

# **Qigong - Feel Good & Improve Your Health Quickly**

**Get Started Today**



**By Limin Song**  
[www.easyqigong.com](http://www.easyqigong.com)

## Table of Contents

About the Author .....	2
Chapter 1 Qigong, The Healing Magic .....	4
Chapter 2 Qigong Concepts And Principles .....	7
Chapter 3 Why We Get Sick – The Qi Perspective .....	9
Chapter 4 How Does Qigong Heal .....	15
Chapter 5 Health Benefits Of Qigong .....	17
Chapter 6 Qigong Types .....	20
Chapter 7 Qigong Practice Advantages .....	21
Chapter 8 Keys To Having Successful Qigong Healing Results .....	23
Chapter 9 Simple Qigong Exercises Which Work	
Relaxation For Stress Release .....	25
Cleansing With Light Shower .....	27
Belly Button Method To Energize .....	29
Chapter 10 Formula To Improve Health Through Qigong Practice .....	31
Chapter 11 Special Qigong Tips .....	32

## About The Author:

Like most people, Qigong Master Teacher Limin Song began the study and practice of Qigong in order to feel better. Limin was suffering from very poor health in 1989 when she found Qigong. Feeling a deep harmony with the teaching, she devoted a tremendous amount of time and energy to both learning and practicing Qigong.



In 1992 Limin earned her Certificate of Qigong Training from the Medical Qigong Institute of Liaoning Province, China. Two years later she received her Qigong Teacher diploma from the Qigong College and Research Center of Practical Qigong in Benxi, China as well as her Acupuncture and Massage diploma from the Liaoning Chinese Medicine Institute. Ms. Song also holds a Master Degree in Public Health from the University of Hawaii, and graduate degrees in Organic Chemistry from Liaoning University and in English from Shanghai Jiao Tong University in China.

Limin has studied privately with a wide variety of Qigong and Tai Chi Masters. In 1994 she was certified as an International Qigong Master and Teacher from the Xian Qilin Culture Institute, China. In 1995, she was invited to Turtle Island, a comprehensive health center at Minnesota, USA to teach Qigong classes and treat patients with Qigong. Limin has been teaching Qigong and Tai Chi in community centers and hospitals since moving to Hawaii in 1996.

More important than her professional development, Limin began to feel better...much better. Through persistent practice, her health improved steadily and in a relatively short time, she regained her overall good health. Inspired by transforming her health through Qigong, and witnessing many other Qigong students achieve similarly positive benefits, Master Teacher Song dedicated herself to educating and training people about Qigong. As President and lead organizer of East West Qigong International, a nonprofit organization in Honolulu, Hawaii, Limin focuses her efforts on conducting quality Qigong classes and seminars and systematically documenting the self-healing effects of Qigong practice.

In 2006, after 7 years of working as a research project coordinator in the Hawaii State Department of Health, Limin left her job to focus fully on servicing the community through Qigong and Tai Chi training and general health education. Sharing Qigong with others and seeing people benefiting from it is her passion. Over the years, Limin has been invited to speak to many different groups, conferences, clinics, senior centers and organizations. Many people have shared with Limin that learning about Qigong from her has been a life changing experience. In a thank you letter to Limin from the Kaiser Clinic Renal Program Coordinator, she was called a "Hawaii Treasure".

It reads:

*Dear Limin,*

*Thank you again for speaking again to our Kidney Support Group. You are such a good role model as well as speaker for the benefits of Qigong! Nancy Ikeda, RN Manager, emailed me a Mahalo the next day saying "the session was terrific! I would like to sign up for a class." I've asked her whether we could take you up on your offer to do a relaxation tape and we're exploring this with the Health Education Dept. at Kaiser.*

*Thank you especially for tailoring the Qigong to focus on the kidneys. For days afterwards, I could not see the sun and the Ala Wai without thinking of "bringing nature within" and focusing on the heart and kidneys. In fact, one time while I was doing this visualization on my walk, it actually, briefly, started to rain. Did I ever feel powerful!*

*People really appreciated the mini Qigong session you gave us because they could follow your lead and be successful with posture, breathing, and focus, at least for the moment. The relaxed state we all were in at the end was terrific. I hope some will be inspired to explore further this self-healing method.*

*You have so much to share, not only information but also such an uplifting spirit, that I consider you a Hawaii Treasure. You graced our support group a second time!*

*Mahalo, again!*

*Francia Parsons, L.S. W., M.P.H.  
Renal Social Work*

Today, Limin teaches Qigong, Tai Chi, Meditation and how best to use these methods to help with stress management, depression, energy adjustment, deep relaxation, sleep disorders, gaining higher self esteem, relationship harmony and the general healing of chronic diseases.

## **Chapter 1**

### **QIGONG, THE HEALING MAGIC**

#### **How You Arrived Here.**

You must be curious about Qigong. Many people are talking about it today. Perhaps you have Googled “Qigong” with the hope that it can help you with your health. Or maybe a good friend has referred you to our site. No matter how you have found your way to this e-book, you will find the small amount of time you invest reading this material very worthwhile and possibly life-changing.

#### **Goals of This Qigong E-Book**

Qigong makes you feel good...period. One goal of this Qigong e-book is to help you feel good. Just by reading and following our Qigong exercises and tips you can experience, first hand, how Qigong makes you feel better, even if you have no idea what Qigong is at this moment.

