



Chi Kung Healing

by Damaris Jarboux, RN, HTCP

Chi Kung Healing (CKH) relates to two distinct areas: Clinical Chi Kung/Qigong, which is treatment by the healer, and Self-Practice, done by the individual and often recommended by the healer. As such, it is the only healing modality that is both clinical treatment and personal practice.

It should be noted that this work is also known by various other names, such as Qigong Healing, Medical Qigong, Qigong Therapy etc. For me, CKH has its foundation in Healing Touch (HT) as the basic HT forms are very similar in nature to basic/general CKH. Being a practitioner of HT for 28 years (when I first met Janet Mentgen, my teacher, mentor and friend) I greatly appreciate the beauty, simplicity and elegance of “therapeutic presence,” allowing the universal energies of The One, the formless substance of the divine, to move through us. If we are ‘called’ or drawn to do so, this foundation of HT can then be built upon using more meridian based assessment and treatment to deepen and expand the therapeutic effect.

This process uses the quantum or universal principal of “If you can name it, you can treat it.” If, through consciousness, you can assess exactly what the energetic imbalance is, then together with the consciousness and life force of The One, you can empower your client to catalyze a needed change. Ultimately, you are only limited by the questions you ask. So - like science - you keep refining the question. Learning to use the pendulum as a tool of consciousness (as I have taught even some of those amazing Chinese Qigong Doctors to do), you will receive a physical ‘read-out’ of the information consciousness is always willing to offer a ‘centered’ practitioner. This opens up a whole new world of sacred naming.



Damaris Jarboux is giving a keynote address “Deepening and Expanding Your HT Practice Through Chi Kung and the Divine Feminine” at The 2008 Healing Touch Program Conference.

CKH is a very holistic, integrated, energetic approach to health and healing. It is strong in prevention as well as treatment of illness and imbalance.

Although all symptoms are considered, Chi Kung Healers have ways of assessing the actual state of the energy-body which directs the treatment process as well as the individual practices recommended. This form of Chi Kung does not 'do to' someone, as much as it 'does with' them.

CLINICAL CHI KUNG - ASSESSMENT: Traditionally this is done in many styles (using hand scan and pendulum), often intuitively. For my work, it is reading these aspects of the energy-body:*

- The Chi Field (cocoon of energy around the body)
- Three Tan Tien / three core energy fields (within, and extending out from the body) at the head, heart and lower abdomen which hold the three core kinds of energy, Jing, Chi & Shen

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- Cauldrons (7 or more along the large central vertical channel, called chakras as they extend off the body)
- Eight extraordinary meridians (including the Master and Coupled points that rule them), the original infrastructure of the energy-body, large oceans of energy that the smaller channels draw energy from or deposit into
- Twelve organ meridians and their internal pathways, the smaller streams of energy that relate to the 12 major organs and all tissues through the 5 elements of nature in us
- All of the sets of points (along these two sets of meridians) that have many jobs to do, as points of consciousness, relating to balance, movement, cleansing, nurturing and storing of relative chi
- Twelve major organs, all other organs, endocrine glands and the hormones)
- Five sense organs (as windows to the outside world for the organs)
- Hara or "eye in the solar Plexus" (and to what degree it is open)
- Any extra (foreign) energy in the system (or affecting the system) that is not the person's own energy and needs to be safely dispelled (once named) as it will have an overall negative effect on the individual
- The balance of the Five Elements/Five Phases in relationship to each other, what's the affect and what's the elemental key that will restore balance once 'inserted' into the energy-body
- Energetic scarring (thickening) of any meridian's energy through life's many wounds that causes, to some degree, a "net" of obstruction over our spirit
- Need for retrieval of one or more of the 5 soul parts that usually reside in the 5 yin organs but that may have dis-associated from the physical body to 'live' in the world of spirit for safety

The assessment reveals an integrated picture of Body (physical/willing), Soul (emotional/feeling), and Spirit (mental and spiritual/thinking) - always reflected in the signs and symptoms the person is experiencing, but revealing much more - what is beneath them.



