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Qigong Counterparts FROM THE MOTHER CULTURE

**A GROUP OF MEDICAL QIGONG PRACTITIONERS FROM THE U.S.
TOUR CHINA'S QIGONG HOSPITALS**

This is a report on the first National Qigong (Chi Kung) Association *USA (NQA) sponsored trip to China last May to study medical qigong in the qigong departments of three of the biggest hospitals in Beijing (301 Army, Navy, and *Shi Yuan*), as well as with a widely known master of qigong healing (Miao Sheng). We did not go to China to be “overwowed” by the great masters of qi, but to see how our qigong counterparts from the mother culture are developing their science and skills. How are they using qigong to treat and help others? How are they teaching it? How are they integrating the qigong sciences into the health care setting of TCM and Western medicine? What are their struggles to get financing for research or special teaching programs? What are our similarities; what are our differences? What are they doing that might give us confirmation, inspire us or broaden our scope? What are we doing that comes from the same source, but has evolved in

the unique American atmosphere of individualization that they could benefit from in the same way? These questions shaped my purpose in setting up the trip, so it attracted explorers with those interests. It was a good reconnaissance mission and offered many of us an alliance or at least a place to go further.

We left Los Angeles and flew to Beijing as the protests at the US Embassy against the US/NATO bombings of the Chinese Embassy in Belgrade were roaring into full expression, Chinese Style. We had heard of the NATO bombings as we gathered in LA, but were unaware of the extent of the protests. This was our “saving grace” as we entered China in innocence. We were well prepared for the wrong crisis. At LA, I had passed out copies of the stories of the Falun Da Fa Gong and the recent protest at the government offices and discussed the situation. Then everyone threw their copies away so we would not be seen to have any association with this troublesome mat-

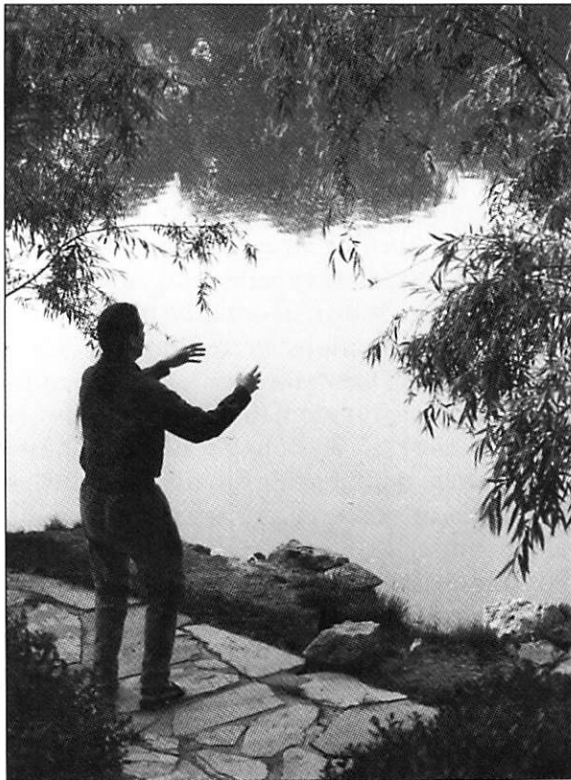
ter. When we arrived in Beijing, we were met by Professor Fang and Madame Hua Yuan of the World Academic Society of Medical Qigong (WASMQ) and four other teachers from the Beijing University (who would be our translators) who surrounded and whisked us off to our hotel. After settling in, I had a conversation with Fang and only then did I understand the full picture of the Chinese reaction, as well as the need for the seven talismen I carried from seven good friends. Still we felt safe, as American people were not the target of the protests. The next morning as we gathered for our daily "sacred journey" into Purple Bamboo Park for qigong practice, we were informed that the US State Department had issued a "traveler's warning" for US citizens in China. The second morning as we gathered, we were informed that the State Department had upgraded the warning and was requesting all US citizens to leave China and that flights to China from the US had been canceled the day before. As the leader of the group, I was torn between the awesome opportunity to experience and study Medical Qigong in its mother culture that was already beginning to unfold, and the responsibility for the safety and well-being of those placed in my care (and that of the NQA). Immediately, I knew there was no "right answer" I could analyze my way to. I knew we must "give it to spirit" and let spirit tell us what to do. We had a brief meditation and set the intention for the group soul. We would go to the park as planned, we would break into groups of 4-7, and proceed doing our practice but holding the question—"Are we safe here?" or "If I am not safe here, let me see it in the faces of the people I meet—let them show me the real atmosphere that awaits us in China." When we returned, we compared impressions and found that almost everyone had overwhelmingly been impressed with love, comfort and acceptance by all the people they met. The one who felt some discomfort admitted it was probably more from the anxiety he was getting from home than what was offered in the park. We met and drew an imaginary line on the marble floor (like the Alamo—my Texas roots snuck out). Those who wanted to go back would be given all the help possible from myself and WASMQ to get safely on a plane; those who wanted to stay must step over the line and abide