Qigong is a step-by-step learning process. Another goal of this e-book is to give you the simple tools so you can take your first steps toward better health today. You will be able to verify that Qigong does work without having to rely on what others claim.

The final goal of this e-book is to give you an overall picture of Qigong. Whether or not you are ready to pursue Qigong as a prevention and healing tool for your health, being aware of Qigong, even a little bit, is valuable to you. The more people who experience and understand the far-reaching healing potential of Qigong, the sooner Qigong can become integrated into the main stream of western health practice.

So, read on. Please read everything. Please avoid the temptation to skip over certain portions to get to the “meat”. Qigong is a step by step learning process which requires all the steps in order to best help you help yourself feel better.

#### **Qigong Improves Your Health Quickly, In A Magical Way.**

Qigong was created by the ancient Chinese and was the primary method ancient Chinese people used to heal themselves and maintain their health.

The reasons Qigong healing is considered magical:

- A. Qigong heals conditions and diseases which have been deemed incurable and hopeless by our advanced medical community. I vividly remember a friend who is a medical doctor telling me in a definite tone that once a human heart develops into a problematic state, it can never be reversed back into a good

heart again. I understand why he thinks so, but fortunately it is simply not true. I have witnessed a significant number of Qigong practitioners recover fully from severe heart disease conditions after their doctors told them their condition was terminal. Most of the Qigong groups have information about case studies which document profound healing.

- B. Qigong heals holistically, from the bottom up, from the inside out. The healing is comprehensive. This means that you may be practicing Qigong for your back pain and later find that while your back pain is improving, your ulcer is gone. Practicing Qigong also helps you mentally, emotionally and spiritually. You can find yourself a happier, more peaceful, and easier going person after practicing Qigong for a while. Your relationships will often improve and you are better able to handle the stresses which normally drive you crazy. You are able to experience life in a more meaningful way.
- C. Qigong heals right away. Although deep and lasting healing results usually depend on persistent practice, most people experience healing results the very first time they practice, some deeper than the others. Experience notes from Jingang Qigong beginners can be found at:  
[www.eastwestqigong.org/experiences.html](http://www.eastwestqigong.org/experiences.html)

Recently an email arrived from Cora, a Qigong student and yoga instructor who had just begun learning Qigong three weeks prior. With Cora's permission, I will share her email with you about her experiences:

*Hello Limin,*

*First, I'd like to thank you for being such a good teacher. I really appreciate being your student and look forward to your Qigong class every Sunday.*

*The first time after taking your class I noticed that the energy had affected the whole right side of my body. I guess you can say that I "knew" intuitively that it was a good thing...I knew it was a cleansing. As I was doing the exercises my right eyelid felt heavy (as if I couldn't open it), my right knee and ankle felt achy, my right ear created a bubble and the bottom of my right foot (especially my heel) was a little uncomfortable for the first 2 days. However, during the qigong exercise I felt a lot of energy and felt happier throughout the day.*



*I experienced the same thing in the second class but much much lighter. The third class while doing the exercise I felt tremendous heat throughout my body and once again....knew intuitively that this was a cleansing and then at the end of class when each of us usually talk about our experiences I heard you say that heat is usually an opening of our channels.*

*I know that these "side effects" are a good thing for me because I always feel emotionally better after the session and I know that's how healing works...it's like cleaning house...you have to get rid of all the junk first before enjoying the benefits of a clean and new house. The funny thing is that I seem to be enjoying emotional benefits while I'm cleaning my house.*

*Thank you for your continuous efforts of teaching this class, I am very appreciative of it.*

*Mahalo,  
Cora*

Cora's experience is not uncommon. If you are interested in reading more of people's Qigong experience, you can go to [www.easyqigong.com](http://www.easyqigong.com) and click on [testimonials](#).

Qigong makes you feel good by making better health possible through adjusting your energy system which runs along with and beyond the blood circulation inside of your body. Qigong deals with and gradually corrects the root cause of almost all health problems we experience - irregular energy circulation which create Qi blockages.

## Chapter 2

### **QIGONG CONCEPTS AND PRINCIPLES**

After all, what is Qigong?

Qigong is an ancient Chinese health practice which started thousands of years ago. After years of being hidden, Qigong became available to the general public in China beginning in late 1970s and spread widely during the 1980s and 90s. Since then, Qigong has become gradually known in the west.

The word Qigong is a direct translation of two Chinese characters: Qi (气) and Gong (功). 'Qi' (pronounced 'chee') means energy, especially our vital life energy which we need for all life activities. 'Gong' means skills or techniques which are developed through a lengthy practice. So the word 'Qigong' means energy working skills gained through a long-standing self practice.

This explanation of Qigong is very basic. Since Qigong is related to energy and energy is related to everything we do in life, there are many ways to define Qigong. After all, each of us is living our lives with Qigong involved, with or without us consciously knowing it.

The highest principle of Qigong is 'to be natural'. In general, the more we follow the natural laws, the more we are in harmony with our environment, and the more peaceful and healthier life we live.

Our daily lives are overflowing with choices, activities and situations which are not in harmony with the natural laws. If you stay in the sun long enough you get sunburned. This reality is part of the natural laws. In a larger context, the more we immerse ourselves in an unhealthy environment (not in harmony with the natural laws) the more we get to experience the products of this lack of harmony, including illness, low energy, and unhappiness.

Understanding the principle of being 'natural' is a necessary foundation for a healthier life, which Qigong brings us. Having an healthier life is the motivation which brings most people to Qigong. A helpful thing to do whenever you can is to follow what the ancient Chinese did and observe nature more.

