Yan Xin Qigong

and the Contemporary Sciences

Jo Ann Wozniak
Stevenson Wu
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International
Yan Xin Qigong Association

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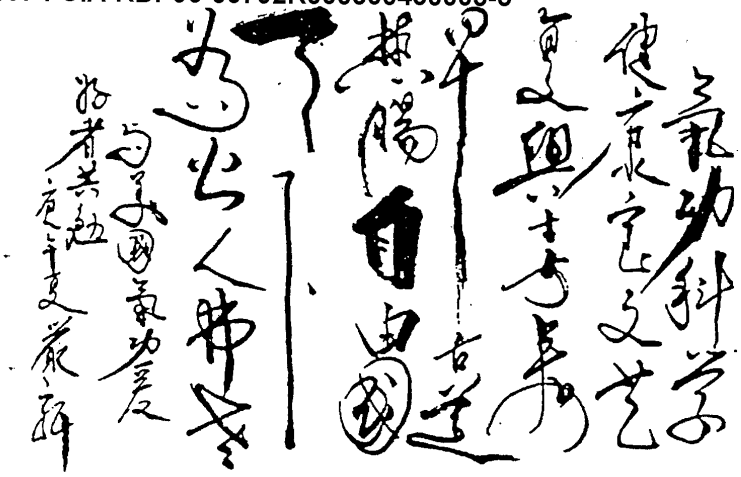

Renaissance of art is like early spring arriving,
With old virtues exalted, new enterprises thriving.
So, the science of Qigong is a treasure of health,
With long life to man, peace and wealth.

An Inscription for Qigong admirers in U.S.A. by Dr. Yan Xin in Champaign, Illinois, September 7, 1990.

This is a preliminary edition.
Distribution is limited among members.

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东方文化与西方文化相结合，
相互碰撞出新的境界。

张震寰
一九九一年5月

East and West meet to engage
Qigong cause advances to a new stage.

Zhenhuan Zhang
President, China Qigong Research Association
President, China Human Body Sciences Association

Beijing, May, 1991

Acknowledgments

This book has been compiled under the constant advice of Dr. Yan Xin. Apart from him, this book is indebted to the following friends.

We hope to show the highest respect to professor Susan Cheng (former professor of English), who has spared no efforts to translate the most difficult parts in this book with her knowledge of both English and Chinese as well as her understanding about Qigong. Susan has also given us much valuable advice. It is not an easy task to translate into proper English, an abstruse ancient subject involving so many complicated scientific fields.

We earnestly express our thanks to Ms. Jing Sun for her enthusiastic work to translate some papers and type the whole manuscript.

We appreciate the work of Ms. Janice E. Rutherford, who provided editorial assistance with translated drafts of Chapter 3.

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Finally, our gratitude goes to all of the members of the International Yan Xin Qigong Association who have made all kinds of contributions to this book.

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In May, 1991, Dr. Yan Xin received the honorary M.D. degree and Certificate of Merit from the state government of Hawaii. Pictured with him are representatives of the state government.

Shown in the picture is Dr. Yan Xin in Chicago in September, 1990 after he gave Qigong treatment to a group of AID's patients. On his left is Professor Zuyin Lu from the Chinese Academy of Sciences, who has cooperated with Dr. Yan Xin in many scientific experiments. On his right Prof. Xutian Wu of the International Yan Xin Qigong Association.

At the party held by the World Medicine Research Foundation, Dr. Yan Xin was autographing for international delegates.

In 1990, Dr. Yan Xin was invited to visit the "Mind Center Corporation", a respected research institute in Stanford, California. Dr. Forster Gamble was introducing their research activities and achievements.

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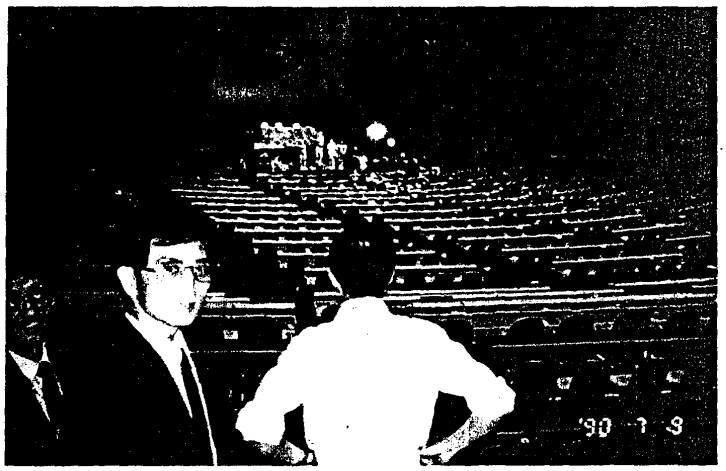
For his distinguished contribution to the American society, the state government of California recognized Dr. Yan Xin as an Honorary Citizen of the State of California. Governor Wilson presented the certificate to him, along with the vice president of the Republican Chinese American Union.

Upon visiting Princeton University, Dr. Yan Xin discussed the cooperated research projects with the director of the Princeton Engineering Anomalies Research Lab.

President of the National Health Federation, Dr. Maureen Salaman presented the award pin and certificate of special medical honor to Dr. Yan Xin.



Dr. Yan Xin was touring the United Nations after giving a lecture at the Qigong Association of the United Nations.

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At the First International Yan Xin Qigong Health Workshop, the picture shows a bright aura light arc, when Dr. Yan Xin was emitting Qi to Miss Chwen-Fong Lee whose leg bone was fractured at a car accident.

After Dr. Yan Xin lectured at three college campuses in Hawaii in May, 1991, the state governor awarded him Certificate of Merit.

Preface

Chinese Qigong, in short, is an ancient philosophical system of harmonious integration of the human body with the universe. It is related to arts and sciences. It integrates the mind, bioenergy, form and spirit of the human through systematic discipline mentally, morally and physically. The cultivation of one's beneficial relationship with the cosmic environment results in an optimistic attitude toward life. Chinese Qigong can not only strengthen the human body through prevention of illness and self healing but can also arouse latent powerful potentials. It is the most ideal and scientific way of acquiring longevity and happy life for practitioners.

Chinese Qigong was initiated in ancient time. In order to survive adverse circumstances, our forefathers had to rely on their internal sensitivity and exploit their latent abilities, such as foretelling the weather or earthquakes, seeing and communicating long distance, visualizing internal organs of the human body for diagnosis, therapy, and so on.

The basic principle of Qigong is to coordinate the human body with the universe. It was assumed that all things in the world had spirit and intelligence. People were to keep in harmony with nature and absorb vital energy from outside the body to supplement their needs. The whole philosophy regarding the relationship of the human body with the universe gradually formulated the theory of Chinese traditional medicine.

Following the development of sciences and technology, human beings have improved their living environment. They do not need to try hard to utilize their latent power any more but instead depend more on modern technical instruments for their struggles. Additionally, under the condition of plentiful materials for human life, mankind has already changed the original way of living in quiescence and tranquility. Hence, many have lost the knowledge and ability to exploit their potential. Only in some ancient civilized countries like China and India, do people still

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keep the valuable tradition handed down from one generation to another. There is a 7,000-year history of hieroglyphic and a 3,000-year history of Chinese writing on Qigong. During this long history, there were a few people keeping Qigong as their legacy in each generation. There are a few 'supermen', who have extrasensory perceptions far beyond the functions of contemporary sciences. But, from a Qigong point of view, there remains only some latent potential in modern human life.

Over a long period of history, some religions involved themselves in Qigong for their religious advantage, and put elements of mystery into Qigong. Consequently, Qigong became miraculous and abstruse. It was inevitably misunderstood by many people. Most scientists consider it superstitious and do not allow it to appear in the Hall of Fame of modern sciences. However, in the past, quite a few famous scientists with foresight and sagacity paid attention to the latent ability of human beings and engaged in some research on it. For instance, Newton and Einstein, the most famous scientists in the world, contributed to this kind of research in their old age. In the U.S. in 1925, there was an institute established for research on the anomalies ability. Now there are several other famous research institutes engaged in this project, such as the Princeton Engineering Anomalies Research at Princeton University, the Mind Center Corporation at Stanford, the Research Laboratory of Health Sciences, the School of Medicine at the University of California at LA, the Foundation for Mind-Being Research in Los Altos, and the Department of Behavioral Medicine of Harvard School of Medicine. The famous John E. Fetzer Foundation has contributed a great amount of financial support to bioenergy research projects. Researchers have already achieved some good results. However, the shortcoming is that few high level Qigong masters have ever been asked to collaborate with the research, so researchers are unable to get sufficiently substantial results to convince most scientists.

Among many Chinese Qigong masters, Dr. Yan Xin is the most successful one. He combines Chinese martial art, traditional Chinese medicine and Chinese Qigong in his medical work, apart from combining Chinese traditional medicine with the Western medicine. People in China hold him in high esteem for his excellent medical skills and noble ethics. Dr. Yan Xin has renovated methods of Qigong performance by presenting Qigong lecture with emission of bioenergy, 'Qi'. Millions of people attend his Qigong performances and countless patients get cured by his Qigong treatment. Dr. Yan Xin also took the lead in cooperating with scientists on Qigong research and obtained many surprising experimental results. The bioenergy or Qi emitted by him from 10,000 kilometers away can influence changes in the molecular or nuclear structure of test specimens, including DNA, RNA and radiation isotopes. All the experiments were repeated many times with stable results.Quite a few results have been applied to industrial production and have gained great economic significance.

The Qigong research work of Yan Xin has proved that the Chinese Qigong, as a diversified course of discipline, enables the highest technique in contemporary scientific research. These achievements provide enough evidence to incite a new revolution in modern sciences. We hope it is destined to influence the future development of human society. However, we are sorry to say that these fantastic achievements in China did not receive proper scientific attention in the world.

Dr. Yan Xin visited the United States last July. He has ever since been invited to give about 150 Qigong performances and lectures over several countries in North America. His lectures and miraculous healing skills have been performed in most big cities and famous universities. He was invited to lecture in several important international medicine conferences and has begun to collaborate with some research institutes in the U.S. for Qigong research projects. His activities have aroused quite a sensation among people in the Western world. He has gained public recognition with his outstanding contribution to American society. The State of California awarded him the title of Honorary Citizen. President George Bush met Dr. Yan Xin twice and addressed him as 'the contemporary Chinese sage'. There must be quite a

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number of Westerners wishing to learn Chinese Qigong. Not only people who want to achieve a high level of health, but also quite a few scientists are interested in Qigong research.