by the few extra restrictions we had already started, like not going out at night, being with a buddy if not in the group, etc. Everyone stepped over and I sensed I would have had to drag them out of China at that point. Thus our trip proceeded in a bubble of grace and protection, despite the drama that was hitting the US newspapers and evening news. "Papa Fang" led us from one incredible experience to another like the Pied Piper. When, in our little free time, due to the demonstrations we couldn't go certain places to shop, like "Silk Alley", he brought the shop owners to his room to show their wares. He knew we were safe all along because the Chinese people were not directing anything negative to the American people, just to government policy and politics.

Almost all of the 30 people on the trip had not only been doing qigong for a while, but most of them had gradually moved through the process of self-cultivation and healing to working with



Dr. Feng Lida from China emitting qi through a needle into the hand of visiting Dr. Rosalie Bondi who could feel a "warm tingling".



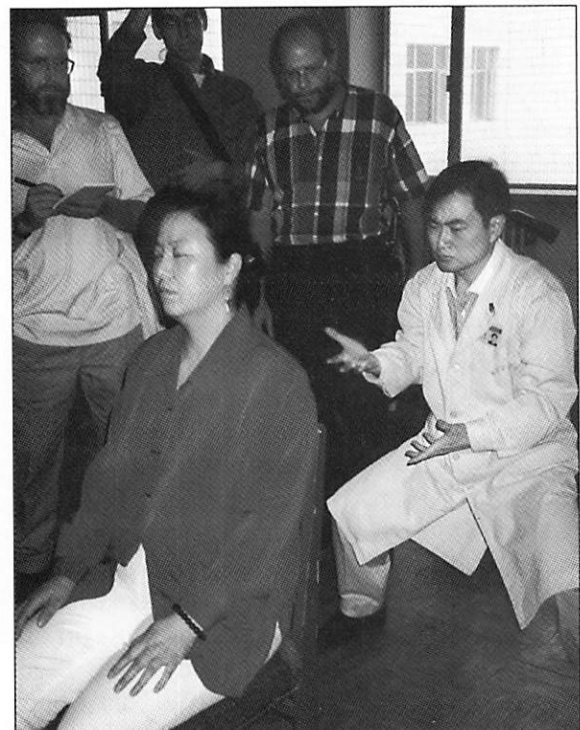
Donald Mead (NQA group member) does qigong in our morinig practice at Purple Bamboo Park.

others in various forms of Medical Qigong and healing. Many of them had similar perspectives and practice skills, so there was a common framework to discuss our “encounters with qi.” From the very first morning’s practice at Purple Bamboo Park, there was a picture building that can be best described as “returning to ‘Mother China’, the root culture of our qi awareness lifestyles.”