For example, the Earth rotates as it revolves around the sun, giving us days and nights. Daytime is a natural time for people to be active, night time is the time for us to rest and recharge. If we follow a schedule which runs against this natural law, such as being up and active during the night, and sleeping during the day, our inner Qi system will be disturbed from its normal condition. If this pattern continues for a long period of time, we will create a greater opportunity for ill-health. We will be creating irregular energy circulation which will lead to Qi blockages.



The Sun is a great example of being natural. The Sun shines everyday on us. It shines no matter what. It shines on rich people and poor people alike. It shines on prominent and everyday people. The Sun shines, it does not judge. The Sun gives its light and energy without expectation for getting anything back.

If we think about ourselves, are we able to behave naturally like the sun? Are we able to give unconditionally all the time, without judgment? Do we always give and provide without expecting to get anything back? Probably not. In our human state of development most of us are struggling to learn certain of life's lessons which means that for some or most of our days we are not following the natural laws. Our state of consciousness is a part of our reality. And we will therefore bring to our reality the results of not following the natural laws, which is to create Qi blockages.

Our Qi likes being natural. When we follow natural rules, our Qi is in harmony and is in its best, healthiest state. We feel healthy and happy. So although Qigong training can start in many ways, the highest and ultimate principle is always to follow the deeply interconnected laws of nature.

As each of us learns more about ourselves through Qigong practice, we will gain a deeper understanding of what nature--and the world--is all about. As our understanding deepens we will find it easier to choose living a healthier and happier life.

### Chapter 3

#### WHY WE GET SICK – THE QI PERSPECTIVE

I was once reading a book on women and heart health by a well respected M.D. The beginning of the book told a story about a woman who had a heart attack and was taken to the emergency room. The woman complained to the doctor that she had been doing everything healthy and right to take care of herself, while her husband had very poor health habits. The woman was angry. “Why me? Why not him?” she said. The doctor cited “the odds” as part of the reason this woman had suffered a heart attack. The doctor’s answer rang so untrue within me that it killed my motivation to continue reading his book.

I do feel that statistical data can be of value. However, seeing it (“the odds”) considered as a cause or partial cause of a person’s health status is hard for me to accept. If “the odds” say that one out of ten women over fifty tend to have heart problems, this only tells us the health condition of this given population. But this information provides no insight into why that one woman out of ten is having heart problems.

So what does our health depend on? Why do we get sick?

From the ‘Qi’ perspective, our health is affected by two groups of factors: internal (ourselves) and external (the environment). These two sets of factors interact and affect each other. The state of our health depends on both groups of factors. The most comprehensive way to explain the reason why we get sick is that **our Qi is out of balance inside of our body**. Both internal and external factors contribute to the state of our Qi.

The internal factors include the state of our health when we were born and the way we have lived our lives since then. The external factors include elements like weather, temperature, pollution, the state of those around of us, and both natural and man-made events which happen daily.

If we return from a trip with a cold, the cause would probably not be a single reason. The change in weather from our home to where we visited, the air on the plane, the lack of rest, eating recreationally—all of these elements can impact our health. Health problems usually are due to both external and internal factors.

In general, we have more control over internal factors than external factors. For example, we can choose how we live our lives, but we cannot—for example--change the high level of moisture in places which are close to water. (High moisture levels in our environment increase our chances of developing arthritis.)

We gain better feelings and health through Qigong practice by influencing primarily our internal factors. However an external factor such as the overall energy field of a certain environment can also affect our Qi. Although external factors are not the focus of Qigong and this e-book, I would like to mention a bit more about them here.

Our external environmental factors can be controlled in a limited way. For example, Chinese traditional Fengshui is the art of choosing and arranging our living environment and making the energy around us beneficial for our health and life. I remember a story told by one of my Qigong masters in Shanghai about a young girl. The girl had a very strange problem: she often fainted at home suddenly with no apparent reason. Hospital tests were not helpful. The parents asked the Qigong master to help. The master discovered that her room had too much strong red color. By changing the arrangement in the room, the little girl never fainted again. (If you have the same fainting problem, you may not want to expect that taking the color red out of your home will fix the problem. Individuals have greatly different Qi make-ups. The color red might not be your cause.)

The above story is just one illustration that Qi in our environment can affect our health and that there is more than one approach to learning how to adjust our energy and the energy around us. You can help yourself by spending some time becoming more aware of your external environment (studying nature) and by being open to making even small adjustments in your external environment.

Now, let's focus on the internal factors which affect our Qi. I will use a metaphor to explain this. Our body is like a house. When we were first born, our new body had its best and most natural Qi condition, much like a brand new house given to us by our parents. Our new house is healthy, clean and bright. As we have grown up, we have not kept up with the cleaning and maintaining of our house. We have continually brought bags of dirt into the house and left them everywhere. Eventually, our house has become a dump. It is so full of dirt you may have a hard time moving from the kitchen to the bathroom. It is no longer fully functional.

When your body reaches a similar point of neglect as the house described above, you are experiencing health problems! Whether you are experiencing emotional, mental or physical problems, your body is no longer fully functional. One or more of these problems has probably motivated you to read this book.

The dirt in the house is like the Qi blockages in our body. Qi blockages produce all of our imbalances: physical, emotional and mental. If your blood is not flowing well, life-nourishing oxygen is not getting where it needs to be. If your life-nourishing Qi is not flowing fully or flowing where it needs to flow, your whole system begins to wither and fail.