However, though there are dozens of books about Yan Xin Qigong published in several countries, unfortunately none of them are in English. So, this timely book meets the urgent requirement. All of the articles in this book are collected by the International Yan Xin Qigong Association. The most important papers are from Dr. Yan Xin explaining Qigong philosophy and teaching Qigong practice. Abstracts of scientific research theses are also included. It will satisfy those who are interested in practicing Qigong as well as the scientists who are attracted by the Qigong research.

Of the many Qigong books published in Western countries, most of them only introduce Qigong as an art of practice for health, rather than introduce its profound implication for and close relationship with modern science. Furthermore, some books are full of prejudicial points of view, because their authors do not really digest the abstruse philosophy of Qigong, leading to some unnecessary misunderstandings.

Few Qigong masters reach the level of Dr. Yan Xin, reflected in his miraculous power and noble virtue. Few Qigong masters have so many enthusiasts and so great an audience. Few have accomplished such high levels of scientific experiments as Yan Xin. Dr. Yan Xin explained the implication of Chinese Qigong accurately and clearly. We hope that this book will elevate the standing of Chinese Qigong to the realm of Human Body Science and introduce the true entity of contemporary Chinese Qigong to the Western world.

Limited in time and volume, we can not expect to put all aspects of Chinese Qigong into one book, for it has such a long history and so many different styles and branches. But we think it is a brief way to give Westerners an idea of Qigong introduced directly by Yan Xin. We are sure that this book will make an obvious contribution to the cultural exchange of the East and the West and will allow us to share the Chinese treasure, Qigong, with the rest of the world.

Chapter 1
Introduction---Chinese Superman

1) Introduction about Dr. Yan Xin and Chinese Qigong

Dr. Yan Xin:

Dr. Yan Xin (pronounced yan shin) is a physician of the Chinese Traditional Medicine Research Institute of Chongqing, Sichuan province, China. Before he studied Chinese traditional medicine, he studied in two colleges of Western medicine in China. He is a graduate of the University of Chinese Traditional Medicine in Sichuan and has taught Chinese traditional medicine for five years. During the past few years he has engaged in scientific research on Chinese traditional medicine and the Chinese concept of Qi (pronounced chee), which is the basis of acupuncture, most martial arts styles, and the Chinese traditional conception of the body as well as whole universe. He has made too many successful scientific studies in cooperation with major research institutes and universities both in China and abroad to mention in this short description. He recently attended the International Qigong Congress in San Francisco and is now conducting a lecture tour across the United States.

By combining Chinese traditional medicine with the sciences of Western medicine, and using the special ability of high level Qigong, he has been able to cure many typical and incurable diseases. Some of these cases have shown apparently miraculous and at first unbelievable results. For example, he has cured broken bone patients within minutes, and some cancer patients within a few hours. He has helped a person who suffered deafness

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for ever thirty years to regain hearing ability within a short time. He gave a Qigong treatment to an AIDS patient in Hong Kong. Blood test results appeared normal on this patient from the third day of Qigong treatment, and has remained so until now, three years after the treatment. in June of 1990 he gave a Qigong treatment to five AIDS patients in San Francisco, and to another group of AIDS patients in Chicago on July 10th. Initial results from these patients are positive.

In exploring the secrets of Qigong he has collaborated with Beijing University, Qinghua University, the Chinese Academy of Sciences, and other scientific research organizations. The scope of his experiments has been extremely broad, they have included the fields of Medicine, Biology, Physics, Nuclear Energy, Chemistry, Optics, Astronomy, Geology, Industry, and Agriculture. The results of his research shows that the latent potential that every human being carries far exceeds the knowledge of contemporary sciences.

As a result of Dr. Yan Xin's research it has been shown that the mind power or Qi emitted by a trained Qigong master can influence or change the molecular structure of many test samples, including those of DNA an RNA, even from 6 to 2,000 kilometers away. It can even effect the half life of radioactive isotopes and the polarization plane of a beam of light as emitted from a Helium-Neon laser. His discoveries are changing the way modern science is viewed, and challenging many of its assumptions. Up to the present time he has published thirty six scientific papers in collaboration with other scientists. Some of the research results have already been put into use in industrial areas in China.

To satisfy great demand by people interested in Qigong and patients with difficult to cure diseases he has given hundreds of Qigong presentations (a special lecture with healing effects, that is, during the lecture he emits Qi or energy to the audience). About forty books have been written about him and he has been the subject of numerous videotapes. He does not receive money personally for his work or presentations. Incomes for all these activities are directed to charitable organizations or scientific

research.

For recognition of his outstanding contribution to American society, the State Government of California conferred him an honorary citizen. A college in Hawaii conferred him an honorary M.D.degree. President George Bush met him several times and praised him as " the contemporary sage ".

Dr. Yan Xin's most important contribution is that his research work examines Qigong, a legacy of ancient Chinese culture, using the tools and methods of modern science. The results are often very surprising and challenging. His work may stimulate a new revolution in modern science and contribute to the advancement of human development. Some of the claims made about the effects of Qigong may seem incredible, but efforts are under way now to document and verify them scientifically. Modern science requires an open mind when facing with new challenges. The secrecy that has kept chinese Qigong out of the public eye for centuries is now being broken. Chinese Qigong masters have decided that Qigong does to just belong to the Chinese people, it belongs to all mankind.

Qigong:

Qigong has about a 3,000 year history, with artifacts dating back as far as 7,000 years. It is a system of physical, mental, and philosophical training for cultivation moral and body strength, exploring the latent ability of humans, prolonging life, and developing human potential.

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2) Chinese Superman

(The commentary of a chinese documentary film)

You may have heard an American movie called Superman. This movie became so popular that the superman became a hero in most people's hearts.

Superman has superpower, he appears whenever people need him, extricates people from disasters and saves people's life. In China today, Dr. Yan Xin is called superman because of his unique medical technique and miraculous healing skills. Yan Xin practiced Qigong and martial arts since he was very young; later he went to medical schools to study both Western and traditional Chinese medicine. He combines the techniques of Qigong, martial arts, and Chinese medicine, and he is a very successful doctor. He saves lives and starts scientific research on Qigong. As a Qigong master, he does not succeed in each single case, and as a doctor, he can not heal all of the patients. He is highly praised and, at the same time, he is criticized severely by some people who can not understand Qigong. But Yan Xin is an ordinary human being like us, he is not a super human. He is not an ideal hero as people expected, but an ordinary human.

To understand more about Qigong and Yan Xin, we followed Yan Xin to his hometown on the Eve of Chinese Spring Festival of 1990. We wanted to find out the secret of our Qigong master, to find out the root of his success.

Sichuan province has the largest population in China. Rich in products, it is called the Palace in Heaven. Since ancient time, there have been many famous and great people from there.

On March 18th, 1950, Yan Xin was born in a small village called Dongan in Jiangyou County, Sichuan province. He started to learn Qigong when he was very young. Later, he learned martial arts and Chinese traditional medicine from more than 20 masters and doctors. Mixing all the advantages of different methods, Dr. Yan Xin creates some new methods.

Yan Xin grew up in his hometown and went to middle school in the city of County. After graduating from middle school he went back to his hometown during the "Cultural Revolution" and worked as a traditional Chinese medicine doctor. He started his college life in 1974 in Chengdu Chinese Medicine College. After graduating he became a teacher in Mianyan Chinese Medicine School. Later he moved to Chongqing Chinese Medicine Institute, working as a doctor.

We arrived at Yan Xin's hometown in the middle of the night, and we saw how his hometown people welcomed him. Our crew members were blocked by them several times.

No matter how busy he is, Yan Xin always manages to go back to his hometown each year on the Spring Festival. Qigong fans and patients around the nation have noticed this, and thousands of people go to Yan Xin's hometown each year at this time from all over the country, waiting for him and hoping to be healed by him.

The small unknown town was totally packed. People were very excited and wanted to see him as soon as possible. Yan Xin met everyone and shook hands with them one by one. And some miracles may have happened while he was shaking hands with people.

To benefit as many people as possible, Yan Xin creates a mass healing lecture. This means that when he lectures on the principles and methods of Qigong, he emits Qi (energy) of Qigong to the audience to excite the audience's potential energy and form a bioelectrical field. Some patients who receive the energy will have movements, such as waving and twisting, or will make strange sounds like yelling, crying, laughing, and so on. Through these reactions, diseases will be cured.

During the past few years, Yan Xin gave this kind of lecture more than 200 times around the nation. The largest was attended by more than 30,000 people.

Here in his hometown, the small hill is the best place to give the lecture. Before the lecture, people had occupied the whole place waiting for the lecture. For better results, Yan Xin

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emphasizes a faith in Qigong, which does not mean a worship of any Qigong master or a superstition, but means that patients should have a good will and mood, and have confidence in Qigong. That is the best cooperation with Qigong masters.

About 3,000 years ago, our ancestors proposed Qigong theory (the original Qi theory), and said that everything on earth is constructed by the original Qi. A human being is made of the Qi and lives on the movement of the Qi. By adjusting the Qi, people can keep healthy, and prolong life. This adjustment is called Qigong. Some said Qigong is only a breathing exercise, which sounds funny but is reasonable. The earliest English translation of Qigong was breathing exercise. Later, people found that breathing exercise could not describe the rich contents of Qigong anymore.

Qigong is not only a method to heal, a method to keep fitness, but also a new scientific area covering many fields. As a method of healing, Qigong has miraculous effects on some stange diseases. Qigong creates miracles in life. For example, people who practice Qigong can stand the stroke of a hammer weighing 12 pounds.

In a tomb excavation in 1973, an ancient picture was found, which appeared to be a Qigong practice guide. It was the most popular work in ancient time and was the oldest Qigong article found so far.

Today among many Qigong masters, Yan Xin is the most successful one. People pay him the highest respect for his good medical skills and virtues. Yan Xin emphasizes scientific research with Qigong. He has cooperated with scientists to research Qigong since the early 1980s. He started a new era of Qigong.

During the past few years, Yan Xin traveled around the nation, saved many peoples' lives, and especially, healed some incurable patients. In his cooperation with some universities, he obtained many unbelievable results in Qigong research. Modern science can not explain his miraculous healing effects and research results. People called this Qigong phenomenon the Yan Xin phenomenon. To heal more patients, Yan Xin started his

mass healing lecture in Liaoning province, and then he gave this kind of mass healing lecture in Beijing, Inner Mongolia, Guangdong, an so on, more than 200 times. Millions of people attended his lectures. The hottest tickets are not the tickets for football games, concerts or fashion shows, but for Yan Xin's healing lecture.

