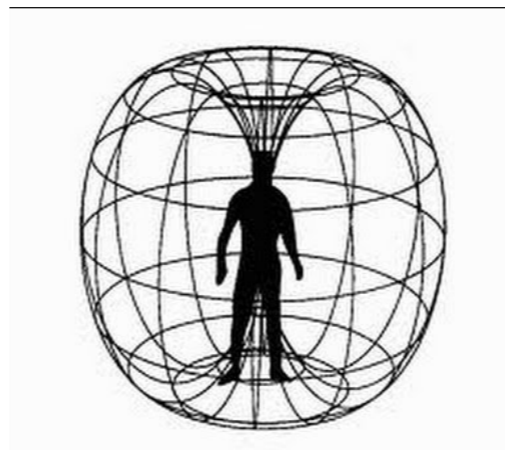


MEDICAL QIGONG:
THE ART OF NURTURING LIFE
TO PROMOTE HEALING,
TRANSFORMATION AND OPTIMUM
HEALTH



WITH

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Medical Qigong Therapist and
MQ Personal Trainer/Teacher

Objectives - cont'd.

1. Confirm that the most profound healing ability is produced within the human body for FREE.
2. Define what is Qigong,
Medical Qigong,
Chinese Energetic Medicine, and
Traditional Chinese Medicine.

Objectives - cont'd.

3. Offer a Qigong definition of “What is Health?”
4. Define some terminology and theoretical concepts used in practicing Qigong

Objectives - cont'd.

5. Describe the research evidence for some of the benefits of practicing Qigong
6. Inform why it is especially important for elders to practice Qigong

Objectives - cont'd.

7. Have you learn and practice some Qigong practices that you can take home with you to practice so as to maintain wellness and prevent disease.
8. Know where to find Qigong classes and therapists in Greater Victoria area.

What is Qigong?

(“Chi Kung”)

“Qi” = “Life-force Energy”,

“...what is essential is invisible to the eye” (Antoine de Saint-Exupery in *The Little Prince*)

“GONG” = “Cultivation” or “Skill”

Qigong is the “cultivation of energy”, or “the skill of applying life-force energy” for both health practitioners and everyone interested in maintaining and promoting their optimum health and wellness. (JA Johnson, *The Secret Teachings of Chinese Energetic Medicine*, 2014, vol. 1, p.31).

What is Qigong?-cont'd.

Qigong is not a religion, but can be described as a spiritual practice; it connects a person to their higher sense of Self, a source of infinite energy and all that is.

The three spiritual schools of Qigong in China include Confucianism, Daoism and Buddhism. (Johnson, 2014, Vol.1, p.33)

“Universal Mind Lattice”
by Alex Gray



Energy from within Taiji Pole



What is Medical Qigong?

“Medical Qigong” describes any Qigong practice used to promote Health and Healing, and practices prescribed to promote optimal healing and recovery from specific health or disease conditions.

What is Medical Qigong?

Medical Qigong Therapy is the oldest of the four branches of Chinese Medicine along with:

- Acupuncture and Moxibustion
- Herbology and Dietetics
- Massage therapy and Bone-setting

Medical Qigong Therapy Disclaimer

Medical Qigong Therapy is not intended for the diagnosis, primary treatment or cure of disease. It is a supportive therapy, and a useful adjunct to licensed, qualified medical or psychological care. For any persistent pain or symptom, even a seemingly minor one, the reader is strongly encouraged to consult a medical doctor. When used in conjunction with standard medical treatment, Medical Qigong techniques can assist the healing process.

Medical Qigong:

is both a:

- Personal Practice, and a
- Healing Therapy

MQ Personal Practice

- Dynamic Movement Exercises, (with exercises primarily involving both sides of the body doing the same parallel movement), including fast, moderate or slow walking
- Standing Postures
- Breathing patterns
- Healing Sounds
- Meditations and Mental Visualizations
- Self-Massage

Medical Qigong Therapy

- Dynamic Movement Exercises, (with exercises primarily involving both sides of the body doing the same parallel movement), including fast, moderate or slow walking
- Standing Postures
- Breathing patterns
- Healing Sounds
- Meditations and Mental Visualizations
- Self-Massage

Medical Qigong Therapy

- Assessment techniques - both on and off the physical body
- Qi Emission techniques- to tonify and balance areas of excess or deficiency using various hand positions and visualizations
- Jing Point Therapy - using light touch holding key acu-points to purge,tonify and regulate
- Soul Retrieval- to encourage patient to re-connect to their body and original higher self
- Dialoguing to explore the patient's emotional blockages
- Releasing emotional blockages and energetic cords
- Regulation techniques to centre and balance the patient's energy to close the session

The three objectives for healing disease

1st: **Purge and eliminate** both Internal pathogenic factors (accumulated emotions) and External Pathogenic Factors

2nd: **Tonify and increase (or decrease)** the patient's relative Qi levels needed to counteract a deficient or excess Qi condition within the internal organs and channels.