Actually, there is a maid who came with the nice house which was given to us when we were born. When we first neglected or even abused the house, the maid worked hard and cleaned up for us. But eventually, after years of hard work, the maid becomes worn down, and eventually stops trying. The maid is our immune system. When problems begin to accumulate, it is a sign that our immune system is faltering. When our immune system finally stops working our body has no maid to cleanup after us, no guard to protect us.

You might ask how does a house become so neglected or abused that it becomes nonfunctional. In other words, what generates so much Qi blockages in our body? The answer is: the list can be very long! More than you would imagine!

When our choices are not in harmony with the natural laws, Qi blockages will result and illness will follow sooner or later. Of the long list of unnatural choices we have to choose from, how we use our mind is the number one generator of Qi blockages. Ask yourself a question: how long can you last without something going through your mind? If you do not know, try now and find out. For most people in the Western world, it will only be a few seconds before your mind becomes occupied with something.

A spinning mind is a powerful contributor to the Qi blockages in our body. Simply having an over-busy mind will wear down our health. In addition, what we think has impact, too. Negative thoughts tend to create destructive moods, attract a similar energy to our lives and create even more Qi blockages. Being positive is a wonderful way of living and contributes positively to a person's good health. Keeping your thoughts positive, happy and uplifting will help, but we need to recognize that we cannot rely on positive thoughts alone. Our mind is like our body — we need to let it rest regularly.

We are humans, and we are given the special gift of an intelligent mind. Of course we use it to think, analyze, plan, create, love, help, entertain and to be entertained. But some, or perhaps even most of what our mind goes through everyday is unnecessary. A typical way our mind wastes energy and creates Qi blockage is by judging. We judge far more than is necessary or healthy. Judging too often takes us away from being natural.

I was having lunch with a friend recently at a local Chinese restaurant. As my friend was paying the bill at the cashier after we had finished, I found myself looking around randomly. I thought to myself that the space inside the restaurant is very efficiently utilized. Although I thought nothing bad, I caught myself judging unnecessarily.

Then I picked up my son from his job as a student helper at Department of Education. As we were driving along a one-way street, I asked "How was your day?"

Before he could answer, a shuttle bus in front of us pulled over to the left curb. My son had been watching the bus and said, "What are they doing that for, they cannot let the passengers out into the street. They should have pulled over on the right side."

Immediately a large man driving a small motorcycle passed us on our right side. My son's attention switched quickly. "It is so weird to see big people on a scooter like that."

I could not stop from commenting. "Does that have anything to do with you at all? Why waste your brain cells judging like that?" I said it in a light tone, hoping that I could make a point and not sound like I was lecturing. He smiled, making me think my point was well taken.

Before I was able to enjoy more of my accomplishment, a new style of jeep cut in front of us. "Look at that jeep," my son almost yelled, "Its cool but way too exaggerated!"

I laughed. "Three in a row, son", I said.

"What, Mom? It's normal".

"Yes, Son", I said, "It is exactly the way our mind normally behaves. I do it too." I thought to myself that the challenge is to guide ourselves beyond our normal behavior. I spared my son further discussion that day.

Besides judging, our mind can spin in a variety of ways, affecting our Qi condition. Our mind can so easily be like a nosy neighbor: always curious and poking around being a 'busy body' instead of resting or cleaning the house.

When we over-stimulate our mind, we can affect our Qi condition by creating an amusement park of emotions. We become excited when we gain, we get anxious and depressed when we lose. We feel pleased when we are praised. We feel resentful when we are criticized. We are riding on emotional waves constantly everyday. Stimulation is addictive. Then the more we are stimulated, the more we avoid experiencing who we truly are and the more we are taken away from our natural, peaceful inner nature. We become less and less sensitive and in tune with what are happening inside of our own body. We have to be with ourselves to heal ourselves.

When I was working at my State job, I had many opportunities to talk with new moms. Twice I was told by a new mom that she did not know she was pregnant until the moment she gave birth. Hard to believe, I know, but it is true. A colleague who works at a hospital in prenatal care verified that this does happen occasionally. Can you think of a more telling example of not being in tune with yourself?

Another key generator of Qi blockage is our poor life style choices. Although there usually is a direct connection between our life styles and our state of mind, they each are separate contributors to Qi blockages. Poor life style choices include a wide variety of elements, such as our daily schedule, diet and activities. Do you take a brisk walk after dinner or sit on the couch watching television? Doctors often urge people to eat healthier and exercise more, which are basic steps in helping reduce our Qi blockage accumulation through better life style choices.

So although we might think we have been taking great care of ourselves and should be guaranteed good health--like the woman in the emergency room who was angry and complaining--the truth is we normally do a lot of things which block our Qi. Exercising regularly and eating a healthy diet, for example, will help, but exercise and diet are just a part of what affects our health. In summary, to reduce the long list of risk factors to good health, we have to maintain a peaceful state of mind and healthy life habits.

Health problems begin with Qi blockage. From minor to major, from a headache or the flu to heart disease, kidney failure, ulcers and arthritis, our health problems begin with our own personal assortment of Qi blockages. After years of having a busy mind (worse yet, a negative busy mind) and poor life habits, Qi blockages accumulate. Beginning with invisible tangled energy undetected by medical instruments, our Qi blockages gradually manifest into very visible health problems which can be detected by modern medicine.