Mass healing lecture is one of the inexplicable Yan Xin phenomena. Healing lecture means that when Yan Xin gives the lecture, explaining the principles and practice methods of Qigong, he also gives out his energy which will be received by some sensitive people. These people will have different movements and make different noise. Along with the lecture, some people laugh, cry, yell, and some people hit themselves, dance, twist, and so on.

People said women are more sensitive than men, and easier to have reactions to Qigong energy, but here in a lecture in Goungdong, men had the same reactions.

Qigong, as a method of keeping health and fitness, has more than a 3,000-year history in China. The curtain was rolled up in the 80s of the 20th century and Qigong showed people its wonderful pictures. Yan Xin is the most popular Qigong master among others. During the past few years there arose a Yan Xin fever throughout the nation.

Qigong attracts many patients, enthusiasts, and also many scientists. Many inexplicable Yan Xin phenomena interest them. Science accepts facts, Qi of Qigong exists objectively. Since the middle 80s, Yan Xin has cooperated with several universities and institutes, such as Qinghua University, Beijing University, Zhongshan University, Zhongshan Medical University, the Higher Energy Physics Institute of Chinese Academy of Sciences, etc.. They studied the effects of Qigong on molecules, atoms, and body healing, and they obtained surprising results.

In a 3,000-year Qigong history, Yan Xin is only a drop in the ocean. As he put it, he is only one of the finger tips of those great Qigong masters. But just the 'finger tip' starts a Qigong fever.

Qigong is neither superstition, nor miraculous medicine;

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neither a monster, nor an ancient achievement in scientific research. Qigong is Qigong; it is one part of Chinese traditional culture. There is a great potential in Qigong research, but one scientist's effort today may be only a stone on the road towards the goal. Qigong research needs more devoted people, and that is what Yan Xin is.

* *The documentary was made by the Chinese National TV*

Chapter 2
Important Speeches of Yan Xin

1) The Implication of Qigong

Dr. Yan Xin

What is Qigong?

Whoever wants to learn Qigong should first understand what Qigong is. From reviewing the reference materials of ancient times together with the ideas and convictions of the modern Qigong masters, we may consider Qigong as a course of art dealing with the following disciplines:

I. the Training of the Body and Mind
II. Integrated Cultivaton of Nature and Life
III. the Maintenance of Motion and Quiescence in the Body
IV. he Integration of Thought, Bioenergy, Figure and Spirit as Ideal Regimen for Preserving Health
V. There are various abilities in the Qigong Regimane
   1. Art of preserving life
   2. Art of preserving health
   3. Maintainging of Vigor and Grace
   4. Art of prophylaxis
   5. Art of diagnosis
   6. Art of therapy
   7. Art of achieving longevity
   8. Art of exploiting wisdom
   9. Art of skillful performances
   10. Art of detection of the unknown
   11. Art of instilling prenatal education

Qigong is a course of diversified disciplines, clos

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related to modern social sciences and natural sciences. In a way, we may call it an integrated course of diversified polytechnology. It is the most advanced of all the advanced technical sciences of the time. That is why we need to probe into the general concept of Qigong, its implications, and its categories.

I. Training of the Body and Mind

Training of the body and mind is a special point common to all types of Qigong, emphasizing the whole process of visionary thinking, mental attitude, and understanding. In training the mind or the heart, one can start with the Qigong drill both consciously and unconsciously, and include twenty four hours of daily activities. To cultivate of the mind. With some assiduous drills, one can naturally get the mind regulated. And through conscious training one can succeed unconsciously. When the mind has been purged, tempered, and cultivated to achieve discernment, the body will automatically be regulated, improving the energy and functions of body and mind.

II. Integrated Cultivation of Nature and Life

Such integrated cultivation of nature and lifes is an important concept in Qigong, especially important in traditional Qigong. It stresses the state of human life, the laws of human life and the essence of human life. After wisdom has been exploited, one's future will be better, and one's life will be of brilliant prospects.

III. Maintenance of Motion and Quiescence in the Body

Such a state can be found when people attend Qigong lectures. Whether they are sitting or standing, they all look very quiet or quiescent outwardly. However, inwardly, bioenergy is moving incessantly, and is intensified in some people. Since there is

external bioenergy present and in motion in the hall, some in the audience move their limbs spontaneously due to the enhanced inner bioenergy. Outward limbs are in motion while the inner mind is calm and serene. Actually, only when inner bioenergy is in motion, is it strong enough to stimulate latent potential. Therefore, any movements of the limbs are the effective results of the bioenergy. As soon as the potentials are raised, the person will be entirely delivered from his conflicting thoughts, moods, and ideas. Consequently, peace of mind will occur. Though it is not always the case, those who move their limbs during the lecture show motion outside and quiescence inside, for there is always a maintenance of motion and quiescence from beginning to end in all Qigong practices.

IV. Integration of Thought, Bioenergy, Body, and Spirit

1. Bioenergy

The concept of true bioenergy in Qigong far exceeds that found along the Channels and Collateral (JING LUO) and in the viscera of the human body in the theory of acupuncture. This bioenergy is energy with life hologram. It contains the special character of the individual. This bioenergy may remain outside the body or even lodge with all things on earth. It should be seen as a special energy which carries the information of high energy substance. It should also be seen as special substance, special energy, and special information. It is said to be special in that there is no way of knowing or explaining wholly, the concept of a common substance, energy, and information. This bioenergy far surpasses the common laws and terms of our modern sciences. Thus,our approach to it should take into account the functions and ideals of the individual. What one has in his mind, the nobility and depth of his thinking, the mysticquality of his thoughts, will be the precise character of one's bioenergy.

2. Body

The human body can sit quietly, stand quietly or lie quietly. It

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can also move or be quiescent. It can be regulated by adjusting the postures of the organs of the body, such as the tongue and teeth, the internal movements of the viscera, etc. But this is not the essential part of it. With Qigong, the form is integrated with mind, bioenergy and spirit. This mainly means the regulating and drilling of the body by the activity of the mind either consciously or unconsciously. Furthermore, it mainly implies the regulation of the body with bioenergy. It is not concerned only with the personal form of the individual; it implies the regulation of the human body with the form of the other living things in the universe.

3. Spirit

The spirit is mainly referred to as the integrated state of the integrated function, effect, and effective energy or the chain reaction of the whole process in the integration of mind, bioenergy, form, and spirit. This spirit is not the superstitious deity but something that stands for material energy, function and effect as well as the visible macrocosm, macrochanges, microbes and microamount. In a certain sense, spirit in Qigong is said to be something huge, an enormous concept which knows no bounds or a very tiny concept unable to be perceived or photographed. However, this spirit is supposed to be omnipresent and ubiquitous. Whenever one practices Qigong, one's spirit is elated. Everyone can clearly see an improved spirit, because after Qigong practice, one is in good mood and in good health and feels energetic towards all life, work, and studies.

By merging the mind, bioenergy, body, and spirit,we mean that the merging reflects the methods of practicing Qigong and their effects. The process involves the whole progress of practice. We consider Qigong an ideal form of practice because it is suitable for anyone regardless of age, sex, health or sickness. It is particularly efficient for raising the immune system and for enhancing the recovery of the convalescent. Consequently, it increases longevity. Through Qigong practice, one can keep oneself in good health, resist diseases and enjoy longevity. One

may break through the ordinary life span of eight to ninety, to live to over one hundred. Thus, the ultimate goal of Qigong practice is to live a very happy and healthy long life. Qigong is the best regimen for promoting health and longevity.

V. The Various Abilities of Qigong Regimen

The four items mentioned above are common points in Qigong while the following will be concerned with some technical questions.

1. Art of preserving life

The preservation of life emphasizes preserving life with an emphasis on therapy, rejuvenation, nutrition, and tone. It is different from other regimens. Qigong can impart high energy to one during Qigong practice. One can acquire energy from the universe or rather acquire whatever energy the body needs. Therefore, it is an ideal regimen. With Qigong practice, one can absorb through skin pores the substance, energy, and message, just like a medicinal dressing is absorbed by. The patient absorbs the medicine through his skin and the symptoms, soreness, and edema subside and the wound heals. This proves that human skin can absorb substance. The reason for practicing Qigong is to absorb the substance, energy and message through the skin of the whole body as needed. Qigong is an ideal regimen for preserving life and pursuing longevity.

2. Art of preserving Health

Preserving health in Qigong is different from other regimens, which define health as the condition of feeling no illness nor symptoms of illness. According to the requirements of Qigong, one should not only be free from illness but should also have potential tapped, and bodily functions enforced, because Qigong can reduce the consumptive energy and increase the stored-up energy of the body. Hence, one can diagnose and treat one's own

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small complaints spontaneously so as to keep in constant active health with relatively no illness. In this respect, there is no comparable regimen.

3. Art of maintaining vigor and grace

Qigong emphasizes the beauty of the heart and spirit, reflecting one's natural beauty. There is a common saying in China, "Children never complain of their ugly looking mother." The standard of beauty for a person in Qigong is the beauty of heart and spirit. When one trains oneself to attain a high level and find the beauty of heart and spirit, then one will be free from worry, care, unnecessary burden, fear, terror, or arrogance, and will be able to regulate the body and mind. This will bring, spontaneously, a long and healthy life because it strengthens and renews dysfunctioning body processes, and increases longevity by stressing the cultivation of moral character. If eighty is only childhood for Qigong masters, Qigong can only be considered the most ideal art of maintaining beauty of the heart and spirit. That is why many people are interested in doing Qigong to attain such beauty of heart and spirit.

4. Art of prophylaxis

This is different from the ordinary preventive measures, such as vaccines. Yet, there are some similarities. For example, when one practices Qigong and when bioenergy is functioning in the body, one may be able to react to diseases in other people. This would be equivalent to a preventive inoculation with live vaccine. Qigong practice will certainly raise the effect of one's immune system and develop a higher quality of resistance against diseases or other harmful viruses. This is not gained through other prophylactic measures. Of course, acupuncture is a little similar to Qigong, for it was initiated by Qigong. Its contents are those of Qigong. Qigong prophylactic measures, are different from other kinds of prophylaxis. Prophylactic measures of Qigong have no side-effects nor contraindicative warnings. Modern preventive measures give live vaccine to the patient in the hope

that through taking a bit of it the patient will build up resistance against the disease. Qigong, however, tries to build up first one's bodily strength by eliminating all that is harmful to one's health and by supporting all that is beneficial. As is said in Chinese, "to eradicate the evil and to support the good in the body." That is what Qigong intentionally tries to achieve. It is a way of building a strong, vigorous body. At the same time it tries to arrest the thief by opening the door or by educating the burglar right on the spot. When the body is strong, the pores of the whole body can eliminate the germs and viruses out of the body, and at the same time the pores can absorb true bioenergy as the body needs without spending its own. Therefore, Qigong is an art of prophylaxis.

