

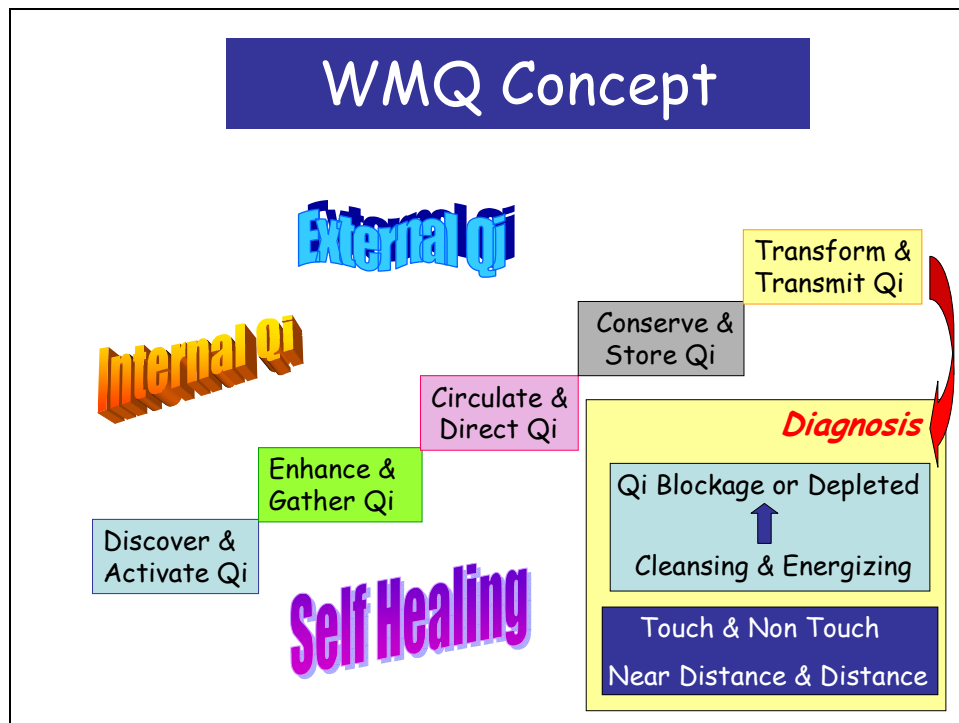
Part IV – Medical Qigong Experience and Case Studies

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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

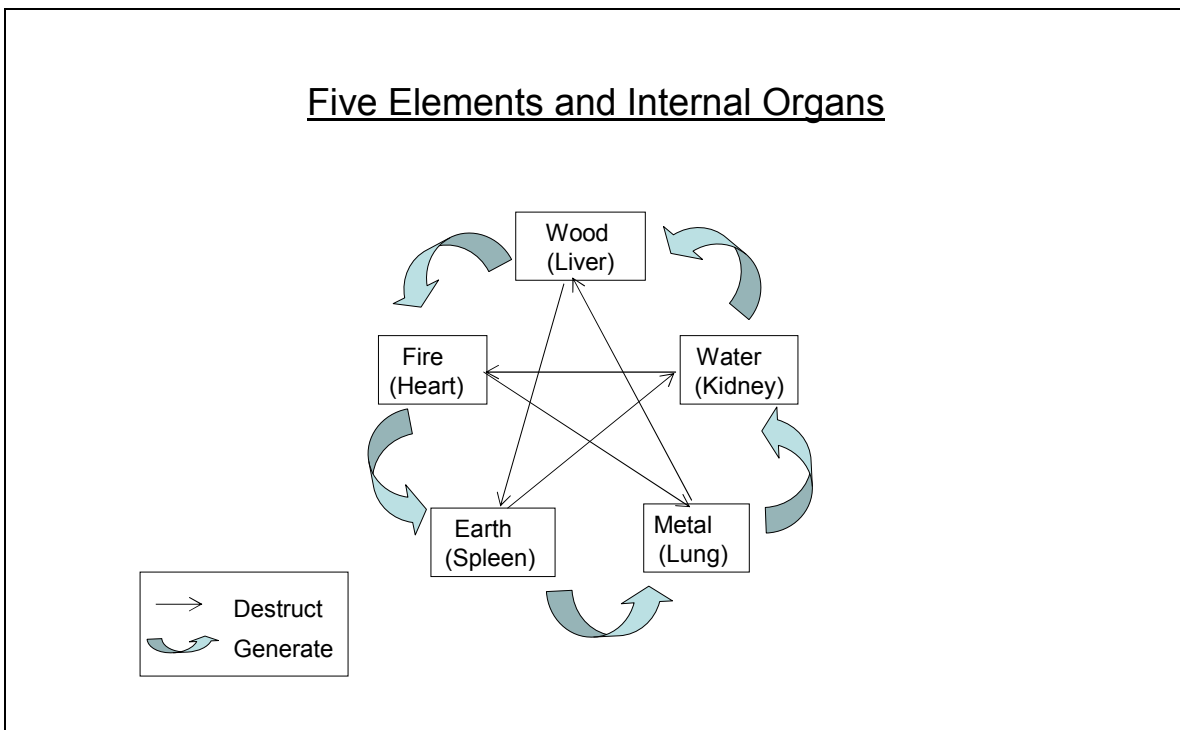
To be effective in treatment, the healer should understand the concept of Five Elements. The Five Elements is closely related to the Internal Organs. The Qi flows to each organ along one of the Twelve Primary Meridians. It is essential for the health and well-being that there be sufficient Qi energy 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. Of 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.