3rd: **Regulate and balance** the Yin and Yang energy and bring the patient's body back to inner harmony.

(Johnson, 2014, vol.1, p. 50)

Chinese Energetic Medicine(CEM)

addresses:

- the spiritual and emotional psychological levels of disease, as well as,
- seeking to regulate the physical imbalances within the body.
- originates from ancient Chinese shamanic medicine over 5000 years.

Traditional Chinese Medicine (TCM)

- Includes effective practices of healing at the physical and energetic level including Acupuncture therapy, Herbal therapy, Massage therapy and bodywork including Tui Na and Bone-Setting
- TCM name used more recently (in past 150 years) to describe Chinese medicine.
- In North American TCM colleges little or no mention of the larger framework of psychological and shamanic practices of working with energy at the spiritual (Shen) level.

What is Health?

From the perspective of Chinese Energetic Medicine:

Health is the absence of Qi Stagnation and Qi Deficiency and the free flow of Qi and Blood, including the free and safe expressive flow of emotions (energy in motion).

What is Health?-cont'd.

Accepting the truth that:
“Everything changes except the fact that everything changes,” and
being able to flow through life’s
transitions with the least resistance to
change.

Comparing Qigong & Tai Chi

QIGONG	TAI CHI
<p>1. Almost always done standing or sitting down</p>	<p>1. Almost always done stepping or walking.</p>
<p>2. Qigong is often bilateral -both hands doing the same movement</p>	<p>2. Almost always each hand is doing different movement while walking.</p>
<p>3. Easier and more accessible in various settings and for those with mobility challenges</p>	<p>3. Most accessible for those without mobility challenges. Stays novel longer as more complex movements.</p>
<p>4. Produces healing chemistry: very soothing to the Autonomic Nervous System by producing neurotransmitters & endorphins that reduce pain and stress, increase feeling of safety, encouraging rest and healing response</p>	<p>4. Tai Chi has capacity to coordinate brain function and cultivate neuroplasticity, and musculoskeletal coordination.</p>
<p>5. Use Qigong to calm down, strengthen and increase energy to build a bridge to wellness so as to investigate practicing Tai Chi.</p>	

How easy or challenging is it?

1. Qigong movements are for the most part gentle and slow-moving, except for a few practices to release toxic emotions.
2. Qigong prescription exercises can be practised on their own or as part of a series of practices, depending on the time available.

How easy or challenging is it?- cont'd.

3. Qigong exercises can be personalized as a prescribed set of practices specific for supporting recovery from a specific condition.

4. Qigong can be modified to be practised sitting down for those not able to stand.

VI. Key Principles & Concepts

1. Quieting the Mind with Focussed Intention,
and Being in the Present moment

Lao Tzu, Tao Te Ching, #16:

Empty your mind of all thoughts.
Let your heart be at peace.