5.Art of diagnosis

The ways of diagnosing diseases by Qigong are many:

(1) diagnosis by response,reaction, or interaction
(2) fluoroscopy with naked eyes
(3) remote diagnosis of an object or a message
(4) diagnosis of enlarged image from a message
(5) diagnosis of the enlarged image of the patient's viscera from the message left on other objects
(6) diagnosis through the message from the patient's relatives or through the remaining message
(7) diagnosis with light waves and sound waves
(8) diagnosis of direct palpation on the patient's acupuncture points
(9) diagnosis from a remote place

The diagnosis from a remote place is more convenient and economical for the patient than the modern diagnostic procedure in the out-patient clinic or hospital which has a lot of red tape and charges a small fortune. Besides, modern medical diagnosis will cause side-effects. For instance, the patient may be harmed by X-ray or isotope examination even before he is treated. With Qigong, the diagnosis will always be objective and timely. It

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always diagnoses early stages, as mentioned in the classics of old Chinese traditional medicine, (NEI JING---Shang Gu Tian Zhen Lun). Qigong masters can diagnose future illness at asymptomatic stages. However, our common method of diagnosis is just like a jet plane making headway in the smog. As soon as one sees the smog, the plane is already past it.

A patient is a living being and illness is a living thing,too. When two living things stay together in one body, their relationship and their mutual effectiveness can not be expected to remain at the same stage. With Qigong, the diagnosis is based on the reordering of composites. It is in unity with the length, width and depth of space, and with the concept of time. Qigong diagnosis usually allows the patient to see the illness and energize healing right at that moment. That is why we say that Qigong is the best art of diagnosis. Anyone who practices Qigong has the potential to diagnose and treat illnesses automatically and efficiently.

6. Art of therapy

Qigong is an ideal therapy for curing disease because with practice one can regulate one's constitution to drive any diseases away. Additionally, when one person practices Qigong, the whole family will be benefitted. It may be that the radiation of some light or the magnetic waves of electricity produce external bioenergy for surrounding people, plants and animals, regulating and improving the functional ability of their systems. Since Qigong partitioners can help others overcome diseases through their own practice, Qigong is an ideal art of therapy for curing diseases. It is timely and effective without any side-effect. While being treated, the patient becomes strong so as to enjoy long life. It is ideal because while being treated, his energy will be aroused and his functional ability improved. For example, a daughter of a Chinese functionary in Liao Ning Province suffered from a particularly incurable disease as diagnosed by a most prestigious hospital in China. The final verdict in her medical report was that she would live, at most, three more days. So, she

was discharged from the hospital, and her parents urged me to treat her from a distance. I accepted their request. Home from the hospital, her symptoms definitely showed conspicuous improvement. At present, she is still living and is a very healthy lady. This demonstrates that Qigong can play an effective role in treating diseases, because the disease of that woman was incurable, not one which could benefit from medical treatment. Some people in receiving treatment from Qigong, improve both their health and their latent functional abilities, enabling them to serve society better.

7. Art of Longevity

The longevity brought about by Qigong may mainly mean the effect of Qigong on the living substance of human body. Should the nucleic acid molecules of the body be affected by Qigong, the structure of their molecules may be changed, resulting in longevity. This longevity will not be the long life of eighty, ninety or one hundred, but may break through to two or three hundred and may be far more than these numbers.

8.Art of exploiting wisdom

Qigong is different from other exercises in that it can improve one's skill, activate one's latent energy, and arouse one's wisdom so as to become wise. Whether one is in good health or not, functional abilities improve after practicing Qigong.

9.Art of performances

Quite a number of people have attended lectures by Qigong masters or wrestling performances by the martial artists, but it is not easy for them to understand the skills of their performances. Only those who have some fundamental knowledge of their skills can learn some special techniques from watching the performances. At the same time, they can also absorb some bioenergy from the masters just like the bioenergy able to be absorbed at our gathering today.

Qigong activities are different from other kinds of activities.

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The real significance of Qigong does not appear on the surface but exists in the internal absorption of the bioenergy emitted by the master while giving his lecture or his technical performance. Those who are watching the performance or those who are listening to the lecture will more or less acquire considerable effect from the external bioenergy. Some people have attended several lectures in succession and they feel the more they attend, the more they get interested in Qigong. Some are willing to pay a high price for the ticket. For instance in Beijing, at first the lectures drew only a few thousand but later there were a few thousand inside the building and nearly a thousand outside the building. They stayed outside even though it was raining hard. Many had no rain outfits with them but that did not stop them from doing Qigong in the rain. What other gatherings could attract so many earnest and zealous attendants? Those outside the building were unable to see or hear the speaker. How could they keep up their interest? It was really incredible, but it was a fact.

In July,there were two lectures to be held in the Zhongshan Music Hall near Tian An Men Square,and by the side of Zhong Nan Hai. Nearly a thousand listening outside the building refused to go away, so we had to put up loud speakers outside the building for the second lecture. From this, we can conclude that Qigong activity is different from other kinds of performances. With Qigong, the speaker is not the main performer but the audience who listen and watch the performance receive the benefits. No other gatherings, sport meets, acrobatic shows, musicals, song and dance ensembles, nor any conferences can achieve results brought about by Qigong lectures. The attendants of Qigong lectures have spontaneous movements during the lecture showing their state of Qigong, and automatically get over from some chronic diseases and become immune to other diseases after the lecture. A great many people have had this experience, among them, those who had not believed in Qigong and had never practiced Qigong before they attended the lecture. Thus, we can say that the master is peer teaching and the attendants are peer learning in a Qigong lecture. The master and the students,

the speaker and the audience, the performer and the spectators are all actors and spectators and all teachers and students.

From the above we can conclude that Qigong activity is different from any other group activity. There are some other special technical performances, but so far, no other performances that can replace Qigong.

10. Art of detection of the unknown

Qigong can activate some latent functional ability such as seeing a far distant object, seeing floroscopically with the naked eye, and transporting things with one's mind. If one has any extrasensory perception, one will also have the ability to detect the unknown. These people will be an asseta to the country. I remember my old masters told us about this matter. Do allow me to repeat it here.

Is there any one here who has ever taken things belonging to others? If so, please return them to the owners as soon as you finish listening to this lecture, even if listening to a recording of this lecture. You can pay them back in full or at half the value, then examine the effect of your Qigong practice for improved functional ability and for effects of curing your disease with Qigong. It is necessary for a person who hopes to accept Qigong lessons to make a major decision to correct his faults or guilt while taking the lessons. Only through acknowledgement of wrong doing and action to correct it, can one receive the real effects of Qigong to cure,that is to cure disease and enhance functional ability. Try to do another experiment if you are not willing to rectify your mistakes. However, do not regret afterward when something unwonted and unexpected happen to you. My old Qigong Master stressed emphatically that one cannot steal again after learning Qigong. If one still insists on stealing, he will meet with troubles.

Recently, the Qing Hua University students of biology and have been doing some experiments on external bioenergy Qigong. Our experiments are quite successful in changing the structure of certain strata of a cell. We could change the structure

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of a cell from a distance of 6-2000 KM by emitting external bioenergy of Qigong.

If the nerve, memory and sensitivity cells in your cerebrum have been effected by my bioenergy while you are listening to my lecture, and if these cells analyzed and made a correct judgment that you should rectify your life, what would you do then? If you persist in stealing again, you will be doomed to failure. The old place where you used to steal, No.25, may instead become No.81, where the police station is. You will have a guilty conscience and be too nervous to find the right place for you are doing something against your own moral judgments. Maybe, the police will be just at the spot when you start to steal with hand-cuffs ready for you. Sometimes, you could unconsciously even lose control and tell what you have done to people. I used to help detect some intricate cases for some time, but not any more, because it was quite tense all the time. Besides, I think the major purpose of Qigong should be to preserve people's health. As for using Qigong to detect criminal cases I prefer to let others take up the job. I only hope to provide some living testimonies of Qigong in the capacity of a public officer so as to restore the ages old fame and prestige of Qigong. I am speaking today with the same purpose and intention. If anyone is interested in training for detective work with Qigong, listen to what I have just told you. I usually add energy to whatever I am talking about. This is a problem of detecting the unknown.

11. Art of prenatal education

Qigong is an ideal education for the fetus. Prenatal education means education given to the fetus in the uterus by transmitting message. Some people outside China believe that prenatal education is the best method for eugenics. The couple, after marriage, should pay special attention to the convictions of Qigong by thinking virtuous and moral thoughts so that at the growth of its cerebrum, the fetus can be transmitted a sense of virtue by its mother. The child will be provided, while in the

uterus, with the genetic code of the sense of virtue which its parents have cultivated with the practice of Qigong. In this way, the second generation will grow up sound and healthy. In other words, Qigong as an art of prenatal education, has played a decisive role in laying the foundation of eugenic development of the second generation. Qigong as an art of prenatal education is very ideal.

VI. The Scientific Nature of Qigong

Qigong is an integrated course of polytechnology. It is directly associated with the modern natural sciences. Qigong has embodied a part of philosophy, ethics, etc. In social sciences Qigong pays attention to historical realism. It always holds Qigong masters in high esteem. Qigong also esteems filial piety encouraging children to respect their parents and ancestors. Qigong emphasizes the impact of genetic code apart from the importance of anything inborn. In a word, Qigong attaches importance to history.

Qigong advocates that a person must not do any evil through out his life. If he should stealthily commit a sin, the sin will be stored up as signal in his cerebrum. When he practices and gets in touch with Qigong, the signal will become a hindrance to his practice. This historical signal will be more real than the record written with a pen. No false records can be made. Should there be falsehood, it would be recorded as false. Thus, the uniqueness of Qigong is its emphasis on the importance of history. It pays special attention to genuineness of facts. It holds against nihility, void, and falsehood. All who practice Qigong will perceive that after a period of time. Only those who get bioenergy can transmit it and this will be evident to others. So those who have true bioenergy will have success in whatever they do in their laboratory experiments. Even though there are no instruments available to detect the mysteries of Qigong, some modern sciences have, in some degree, received the impact of the external bioenergy of Qigong. For example, there are a few

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scientists who can use the external bioenergy to affect their scientific instruments and scientific specimens. Qigong has a foundation in matter as energy and message, except for more advanced energy and message. The special trait of one's character, especially in thinking and ideology is emboded in one's Qigong matter.