The earlier stages of Qi blockages create symptoms such as tiredness, pain and emotional imbalance. At this early stage of Qi imbalance, medical tests will usually look normal and your doctor will tell you that you are fine. As Qi blockages build up, your situation worsens and your symptoms become stronger. Eventually the blockages will grow to the point where tests will reveal the results of the Qi imbalance. Like a volcano erupting on the ocean floor, the volcano's very existence will not be evident to the sea level observer until it is about to breach the ocean's surface.

The tests, though, will not tell you the root cause of your problem, that your health condition is a result of blocked Qi. The good news is that most, if not all, health conditions are reversible. A tumor, which appears to be a solid physical mass of tissue, is by its nature a gathering of Qi – a gathering of energy. The tumor can be reversed back into Qi and smoothed out with a strong overall Qi flow in your body. This is how cancer patients heal themselves through Qigong practice.

For people who are dealing with health issues they were born with, it is like the house that we were initially given was not as perfect as most. A perfect house with poor long term maintenance may well not last as long as an imperfect house



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with great long term care. Either way, we need good maintenance to maximize our greatest potential. Qigong is a great tool for us to achieve that goal.

## **Chapter 4**

### **HOW DOES QIGONG HEAL**

Knowing that Qi blockages are the reasons we have health problems is the key to understand why and how Qigong heals. Qi is like a rich, growing medium which nurtures and holds our body together. Qi cannot be seen but can be felt. Qi and blood go together like a Yin and Yang pair. Blood nurtures Qi circulation, and Qi leads blood circulation.

Qigong strengthens the Qi flow in our body to prevent Qi blockages, and therefore prevents eventual health problems. For health problems which already exist, Qigong practice can reverse the process, and dissolve the Qi blockages. This ability to dissolve blocked Qi and improve health is why Qigong is considered to have a magical 'healing effect'.

We all have Qi blockages inside, some more than others. Our blocked Qi accumulates like dust. If we do not take a shower for a couple of days, dirt builds up on the outside of our body, and we feel dirty. When Qi blockages accumulate inside us, we are not aware until the imbalance creates a health problem which can be detected by medicine. In order to stop the accumulation of Qi blockages, an inner shower is needed to cleanse, just as an outer shower cleanses the outside of our body. Qigong practice is that inner shower. It washes away Qi blockages, and keeps us clean and healthy inside.

There are three basic elements to all Qigong exercise forms: posture and physical movements, breathing and mental concentration.

The first fundamental element is the adjustment of our physical body, which can be in a still form, or a moving form. As mentioned above, Qi is energy which runs inside of our body along and beyond our blood. Qi has its own energy channels which are described by Chinese medicine in detail and which acupuncture is based upon.

To understand why the physical form and posture is important to Qi flow, simply imagine your body as a water pipe. When a water pipe is laid out smoothly, water runs very easily through. If the pipe is twisted somewhere, the water has to squeeze through a restricted area, decreasing its flow. Our body functions as a 'pipe' for our Qi. Bad posture is the equivalent of a twisted water pipe. The result of bad posture will be an uneven flow of Qi, which can then develop into Qi blockages over time. Being aware of your posture all the time will help your Qi flow smoothly.

Second, breathing is a very crucial element in all Qigong practices. Breathing is important to our lives. We die when we are unable to breathe. We commonly understand that we breathe in oxygen, and breathe out carbon dioxide. In Qigong practice, you will learn that breathing is about more than just oxygen and carbon dioxide. Breathing is a channel through which we exchange energy

with our environment beyond oxygen and carbon dioxide. Breathing strategies in Qigong practices include natural deep breathing, abdomen breathing, and body breathing.

The third element in Qigong practice is the most important one: mental concentration. Concentration is the essence of Qigong practice, and it distinguishes Qigong from all other conventional health practices and exercises. Your mind needs to be involved and leading your Qigong practice.

More and more, we realize how critical our mind is to our overall health. Our mind is very powerful. It can both build and destroy. For most of people, controlling what goes through our mind is not just hard, it is almost impossible. We have discussed how our mind contributes to our health status in Chapter 3.

Qigong practice trains the mind to 'behave' the way you wish so you have more control. A very common thing people experience after practicing Qigong is mental calmness. There is a large amount of visualization involved in many Qigong practices.

## **Chapter 5**

### **HEALTH BENEFITS OF QIGONG**

Experiences from Qigong practitioners have shown that Qigong healing positively affects a wide range of health problems from pains, ulcers, infections and allergies to cancer, diabetes and heart disease. These stunning healing results are dramatic, especially for people who were informed by their doctors that there is no hope of curing their health condition. Of course, serious healing takes serious effort. For general health purposes, a short daily practice of 15 minutes will help you feel good by bringing you relaxation, better energy, a calmer mind and a happier state of being. The greater the Qi blockage, however, the more time and dedicated effort are required for meaningful healing results.

Learning Qigong will lead you through a gradual cleaning process. If you walked into a house with three feet of dirt on the floor, you would not start sweeping it up into big piles. You could not breathe! You would need to begin cleaning the house in small steps. The same is true of the health benefits of Qigong: they come in small steps.

A vast amount of scientific research has been done to document Qigong's healing effects. You can do a quick Google search, and find a lot of information about Qigong healing. Most of the studies were done in China and Japan. I have purchased the Qigong research database from the Beijing library, and plan to have it translated and made available to the public at a later time.