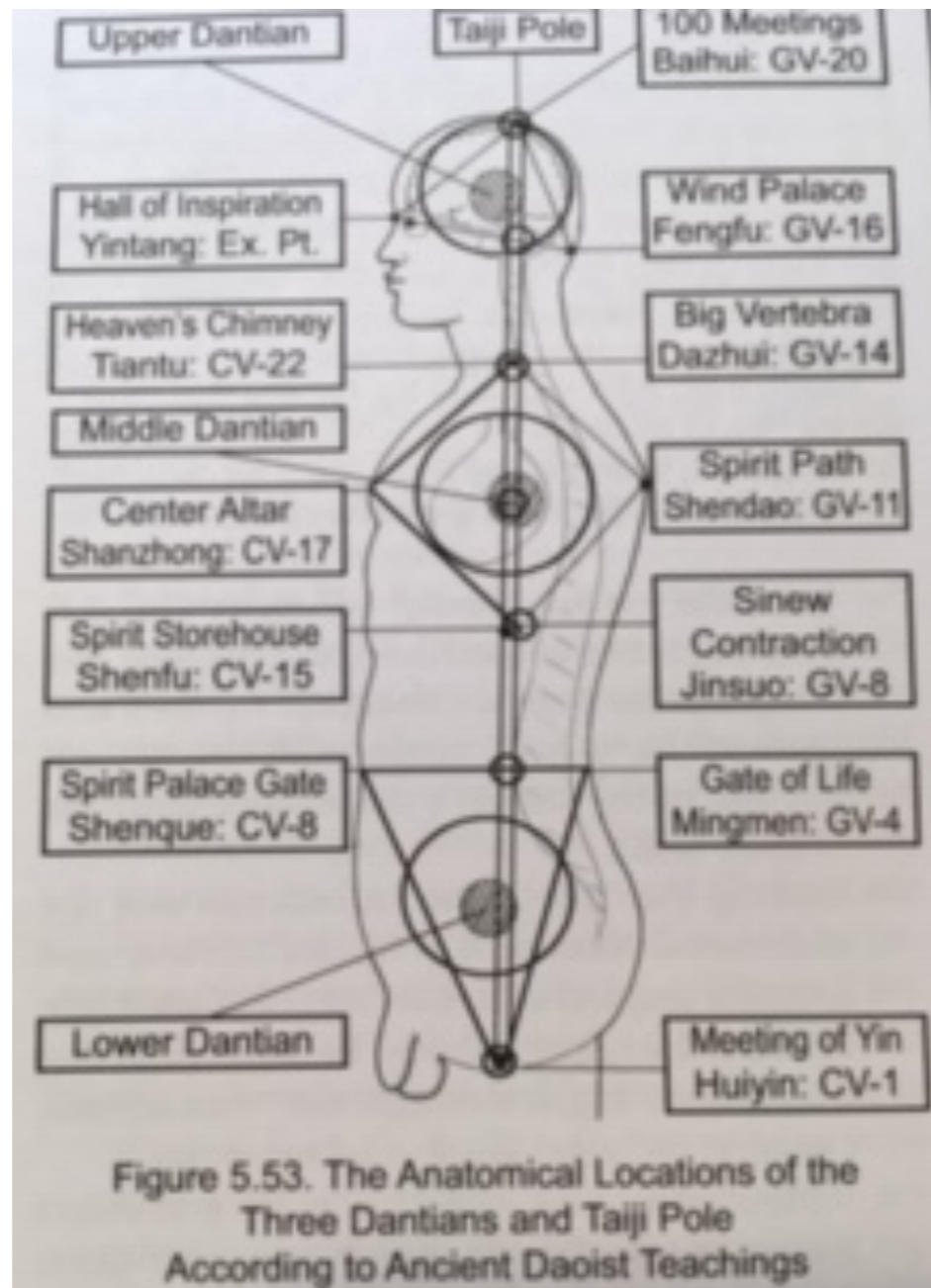
Three Powers and Nine Treasures

	Matter	Energy	Spirit
Heaven	Sun: Major Yang	Moon: Major Yin	Stars: Yang & Yin Planets: Small Yin
Man	Jing (Essence)	Qi (Energy)	Shen (Spirit)
Earth	Soil (Yang)	Water (Yin)	Wind (Yang & Yin)

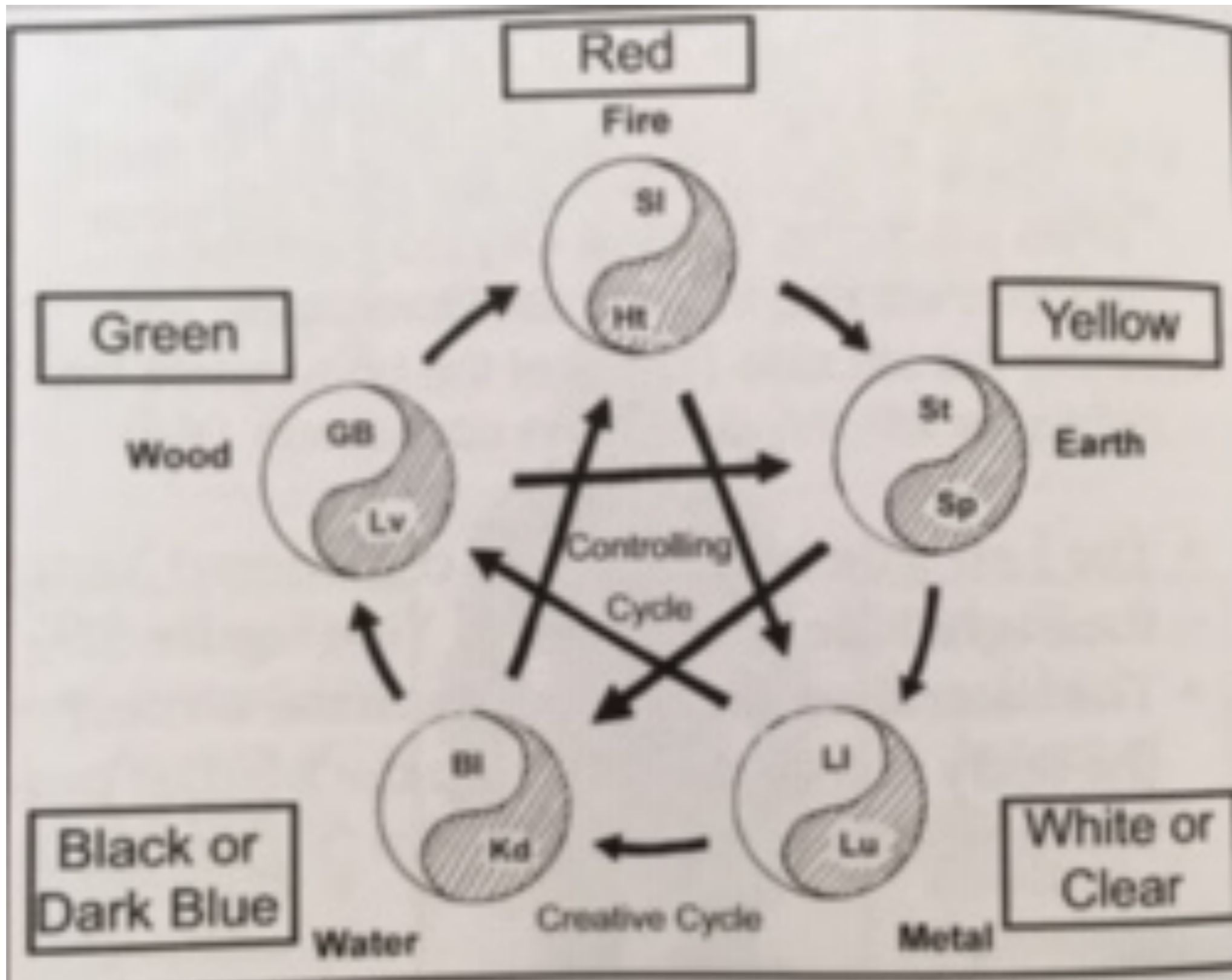
The Relationship of the Three Dantians to the Three Wei Qi Fields