Whatever one craves for, one will acquire in the end. For instance, people thought of flying to outer space, and rockets were invented. When they thought of entering the earth, tunnels were built. The fantasy and imagination of earlier science fiction novels can be seen today in real life.

In a word, with Qigong, even if the practicioner has only an idea, it may lay a material foundation of thought in the cerebrum of his brain. It is quite likely to be a form of brain activity, or it may assume various forms. That is why Qigong emphasizes history, and holds that there is a difference between congenital and postnatal or inherent and acquired knowledge. Qigong adopts different methods to meet the needs of different participants. People are different in the nature, the psychological intention, the surroundings and in the method of practice.

In Chinese traditional medicine, there is emphasis on fundamental theories such as:

1) five elements: wood, fire, earth, metal and water, (using the composition of the physical universe to explain the physiological and pathological phenomena of the body)

2) five elements' motion and six kinds of weather, (analyzing the motion of the five elements to interpret the relationship between the weather changes and the development of diseases)

3) eight diagrams

4) Yin and Yang, (diagnosing and treating disease using the physiological and pathological phenomena of the body).

These theories are very complicated and deal with lots of mathematical formulas. For instance, one generates two, and two generates three, and three generates all the things in the universe. This is a mathematical formula. Using the common theory and

laws of Qigong clarified by mathematical formula, it is clear that a common cold will be divided into over a billion types. Therefore, one kind of remedy can not be applied to different persons with the common cold. That is why the method of treatment in Qigong is varied. For this reason, when one practices Qigong, one should have in mind that it is quite different from other disciplines. It is so unique that modern sciences are unable to explain the achievements of Qigong nor give it precise and suitable definition. However, Qigong stresses adaptation, adaptation to life, to present living, to natural laws, and to lengthening life. It is not at all mechanical or stereotyped. From beginning to end, Qigong varies its treatment with person, place, and time. Qigong is materialistic in all its activities though it mobilizes the mind to induce movement in the body. The mind only induces. With inducement, it stresses void, nihility, selflessness during Qigong practice so as to bring quiescence and peace of mind.

Substance or matter is not dead, but is almost hollow. For example, it is like the high stratification of the nature of matter, a concept in modern physics. Some people compare matter, or an atom to a football field and its nucleus to a football. So there is a large empty, almost hollow space in an atom, for the difference in size between the nucleus and the atom is too enormous. This comparison of an atom and its nucleus may make it easier to understand the systematic theory of Qigong with its mystery.

VII. Qigong as a Diversified Course of Discipline

Qigong is concerned with mathematics, physics, chemistry, geography, biology, literature, history, philosophy, etc. Some participants become good at mathematical laws after practicing Qigong. Some can solve problems faster than the computer, and others have successfully accomplished their laboratory research work in physics, chemistry, biology, industry, agriculture, geology, geography etc. The preliminary results of these

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... with ... biology, mathematics, physics, chemistry, literature, history, philosophy, etc. Therefore, we say that Qigong is a diversified course of discipline.

VIII. Qigong Imparts High Technique of the High Techniques

High technique means the extra-sensory perception acquired by some after receiving the bioenergy emitted by the master during their practice. The achievements they accomplish usually can not be obtained by other technical courses. Even the most advanced nuclear magnetic resonance camera cannot take the photograph of cancer at its early stage. An advanced astronomical telescope can not be used to see planets in outerspace as well as the naked eye of a Qigong participant who has acquired extra-sensory perception. The most effective instrument for detecting the unknown can not be compared with the acquired power of the Qigong participant who sees long distance. These things are related to high techniques. Therefore, quite a number of scientists predict that the major scientific research in the 21st century will be on the science of the human organism.

This has been a discussion about Qigong. To learn Qigong, one should further understand the basic knowledge of the concept. It will help one in doing more intensive practice later, for it will remind one to pay attention to any signs of extra-sensory perception appearing in one's own body after receiving bioenergy from the universe, from the master or from the external bioenergy in the large groups of Qigong lectures. Always try to raise one's consciousness about one's advancement in Qigong, and try to foster the growth of such extra-sensory perception. Never mistake a good sign for a deviation in Qigong. For instance, one may suddenly perceive red light which is a sign of fluoroscopic power enabling one to see internal organs with the naked eye, but mistake it for a hemorrhage in the fundus of the eyes. What a terrible mistake! As a further example one may hear sound which indicates sensitivity to infrasonic waves and is a sign of

power to hear the thinking of other people, but may mistakes it for tinnitus, illness of the ear. What a mistake! Those who are learning Qigong should pay close attention to widen the scope of sight. One should have a macroscopic point of view and evaluate the various effects of Qigong with more comprehensive standards. You should treat different effects differently. Do not take the spontaneous bodily movement as the only proper effect of Qigong and do not feel that there is no effect when there are no spontaneous movements. Furthermore, do not just strive for movement nor quiescence. Do, instead, let things run their natural course. This is what I mean by Qigong.

2) Ten Theories of Qigong

Dr. Yan Xin

1. Relaxation

Relaxation is a state of quiescence and harmony, relaxing one's spirit, mind, emotions, inner and outer physical body. Guided by Qigong, a totally relaxed person's metabolism rate and energy consumption decreases, while stored energy increases. Only in this state, can one's potential energy be tapped.

2. Regulation

Qigong emphasizes regulation of thoughts, breathing and posture, to reduce the neural activity of the cerebral cortex and increase subconscious awareness. Psysiological and biochemical functions synchronize and reorganize when they are regulated.

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This results in special function with special effects.

3. Inciting Bionergy

The body's potential energy can be incited with Qigong instruction and inducement. Actually the high quality energy substance of a master or of the environment serve as catalysts. Everyone has high potential energy. For instance, a woman, carrying a child, was walking on the street when a car suddenly veered toward her. She immediately turned and jumped over the street wall with her baby in her arms. Ordinarily, she would never be able to do this.

This energy, possessed by everybody, is called the potential energy of the subconscious. This energy may be incited by Qigong and controled as extra-sensory perception. Everybody has the foundation for extra-sensory perception. If one is willing to learn Qigong, special potentials that have never been utilized may be evoked to store special bioenergy for future needs.

4. Bioenergy in the Body's Biological Field

Everybody has biological electricity and biological magnetism, so the body itself forms a biological field. In a Qigong state, and with some mental suggestion, one can transmit messages to distant places without transmitting sound waves through electric, magnetic, electromagnetic, gravitational, mesonic, or sound fields. Although, those fields are definitely used by high energy physicists to transmit messages.

In a Qigong state, the body's biological field is strengthened, so one can transmit messages corresponding to radio or TV transmission of sound waves. However, Qigong transmission requires mutual psychological and physiological input of the transmitter and the receiver, such as physician and patient, master and apprentice, speaker and audience or Qigong participant and Qigong participant.

In the treatment of disease, messages will be influenced by

the psychological and physiological factors of the family, too. If a family is nonsupportive, and the illness is rather serious, it will be difficult to transmit messages. Some Qigong masters can diagnose and treat diseases at a distance, but the result will be diminished by the noncooperation of the patient's family. Of course, the power transmitted by the master's external-energy has a lot to do with it, too.

The bioenergy transmitted by Qigong has a penetration property. No substantial screen can obstruct it. This is the fundamental principle of bioenergy in the biological field.

5. Directional Movement of the Body's Biological Molecules and Electrons

Qigong appears to effect the directional movement of electrons in the body's biological molecules. The directional movement of electrons induces a flow of particle movement, thereby strengthening bioenergy. Consequently, the body's biological condition is improved, health is strengthened and life is lengthened. This is called the directional movement principle of the body's biological molecules and electrons.

6. Biological Entropy

Qigong can effect the body's biological entropy. (Entropy is a measure of the unavailable energy or chaos in a thermodynamic system.) Structured, effective use of energy decreases chaos, while random, nonproductive use of energy increases chaos. An increase in chaos is positive entropy. A movement toward non-chaos is negative entropy.

Here are some illustrating examples. Some children in Inner Mongolia and also in Beijing can chew a card to pieces then restore its original appearance with paste. Some see this as negative entropy, or non-chaos, because the chewed pieces recovered their original shape.

When one is overtired, the cerebral cortex is overtensed, and

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the nervous system is dysfunctional. Biological molecules will then be rather chaotic and may not conform to normal laws. Influenced by Qigong, biological molecules will flow in one direction, create non-chaos, increase negative entropy. Such an ordered improvement harneses the molecules themselves for a higher level of functioning. Such an effect cannot be gained by any other means such as medication, nutrition, exercise, or rest.

7. Forming Plasma in a Biological Organism

With Qigong, some substances can rise to the fourth stage of biological plasma, where positive ions equal negative ions or protons equal electrons. Once the body substance attains this state, the cells have increased storage capacity and enhanced possibilities of compound substnace phenomena. This is the compound reaction. When this occurs, another phenomenon appears. The electronic plasma reverses process, indicating an ion merges with another electron, inciting a titanium atom, radiating a photon and releasing the remnant energy. That is, a body radiates light.

Everybody emits photons all the time. (Based on this fact, a camera for remnant information was introduced and used to solve some intricate criminal cases. Usually, the criminal leaves a remnant image, which can be photographed by a sensitive, specially-made camera.)

A Qigong participant releases both light and bioenergy externally. After practicing Qigong for a certain period of time, a body radiates light. The light has been called a glow, a radiance or a violet light in Chinese, a halo in English (such as the halo of Buddha or Tao), and an aura in Japanese.

A human brain can flash various kinds of light and every kind indicates some function. In general, red light indicates the ability to see human internal organs with naked eye; blue, to see through the ocean, plants and underground water; black, to see coal and oil mines in the ground; yellow, to see copper and gold

in the mines; gray, to see outerspace stars. Everybody attains different achievements because everybody is different in Qigong experience and foundation.

A participant with advanced techniques can send off light and retrieve it. The energy of this light is very high. It can penetrate steel planks and lead cans, yet does not hurt humans, for its only power is a thought. When this light is sent through a patient's body, it returns a clear picture of the illness to the sender.

High quality energy substance is used up in the process of releasing energy. Bioenergy is reduced, equivalent to a drop in blood count, and requires serious Qigong practice to replenish. The principle of the plasma of a substance states that the fourth stage of a substance can be stored and merged during Qigong practice. This also explains how and why a Qigong participant can flash light in his brain and gain the power of clairvoyance.

8. The Principle of Automatic Control System

A human body has an automatic control system, where, for example, the human heart regulates itself automaticaly. Qigong can strengthen this system. Qigong practice strengthens the mutual effectiveness of two substances, the chemical signals of the body and the structure of the receptor cell. When both sending and receiving improve, the sensitivity of the receiver signals is stronger. This strengthening enhances biochemical reactions in the body.