First we visited the qigong department at the 301 Army Hospital (Western Medicine) and were hosted by Dr. Huang Xiaokuan, M.D. and other Qigong doctors. We observed many qi treatments: lightly touching the body, qigong massage, work in the field and in the joint-field of 2-3 patients at once. We learned how they used the different energy of the hands: infrared (to increase warmth and circulation of qi and dispel “evil qi” and to treat deficiency syndromes), electromagnetic (to relieve pain and reduce inflammation), sonic/sound vibration from lower *tan tien* to hands (to improve circulation) and microwave for other specific treatments. Also we saw how they use their hands: 2 fingers (finger

needles) for meridians, one finger (middle) for acupoints, tiger claw and flat palm. They give practices that meet the patient’s specific needs: dynamic for joint disorders, relaxation for high blood pressure, lower *tan tien* for digestion, etc. They work in the 4 qi fields of: aura, external, internal and tan tiens with 3 components of qigong: posture, breath and mind. We were taught a great set of rooted Shaolin practices. The approach was fairly “jing” oriented with qigong practice, meditation, food to help the doctor because emitting qi takes lots of energy in your system. So if the problem could be solved with massage, then they don’t emit qi. As with all the qigong departments, they usually get the patients after they have tried Western medicine and TCM.

We were all interested in their use of the 8 extra-meridians as well as their perspective on the controversial Falun Gong, so we asked each group those questions in the afternoons when we were doing more discussion and questions that cut both ways. We received a similar answer on the Falun Gong; qigong is good for people so teaching it is good, as for the rest they had no



Dr. Huang Xiaokuan, director of the Qigong Deptment at 301 Army hospital treats patient for headaches and spinal conditions.

comment. The 8 extra-meridians are known about in TCM, but only the Ren and Du Mo are actually used in practice—this statement was consistent except at *Xi Yuan* where there was a broader understanding and a lot of interest in how we used them.

We experienced a very different scene with Master Miao Sheng and his troop of blueberry dressed helpers, and it took a bit of adjusting to for our Western minds. About the time we made the adjustment and everyone was ready to receive the teachings from this supercharged doctor/healer/teacher and tireless community worker, he was whisked away to deal with a mysterious crisis at his center in the north, but his head teacher did a wonderful job and Miao Sheng returned on the last day. Again we learned a great set of practices and compressed a 3-month training into a 3-day Miao Sheng Boot Camp (some people went AWOL). There was a vast amount of knowledge passed on to us about qi assessment and external qi healing as well as a vast amount of qi directed at opening our third eye and about every other part of our energy-body. This was consistent in each training (except Shi Yuan) as well as the many individual treatments people received from each team. I think we all came out the other end better off, but I know at times the effects of this qi barrage was questionable. The qi was always very tangible, even in Miao Sheng's calligraphy, which is hanging in my home still giving off good vibes.

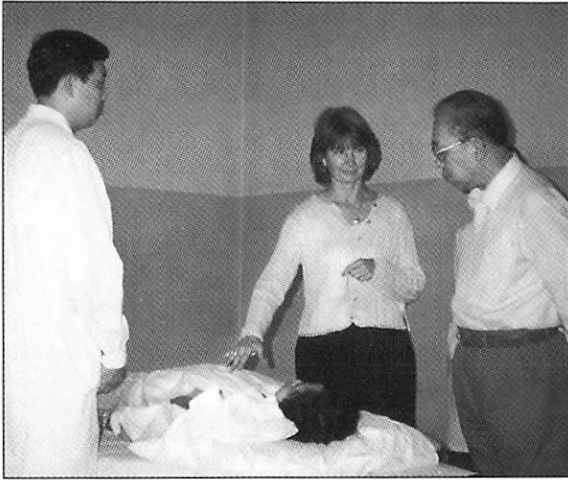
Our time at Shi (Xi) Yuan Hospital (Academy of TCM) was quite different and I think most people in our group were more at home there. Dr. Cai Jun, director of the Qigong Department, which has been operating a post-graduate program in qigong since 1987 and has been doing research in Qigong since the 1960s, expressed that we as a world community of qigong healers have to loosen our grip on Western Medicine and TCM ideas and models and find new ways of researching qigong and which forms are most effective for each disease. Many case studies were presented on the patients they were successfully treating. A woman with renal failure (bilateral atrophy) and hypertension since '95 (no response from TCM or Western Medicine after 3 years) who refused renal dialysis or kidney transplant is recovering well (lab work almost normal)



Drs. Li (staff doctor), Lin (head doctor), Cai (director), and Ge (staff doctor who specializes in pulse reading) from Xi Yuan Hospital's Qigong Department attended afternoon tea and productive discussions with the visiting group.

