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# Foreword

Qigong (also spelled Ch'i Kung) is a potent system of healing and energy medicine from China. It's the art and science of utilizing breathing methods, gentle movement, and meditation to clean, fortify, and circulate the life energy (qi).

Qigong practice leads to improved health and vitality and a tranquil frame of mind. In the past, qigong was likewise called nei gong (inner work) and dao yin (guiding energy).

Because qigong lets in both dynamic and gentle methods that may be practiced from standing, seated, or supine postures, it's suitable for young and old.

Practices may be tailored to individual needs making it an ideal aid to convalescence from illness or injury. Qigong is a sort of complementary medicine. It works well with additional forms of therapy.

## ***Heal Yourself With Qi Gong***

Begin Your Energetic Journey With Qi Gong

# Chapter 1:

## *Introduction To Qi Gong*

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### Synopsis

Qi gong, pronounced as chi kung is an ancient art form that involves the health care system that integrates the breathing techniques, physical postures coupled with a much focused intention in mind.

The first sound represents the life force or vital energy that flows through all things and the second sound represents the cultivation of that energy.



## **The Background**

This system is practiced to create a complete and balanced health maintaining body system, healing ability and increasing the vitality of an individual. Sometimes looked upon or referred to as an art form for martial arts movements, medical processes or simply as a spiritual art form.

All three areas consist of basic similarities like, postures which may be classified as moving or stationary, breathing techniques and mental focus.

The soft qi gong style of this art form can be adopted for use by almost any age group. It is however more popular with the older generation simply because of the non vigorous style it portrays and uses. The idea is to increase the Qi levels, circulate it well through the body of the individual for the cleansing and healing purpose.

Most of the standard movements are quite easy to follow and can be achieved through a committed sense of practice.

Most exercises don't involve the meridian system and also don't emphasize on the breathing techniques are being of utmost importance but Qi gong does.

This is because in order for the individual to gain the complete essence of Qi gong the breathing techniques play a vital role when coupled with the movements required.

The general benefits of taking up qi gong is that the gentle rhythmic movements help to reduce stress, build stamina, increase vitality and

build up the immune system to stay at optimum levels as much as possible. Most people who have taken up this art form attest to the fact that they have gained a certain level of vitality and new lease in life.



# Chapter 2:

## *What Positive Effects Qi Gong Has On The Mind, Body And Spirit*

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### Synopsis

The ultimate goal of practicing qi gong should be with the intention of achieving a state of well being where the body is strong, healthy, vital, and well balanced.

As for the mind achieving the state of increased energy, sharpness and a sense of general relax and calmness with one's self and the surroundings is the goal. All this will contribute to the strength of the immune system which in turn will help to keep negatives away.





## **The Advantages**

If one is impatient for fast results of perfect health then this is not a good way to go as qi gong is really about strengthening the whole body system by addressing the details of the underlying cause of illness and by treating the specifics involved at the root levels.

All this is done without any medicinal side effects. Some of the expected outcomes supported by the practice of qi gong on a regular basis are as listed below:

- Limits the stress buildups
- Decreases the possibility of experiencing fatigue anxiety and frustration
- Enhances self confidence
- Allows for positive personal growth
- Prevents illnesses and reduces the levels of chronic pains
- Improves the immune system
- Allows for better control over physical and emotional distress
- Heighten levels of awareness and concentration
- Energizer in both athletically foray and intellectual deviling
- Better sleep patterns
- Generally a better zest for life

A lot of scientific research has been done on the merits of practicing qi gong and it has been favorably noted as the most holistic approach to the complete well being on the practicing individual.

Deceptively easy looking is not an advantage because once learned it really is easy to follow.

The basic elements of moving the qi energy is what makes this different from most other “exercise” rituals.

The benefits to the circulatory system and gently relaxing the joints and tendons while connecting spiritually is where the success of this technique lies.



# Chapter 3:

## *Qi Gong Immediate Energy Techniques*

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### Synopsis

Most people who decide to take up qi gong do so with the intention of either restoring their health to its optimum level or to ensure the continuity of good health conditions.