With physiological and biochemical effects enhanced, the human body will regulate its vital functions and rectify its pathology. Body sensitivity in receiving chemical signals is not limited to medicine, tastes, or sounds. A Qigong master said that without seeing or hearing, one can sense a mosquito flying or a flea jumping on the floor. One just feels and senses their presence. Of course not everybody has such a knack.

9. Biological Order and Orderliness

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Biological order can reach its highest regulation with Qigong. The three main aspects of biological order are the order of structure of space, of time and of function.

Order of space:

Spatial structure is the structure of biological molecules, electrons, and human cell tissues in their geometrical positions within the body's space. Definite laws and orders arrange these structures. But, when a person faces complicated problems and suffers from fatigue and stress-induced illness, these structures fall into disarray and chaos, induced mostly by mere unfavorable changes in weather or atmospheric pressure.

When allowed to rest, one readjusts eventually, but such a process is usually very slow. However, when influenced by Qigong, structural arrangement can easily be regulated to redirect the disarray to a more orderly state. This happens so fast that intermediate stages are not even noticed. Thus, some call Qigong an ideal energy, for there is no other way nor medicine that adjusts the arrangement of these structures so quickly and successfully.

Time structure is the biological clock. Everybody has a biological clock just like the rooster which crows at dawn. Everyone has a living rhythm every day. This daily biorhythm is usually a twenty-four-hour time period. Usually during some hours of a day one is sensitive and active, and during others, listless and passive. Because of this, Chinese traditional medicine adopts the meridian, or midday, as the time for medication, acupuncture, etc. and finds the effect much more pronounced.

In a lifetime, one has many great events in the biological clock, for instance, there are nine months of pregnancy and a day for giving birth. Everyone progresses through infancy, childhood, adolescence, adulthood, middle-age and old-age. A girl starts her period around her early teens, and stops in middle age. Changes in life follow an order of time. That is the

function of the biological clock.

The biological clock is closely related to the order of the body's biological structure. Therefore, among other considerations, medicine is given at the right time, and in the right dosage. In 1959, reports and data from France confirmed that medicine taken at noon, the time for meditation, acupuncture, etc., brought better result for a heart disease patient.

Those who practice Qigong know how to regulate the progress of the biological clock, in a way similar to adjusting a clock's rhythm. To illustrate through a simile; flying to a city takes several hours while walking to the same city takes several weeks. The one who practices Qigong takes the plane, while the one who does not practice goes on foot. Everyone can effect one's own biological clock, and practice Qigong to win long life.

There are other examples of an adjustment to a biological clock. Some who practice Qigong at night because of the external peace, find that dawn comes before they know it, for time seems to pass so quickly. To us, Master Damou faced the monastery wall for nine years in meditation, but not to him. Master HaiDeng, never laid down to sleep for sixty years. Many Taoist masters did not sleep for dozens of years.

Order of function:

A great variety of functions can only be tapped through regulation and readjustment. Modern medical theory believes that physiological and pathological changes are activated psychologically, or that a bad mood affects physiological function. The physiological function then changes in quantity and quality, and finally in pathology. Therefore, a modern Western physician always emphasizes the psychological effect in patient treatment.

Qigong regulates the order of function in three processes. The processes are: first, to agree fully to treatment; second, to rectify physiological function; and, third, to improve positive psychological reactions. The overall goal is similar to an

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accurately tuned circuit or a synchronized resonance. That is why, first, regulation must agree with intent. If the purpose is in harmony, then, the second process, rectifying physiology and changing pathology, will follow. The third process, improving psychological reaction, will be easier after achieving the first two processes.

You do not have to worry about how and when the master will treat you. You just do as you are told and after a period of treatment, the master may ask, "How do you feel?" When you say you feel well, you get up and walk. It is then that you have reached the third process, improving your psychological reaction.

For example, I treated an old lady who had recent compression fractures of her twelfth sternum and first lumbar. The doctor told her to lie in bed for six months. However, at the same time, she heard of my coming and came to see me. Her clinical doctor showed me her Xray and I looked at it without saying a word. I told the doctor I wanted to make a phone call, and left the room. In fact, I just wanted time to emit my bioenergy and transmit it to her from a distance.

I had told the doctor to keep her company for a while and to tell her that I did not have any routine procedures for treating a patient. He explained that I would treat her by just chatting with her, but that I hoped she would give the right answers to my questions, for a wrong and ominous answer may hinder treatment. On entering the room, I pretended to not know of her illness and asked the old lady casually, "We are going to the Great Wall for a hike, are you coming with us?" She was very alert and responded right away. "Yes!" she said. "Stand up then," I said, "and stretch your legs." She stood up right away and said, "Aha, good!" Everybody went downstairs, including her, and we climbed the Great Wall that day. She climbed up to the top and felt excited and happy, for she could make any movement she liked. Let us analyze how the whole thing was regulated. First, she came to have me treat her, and I did not need to tell her how I was going to treat her. Second, she did not know anything about regulating her physiological function

and pathological changes. Third, her psychological reaction was positive. When I asked her whether she was coming with us to the Great Wall, her answer was "Yes!" The answer indicated that she must have considered first whether she dared or dared not go, or she could or could not go, before she made the positive answer.

Qigong differs from modern medicine in patient treatment. In accord with the process of regulation, the patient learns every detail of the treatment to get prepared. The changes come later and only with conscious cooperation. Therefore, Qigong is very particular, for it reverses the process of treatment. Only in the end, as the patient comes to realize and accept the process, will recovery reflect on the patient at once.

Here is another example. A technician, Mr. Liu Tie Gang, came to our hospital for his diabetes. When I first saw him, I said, "Diabetes is not serious enough to require a stay in the hospital." He made no response. Because he didn't respond, I had to make him go home faster by telling him to drink three pints of milk with sugar at one gulp. He still made no response but rolled his eyes. He must have questioned how a diabetic patient could take so much milk with sugar, and at one gulp, without causing problems. Since he still made no response, I told him to take the milk for six days. Just then he answered, " I'll do as you say!"

That same night his urine test was a positive three. At twelve midnight, he drank three pints of milk prepared for him with sugar. In the morning of the following day, his urine text was normal. His two diabetic roommates also had normal urine tests. The condition of four other roommates had improved. Some people may ask, " How can milk cure diabetes?" In fact, when the milk was being drunk, it was not milk any more. Our recent experiments have proven that bioenergy emitted from afar can change the molecular structure of a liquid.

Another patient, Master Sung Dian-chang, broke the talus of his right ankle in a work accident. The bone died (became necrotic) due to insufficient blood supply (ischaemia) for four

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years and one month. I treated him on June 1, 1987. I saw him for a few minutes, then left after giving him a basin of water to wash his feet.

I told him that I would be gone for a while. Everyone thought I went to the bathroom. (So that people will not think that a cure is due to psychological factors, I treat patients by going away to emit my bioenergy and transmit it to the patient.) I returned about three hours later, and they all thought I must have met some thieves.

The patient normally would not sit up more than ten minutes, for his lower body and legs were in pain, but for this treatment he sat for three hours with his feet in the basin. He didn't think I had been held up by thieves. This is the crucial point in the cure of his illness. In Qigong, the patient's cooperation with the master is the most important element. The only thing I expect from patients is that their main objective be a sincere desire for me to treat their illness.

When I saw him again, I said, "I have treated your disease already!" He responded quickly, "I thought so." Then I asked him, "How are you feeling now?" He answered immediately, "I feel I am all right." My abruptness was not meant to induce him to flatter or lie, but to stimulate a response without contemplation, a subconscious response, which is more similar to a Qigong state. He continued, "I never sat longer than ten minutes before, but I have been sitting for a long time and feel quite well." Then I said, "Since you said you are well, now you must put on your shoes and walk."

He did as he was told and walked for an hour and a half. When he returned, everybody tried to pity him and asked him to sit and rest. This disturbed my treatment process, and I had to make him walk for a second time for an hour and to jog at the same time. Two of the audience went with him, carrying two cameras to take pictures of his jogging and running down the steps. He went to work the following day. At present, his legs are still in good shape.

This is quite a typical case, that is, it was regulated in the

order of function. Purpose must be first, because a patient must truly want to be rid of the disease. Changes in physiology should be second. An improvement in psychological reaction should be third. When one is learning Qigong, the process is the same. Don't be upset when there is no reaction. Reaction is something very subtle. As soon as there is a reaction, there is a change or reshaping.

The above discusses the three processes of the regulation of the order of function. This is the principle of the biological order and orderliness.

10. Coupling Circuit of Electromagnet

Qigong can influence the DNA molecules of the body's electromagnetic field to resonate. Everyone has giant nucleic acid molecules, DNA. Qigong can effect these substances and cause them to resonate in the whole body of one person or also to resonate between persons. In this lecture hall, anyone entering a Qigong state will resonate with my lecture and will agree (be in harmony) with the example I mention. When resonating, one acquires some effects. This is called the coupling effect.

Some observe that while effected by Qigong, external bioenergy causes electromagnetic coupling of tiny molecules which transform into energy, causing two, three or more people to be resonate with one another. It is as if one small field couples with others to form a very large field. Some say the large field is good, and others say it is not so good. It all depends on whether one resonates in harmony with the field.

Once, a woman in Harbin, China, brought a blind child to the Qigong lecture. At first she could not get a ticket, but finally the ushers allowed her in anyway, so she could stand and attend the lecture. She brought the child a second time to attend another of my lectures. After she got home from the second lecture, one of the child's eyes gained sight and the other was much improved. The woman was overwhelmed with joy.

How could she get such an effective result? The woman and

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her child were ardent and earnest in attending the lectures and stood for hours with their hands clasped in front of their lower abdomens with no complaint, not just once, but twice.

Some just sit at lectures, listening without hearing, and allowing their minds to wander away. The position of the hands is necessary to receive symbols and strengthen the magnetic field. However, some people just will not do what they are told and do whatever they please with their hands. How can they expect to receive any symbols? They are in no way synchronous with the speaker, nor are they positioned to receive strong resonance needed to produce strong energy.

Only when the magnetic fields of the master and the audience are synchronous, can one hope for effective results, for only then can powerful bioenergy enter one's body. Therefore, it is important in Qigong treatment for both sides, speaker and audience, to be in agreement in every respect.

In ancient times, we said, "Belief brings effect,' which is not at all scientific, and implies a bit of superstition. Now we say, "Agree with treatment and resonate in harmony." When active elements of both combine, good effects will follow.