Case Studies on Medical Qigong Treatment

Slipped Disc

I have been an active sports person since young; due to past injuries, I developed slipped disc at L3/4, L4/5 and L5/S1. Suffered from persistence pain on and off for many years. Usually when pain occurs, rest and physiotherapy will ease the pain. However, on December 2004, the pain was so bad that I couldn't get off the bed. I was hospitalized at a Specialists Hospital for 2 weeks and undergone several physiotherapy but the condition did not improved. The Orthopedic surgeon suggested immediate surgery due to the "foot drop" of the right leg. The right leg has total lost of motor control. The nerves have been pressed against and condition is irreversible.

I decided to seek alternative medical treatment for fear of possible side effect of surgery. Sifu Tan Soo Kong came to my rescue; he gave me several treatments over a period of one and a half month. I could feel the improvement from the first treatment session. I have been problem free since January 2005.

Rosli Razak, Male

Comments on the case:

Slipped disc, backache is common in our modern lifestyle. The power of Qi to trigger the patient self healing ability to fix such problem is amazing. The treatment method is non invasive and safe, it required focused beam of strong Qi to penetrate into the patients affected area.

CdLS

Our daughter, Renee, was born and diagnosed with CdLS, a very rare condition that affected her growth and mental development. One of her biggest challenges was when she had severe gastroesophaganal reflux, and doctors labeled her as 'failure to thrive'. She was vomiting everyday despite being on maximum dosage of medication. Ralph read about Sifu Tan Soo Kong and his Qigong healing. We brought Renee to Sifu everyday, when she was about 8 months old. The treatment helps to reduce the vomiting to minimum. When she was 14 months, she was strong enough to go for an operation to correct the reflux.

Today, Renee is 5½ yrs old. She attends a special school, and goes horse riding.

Ralph & Siew Lee Krattli

Comments on the case:

This is a unique case. Frankly, when I was approached, I was not sure how to treat Renee, however, I knew I am the last resort her parents has after desperately tried several western medicine and all kinds of alternative and complementary therapies. My compassion and love urge me to try whatever I know. The approach is holistic; instead to trying to stop her vomiting, I build up her Qi energy level especially her digestive and immune system. After a week, we saw her improvement, this encourage me to continue treating her and the rest is history. This case shows the power and potential of Medical Qigong. I have use the motto; “Healing with Compassion” since.

Trigeminal Neurological (Nerve Pain)

Since end 2004, I was hit by excruciating pain that I have never experience before around my face region. After consulting a few dentists I was diagnosed as suffering from trigeminal neurological (a type of nerve pain). I was referred to Neuro Specialists in public hospital. After few treatments from the Specialists, I decided to seek other private neurologists. I visited several other Neuro Specialists and they prescribed me with all kinds of nerve medications. After a few months of medication, the pain has reduced and I gradually stop the medication. However, after about a month, the pain came back and this time is even worst with attack every half an hour. Even though I take medication 3 times a day I still experience frequent attacks daily. I was advised by the Specialist that the only way to control the pain is to continue with the medication forever.