CLINICAL CHI KUNG - TREATMENT:

Both off-body and on-body, using the hands and mind, this energetic-based process stimulates movement of energy in the energy-bodies pattern revealed in assessment. Treatment can be very specific - targeted to points, meridians, organs, or areas blocked in some way - or more general similar to HT. Usually it is a combination starting with general movement/activation of energy in the field and body, (HT procedures which relax and deepen the state of consciousness) then specific treatment in areas causing imbalance, then general treatment again to re-harmonize the system, ending with some grounding method.

Knowing the symptoms can help, but usually the treatment and the practice recommended is related to a deeper assessment of the person which is done by the centered practitioner with the pendulum focused over the Heart Center of the centered client and by attunement (at-one-ment) plus really 'receiving' the person as they are in that moment. **WHAT IS HERE NOW?** To be effective -- treatment is always done from and through an alignment of the client's inner essence/ spiritual presence.

SELF-PRACTICES:

Chi Kung Healing always includes practice by the individual (both the person seeking help and the healer). This self-practice is considered the foundation of CKH because what you do for yourself has the most profound effects on the system and because daily practice is like daily self-treatment. Usually it is recommended to start with simple and general forms to help the system gradually start shifting the homeostasis to a

more balanced pattern. Then, if needed, specific practices are recommended to strengthen the constitution, temperament, or character (jing, chi, shen) through its 'weakest link' which is the 'key' to that person at that time.

While practice is the foundation, most people (especially if ill or weakened) will benefit greatly from some individual treatment to help name, understand and open (or lubricate) the most blocked areas so practice can proceed more smoothly. It is not necessary, but often desirable and helpful. The Chi Kung Healer will be able to watch the progress of personal practice through the assessment of the Energy-Body and be able to help tailor the practice forms as needed. This form of Chi Kung pre-dates what has become known as Traditional Chinese Medicine (TCM). It is usually simpler and has a strong basis in the classical Taoist understanding of the nature of all things with its roots in antiquity.



It is almost impossible to do Chi Kung Healing treatment or practice using an isolated, symptom-based approach, because you are always working with a whole person – body, mind, emotion, spirit. The practitioner is watching the individual's expression of energy (in wave or particle) through thought, words, sensation, emotion or body. They cannot be separated because they are superimposed. Most Western Chi Kung healers work with aspects of psychology as an integrated part of the healing process. They understand the dance between:

- Jing (the essence in full physical (particle) expression in our **body** and organs-our *power*),
- Chi (the life-force/vitality of essence pulsating through all the meridian streams and expressed in the emotions- our *energy/soul* level)

- Shen (the consciousness/spirit of essence (wave) expressed in thoughts and pictures through the many levels of the continuum of mind- our *light/spirit* level).

To many Chi Kung Healers these aspects of the energy-body are all material (just less and less dense) and are an expression/ manifestation of the non-material or spiritual aspect of all there is -- 'The One' in Taoism. They can help individuals receive this 'expression' of their own consciousness through their energy-body (in treatment or practice) by teaching them to be aware of their body's sensations, emotions, picture, meaning, and the need for observation or change. Although they do gather this information in their own way, they usually do not give it all to the client (as in psychic readings) but instead 'hold the space'/ the presence for the individual to develop this understanding themselves and thus be more empowered. They work with and through the client's own spiritual essence, which is expressed through that person's heart into the entire energy-body as their power, energy and light (consciousness) or as Jing, Chi & Shen.

About the author:

Damaris Jarboux- For 20 years was co-director of The Body-Energy Center in Boulder, Co with James MacRitchie where she has had a full time private practice/teaching program developing many programs for self, family care and clinical treatment.

She has taught Qigong, HT and her own Energy-Body Healing locally and internationally for many years to adults, parents of young children and teens in high school settings.

An RN for 40 years, she has trained in CKH, HT and Energy Medicine for over 30 years including a prolonged Asian trip and 4 extensive trainings in China.

One of the founders of the National Qigong Association (NQA) in 1996, she holds their highest certification, a Level 4 Teacher.

She now directs The Center Place in Boulder where she continues a full private practice, a 5-year training program in Chi Kung Healing & semi-annual retreats into The Divine Feminine.