## **Boosting Yourself**

Most qi gong practitioners attest to the fact that they are able to experience very fast connections with their energy source and draw from it successfully.

These movements exercised in qi gong utilize the body, mind, and spirit to develop the vital energy which increases the health and longevity while also raising the consciousness of the spirit. This connection is very important for the energy source to be able envelope the complete being.

In order to be able to harness this energy the breathing techniques are used alongside the total concentration while engaging the body in the various set physical movements. This then brings the body's defense system through this energy to its optimum levels to allow the body to defend itself against the environment.

Depending on the energy levels reached, some people attest to the fact that as the physical body becomes stronger so does the mental state of the individual, thus further enabling a higher level of brain power to be used.

Technically there are three type of energy that the qi gong practice releases. There is the essence energy which is Jing, then there is the vital energy which is Qi, and lastly there is the spirit energy which is Shen. These energies are harnessed through the use of shapes and

postures with the intention of creating an ideal balance between all the energies so that optimum physical and mental health can be achieved.

In doing qi gong regularly and under the guidance of an experienced teacher the individual is taught how to connect, build, circulate, and direct the individual energy.

The blockages of energy caused by various reasons like physical trauma, mental trauma, spiritual trauma, toxins or stress is where the energy is thought to be trapped. These blockages can then be removed successfully with the qi gong techniques.



# **Chapter 4:**

## ***Stress Management With Qi Gong***

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### **Synopsis**

While most stress management styles call for the quieting of the body and mind by either seeking a quite place and sitting still or by listening to relaxation inducing music to create the ideal environment to encourage meditation, qi gong works in quite different ways.



## **De-Stress**

The qi gong technique does not require the individual to be in a meditative state rather it requires the individual to perform certain set movement patterns. There are basic meditational effects of breathing that are couple with the different movements which encourages constant inhaling and exhaling.

The qi gong techniques of coupling breathing and movements is what gives the individual the necessary mind set and physical calmness to manage stress well. The sessions normally encourage the individual to practice a few basic movements to “prepare” the person.

The first few steps include the breathing and meditation exercises to correct the body posture and to relax the muscle tensions. The breathing will then encourage the flow of qi through the body and in doing this the blockages will dissolve.

This will then create the circumstances for the body to be able to control and calm the mind, and at the same time reducing the production and flow of thoughts. Practicing this control technique will eventually calm the activity of the mind and thus reduce the stress factor.

These movements and breathing exercises also stimulated the respiratory system, revitalizes the metabolic rate, and invigorates the blood flow conditions. All of these contribute one way or another to the body's well being and when the body is good so will the mind be. The body will not cause the mind to be unduly stressed over its condition which is a bonus when the mind has to already have to deal with extenuating external factors.

# **Chapter 5:**

## ***Restoring Physical Vitality***

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### **Synopsis**

The qi gong art form consists of physical movements, meditation, creative visualization, and breathing exercise which contributes to the cultivation of vital life force energy. This in turn ensures better health conditions, heightened energy levels, and longevity.





## **The Power Within**

Some studies have shown that even short term practice of qi gong has shown positive results, but of course when embarking on something that is going to bring the body to its best condition should be taken as a long term endeavor.

Basically the individual is encouraged to explore the different facets of this art form which include energy boosting, restoring of physical vitality, balancing the emotions, and calming the spirit. Ideally when this level is reached in every session the ultimate goal of physical vitality is also gained.

True vitality comes from within the natural workings of a healthy body system. Though resorting to outside supplements is also a possible way to go, if the body condition is not receptive then any attempt to create vitality is wasted.

Therefore the addressing of the holistic mind and body and spirit issue is what needs to be understood in qi gong.

Qi gong teaches the individual how to work the qi energy through the meridians of the body system to unblock whatever is in the way, so that the positive energy can flow freely and in a balanced fashion.

This energy also causes the blood flow to improve and with this all the different connective organs are able to function well. The qi energy derived from qi gong techniques also loosens the joints, tones up the oxygenated muscles and relaxes the nervous system.

All of these factors in one way or another increases the physical vitality of an individual progressively and assuredly.

