

Essentially, the modern Man has learnt the art of harnessing the forces of nature for its benefit – the wind, ocean, and water all have energy. Their power and existence are acknowledged. Yet, the same modern Man has difficulty acknowledging the power and existence of another form of energy gifted to them, one that lies within themselves; that which the ancient Chinese have learnt to harness since millennia ago – the force of *Qi*.

Many are still sceptical. But *Qi* can be readily felt with the right skills. When harnessed for treatment and diagnosis, it easily guides the practitioner to the correct process to produce desired effects. All we need to do is to just learn to listen carefully, with our fingers and be guided by our instincts.

New *Qigong* medical students are always amazed that they can feel energy and movement in areas of the body that they touch daily, where they have never felt anything before. This is because they have NOT been looking with their eyes closed. They have not learned to 'listen' with their hands.

The body is in a constant state of flux, always seeking to achieve balance. *Qi* is pumped through the meridians to each cell to enable it to carry out its specific task. *Qi* is used to process food, produce blood, protect the body by attacking viruses, and repair injuries – all these to keep a healthy state of balance. When *Qi* within the body is out of balance we suffer from pain and illness.

qigongtherapy

Dr John Brazier, a disciple of multiple medical disciplines – modern Western and traditional Oriental – attempts to make believers out of sceptics.

A good medical *Qigong* practitioner is one who can feel the body's internal torsions and tensions, the heat and cold, and also the excess or deficiencies and blockages that inhibit the flow of *Qi* and thus make the necessary changes to help the body's innate immune system recover naturally.

I explained to one of my clients that the depression that she was feeling was caused by an energy imbalance. A depressive usually has slumping energy. He/she tends to look and talk downward; has stooped shoulders, and speaks with deep, slow and negative tone. This means the rising energy flow (in the conception meridian) is restricted which affects the bones and muscles in the chest cavity, placing extra pressure on the lungs and especially, the heart. If the heart does not pump efficiently, the emotional centre of the brain is affected by poor blood supply (Traditional Chinese Medicine dictates that the heart dominates our spirit).

Of course, this client did not believe a word I said. For the last five years she had been fed a concoction of drugs. The doctors explained that it could be a virus or her age or just "one of those things we all go through". I decided to show her one of the techniques I use to clear depression. I get the client to ground herself through visualisation (depression often makes people feel disconnected from everyone else). Basically she is to send roots down into the ground like a tree. It is actually an old martial arts demonstration technique to ground a person's body. If conducted correctly, it would be near impossible to move the person.

My client tried it and couldn't believe what was happening! She was planted to the ground, impossible to move. From that point on she agreed *Qi* exists. She couldn't see it or touch it, but she could feel it.

Rooting or grounding is simple and relies wholly on a person's imagination. The

stronger and more vivid the imagination the better it works. To prove this I usually get my client to stand and ask them to resist while I push them slightly. It is not a problem at all to move them. I would then ask them to imagine being a big tree with roots spread into the four walls. Then I push again. This time moving them is not so easy. They can practise through repetition and sharper imagination until they have roots in places limited only by their imagination. While so doing, they are to visualize the roots absorbing nutrients for growth and wellness.

To maintain a healthy body, we must absorb, store and use *Qi* in the best and most efficient way. The two main forms of *Qi* (*yin* and *yang*) are absorbed in two ways:

1. Earth *Qi* or *yin* is absorbed up from Mother Earth through acupoint K1 in the sole of the feet.
2. Heaven *yang* or universal *Qi* is absorbed through the top of the head at acupoint *Du 20*.

We also absorb *Qi* through good nutrition, breathing clean air and drinking pure water. In traditional Chinese medicine, *Qi* has many functions. It protects the body from invasion (viruses and colds). It is needed to produce and move blood around the body. It keeps the digestive system flowing in the right direction besides performing all of the actions in the diagram below.