The above information is summarized from my past experience. In my opinion, Qigong has ten fundamental principles, ten functional mechanisms, and seven or eight theories of essence or nature. These are only my personal deductions from my work, and are references for further study and discussion, because they are not established yet.

3) The Seven Hypotheses of the Essence or Nature of Qigong

Dr. Xin Yan

Qigong exists as a multi-form substance, message, energy etc. It has been discovered that it has characteristics of life, integrated wholeness, movement, composition, and goal directedness. It is bidirectional, exceeds distance, and has qualities of depth similar to a hologram. The so-called seven theories of the nature of Qigong are in reality, the theories of optics, bioenergy, APT function, the integral and central theory of the nervous, lymphatic and endocrine systems, the theory of living cells, the theory of attraction of the electron and the theory of life message.

1. Optics

This theory states that when one enters the Qigong state, the body may produce and release photons, and therefore the body will radiate light. There are more than 30 regions in the body that may radiate light. Of course, the light, called halo in English and aura in Japanese, is invisible to an ordinary human eye. After practicing Qigong, one is able to release light photons. The halo of Buddha is an illustration of photons released by the Qigong participant.

2. Bioenergy

Qigong practice trains the body's living substances in order to strengthen their activation to higher qualities. Outer forms of the high energy substance emitted by a Qigong participant represent various functions of the human body.

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3. A.T.P. Function

This is very closely related to medicine. When one practices Qigong, decomposition of the body's A.P.T. is enhanced beyond that of a normal person. Therefore a lot of energy can be emitted for all kinds of bodily functions.

4. The Integral and Central Theory of the Nervous, Lymphatic and Endocrine Systems

The essence or nature of Qigong is thought to reside in nerves and lymphatic endocrine. The power to regulate the body is in the mind.

5. Living Cells

Qigong practice can increase cells with high energy movement and can strengthen each cell at its level. The theory of living cells seems to comply with concepts of bioenergy in Qigong, in Chinese traditional medicine, and in Yin and Yang. The protoplasm of a living cell is thought to belong to the nuclear Yang, while the nucleo-protoplasm in the nucleus belongs to Yin. The nucleolus belongs to Yang while the nuclear fluid, Yin. In observing, analyzing and studying Qigong, we can see that Qigong can activate functions of living cells, even at the molecular level of fundamental particles. Qigong integrates and balances, and thereby strengthens the vitality and integral whole of various functions.

6. Attraction and Attachment of the Electron

Qigong practice is thought to put the cerebral cortex in a highly protected, suppressed state. In this state, Qigong excitement points will be aroused in cells at deeper layers of the cerebrum. These points are aroused by encephalo-electric currents and cause encephalo-electric excitements. Since these

points are not routinely aroused, the path of encephalo-electric current will connect suddenly to the point, and discharge a very powerful electric current in the brain.

This current will affect all sensitive body parts, cause protein collagen in the lymphatic fluids to flow in micro-particle electric currents, and produce electric current and electromagnetic gravitation or attraction. Furthermore, the micro-particle currents of collagen can recompose and release more electric current. That is why a Qigong participant has spontaneous movement when doing Qigong or when meditating.

Therefore, spontaneous movement is activated at points deep in the brain, the brain's response causes the movement to become stronger and stronger. The main reason for this lies with electric currents and the attraction and attachment of the electromagnetic field. Under these conditions, biomolecules have directional rather than chaotic movement of electrons. This promotes micro-particle electric currents, and further movement.

Thus, a Qigong participant can feel sore, numb, hurt, cold, cool, warm, hot, floating, sinking, big, small, dizzy, etc. The directional movement of electrons is automatic and goes on subconsciously. The electrons flow to the body's deranged cells and cause cell reorganization and thereby effect a cure. This current plays an important role in Qigong therapy.

7. Nature of Life Message

With the help of scientific research, we have observed Qigong's external bioenergy and have learned that it has infrared waves, which are regulated and controlled by low frequency, expansion and shrinkage, static electricity message collection, low frequency magnetic symbols, micro-particle currents, and by bioplasmatic rays. However, these do not represent the integral nature of external bioenergy.

For instance, we say external bioenergy is an

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electromagnetic wave but it penetrates static screens which electromagnetic waves cannot. So, external bioenergy is not a purely electromagnetic wave. Someone observed that external bioenergy emitted by a Qigong master is similar to a neutrino effection or something like the neutrino, because a neutrino penetrates any obstacle such as a static screen.

This would explain why Qigong is beyond the bounds of distance. Otherwise, how can a Qigong master, unable to physically touch a substance, change its appearance from a distance? This fact has been proven by high energy physics. The nature of external bioenergy is substantial. Someone has also observed that the external bioenergy emitted by the Qigong master consists of carriers of life message. This is the substantial foundation of the external bioenergy.

4) The Ten Observable Attributes of Qigong

Dr. Xin Yan

Whether from China or abroad, the data from Qigong experimental research demonstrates Qigong's positive effect in treating diseases. Qigong not only cures patients, but also spurs extrasensory perception. These Qigong attributes have been somehow established as true. However, what are the theories or principles? Are there no demonstatable proofs? At present, we still have no clear answer. People in China and abroad are still probing into this. I wonder if the following attributes are calling for greater probing.

Qigong ideally improves:

- regulation of the nervous system.
- regulation of the circulatory system.
- respiration.

- regulation of the digestive system.
- function of the endocrine glands.

Qigong can:

- effect changes in muscular and skeletal systems.
- regulate the temperature of the skin and the body.
- regulate the electric potential of the skin, and
- change the resistance of the body.
- improve the immunity of the body.
- cause release and transfer of bioenergy so as to change characteristics of the living organism.

The ten points above are the observable attributes of Qigong.

1. How to ideally improve the regulation of the nervous system

An ordinary person has 14-15 billion brain cells, but usually uses 3-4% and rarely over 30% of these cells. Some feel that memory fails after a certain age, but even until death, an ordinary person has not made full use of 80-90% of his brain cells. How then can we exploit untouched brain cells, use them fully, and let them play the role they should in our life? Someone has observed and discovered that, in a Qigong state, excited nerve cells are in deeper layers of the brain.

When these deep cells are excited, strong encephalo-bioelectric currents will eventually form. This strong current, in turn, affects the body region on which the participants concentrate while doing Qigong. At that time, bioelectricity in these regions will be enhanced. The region's body functions will be somewhat altered, in that the body fluid's protein collagen will recompose, or micro-particles will rearrange.

After the region's bioelectric current lines up micro-particles with the body fluid's protein collagen, the collagen will carry electric current. In this way, the encephalo-bioelectricity is increased and encephalo-cells activated. That means that the

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nerve cells of the deep layers of the brain will release more energy through the influence of Qigong practice. In other words, Qigong practice activates the unused 80-90% of our brain cells by strengthening the encephalo-bioelectric currents.

After this activation, various functional abilities come into being. Some call this Wisdom and Knowledge Qigong, or Art of Cultivating Knowledge. Qigong practice usually helps students get good grades and researchers achieve success.

Using an encephalogram, someone measured whether adults and elders rejuvenate the frequency response of their youth after practicing Qigong. When adults and elders enter the Qigong state, the encephalogram's crest value ordinarily rises, while it's frequency is slowed. These are characteristics of children's encephalograms.

We consider this a very important discovery. Although one's encephalogram may improve with rest or athletic activity, it can never be improved to the level of a child. Consequently, we say that Qigong is an ideal practice for cultivating mental potential.

Qigong can also slow down or regulate the activities of the sympathetic nervous systems. Because of this, the functions of cerebral and spinal column nerves are better regulated and improved. Thus, patients with neurasthenia and psycho-functional disease, including psychosis and schizophrenia, will greatly improve their condition by practicing Qigong.

Experiments indicate that the range of encephalic waves is lessened, and the micro-circulation in the forehead is apparently enhanced. Therefore, functions of the frontal lobe of the cerebrum are improved. Some think that the biological support for extrasensory perception lies in the frontal lobe, but very few of us know for sure about the function of this frontal lobe in the forehead.

Experiments on children who have extrasensory perception, indicate that characters or images, hidden on a piece of folded paper, are usually seen on a small square screen-like space in their forehead. Powers of fluoroscoping, clairvoyance,

and transporting objects with the mind are thought to be based on the special functions of the frontal lobe.

Studies of people in Qigong state show that their cerebral cortex calms to a condition of very protected suppression. In a normal condition, the cerebral cortex remains in this suppression for at most 14-15 minutes in 24 hours. This means that although one sleeps every day, the cerebral cortex rests only 14-15 minutes, and most sleeping time will be a dream state. Only through Qigong practice can one prolong cerebral cortex resting time. That is why Master Hai Deng did not sleep for 60 years, yet remained physically strong.

Doing Qigong evidently improves micro-circulation of the cerebrum and this can not be obtained through any other kind of practice. The brain's deeply layered cerebral cells are enriched with sufficient blood by doing Qigong. As mentioned above, bioelectric currents will be strengthened, and relevant functions of the cerebral nervous system will be activated, regulated, and improved. Once again, we say that Qigong is an ideal practice for activating bioenergy in the cerebrum and stimulating relevant functions to cultivate mental potential.

2. An Ideal Practice for Improving and Regulating the Circulatory System

Someone observed that a person in the Qigong state automatically regulates his blood supply. When at rest, need for blood *will be small because the heart is also at rest. When any* part of the body is in need of blood, more blood is supplied. However, ordinary Qigong participants can hardly achieve this level.

Qigong can also change the reaction of the blood vessels and make them very sensitive. When the heart contracts, the vessels dilate and when the heart dilates the vessels contract. In this way, vessel elasticity will not be weakened with age, and one will not have coronary disease, arterial sclerosis, or apoplexy at an early age. Someone also discovered that Qigong practice

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improves micro-circulation of the whole body, which is very effective for keeping a good figure and a good shape.

A Qigong master's presence while one is in a Qigong state will apparently elevate red blood cell count. Once the Guang Ming newspaper reported, "Qigong is not unscientific." It described an experiment done in Jejiang city, China, on changes in blood count after the master emitted bioenergy and the patient received it in a Qigong state. The result showed that the patient's red blood cells rose and kept on rising, while the master's red blood cells decreased and kept on decreasing.

What caused this? The analysis said that the master emitted quite powerful bioenergy to activate the blood-generating system of the patient's bone marrow and speed up this function. That was why the patient's blood count kept rising, while the Qigong master's blood count was decreasing. He could only keep up his blood count through constant Qigong practice.

