

Building Qi – Wisdom Qigong: Healing in the Qi Field

by **Dashi Chu Kocica, A.P.**

Rated the number one Qigong in China in 1997, Wisdom Qigong (also known as Zhineng Qigong or Chi-Lel Qigong.™) reports a 95% overall effective healing rate in treating over 180 diseases, all without medicines or special diets, just plenty of exercise, love and Qi.⁽¹⁾

In June of 1997, I traveled to China to experience first-hand the remarkable healing results reported at the Zhineng Recovery Centre in Bedaihe (4 hours from Beijing), the world's largest medicineless hospital.⁽²⁾ The centre had conducted a study of 7,935 cases, using modern diagnostic tests before and after the 24-day sessions to verify the healing results of Qigong. The results were impressive: a 95% overall effective healing rate in treating over 180 diseases, all without medicines or special diets, just with plenty of exercise, love and Qi. From that total, 15% included miraculous cures with the total remission of “incurable” or terminal diseases.

I first learned the main form from a video by Luke Chan and was excited to get healing results within ten days. I knew I had found the style of Qigong I wanted to teach. After taking his weekend workshop, I decided to visit China that summer to do a teacher training.

But my interest was not only professional: I also was looking for a personal miracle to cure myself of a partial hearing loss in my left ear. Since 1994 when I was in acupuncture school, I began to have periods of “stiffness” in my ear, with a loss of hearing, until my ear “popped”, similar to what happens to you when you are in a plane that changes altitude. There was no visible trauma to my ear, so the cause was unknown. Three and a half years later, the condition became permanent, with a 50% hearing loss that was not helped by acupuncture or Chinese herbs. I was desperate to find a solution. So I resolved to use my own body to test the effectiveness of Wisdom Qigong.

When I arrived at the training centre in Qinghuangdao (formerly an army barracks), I found out there were no classes offered in English. Fortunately, the centre assigned an English-speaking teacher for me and two other foreigners who arrived independently. We followed the regimen of 8 hours of Qigong a day, beginning at 5.30am and ending at 9pm, with time off to eat and rest. During the month, I learned a total of 27 forms, (Level I to III) which were both physically demanding and challenging; I was grateful to have a background in anatomy and biomechanics, plus many years training in gymnastics, sports, dance and yoga to draw upon. After an initial week of feeling exhausted, I observed how my energy and stamina increased. I was making great progress in learning the forms, but there was absolutely no change in my hearing.

Two days before the end of my 24-day session, there was a very special event; the World Wide Full Moon Meditation, personally led by Dr. Pang Ming. This 9pm practice was synchronized with every time zone in the world so that 10 million Wisdom Qigong practitioners could form a world-wide healing Qi field. When everyone gathered on the open field, I was surprised to discover that there were over 1200 people at the training centre. We practised the foundation form, Lift Qi Up, Pour Qi Down, not for the usual 30 minutes, but for nearly 2 hours. I had high hopes that, on this auspicious night, I would have a spontaneous remission of my deafness. But after the practice was over, I had to return to my room accepting that my very best efforts and determination had not produced the desired result.

The next morning I awoke to a healing crisis. My nose was completely stuffed and my tongue covered with a thick white coat. While repeatedly blowing my nose, my ear suddenly “popped” and my hearing was instantly and completely restored to normal! I was overjoyed at my good fortune, and especially grateful that I could now go home with a success story, personally testifying that a “miracle of natural healing” is possible through Qigong.

THE WISDOM QIGONG SYSTEM

Wisdom Qigong is an eclectic system of medical Qigong developed in the 1970's by Dr. Pang Ming, Chinese and Western medicine doctor and Qigong Grandmaster. Having studied with many masters of martial arts styles, he incorporated elements from Qigong and different martial arts styles with the goal of creating a system of easy-to-learn forms that are highly effective and safe to practise without the direct supervision of a master.

Belief in Qi as a Cure for All Ailments

What greatly impressed me about the Chinese practitioners was their absolute belief and dedication to not only conquer their disease, but to go on raising their practice to new levels of fitness and health and become teachers or volunteers in the hospital. The sentiment, “I’d rather die fighting, than to stay at home waiting to die,” is often expressed in the healing testimonies from the Recovery Centre. Their unshakable belief in the healing power of Qi is the fuel that empowers the individual to take charge of their health. Unlike western hospitals where doctors tell patients to get plenty of rest, take drugs and have surgery, here the prescription for healing was eight hours a day of Qigong exercise. Instead of doctors and patients, there were only teachers and students, who were taking an active role in their recovery by learning self-healing methods.

The Importance of the Group Energy and the Healing Qi Field

Every practice begins with the creation of the “healing Qi field,” a specific method to connect the energy of the group. This is accomplished with deep relaxation of the body and synchronizing minds with a series of healing thoughts and visualisations. The leader assists by helping to connect the collective group energy to the Universal Qi (Guanyuan Qi). In the field, more Qi is made available for individual and group healing. When practising alone, the practitioner can still access the group healing Qi field by connecting mentally to Dr. Pang, their teacher and other practitioners.