Three months ago, my colleague recommended me to Sifu Tan’s treatment. After five (5) treatments the pain has reduced and I am almost pain free now!

Lee WS, Female

Comments on the case:

From experience, Medical Qigong treatment technique is useful on nerve problem. I have treated similar case where a patient seeks my treatment within days after the attack; with just a couple of treatments the pain was gone!

Menstrual Problem

The power of Medical Qigong is tremendous; at times even I am surprise with its effectiveness. Few weeks back, I was called by a student to help her sister in law Mrs. Lim, she is in her early 30 and she has a case history of irregular menstrual. Problem starts, when her last menstrual lasted more than two months with heavy flow and has not stopped since. When I saw the patient, she was very weak and was advice to go for blood transfusion as her blood count was very low. I immediately apply treatment to energize her and smooth her Qi flow. When I asked her whether she practice any Qigong and whether she still practice and does it affect her flow in any way. She told me she did practice Qigong before, when her problem starts she thought the exercise might help her, instead the flow gets heavier when she practice. After understand what and how she practice, I advise her to stop practicing for the time being until her condition gets better. Her feedback was she felt much improvement in her energy after the first treatment. As I continue to treat her, the flow reduced gradually, after six treatments over two weeks the flow stop.

Cyst

Another recent case I experience is Mdm Tai, diagnose with a cyst of the size of more than 7.5cm x 5.5cm. She was advised to go for immediate surgery. However, she opts to seek alternative treatment. After consultation, we decided after four weeks of treatments she must go for a scan to

check the progress. After six treatments in four weeks, the scan shows the cyst has reduced to 4.3cm x 3cm. Currently, I am still treating her once a week.

Conclusion

For opening the door to Qigong to me and taught me the essentials and foundation of Qigong, I would like to thank Grand Master Anthony Wee. Without him I will not be where I am today.

Grand Master Anthony Wee

The founder of Chi Dynamics, a man with a big heart, under him there are non profit organizations in Malaysia, Singapore, Thailand and Australia; like Healing Chi Association in Malaysia promoting Chi Dynamics through a group of volunteers. One of the main areas of the Association is Cancer Care.

Over the years, I am fortunate to have been trained by several Medical Qigong Grand Masters. I am deeply in debt to their kindness in passing their art and experience to me in the area of Medical Qigong where in normal case it is only taught to very closed and trusted disciple. In appreciation, I would like to highlight two of the Medical Qigong Grand Masters.

Grand Master Shao Xing Xuan

Master Shao is the founder of Han Yang Ru Yi Gong. I have the privilege of training under him and to understand his Art and treatment techniques and approach especially in the area of Qi regulation.

Grand Master Shao is a professional Qigong doctor; his Art is unique and powerful. He has treated all kind of ailments using medical Qigong.

- He is a Graduate of Zhejiang College of Traditional Chinese Treatment specialized in Qigong treatment.
- He was a Qigong Doctor in Zhejiang Qigong Hospital
Xiang Shan No. 1 People's Hospital
Hangzhou People's Hospital No. 3
Hangzhou Traditional Chinese Medicine Hospital
- Personal documentary and interview programs on him by:
 - Japan TV Station
 - Hangzhou Ming Zhu TV Station
 - Hongkong TV Station
 - Denmark TV Station

Great Grand Master He Si Hai

Through the introduction of Grand Master Shao, I have the privilege to meet his mentor and teacher, Great Grand Master He Si Hai. He is most likely one of the few surviving Medical Qigong legend in China. He was qualified as a professional Medical Qigong Doctor since 1950, over the years he trained many successful Medical Qigong masters, instrumental and established eight Qigong Hospitals in China and has represented China based in Japan to help to set up Medical Qigong treatment center.

The impact of Great Grand Master He in my understanding of Medical Qigong is tremendous. He shared so much of his experience with me that would have saved me years of practice and research.

His encouragement for me to continue my journey in promoting Medical Qigong is most valuable. I know that there will be challenges ahead; however, it would make me a better and stronger person.