with qi emission from Dr. Lin He Qiang (head doctor) 2-3 times per week and qigong practice 2-3 times per day for 40 minutes. A man with a history of coronary (heart) disease and lower back pain is responding extremely well to Dr. Xhen (a tiny woman who has been a qigong practitioner for 20 years and a doctor in this department for 15 years) who is treating this with very physical qigong massage on the muscle and tendon meridians. These qigong doctors work very hard, see a lot of patients (about 1 hour each) and combine many qigong healing forms, including light and deep qi massage, needles, heat, manipulations of the spine, and many styles of external qi healing, as well as diet and fasting. They have all been qigong practitioners for 15-20 years and are in their 30s and 40s. They felt a variety of qigong forms were good to know and practice because different forms were taught to their patients for the variety of conditions they were treating. However, they all agreed that Taoist *Nei Dan*, often done as a standing posture, was the best foundation for qigong healers.

These qigong doctors were open and receptive to our input and enjoyed the lively discussions of the 8 extra-meridians, ways of diagnosis: the symptoms or the energy-body itself, the nature of *shen* and its connection to immunity and psychological issues, and the research they are doing in many areas. Doctors Cai and Lin, who are advanced Taoist practitioners, discussed with me

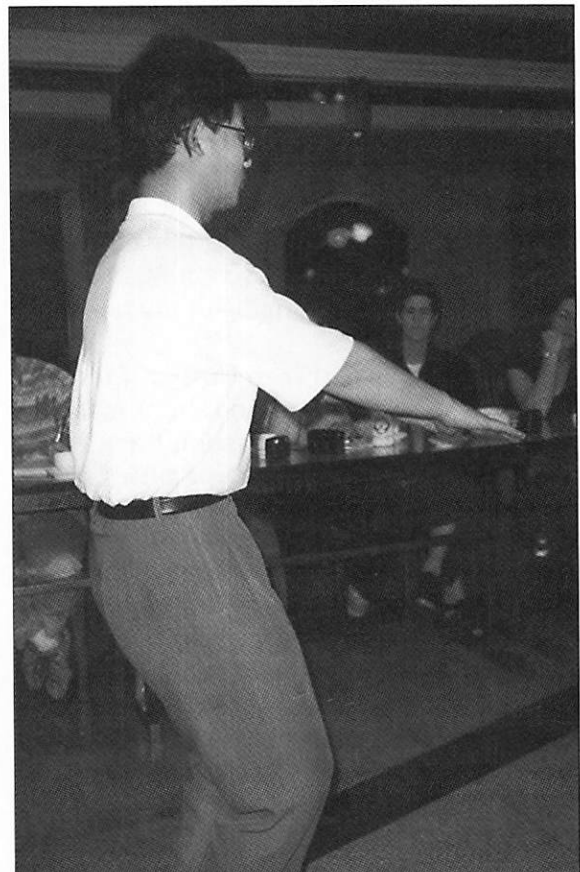


Professor Fang, Ting-yu (head, liaison dept., World Academic Society of Medical Qigong) and Dr. Lin He Qig (head doctor, Qigong Dept. of Shi Yuan Hospital in Beijing) discusses Damaris Jarboux's diagnosis of patient.

for many hours the state of qigong in the world and the coming changes, the use of *shen* in assessing and treatment, and the use of form and formlessness in treating patients.

They were so interested in our style of assessment that they set up a 'diagnosis comparison' with Dr. Lin, the head doctor, and myself, each assessing a new patient to the clinic that neither of us knew. In addition to pulse reading, he was using his hands to touch various places on and off her body to read her organs and meridians, *tan tiens* and fields. In addition to my hands, I was using a pendulum (a *shen* tool) which is something the Chinese have never seen or conceived of. They didn't know if I was going to start hitting the points with it or what. But because they could perceive the *shen* field formed when the heart transmits the information (emitted at the middle *tan tien* and 'read' there), they became immediately very interested. They correctly perceived that the *shen* of the healer receives the information and transmits it to the conscious mind in a 'material readout'—the pendulum. Their openness was a relief to me because the method is often scoffed at by Western qigong practitioners. But they were so fascinated with the 'tool of consciousness' that I gave each of them a pendulum and they are already doing research with them. Our diagnosis of the energy body was very similar, but from the different perspectives of constitution or symptoms. They