Qigong and Tai Chi are both similar and different. In general, Qigong is less physical than Tai Chi, and Qigong practitioners experience healing effects more easily. Below is a brief summary of the benefits of Qigong and Tai Chi practice.

#### **GENERAL BENEFITS**

Qigong teaches inner strength, increases flexibility, and boosts our immune system. Practicing Qigong reduces stress, stores up energy, increases body awareness, and improves balance and coordination.

#### **PHYSIOLOGICAL BENEFITS**

Practitioners report less tension, depression, anger, fatigue, confusion and anxiety. They feel more vigorous, and generally, experience less mood disturbance.

#### **IMMUNE SYSTEM**

A study conducted in China indicates that Qigong and Tai Chi may increase the number of T lymphocytes in the body. Also known as T-Cells, these lymphocytes help the immune system destroy bacteria and possibly even tumor cells.

#### **BREATHING, ACHES & BLOODPRESSURE**

In a study done in China, after practicing Qigong for 3 months, participants

observed a "big increase in breathing capacity" and a disappearance of backaches and neck aches. Those with high blood pressure claimed a drop of 10 to 15 "points" on both upper and lower blood pressure readings. All participants claimed to have more energy in their daily work.

## **BALANCE**

Qigong and Tai Chi are superior to more technological balance therapies. Practicing Tai Chi and Qigong reduces the risk of injury caused by falling. Complications from these injuries are the sixth leading cause of death in older Americans, and account for about \$10 billion in losses per year to the US economy. The Institute of Chicago reports that people with moderate balance problems can be helped by practicing Qigong and Tai Chi. Participants of a two months course experienced about a 10 percent improvement in balance. An Emory University study also supports these findings.

## **MENTAL & PHYSICAL STRESS**

Mind & body exercises, such as Qigong and Tai Chi, are increasingly replacing high-impact aerobics, long distance running and other body-punishing exercises made popular in the 1980's. Mind-body workouts are kinder to the joints and muscles. They reduce tension which often contributes to the development of disease, making these gentler types of workouts especially appropriate for high powered, stressed out baby boomers. Unlike most conventional exercises, the mind-body forms are intended to stretch, tone, and relax the whole body, using a series of choreographed movements coordinated with deep breathing.

## **BEYOND TRADITIONAL CARE**

Health practitioners who encounter clients facing problems which do not seem to respond to traditional health care may employ some of the health traditions of other cultures which view the body and mind as a balanced whole. Qigong and Tai Chi focus on the mind-body connection to help facilitate healing through relaxation, breathing, and movement

## **CURES & PREVENTIONS**

Case studies show that Qigong can (1) dramatically help illnesses such as hypertension, asthma, and insomnia; (2) prevent arteriosclerosis and spinal deformity; and (3) shorten the recovery phase from long-term illness. Results from elderly Qigong and Tai Chi practitioners show strength and flexibility superior to non-practitioners.

## **RHEUMATOID ARTHRITIS**

Qigong and Tai Chi exercises appear to be safe for Rheumatoid Arthritis patients. Weight bearing exercises have the potential advantages of stimulating bone growth and strengthening connective tissue.

## **ELDERLY**

According to Qigong and Tai Chi enthusiasts, the discipline can prevent many

ailments, including high blood pressure, tuberculosis, and diabetes. US scientists agree that Qigong and Tai Chi can offer some important fitness benefits, particularly for older adults.

### **CARDIO RESPERITORY EFFECTS**

Practicing Qigong and Tai Chi regularly may delay the decline of cardio respiratory function in older individuals. In addition, Tai Chi and Qigong may be prescribed as a suitable aerobics exercise for older adults.



## **Chapter 6**

### **QIGONG TYPES**

Qigong originated in China and has now spread all over the world. Some practices tend to retain their original guidance. Others have been combined with local cultures and practices, and have evolved into new forms. This is why there are many different forms of Qigong in the world today. New forms of Qigong-like practice are being announced quite often.

All Qigong forms are based on one or some combination of five main roots: Buddhism, Daoism, Confucianism, Martial Art, and Chinese Medicine. No matter what a Qigong practice is called, it is grounded in the guiding principles of the five main roots. Although practices can be widely different, the highest principle is always the same - 'Be Natural'.

In the Qigong field, there are two kind of practices: Qigong treatment by Qigong masters and healers, and Qigong self-healing.

To be a Qigong master or healer, one should be a Qigong practitioner with a vast accumulation of experience and increased Gong level. Most Qigong practitioners of this level will have some ability to help others to heal by performing Qigong treatments.

This e-book focuses on learning to self-heal. To me, the most reliable way to have and keep good health is to be in control of yourself, instead of relying on treatment by others. If you are interested in treating others, you have to help yourself first in order to be able to help others.

## Chapter 7

### **QIGONG PRACTICE ADVANTAGES**

Compared with the conventional ways we handle our health, Qigong practice offers the following advantages.

#### **Convenience**

Qigong practice does not require any equipment. Qigong is not limited by time, space, a person's age, strength or fitness. You can use a sitting or standing posture. You can even practice lying down. Qigong can be practiced by anybody who has a functioning mind. Qigong is very fair - everyone who practices will benefit.

