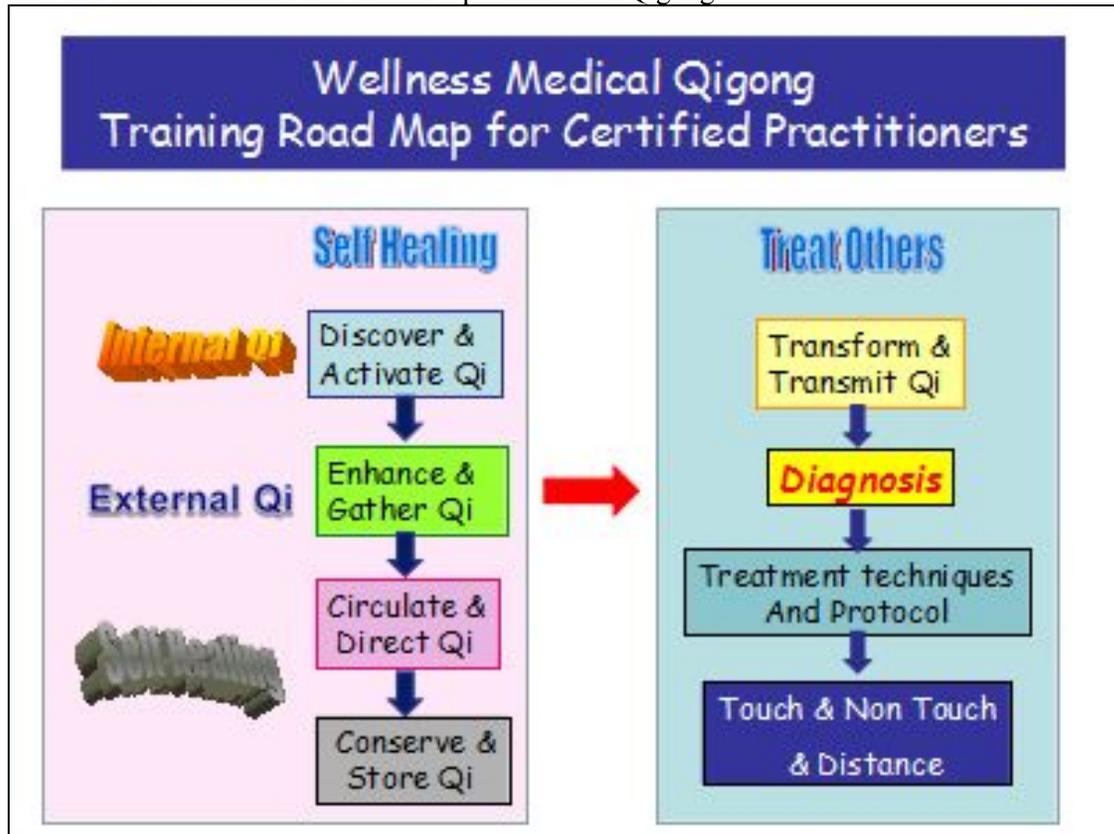


Part IV – Medical Qigong Experience

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From experience of training people in Medical Qigong, both in self healing and healing others. There are common facts that determine the result of the training. The trainee must first of all be open-minded and receptive to the Medical Qigong principle. Our mind is very powerful; it can influence our Qi flow and the sensitivity towards Qi.

The chart below summarizes the concept of Medical Qigong.



The approach is the utilization of your own internal Qi and gathering the external Qi for self healing. To treat others, you need to use your own internal Qi combine with the external Qi and connect/trigger the patient's Qi.