could tell there were things TCM and their qigong assessment can't read and later named several things they would like to learn from us, including how to incorporate inner work into the healing process to help the patient work with their own sensations, emotions and images. This opened the way later to demonstrate a simple treatment of the solar plexus and have them assess the system before and after so they could see for themselves how it changes everything in the constitution. Of course, this was both affirming and offers great potential for further exchange, which I will be developing as the third year of my qigong training program. Next May, I will take a group of my advanced students to Xi Yuan for more in-depth study in the many avenues of qigong therapy available there, and next fall my partner, Jim MacRitchie, and I plan to bring Drs. Cai and Lin to our qigong school at the Body-Energy Center in Boulder for the second half of our exchange. Their methods of

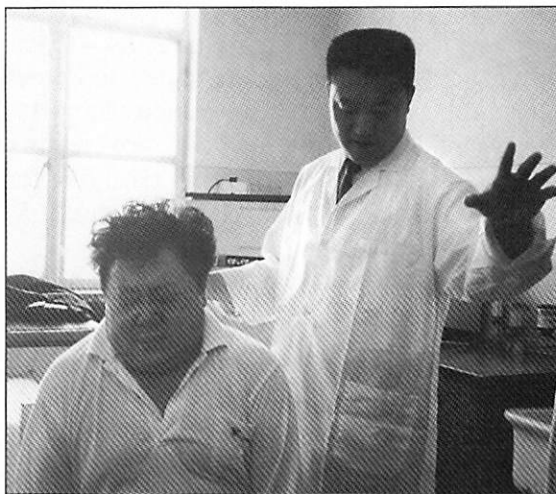


Dr. Li (staff doctor at Xi Yuan Hospital) demonstrates Qigong-Nei Dan for the treatment of Diabetes.

channeling universal/nature energy through themselves were very similar to ours. This was different from the more common method we saw of storing it all in *jing*, then giving it out. Of course, they emphasized strengthening *jing* and storing energy there as they teach all of their patients to do. Here most of us felt like we were “speaking the same language.”

The last place we visited was the Immunology Research Team of Dr. Feng Lida (the 74 year old champion of Chinese Medical Qigong) and the Qigong Department at the Navy Hospital (Western Medicine). One of the highlights there was Dr. Chen, the self-taught 45-year old Qigong doctor who has practiced 15 years, passed the tests and has been at Navy for 10 years. He emitted strong qi and even looked like he was plugged into a light socket. He practices qigong 5 hours per day (dynamic 3-hour a.m. and internal 2-hour p.m.), packs *jing* in and gives it out to heal his patients of acute and chronic disease. He assesses through body feedback and focuses his qi specifically (cell by cell) and in general. We saw a man with a very degenerated right hip joint who refused the total hip replacement offered by Western Medicine and had been treated by Dr. Chen for 54 days. After 30 days of daily treatment and patient practice, his hip joint was fully regenerated as evidenced by x-rays. Now he was at the end of the second month of treatment to fully recover his kidney strength.

Dr. Feng and her research team have been working for 30 years in immunology and for 20 of them in Qigongology. They have treated 40,000 patients (with a vast variety of illnesses) with qigong, but most of the research is in immunology. They found that in lab research, bacteria can be destroyed in 2-3 minutes, viruses in 10-20 minutes and cancer cells in 40 minutes. The research is still developing, but the overall cure rate is 25% for isolated cells, 10% for animals and still unknown for humans. The reason it is unknown for humans is that while they know qigong affects the immune cells (before qi treatment, these cells are often closed like buds and after qi treatment/practice, they are open and active—catching bacteria, viruses and abnormal cells), this creates different changes in each person. A lot has to do with the intent of the patient as well as the qigong doctor. Unfortu-



Dr. Chen from Navy Hospital treating patient with degenerative hip condition, which fully recovered with Qigong treatment.

nately, they don't usually get patients until all else has failed and the disease is in its advanced stages. What would the cure rate be if qigong were integrated into the treatment at the beginning?