#### **Comprehensive Healing Effect**

If we have one health problem, we probably have others. For example, heart disease patients tend to have high blood pressure and arthritis. Some also have stomach or liver problems. Even though we may only acknowledge one symptom at a time, a comprehensive healing is needed because our body system is a whole. It's all connected. Unlike prescription drugs which are usually designed and tested for treating one symptom, Qigong practice regulates the whole body Qi system, and cleans up Qi blockages wherever they are in the system. Qi blockages in different places can appear to be different symptoms. If you are serious about Qigong practice and self healing, persistent practice will reward you with multiple healing results.

#### **Economical**

Ask yourself, how much are you and your employer paying for your medical insurance? How much do you pay for pills and doctor's visits? How much time do you have to spend doing all that? Even a greater impact will be felt if you let your bad health slip too far and become hospitalized. The money, time and suffering you may go through can be lessened. Qigong can save you much of this resource expenditure. Only a modest financial investment is needed to learn Qigong. Practice is free. There are also free resources available, like this e-book, if you look around a bit. Once you learn Qigong, practice regularly and experience significant health improvement, you will see that whatever you may spend learning Qigong will be a small fraction of what you normally spend for your conventional health care.

#### **No Impairing Side Effects**

Physically impairing side effects are a big issue with prescription drug medicine. For Qigong practice, all you get is the good stuff! There are no negative side effects. You may experience some temporary and uncomfortable sensations as you cleanse your body, but these do no damage. The more you practice, the better results you get.

### **More Unexpected 'Side' Benefits**

Qigong practice often brings you nice surprises of unexpected benefits besides better health. A happier state of mind, a stronger ability to handle stressful situations while remaining calm, increased confidence, improved self esteem, better relationships, more positive attitude, more energy through the day...the list is long! You may find yourself becoming more loving, compassionate, understanding, tolerant and giving. You will feel great about yourself. You may also find that you are a fresh new person. No kidding!

## Chapter 8

### **KEYS TO HAVING SUCCESSFUL QIGONG HEALING RESULTS**

#### **Open Mind**

The first key to experiencing success in Qigong healing is to have an open mind. I can not emphasize this enough. Because of the nature of the Qigong practice, an unfocused mind will not be able to award you with a beneficial experience.

In the late seventies and early eighties, when Qigong was once again made available to the general public in China, it was initially criticized by scholars and the medical world as superstition. Among Qigong practitioners, those who could easily accept and follow instructions experienced much quicker and better results than those who did not take instructions easily. Generally, practitioners with quicker and better results were blue collar workers. Practitioners in the slower group typically were those with higher education or social status.

The explanation of this phenomenon is that people with relatively lower social status and less education are more apt to be open to the guidance and instructions given in Qigong practice. These people tend to have less ego involvement, and their minds are more open. People with a higher social status and more education, tend to have more egos, and are more likely to analyze rather than experience. By occupying their minds analyzing what they are doing instead of just doing it, these people missed out on a great opportunity. Of course this is a general trend for these respective groups of people in China during this time period. Individuals can vary a lot.

Qigong is not about information or knowledge - it is about experience. Sometimes our mind can not make sense of it, but our experience will show us the way.

If you want to experience a real Qigong practice, you just need to keep your mind open. You are welcome to be the most skeptical person in the world. This e-book may not make much sense to you, but if you want to try the next step, to experience feeling good after a Qigong practice, then keep your mind open.

#### **Good Teacher & Good Method**

The second key to experiencing success in Qigong healing is a good teacher who shows you a good method. It is recommended that you learn from somebody who has a substantial body of personal practice experience. Qigong is not math which you can learn from books and can then, in turn, teach others. Qigong is all about experiencing, and knowing through experiencing.

In a general sense Qigong practice can be very simple. However, it also has many details which need to be addressed and directed along the way. So

finding the right teacher who knows what he or she is talking about from experience is very important.

### **Discipline and Persistence**

The last but not the least key to being successful in Qigong self-healing is your discipline and persistence. Though feeling better right away is a common experience when learning Qigong, Qigong is not an 'instant cure'. Our bodies have taken time to develop our imbalances. A focused effort over time is needed to thoroughly heal ourselves.

So healing can be experienced at the first practice, but a lasting healing result normally does not happen overnight. You need to be sincere and work on it persistently in order to reap a bountiful harvest. Success does not come without sincere effort.

## Chapter 9

### SIMPLE QIGONG EXERCISES WHICH WORK

Are You Ready For A First Hand Qigong Experience?

Remember, be open-minded for your own benefit. This means that when you read the instructions below, follow the instruction with no doubt, no analysis, no wondering. Let your mind question and wander about before or after, but not during your practice. Follow the instructions step by step. Within these few minutes, try to keep your mind peaceful and to not think, ONLY TO FEEL.

#### Exercise One

#### Relaxation For Stress Release



- 1) Sit on a flat surface, a chair, a stool, or something else.
- 2) Take a deep breath and relax, make yourself comfortable.
- 3) Close your eyes and have your eyes looking down towards your belly.
- 4) Take a moment to feel your heart and feel your lungs.
- 5) Imagine there is a small ball one inch above your head.