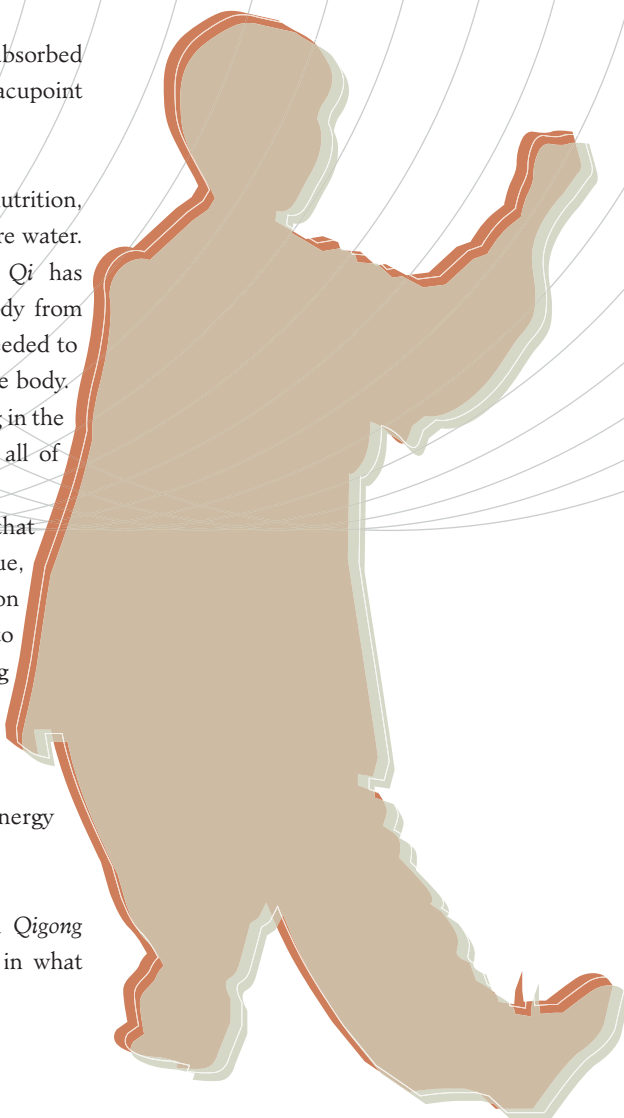
As you can see, it is no surprise that most of our clients talk of fatigue, depression, infertility, constipation etc. All have deficient *Qi* (burn out) to some degree. We often talk of feeling poorly. But do we actively follow *Qi* (or energy) building regimes, like breathing, good nutrition and simple brain function or energy building exercises?

When we become ill, the medical *Qigong* therapist will diagnose where and in what

way the imbalance of energy flow is, and what needs to be corrected. The therapist will gently hold a part of the body (an arm for a shoulder problem), and after a short while the arm begins to move. This indicates the body's natural immune system is trying to correct the problem. The therapist follows this movement and adds *Qi* to it thereby enhances a person's own natural recovery. This usually ends with the client feeling amazement.

I had a client who had just had a mastectomy. The hospital encouraged her to practise moving her arm so she could undergo radiotherapy within a week. But with *Qigong* it took just two treatments!

Knowing that my skills cover modern and traditional muscular/skeletal work, herbs,