What I understood from Dr. Feng is that chemotherapy changes the chromosomes of the cancer cells (so they die), but also those of all the other normal cells that divide at the same rate (so many of them die). That is consistent with Western Medicine's understanding. Qigong turns off the activity in the cancer cells so that the chromosomes change and the cell ages quickly, so it doesn't duplicate as fast. This happens to cancer cells normally, but the process is sped up, so it is easier for the immunity cells to successfully engage. Qigong also changes the chromosomes in the immune cells (WBC, T-cells, B-cells, NK cells, macrophage) and they become more active to gather the old cancer cells. So simply put, qigong doesn't kill cancer cells, it changes the chromosomes of cancer cells as well as immunity cells, so cancer cells get less active and immune cells get more active.

They are also doing research on the effects of qigong on the growth rate of sprouts (mung beans, sweet potatoes, tea)—an area researched in the US in the 1970s with *Therapeutic Touch*. In another project, they were so successful in showing they could make the long bones of mice grow, that they are now successfully working with Japanese children (tall is considered

more beautiful in Japan). The children come for treatment one week every six months—1 year during their early and middle childhood years to have their legs treated (lower body length is more desirable). This picture of science creating towering Japanese children was a hard one for me to feel sympathy for, but I guess science has many expressions.

Dr. Feng says that a qigong doctor/healer must: 1) have a good heart, 2) have knowledge of physiology, 3) do qigong every day, 4) find which method, of many, is for them. At the Navy Qigong department, the doctors must pass a test of knowledge and skill, but one of the most important things is that they regularly go to the qi test center. There they are tested (we didn't learn how) to see if their qi after treating patients remains at about 80% of normal value. If it drops to below 50% after treatment, the qigong doctor must go out to do more training. Since all the doctors must first pass the basic tests, the hospital is then more concerned with the doctors hurting themselves than it is about them hurting others.

As we step back from this first NQA China trip, we all have our own story, but one thing is consistent in all of the participants: we are all doing more practice. Not only are we doing more, but we are respecting our practice time, especially in nature, more. We all agree, it is the qi imprint we got by going to China. The NQA intends to run study trips to China on a regular



Photo on Page 16: 1st Row (from left to right): Dr. Cai and Dr. Lin from Xi Yuan Hospital; Dr. Huang from 301 Army; Hua Yuan from the World Academic Society of Medical Qigong, Master Miao Sheng, Dr. Feng Lida from Navy Hospital, author Damaris Jarboux, Michael Winn, & the Wild Goose Qigong teacher. 2nd Row: Ellie Coriell, Ryan Smith, Ellie Christianson, Deborah Marcantoni, Ann Meas, Kellie Shuck, April Young, Drury Spurlock, Professor Fang Ting-yu, Edith Torrance, Millie Guenther. 3rd Row: Amy Johnson, Sherry Bauer, Lynn Flance, Rosalie Bondi, James Garham, Sue Messenger, Kathleen Spellman, Mary Wright, Joan Desmet, Mr. Sin (Miao Sheng Helper). 4th Row: Sigrid Lott, Annie Roberts, Marty Pease, Scott Martin, Donald Mead, Liz Slusser, Bernard Seif, Cliff Levy, Janis Reichstadt.



Master Miao Sheng emits qi into calligraphy he has just completed.

basis. They will be a great opportunity to not just be a tourist, but to dip into this qi imprint from Mother China. You can receive information by calling (218)365-6330 or visiting our web site at www.nqa.org.

Damaris Jarboux RN, a Founding Board Member of NQA, is a Qigong teacher and healer with a full time practice at The Body-Energy Center in Boulder, Colorado. She offers a national 2-year "Chi Kung Healing" training program, a local 1-year introductory program, numerous 1-2 day Qigong programs for the general public, and an annual 1-week training in the Rocky Mountains. She co-directs The Chi Kung School at The Body-Energy Center with her partner James MacRitchie. Current program available by request at: Damaris Jarboux, The Body-Energy Center, 2730 29th Street, Boulder, CO 80301; Phone: (303)447-0484; Fax: (303)442-3141; Email: damarisj@earthlink.net. Website: <http://home.earthlink.net/damarisj/>