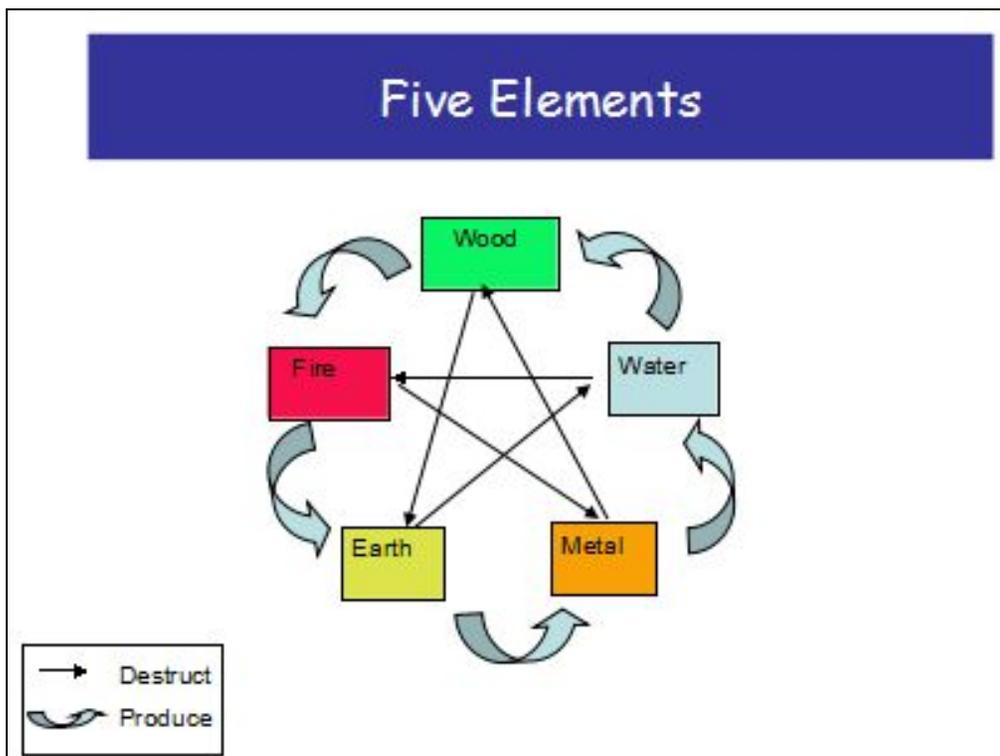
Five Elements

To be effective in treatment, the healer should understand the concept of Five Elements. The Five Elements is closely related to the Internal Organs. The Qi flows to each organ along one of the Twelve Primary Meridians. It is essential for the health and well-being that there be sufficient Qi energy in these meridians and that they all be balanced with respect to one another. The Qi flow in the twelve meridians which supply Qi energy to the internal organs is in a specific rhythmical circular manner. These cycles, are a reflection of the cyclic energy interaction between the five elements as viewed by Chinese philosophy. The Five Element Theory relates all energy and substance to one of the five elements: Wood, Fire, Earth, Metal and Water. In addition, each organ is related to one element as below:

Liver – Wood
Heart – Fire
Spleen – Earth
Lung – Metal
Kidney – Water

There are two basic cycles of interaction between the five elements. In the first cycle, known as the Cycle of Generation, each element generates or produces the succeeding element. This is sometimes known as the Mother-Son Law. According to this cycle, one element gives birth to the next and nourishes it by a flow of energy.

Wood produces Fire. Fire produces Earth and ashes are returned to the earth. Earth produces Metal. Metals are found within the earth. Metal produces Water. The metal and mineral deposits are frequently found near flowing water. Water produces Wood. Trees grow by absorbing water through their roots. And The Wood will then feed the burning fire that produces earth. The cycle begins again.



In the second cycle, known as the Cycle of Destruction, each element destroys or absorbs the succeeding element. It is really a control cycle in that it represents the process by which the elements check and balance one another. If one element becomes too strong or too weak, it can attack another or be injured.

Wood can penetrate Earth; Earth controls Water; Water puts off Fire; Fire melts Metal; Metal destroys Wood, and the cycle begins again. The importance of these two cycles of generation and destruction is that they form the rational basis for the application of Medical Qigong therapy.

In Medical Qigong, the holistic healing approach does not only target at the affected area but to

deal with the root caused for permanent fixed. The understanding of the two cycles will provide the necessary knowledge on where to look for the root cause. This knowledge is essential in balancing the patients overall Qi flow, which is known as Regulating Qi.

With this techniques, we have witness how the power of Medical Qigong help many patients who are medically helpless to recovery, in all kind of health challenges like muscular skeleton problem, pain, cancer, chronic ailments etc.