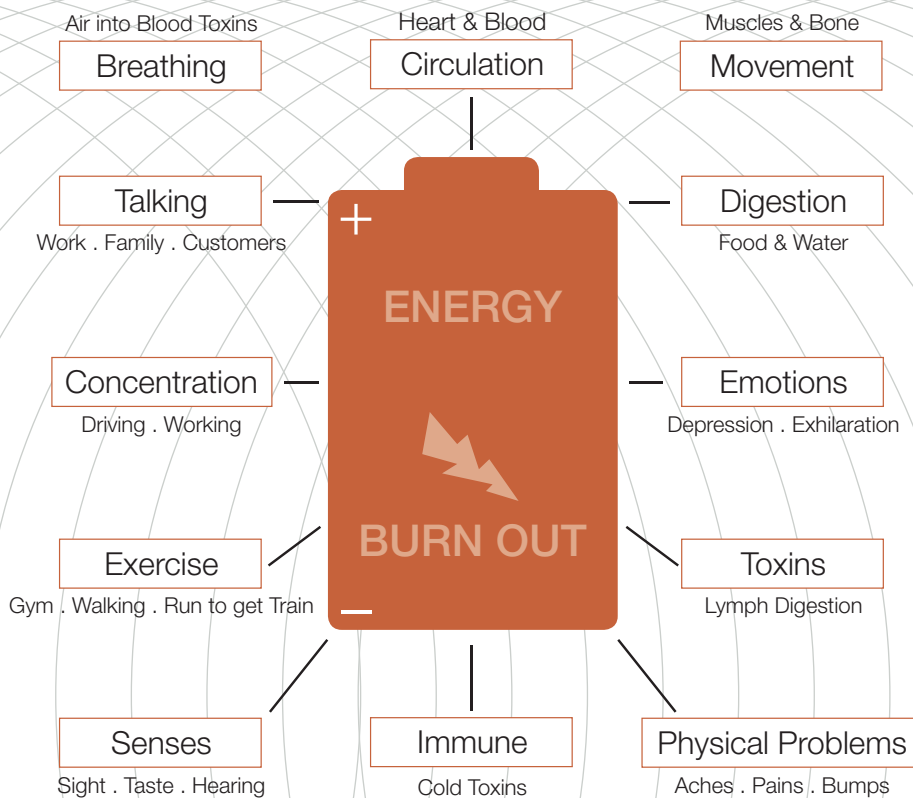
psychology, *Qigong* and acupuncture, a spa therapist once asked me to treat her. She did not specify her ailments. But before touching her I was immediately drawn to her kidneys. They felt tight and tense. She also had difficulty breathing. Using *Qi* I rested my hands on her back and let them float freely. After ten minutes, blood and body fluid started to flow, relaxing the whole area. Apparently, she had been suffering from a kidney infection and had been in pain for days.

The best word to use to describe *Qi* is INTENTION. *Qi* is the energy of intention. With intention everything is possible. Nearly all successes begin with an intention. Combined with knowledge, the client can be diagnosed. With the diagnosis, the therapist knows exactly where to go and what to do. A *Qigong* therapist must have an excellent knowledge of anatomy and physiology. So, when the client's body draws the therapist toward the pelvis, he not only feels it but 'sees' it as well. Once the problem is 'seen', the intention of what must be done is clear and a *Qigong* therapy session can begin.

In the case above, I was drawn to her lower back and kidneys. However, once I felt the tension in the skin, muscle, bones, ligaments, organs, blood flow and *Qi*, I knew I just needed to encourage *Qi* to flow freely again. I visualized that free flow in the kidneys, and the diaphragm pumping air into the lungs. I also visualized her vertebrae column relaxing.

A diagnosis can also be made using the traditional methods – feeling the pulse, observing tongue, palpation, temperature differences and by asking questions. Modern muscle testing systems give an even better view of the problem – the ligaments, bones, flows, torsions and tensions in the body.

I believe everybody has the potential to be a good *Qigong* therapist. It just takes *Qi* and a good trainer. Every therapist already



uses *Qigong*, whether he/she realizes it or not. A good trainer will help the therapist to link instincts with facts, and then build the confidence to see, listen and act accordingly.

The difference between a foot masseur and a reflexologist is education and an understanding of the holistic nature of the body. When a reflexologist finds a problem at the liver point of the foot, he 'sees' the state of the liver in his mind's eye, and thinks of the dysfunction that is happening there. This naturally takes his intention (*Qi*) up to the liver. The more he works the point to clear it, the more *Qi* is being focused on flushing and clearing up the liver itself.

By recognizing and feeling these internal connections (both energetic and physical) he can treat any part of the body. As his training advances, his 'sense of sight and

feel' becomes clearer, and he can then start to treat the body without contact. However, his own *Qi* must be strong, and that he does not deplete himself by becoming part of the client's problem. **sa**