An optimum positive health condition leaves the individual with peace of mind to concentrate on enjoying life fully and satisfactorily.

This new lease of vitality also enables the individual to look forward to the longevity elements promised in practicing qi gong.



# Chapter 6:

## *Balancing And Healing Emotions*

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### Synopsis

When it comes to balancing the health system of an individual by addressing the root causes of ailments, qi gong is a wise choice to put into practice.

The physical, emotional, and spiritual elements are definitely addressed holistically in the quest to reach optimum health standards. All this is done through the smooth and precise distribution of the qi energy found in all living entities.



## **The Equilibrium**

As this system supports the balancing of energy imbalances, the body is then able to start the restoration and healing process of optimum functioning internal organs and systems.

It is interesting to note that the emotions elements are not necessarily stored the brain, but can be found “stored” in various organs in the body. For instance, the liver stores anger, kidneys hold fear, the spleen holds worry, and the lungs hold grief and sadness and repressed emotions are in the heart.

In most ancient art forms, emotions are not considered good or bad. The problem is how to handle these emotions without causing the buildup of any negative elements with the mind, body, and spirit. Qi gong teachers how to ensure this negative energy does not cause any blockages or toxins in the body system.

The following are possible steps to emotional healing the qi gong way:

- Relax and focus on breathing deeply for a few minutes before commencing the routine movements
- Slowly bring the attention focus to the chest and lungs by using the senses to fully feel the internal system and networks of the body
- Upon achieving this phase commence the slow moving qi gong exercises while still maintaining this frame of body and mind.

Sometimes the individual is encouraged to focus on different but specific emotions with each practiced breathing and corresponding movement. Once seasoned in these techniques, the individual is then encouraged to explore further positive emotions too.



# **Chapter 7:**

## ***Brining Your Spirit To A Calm Place***

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### **Synopsis**

Integrating the work of the body, mind, and creative spirit in what qi gong is all about. Bringing harmony to each of these areas will promote holistic wellness within and around an individual practicing qi gong.



## **Becoming Quiet**

The use of qi gong in the individual's lifestyle is to promote a meditative state of movements that involve the conscious mind, memorizing a set of intended movements while concentrating on connecting with the inner body. The subconscious mind is also made acutely aware of the intuitive state, creative motions, and interactions.

This intended structure of movements should bring about the harmonizing of the body, mind, and spirit to induce calmness from within. Learning and practicing these qi gong techniques will enable the individual to seek solace in this calm state at any given time.

The experienced teachers and practitioners of qi gong believe in the process of guided imagery, body awareness, and creative expression to bring about joy and wonder.

This creates a “dialogue” between these elements from a “deep place” which can be achieved with the calmness of mind set previously mentioned.

Qi gong helps to eliminate the excess energy or negative energy and aggression in a positive way. It also allows the “noise” or busy mind condition to be controlled or reduced to a level where calmness can be achieved.

These changes stimulate the hormonal and neurochemical systems in a most therapeutic way while it lulls the body and mind into a state of calmness.

Besides teaching breathing coupled with slow moving exercises, qi gong also encourages the self observation of feelings and how to let go of those feelings during the sessions, thus effectively teaching the individual how to gently get rid of stress and replace it with calmness. The slow moving routine is all about letting go and leaving be.



# Chapter 8:

## *How To Practice Qi Gong Effectively*

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### Synopsis

Like any art form qi gong needs to be addressed and practiced with care. The initial excitement of wanting to try qi gong and the idealistic connotations tagged to it may create an over enthusiastic individual who fails to take the time to understand the fundamentals of qi gong.

There are very real risks involved if the individual does not achieve the required state of meditation before the session commences.





## **Doing It Right**

As the main goal of practicing qi gong is to strive to produce a state of qi harmony and a stability that embraces spirit, mind, and body, thus keeping the mind in a peaceful and relaxed state is important.