- 6) Imagine your head is reaching up toward the small ball.
- 7) Imagine your head keeps reaching up and has touched the ball.
- 8) Imagine something is coming down from the ceiling and pulling your hair up gently, keeping your head touching the ball.
- 9) Feel your spine being stretched, feel yourself getting taller.
- 10) Be sure your shoulders are dropped down at the same time your head is being pulled up.
- 11) Imagine your blood is running down toward your feet.
- 12) Feel your body weight settle down and imagine your blood running Down.
- 13) Take another deep breath.
- 14) Continue to imagine your blood running down, feel your lower body getting heavier and feel your head being pulled up.
- 15) You are not thinking about anything, you are feeling your body.
- 16) Focus on the top of your head and imagine there is an opening in the center of the top of your head.
- 17) Inhale deeply. Imagine there is a bright light like sunshine coming into your body through the opening on the top of your head.
- 18) Exhale slowly.  
Imagine your body is full of sunshine.  
Nothing inside your body is solid.  
Everything inside your body is in the light and mixed with the light.  
Feel the inside of your body is all light.
- 19) Repeat steps 17 and 18 five times each.
- 20) Slowly open your eyes, wake up and end the exercise.

## Exercise Two

### Cleansing With Light Shower (use when taking a normal shower)



**We need to clean our inner body as frequently as we clean our outer body!** Inner cleansing is for both prevention and healing. Our Qigong self-healing classes focus on improving our health by providing the cleansing tools for each of us. Here is the Light Shower Method which you can use when you are in a water shower:

- 1) Adjust the water to a comfortable temperature and step under it. Take a deep breath and relax.
- 2) Empty your mind, close your eyes and let the water run down over you. Feel the water.
- 3) Try sensing your body at the cell level. Sense your whole body as a collection of cells with empty spaces between and inside each cell.
- 4) Imagine the water is penetrating your surface, rinsing all your cells.
- 5) Keep imagining the water running over both the inside and outside of your body.

- 6) Imagine streams of bright light washing over and through you with the water.
- 7) Imagine the light streams becoming brighter and brighter.
- 8) The bright light makes your body's physical structure become less and less clear to you.  
Your body feels empty.  
There is little or no difference between your inside and outside.  
All you feel is the water and light coming down, rinsing off all the dirt.
- 9) Keep showering in the above state until you are done.
- 10) Take a deep breath and focus on your belly button for ten seconds.

Even if this exercise does not make sense to you, try it anyway without analyzing it. The less your mind gets in the way, the more effective this exercise will be and the more health benefit you will receive.

### **Exercise Three**

#### **Belly Button Method To Energize**

A simple method to energize yourself can be practiced everyday lying in bed.

- 1) When lying down, try to let go of everything in your mind.  
Just take time to rest.
- 2) Lie on your back, relax and make yourself comfortable.



- 3) Use either thumb to press into your belly button.  
Use your other hand to help hold down your first hand.



- 4) Breathe naturally.
- 5) Focus on the inside of your lower stomach around your belly button area.

- 6) Gradually increase the pressure on your hand.  
Press down as deeply as you can. Keep your hand this deep while breathing.
- 7) If you feel pain when pressing, it is a sign of irregular Qi in the relevant area. Continue the practice. Ease the pressure if the pain is too great.
- 8) Do this exercise for 5 to 15 minutes each time.

This practice will energize you, and help reorganize the Qi in your lower stomach and entire body. It is helpful for almost any chronic health problem, especially ones related to the reproductive and digestive systems. Try this exercise each night for one week, and email me with your experience if you wish!

## **Chapter 10**

### **A SIMPLE QIGONG DAILY PRACTICE FORMULA TO IMPROVE HEALTH QUICKLY**

If you follow this simple yet very effective **daily practice** formula for one month, you should have noticeable improvement in your overall health and overall self-feeling.

- 1) Every morning, when you wake up, before you jump out of bed, take at least three deep breaths, and give yourself a positive thought for the day.
- 2) Take ten minutes in the morning (or at anytime you can arrange, but its best at the first moment you feel you can focus without distraction) to practice the steps outlined in Exercise One, going through the steps one by one.
- 3) Shower as instructed in Exercise Two.
- 4) Take fifteen minutes at night before bedtime to practice the steps outlined in Exercise Three, going through the steps one by one.

**That's it. Do it for one month and experience the results!**

**Benefiting From Qigong Is About How Much You Do -  
Not How Much You Know.**

## Chapter 11

### SPECIAL QIGONG TIPS

Your choosing to spend your time reading my e-book means a lot to me. As a special thank you, I would like to share with you three tips which I normally only teach in my regular Qigong classes. Students benefit from them a lot, and I hope you can too. These tips are three special Chinese words I use in classes. We use tickers printed with these three words as reminders in our training classes.

- 1) **“Song”** (松), meaning to relax.  
(pronounced “soong” as in “soon”)  
Chanting this word silently increases your ability to relax.
- 2) **“Chen”** (沉), meaning to sink energy down.  
(pronounced “chin” and rhymes with “then”)  
Sinking your energy down is very important in Qigong practice.  
Keeping the awareness of sinking will make you feel more rooted and centered, which is very much needed in daily life.
- 3) **“Shen”** (神), meaning spirit.  
(pronounced “shin”, also rhymes with “then”)  
Being relaxed yet being alert is very critical in Qigong practice.  
Although this skill comes from practice, it is a great awareness to have at the beginning of your Qigong healing journey.

Thank you very much for reading this e-book. I hope it is helpful to you and wish you the best in your adventure of better health through Qigong. If you are interested in taking one step further to elevate your health to the next level through systematic Qigong training, check out our training program at [www.easyqigong.com](http://www.easyqigong.com).

If you need to ask questions about something mentioned in this book, you can reach me by email at [limin@easyqigong.com](mailto:limin@easyqigong.com). Happy Qigong adventure!

**Limin Song**