

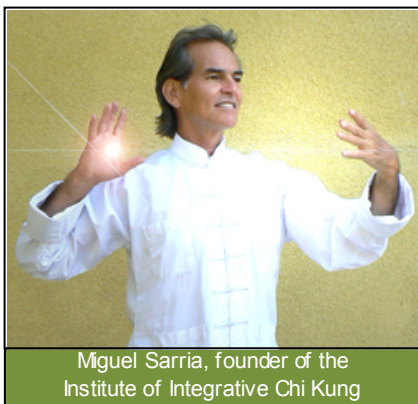
气功 Chi Kung—THE ART OF SELF-HEALING

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An ancient and wonderful art called Chi Kung, is now being reborn in the USA. Dating back 5,000 years Chi Kung is a human biological science that studies the flow of Chi (Qi), the Life Force, in our energetic body. This bio-electric energy is the foundation of Traditional Chinese Medicine (TCM), including acupuncture, acupressure, Shiatsu, martial arts and many other healing practices. Chi Kung science pervades all aspects of our physical, mental and emotional health, as well as our connection to the Universe.

THE ASIAN CONCEPT OF HEALTH

In Asia the concept of health is based on maintaining an abundant supply of Chi that smoothly circulates to all organs and parts of the body. Whereas Western medical science has been derived from the study of disease or pathology, Asian healing arts and longevity practices have always been based on the study of wellness: how to maintain an abundant supply of Chi and keep its flow balanced and free of impediments so that the body can function as a self-healing organism. In ancient China it is said that the doctor was paid so long as one stayed healthy, and when one got sick, the doctor would stop getting paid. Imagine how this would work in our modern healthcare system!



Miguel Sarria, founder of the
Institute of Integrative Chi Kung

Thousands of years ago, Chi Kung masters were able to go into a state of meditation and map out the 22 major energetic pathways (meridians) that connect the internal organs with over 600 acupuncture points on the surface of the body. They also developed Chi Kung forms for daily practice, a series of movements that utilize slow, graceful movements, deep breathing, and a calm mind to activate and circulate Chi within the body for powerful self-healing. Some Chi Kung practices are also static and rely on deep relaxation and visualizations to move the Chi.

Chi is produced in the human body through the metabolism of food and air (oxygen). In the same way gas is needed for a car to run, Chi is needed to promote the normal function of the organs and body systems. If Chi is deficient or its circulation becomes imbalanced, stagnant or obstructed, the basic bodily functions will be impaired, affecting the circulation of blood, lymph and body fluids, digestion, elimination, hormone production, and so on. Unless the body can maintain and repair itself on a daily basis, symptoms or disease may follow.

BENEFITS OF PRACTICING CHI KUNG

Health maintenance is the major benefit of practicing Chi Kung. Chi Kung strengthens your immune system and helps to prevent illness. It will improve your energy, vitality, fitness and

stamina and relieve joint pain. It improves the quality of your sleep, so you may not need to sleep as many hours. Digestion, elimination, circulation and all bodily functions may be improved. It slows down the aging process while improving memory, concentration and psychic abilities. In China many studies conducted on students practicing Chi Kung daily, demonstrate a significant improvement in their intelligence and performance. Chi Kung also plays an important role in the recuperation from illnesses, either as an independent self-healing modality, or as a complement to conventional treatment.

Since our emotional and mental states are directly linked to the circulation of Chi, Chi Kung is also highly effective for stress reduction and a balanced emotional state. In Chinese medicine, one of the functions of the liver is "spreading" Chi to the other organs. That is why Liver Chi stagnation is associated with negative emotional states such as anger, depression, stress and irritability, and it can adversely affect digestion, sleep and other functions. One of the most immediate benefits of Chi Kung is a feeling of calmness and well-being. Once the energy starts flowing smoothly, stress disappears and one experiences a state of inner peace. Many people report that Chi Kung naturally leads into meditative or spiritual states, and contemplation of existential questions about "who we are" and "why we are here."

THE CHI KUNG STATE FOR OPTIMUM HEALING

Through the deep relaxation of body, mind and breath, with the attention turned inwards, one enters into a state of homeostasis, or inner balance, where the body is in its optimum state of healing and repair:

1. Relaxation of body, mind and breath: Patterns of stagnation and blockages in the muscles, joints, organs and channels are released, breath is slow and deep;
2. Body directs Chi: The movements of the form send Chi down particular pathways or meridians and into the organs;
3. Mind directs Chi: The calm and focused mind spontaneously moves Chi to where needed or directs Chi to a target area via visualization.

In this manner Chi circulation is activated and balanced in the meridians, promoting harmonious function of all the organs and body systems, so that the underlying conditions of disease can be corrected.

HOW IS CHI KUNG DIFFERENT FROM PHYSICAL EXERCISE?

The beneficial effect of exercise on one's overall health and well-being has been well documented. However, what distinguishes Chi Kung exercise from Western exercise is the principle of the "3 regulations," the integration of body and mind with the breath. Since Chi Kung movement is always practiced in slow motion, maintaining the heart at its resting rate, Chi Kung exercise is capable of both conserving and generating Chi. Exercising in "the Chi Kung state" can increase circulation of Chi, blood and body fluids, improve organ function,

strengthen the immune system, oxygenate the blood, and even dilate the blood vessels, so that more blood is pumped with each beat of the heart.