Here are some suggestions as to the initial levels the focus should be upon:

- In a sitting or standing position, try to find the centre line, meaning the head, spine should be inline. Then move the arms very gently overhead back and forth without disturbing the previously achieved rotted position. All this while strive to stay calm and relaxed. The more acute the state of relaxation the better the results of the qi gong exercise.
- Strange as it may sound, try to focus on one single thought. In qi gong the eyes are encouraged to “follow” the mind’s train of thought. In doing this it is hoped that the pattern of the eyes leading the thoughts while the thoughts build the mind will be formed, bringing light to the mind.
- Keeping the head position in line with the spine while attempting to do some of the set movements is crucial to helping the qi elements flow well.
- Calm the mind by eliminating unbalanced and irrelevant thought patterns. Find the middle balance of the qi. Draw of the positive energies emitted during the qi gong movements.

# Chapter 9:

## *The Healing Sounds That Accompany Qi Gong*

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### Synopsis

Sound is a fairly new element being associated with the healing process. It's a known and accepted fact the sounds effect people in many different ways.

There are some sounds that are considered relaxing, some annoying and some simply termed as rubbish. All these different sound have at some point or another been researched as having certain impacts on the body and mind of an individual.



## **Things That Help**

So it should not be surprising to note that qi gong also has its own purported sounds that have inducing elements. Claimed to be 100% safe and effective, these sounds don't have the origins that like it to electronics; they are not downloaded, burnt, or made into a compact discs. They are self created. They are also referred to as the eight healing sounds of yin style bagua.

These sounds that are self made are supposed to complete the health and well being of a particular body organ which is being the focus of attention at the time of a qi gong session. Qi gong is one of the ancient art forms that combines sounds and vibrations from the sounds made, breathing, and visualization to heal the body and mind and spirit.

Using the same principal to address all the other areas in the body system, the individual is encouraged to pick a syllable or a sound comfortably made and continues vocalizing that particular sound continuously.

Of course during the duration of creating the said sound, various distinct differences can be heard due to the lung capacity and vocal chords of the individual. The emotional state also has a role to play in these sound producing styles. All these variables which are caused by several connecting factors are beneficial and healing only for the individual making the sounds and not for those around. That is one reason the insistence of total concentration is pressed upon.

# Chapter 10:

## *Possible Side Effects Of Qi Gong*

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### Synopsis

Taking the time to research and decide if a particular interest is suitable is very important before embarking on the choice made. As in everything that affects the body, mind, and spirit, this philosophy should be followed.



## **What You Need To Know**

Even though qi gong can be practiced with information gotten of the internet, books or from other sources, taking supervised sessions from experienced instructors is a better and safer choice to make. There are no real side effects from actually taking up qi gong, if it is done correctly, but it is possible that with impatience and changing the methods or movements even slightly serious repercussions can unfold.

Deviating from the normal qi gong practices can “confuse” the internal qi which can then bring about very unpleasant side effects. Some of the more common side effects resulting from these deviations are dizziness, headaches, nausea, ringing in the ears, and shortage of breath, distention, and complications in the chest area. There have been cases where the individual had to seek emergency medical treatment because of the deviations practiced.

Constant supervised sessions by experienced qi gong instructors are required in order to strengthen the ligaments and inner body structure. Going too fast through the different levels or movements can also cause problems like tiredness, headaches, unbalanced feelings or an aggressive or euphoric state, all of which are unpleasant and undesirable and certainly not what the individual anticipated when deciding to take up qi gong.

With the presence of a trained and experienced instructor, a student's posture, movements, breathing or mental state can be corrected instantly so as not to effect or confuse the qi flow with the body system. It would also be prudent to pay attention to any changes that occur after starting a few sessions of qi gong.

# Wrapping Up

Both China and the U.S.A. have hosted conferences for academic exchange of qigong exploration. Qigong has been demonstrated to better posture and respiration, induce the relaxation reaction, and induce favorable changes in blood chemistry, and better self-awareness and concentration.

Research indicates that Qigong might be beneficial for Asthma, Arthritis, Cancer, Cardiovascular Disease, Chronic Fatigue, Fibromyalgia, Headaches, Pain, and a broad assortment of common ailments. External Qi Healing is good for the same range of illnesses as acupuncture.