Entering into the Qigong State

Through the deep relaxation of body, mind and breath, with the attention turned inwards, one enters into a state of homeostasis or balance where the body is in its optimum state of healing and repair. Once the Qi circulation is activated and balanced in all the meridians and organ function is harmonised, the underlying conditions of disease – stagnation or obstruction of Qi – can be corrected so that the body heals itself.

Collecting and Exchanging Qi for Self-healing

The four forms of Level I are the foundation of the Wisdom Qigong system. They are called “open forms,” since they allow for the collecting and exchanging of Qi. This ability to move Qi in and out of the body creates the potential to eliminate bad or “sick” Qi and to access an unlimited supply of Qi from the Universe. It is the reason why Wisdom Qigong has such remarkable healing results.

Qi Moves the Body, Mind Moves Qi

The forms activate Qi circulation in three ways:

- 1 By touching or focusing on ENTRY/EXIT POINTS (special Qigong points where Qi can enter or exit the body);
- 2 THE BODY MOVES AND DIRECTS THE QI: the physical movements of the form that move Qi in the meridians;
- 3 THE MIND MOVES AND DIRECTS THE QI: visualising “blue sky” (this sends the energy out of the body) and visualising the “body” (this brings Universal Qi into the body).

Qi is a Cure for All Ailments

The open forms are complemented by the “closed forms” of Levels II & III. The movements and visualisations achieve specific healing effects by normalising Qi circulation in the meridians, balancing Yin and Yang, and promoting the normal function of the organs. This generates an abundant supply of Qi, removing all impediments in the channels, and sends Qi to target areas to nourish and revitalise all organs and parts of the body.

Emitting Qi to Oneself

Throughout the form there are movements to “gather Qi” from Earth, from Heaven, and around the body (one’s energy field) and then direct that Qi towards oneself for self-healing. Even when the practitioner is unable to execute certain movements because of lack of flexibility or coordination, the “mirroring” of the body movements with the visualisations will direct the Qi through the meridians.

Emitting Qi to Others without Depleting One’s Own Qi

Once the practitioner understands how to synchronise body with mind, or movement with intention, it is a simple matter to apply this principle to healing others. However the rule of practice in Wisdom Qigong is that the person emitting Qi is only facilitating the exchange of Qi. In this way, the healer is protected from depleting their own Qi, as well as from taking on bad or sick Qi from the patient.

THE THREE LEVELS OF WISDOM QIGONG

Level I (4 forms): Healing any Disease in the Qi Field

These open forms allow for the collecting and exchanging of Qi for powerful self-healing. The foundation form, Lift Qi Up and Pour Qi Down, should be practised daily, even when one learns Levels II & III.

Level II (10 forms): Body Mind Method

Each form targets a different part of the body with a range of movements which deliver and assimilate the Hunyuan Qi into the joints, muscles, tendons, ligaments and fascia. It fosters physical fitness, flexibility and strength and rejuvenates the body.

Level III (13 forms): Five Organs Qigong

Level III goes even deeper, delivering Qi into the five Yin organs (Heart, Spleen, Lung, Kidney and Liver) to promote healing and normal function. Each form named after the Yin organ has an associated Five Element emotion, healing sound and hand figure (or mudra) that helps “Qi arrive.” Finally the Qi is stored into the Hunyuan centre (a special reservoir for the five Yin organs), and in the 13th form, a return to Oneness occurs as the individual’s Qi merges with the Hunyuan Qi.

References:

1. The 95% overall effective healing rate is based on the sum of 15% complete cure, 38% very effective, 42% effective, (5% reported no improvement or worse). Total number of cases, 7,935. 1997: 101 Miracles of Natural Healing by Luke Chan, Benefactor Press, Cincinnati, Ohio.
2. Subsequent to the 1999 Chinese government ban on Falun Qigong, both the Zhineng Recovery Centre and Training Centre were closed in 2001.

To learn more about...

Wisdom Qi Gong, why not come to LCTA’s Qi Gong course on Wednesday, Friday or Saturday evening or join our Qi Gong Therapist course – new from September 2007. Call 020 8369 5733 for more information.

May 19-21, 2007 3-day Retreat in Germany

WISDOM QIGONG: Level I with Dashi Chu Kocica, AP

Visit www.asianhealingarts.org

The following references on Wisdom Qigong in English are available at www.asianhealingarts.org

Books:

101 Miracles of Natural Healing by Luke Chan
Body Mind Method by Frank Chan
Elementary Guide to Zhineng Qigong by Ooi Kean Hin
Life More Abundant by Xiaoguan Jin (Buy on www.amazon.com)

DVDs/Videos:

Level I- 101 Miracles of Natural Healing by Luke Chan

Level II- Body Mind Method by Luke Chan

Level III- Five Organs Qigong by Dashi Chu Kocica

For information on Wisdom Qigong & Retreats visit:

www.asianhealingarts.org

www.chilel.com

www.chicentre.com

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Dashi is an Acupuncture Physician from Miami and China-certified Qigong Instructor specialising in Asian Healing Arts. She teaches and lectures on the healing benefits of Qigong, Taiji and yoga at home and abroad and is author of 8 DVDs/ videos on fitness and rejuvenation. Dashi is the Educational Director of the Centre for Bio Therapeutics in Miami.

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