In contrast, Western concept of fitness is based on raising and maintaining the heart rate at an elevated level. This means that the athlete needs to expend Chi to get the benefits of exercise, and afterwards, must recover from muscle contraction and lactic acid build-up. Today's standard practice in health clubs of working out on the treadmill while watching TV or talking to a friend, is a perfect example of how little importance is given to the healing benefits of the body-mind connection.

Lastly, since Chi Kung exercise is based on the organ-meridian system, the forms have been scientifically designed to move Chi along specific meridians, with a specific destination. Hence, a particular form may be practiced to stimulate and revitalize the kidneys; another form may focus on improving mobility of the spine and regenerating the vertebral discs.



Qigong form "Shooting the Bow"

THE DAILY PRACTICE OF CHI KUNG

The "*kung*" in Chi Kung means skill (mastery), the skill that comes from daily practice. Practicing Chi Kung daily is like pumping a well. In the beginning, you need to pump the handle many times before any water comes out. Then suddenly, just before the water comes, the handle becomes very hard to push down. This is a sign that the water is already being pulled up. With a couple more pumps, the water begins to gush out with such force that you can stop pumping for a while. Likewise, if we can get our Chi to flow abundantly and smoothly with our Chi Kung practice, then our body can create the inner conditions necessary for self-healing.

The daily practice of Chi Kung becomes even more important as we grow older, since our supply of Chi naturally declines with age. That is why Chi Kung is revered in China as the ultimate longevity practice.

GRADUAL HEALING vs SPONTANEOUS HEALING

Gradual healing, or the day by day improvements that one can experience with the daily practice of Chi Kung, is verified by numerous testimonies and double blind studies on the medical applications of Chi Kung. Using clinical measurement techniques such as thermography, blood pressure, ultrasound, electroencephalogram, electrocardiogram, and laboratory tests of blood and urine, Chi Kung has been shown to statistically out-perform conventional drug treatment in studies on hypertension, stroke and mortality, sex hormone

levels, bone density, and cancer, as well as to enhance healing results when combined with conventional treatment.¹

The second type of healing, spontaneous healing, describes the sudden, "*miraculous*" remission of a clinical disease or condition, such as a tumor, that cannot be explained scientifically. Modern medical science has no explanation for the numerous case histories that have been documented from Chi Kung and many other healing modalities ranging from prayer and faith to food healing.

These two types of healing are not necessarily exclusive. For example, gradual healing can lead to complete remission, or gradual healing can precede a spontaneous healing.

In 1991, the Recovery Center near Beijing (the world's largest Chi Kung "hospital") published their study of 7,935 cases, using modern diagnostic tests before and after the 24-day sessions to verify the healing results of Chi Kung. The results were impressive: a 95% overall effective healing rate in treating over 180 diseases, including heart disease, hypertension, cancer, and diabetes, all without medicines or special diets—just with plenty of exercise, love and Chi. Fifteen percent of the 95% were reported as completely cured of terminal diseases, verifiable with diagnostic tests.²

TAKE A CHI SHOWER EVERY DAY

We all have been educated that brushing our teeth every day prevents tooth decay. We all take a shower every day, but do we also take time to cleanse ourselves energetically? Stress has been shown to be the single most detrimental factor in one's overall health. Are you taking time every day to wash away all stress and negativity to restore your body to its optimum healing state? The length of one's daily practice will depend on each person's goals, with 20-30 minutes recommended for daily health maintenance, and more if one faces serious health challenges.

CHI KUNG AND INTEGRATIVE HEALTHCARE

Since the early 70's, China has successfully integrated western medicine with Traditional Chinese Medicine (TCM) and herbology. Patients can choose among hospitals that specialize in Western medicine, Traditional Chinese Medicine (TCM), or a combination of the two. Patients receive Chinese herbal decoctions prepared in Hospital kitchens and are taught self-healing methods in conjunction with their medical treatment.

¹ "Medical Applications of Qigong," by Kenneth M Sancier, Ph.D. [Alternative Therapies](#), January 1996, Vol. 2, No. 1

² *Results were as follows: 38% symptoms almost disappeared or greatly improved, 42% noticeable improvement in eating, sleeping and feeling good, 15% cured with symptoms disappearing and all diagnostic tests normal; 5% no change or worse. From [101 Miracles of Natural Healing](#) by Luke Chan. 1996: Benefactor Press.*

The future of America's healthcare system is in a state of financial crisis. Surely this could be remedied by shifting the focus to low-cost prevention and public healthcare, providing education in these proven methods of self-healing. The daily practice of Chi Kung can empower you to overcome stress, pain, and illness, and enrich your life by promoting life-long health, inner peace and spiritual growth.

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Miguel Sarria spent a year living in the northern Amazon on the legendary "Tepuis" learning from the natives the essence of our connection to nature. Since 1972 Miguel has practiced the art of ShankPrakShalana, Shiatsu massage and Macrobiotics. He is a certified instructor of the martial arts technique Kojosho and Shi-Pa-Sho Chi Kung, a certified instructor of Qigong from Supreme Science Qigong Foundation, and a Certified Pranic/Chi Kung Healer from the Institute for Inner Studies, Inc. in the Philipines. Miguel is the founder of the INSTITUTE OF INTEGRATIVE CHI KUNG.