Three Wei Qi Fields	THREE DANTIANS	Influences	Three Treasures	Contains
First Wei Qi Field	Lower	Physical: Essence/Jing	Earth	Defensive Power
Second Wei Qi Field	Middle	Energy: Qi Mental-Emotional	Human	Colours & Light
Third Wei Qi Field	Upper	Spirit: Shen	Heaven	Thoughts and Perceptions

The Three Dantians



Five Element Cycles



Benefits of Qigong

1. See Professor Jerry Alan Johnson, PhD. DTCM (China), *The Secret Teachings of Chinese Energetic Medicine*, 2014, Vol. 1.

Detoxifies Toxic Emotions from the Body

Corrects internal organ dysfunctions

Balances Deficient or Excess Qi and Blood conditions

Enables patients to reclaim control over their lives

Benefits of Qigong

Research Findings:

Roger Jahnke et al., “A Comprehensive Review of Health Benefits of Qigong and Tai Chi,” in Am J Health Promotion, Jul-Aug 2010.

Bone Density

Improve balance

Cardiopulmonary effects

Physical Function

Falls and related risk factors

Quality of Life

Self-Efficacy

X. EXERCISES to Practice

1. Purge:

Pulling Down the Heavens

Wuji Posture- Eighteen Rules of Posture

Old Man Searching for Reflection of the Moon

Dropping the Post

Trembling Horse

Pulling Down the Heavens

Exercises to Practice-cont'd.

2. Tonify:

Kidney Self Massage-Massaging Lower Back area

Kidney Self-Massage-Massaging the Feet

Tapping the Knees for Kidney Tonification

*Breathing Practice and Special Taoist Talisman
to Increase Intelligence and Prevent Dementia

Turning the body without/with arm movements

Lung Tonification (Daoist Five Element protocol)

Kidney Tonification (Daoist Five Element protocol)

Band Heating Exercises JAJ V.5 (2014)p.390-395

Exercises to Practice-cont'd.

3. Regulate:

Guan Gong Strokes Beard (Fire Cycle of MCO)

Fair Lady Washes Face (Water Cycle of MCO)

Expanding and Contracting Rings (Hun Yuan)

Meditation: Microcosmic Orbit
(Small Heavenly Cycle),

Golden Ball Exercise to close

Taoist Talisman to Increase Intelligence & Prevent Dementia

See next slide

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XI. Medical Qigong training, wellness classes and therapists in Greater Victoria and Metro Vancouver

1. For Health and Wellness Group and Personal Training:

Sylvia Fockler: Email: skffockler@gmail.com

<https://sylviafockler.com> (website in development)

New Vitality Now! Qigong wellness classes being planned to begin January 2020 in North Saanich and/or Sidney.

2. For training in Medical Qigong Therapy in Victoria:

Noel Taylor: <https://shenjourney.com/>

<https://www.iqscm.com/>

Contact Noel for dates of next Victoria Medical Qigong student internship clinic, May-June 2020.

3. For training in Medical Qigong Therapy in Vancouver:

In Vancouver and California:

Wendy Lang: <http://www.emptymountain.com/>

<https://www.iqscm.com/>

Contact Wendy for dates of next Vancouver Medical Qigong student internship clinic June 2020?

In Vancouver:

John Weiss: <https://www.johnweiss.ca>

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