Here is another experiment done in Shanghai. The Research Institute for Hypertension in Shanghai had a report on 100 cases of hypertension patients. The patients were told to sit in meditation and then check the effect. After five minutes of meditation, the blood pressure began to drop. After twenty minutes, the patient felt that the pressure was the same as it would normally be three hours post medication. Ninety seven cases were completely cured and three relapsed. Many hypertension patients are cured by Qigong.

Once a female army physician suffered from high blood pressure of 178/98, and her daughter asked me to treat her mother's hypertension. I took her watch and went to the sink to get a glass of tap water, and asked her, "Do you dare to drink this glass of water?" "Of course I do," she said, and took the glass from me and drank it. As soon as she finished drinking, I told her to run home and take her mother's blood pressure. Soon she called and told me that her mother's pressure had dropped to a normal 120/80, from 178/98. Her head-ache was gone, too. Their home was then 200 meters from mine and I calculated that the treatment time was about 15 minutes, indicating that Qigong

cures hypertension and does it fast. Qigong can also drop one's blood pressure as low as a state of shock.

Once, a Chong Ching city secretary sent a group to investigate my typical Qigong patient treatment at the Chong Ching's Research Institute of the Chinese Traditional Medicine. They had been writing about my miraculous treatments. Some called me an elf-like physician. This group was to investigate my distant diagnosis and distant fluoroscope, in particular. Finally, they asked me to illustrate distant control.

Mr. Chen Yun Jong, a demobilized soldier, who was then working in the City Health Bureau, offered to receive the remote control from me for the experiment. I told him I might hurt him, but he said he was not afraid. " We have already investigated you, and all the things we heard about you are true. However, people say you can exercise remote control over patients, and, since I don't believe it, do let me try," he said earnestly.

I made him stay in the inner room and I stayed in the front room. I told him to stand at the window watching the Yang Zhi river with nothing in mind. After a while, I asked him from my room, "Any reaction?" He was ready to passout, but still pretended that he was all right and said, "Nothing!" Then I said, "Good!" As soon as I finished speaking, he shouted, "Awful, wait a moment!" He fell on the floor in coma. He was soaked with sweat; his face was pale; his pulse was too weak to be felt; and he had almost no breathing, because stimulants in the blood were decreasing, causing a sharp drop in blood pressure.

Some investigators observed that after practicing Qigong, one's blood corticosteroid rises while beta-estradiol drops. This condition prevents aging, and also causes a drop in blood sugar. That is why diabetic patients who attend a Qigong lecture and later consult with the master, achieve normal sugar content in the blood and urine.

They also discover that those who attend Qigong lectures and meet with the master will have trace elements in their body

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regulated and improved. Some experiments have been done on aging which specially note that longevity has nothing to do with one's nutrition or blood components. The proportion of erythrocytes, leukocytes, and hemoglobin remains practically the same between young and old.

The old do have less trace elements than the young. This indicates that trace elements are more closely related to length of life. Among the 14 trace elements in the human body, zinc is the most essential. According to some experiments, after attending the lecture, and consulting with the master about the illness, a patient's zinc level clearly increases.

Zinc has something to do with the activation of 80 enzymes in the body. Enzymes play an important role in the body's biochemical and physiological processes. In fact, increased zinc not only prolongs life, but also improves the function of the 80 enzymes. So we say that Qigong practice promotes health, nutrition, and effective treatment for illness through the improvement of the 80 enzymes.

Experiments also show decreased dopamine and beta-hydroxylase blood levels after Qigong practice. Other components are modified. Therefore, some say Qigong treats blood and circulatory system illnesses.

3. How to Improve the Function of the Respiratory Systems

After entering a Qigong state, consumption of oxygen decreases but the lung's absorption of oxygen increases. The storage capacity and efficiency of lung tissue is enhanced. In this regard, Qigong is much better than athletic training. A long distance runner, for example, extends the vital capacity of his lungs, but consumption of oxygen is just as extensive, so he can not stay underwater too long. However, one trained in the advanced Qigong specialty of enhancing the lung's vital capacity, can remain underwater for many hours.

Some masters, buried in a coffin for 6-7 days, could still stay alive. To an ordinary person whose lung vital capacity is so

limited, this seems impossible. It can only be explained in the light of Qigong theories. In the Qigong state, one does not seem to need so much oxygen. On one hand, Qigong increases inhaling efficiency and expands the storage capacity of the entire lung tissue. On the other hand, Qigong decreases the consumption of oxygen. Chinese Traditional Medicine said it well, "The blood flow of the whole body converges in the lungs."

Anyone who practices Qigong knows that one does not have to have fresh air to practice Qigong. Some masters practice in small smoke filled caves, which, therefore, lack oxygen. The point is that they don't need much oxygen when they are in the Qigong state. This is both reasonable and true to fact.

Not long ago, I treated an oxygen-dependent patient, who could not go without oxygen. When I first talked to him, he was so excited that in the middle of the conversation, he pulled the oxygen tube out of his nostril, and has never used it since. Later, I explained to him, "As soon as I saw you, I emitted my bioenergy to you in order to make you consume less and breathe in more oxygen. In fact, there is a large amount of oxygen in the air, more than in your tank. Even with your oxygen tube in your nostril, if you do not inhale efficiently, it makes no difference how much oxygen you have in your tank. Don't you think so?"

The year before last, I rescued a scientist who had a similar, serious case. He also had been on oxygen therapy a long time. I said one day, "You had better not use the oxygen anymore!" He did give it up later and seemed to be more high spirited without it. There lies the mystery. To improve and regulate the respiratory system through Qigong practice, is really ideal!

4. How to Improve and Regulate the Function of the Digestive System

Qigong regulates the digestive system, first, by effecting an increase in the secretion of saliva, peptic juice and enterokinase.

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Second, Qigong effects an increase in stomach and intestine peristalsis, thereby augmenting chemical and mechanical digestion. Qigong practicers have a greater percentage of saliva lysozyme, which can inhibit and destroy bacteria. This is like being equipped with automatic antibiotics to cure oral infection, laryngitis, gastro-enteritis etc. However, it does not have the sideeffects of antibiotics like tetramycin, terramycin and auramycin.

A Qigong participant's saliva also has a lot of amylase, protein and trace elements. That is why this saliva is called 'golden juice' and 'jade fluid'. Therefore, after Qigong practice, use the tongue to wash the mouth with this saliva, and don't spit it out. Some gargle with it for 36 times, bite the upper and lower teeth 36 times, and stir the saliva around with the tongue in the mouth 36 times, etc., before swallowing it.

When in the Qigong state, stomach and intestine secretion increases yet pH is automatically regulated. One may question whether the stomach's gastric mucous membrane is eroded by the increased amount and concentration of gastric juice and gastric acid, and whether it induces gastritis. However, those with gastritis and duodenum ulcers don't have to worry, for the increased gastric juice is just improves the pH.

Also supposedly very nutritive substances have been found, only in the stomachs of those doing Qigong. Some eat less or do not feel like eating at all after practicing Qigong, because these substances are nourishing, and also because participants make full use of stored energy to keep themselves alive. A few even refuse water, for water can be absorbed through the pores of the skin.

One may question how a person lives without food. First, the gastric and intestinal fluid of the Qigong participant contain more nutrients. Second, usually everyone has nutrition stored in the body, knowing how to transform and utilize it is the point. Therefore, 3, 5, 20, or more days may pass without food, yet one can still be energized, by transforming stored nutrition and utilizing high quality substances. So, it is not that one does not

eat, but rather that one eats in a different way. One can utilize the body's accumulated nutrition and transfer it to gastric and intestinal fluids for high quality nourishment. This also improves the digestive system. Isn't Qigong a mystery?

Here is another example. Mrs. Jiang Chong, a 76-year-old woman, did not feel like eating after attending my lecture. She did not eat for 26 days. This phenomenon is called 'Bigu' in Chinese. Some people in Inner Mongolia and Beijing also refused to eat after my lectures. "Bigu" enhances bodily function with Qigong. Bigu also purifies and purges the body by uncovering the body's stored nutrition and, after adjustments, utilizing it to maintain life. Besides what has been said above, the Qigong state strengthens intestinal peristalsis and improves micro-circulation, especially of the small intestine. In this way both digestion and absorption is greatly improved.

Ordinarily, a person eats half a katty of rice, but because of poor absorption, a lot of nutrition is evacuated in the stool. The wonder of the Qigong participant is that he can absorb whatever nutritional food he eats, so he does not have to eat too much to maintain high energy levels.

For 80 years, Master Hai Deng ate just a thin porridge, never solid rice. He also ate soft noodles with a lot of soup. He did not eat much. Every month he spent only four Yuan (R.M.B. Chinese currency) for living expenses that included food and treats for his apprentice and guests. This was what he told me long ago. I think this was because his absorption abilities were great. Besides, the Qigong master did not entirely absorb nutrition through his mouth and nose. He could also have used many other ways to absorb high quality energy substance for nourishment.

Water, for instance, does not have to enter only through the mouth. Light does not have to enter through our eyes. (Like a plant that needs photosynthesis, light also has some function in our body.) A Qigong participant absorbs high energy substance in the universe that others can not absorb. So, one can eat less or even not eat for a time, and still maintain high energy levels.

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One may go without food for a long period when absorption of high energy substance is enhanced. That is why Qigong is a most ideal and subtle way of improving the digestive system of the body.

5. How to Ideally Improve the Function of Endocrine System

Investigation has also shown that a Qigong state improves the endocrine function, regulating hormone level or, in other words, lengthens the life of hormone secretion. For instance, a Qigong participant's metabolism of adrenalin or demethylated adrenalin decreases. Growth hormone and corticosteroid metabolism and secretion drop, but the period of secretion is lengthened. When I say drop or decrease, I don't imply insufficiency, but that less is needed.

Secretion period of endocrines is extended. For example, women at 49 or so, produce less endocrine, discontinue ovarian secretion, and cease having periods. However, some 60-year-old women still bear children. Their period of ovarian hormone secretion has been prolonged. Also, endocrine dysfunction which causes the menopause syndrome can also be regulated and corrected through Qigong practice. In addition, young girls of 14-18 may not have regular periods, but, if they, or their parents practice Qigong, it will help regulate their endocrine.

It has been observed that, influenced by Qigong, the endocrine system is ideally regulated to keep the body's hormone level at its optimum condition. Diseases such as myocarditis and arthritis are not easily cured, and steroids are used in treatment. Steroids are also used for advanced cancer patients. In fact, steroid hormone is secreted by the endocrine system. Male or female, a person's medical condition is closely associated with hormone level. The secretion of the endocrine system can be ideally regulated and modulated with Qigong.

Some arthritis sufferers find their joint pain alleveated or improved after my Qigong lecture. I think that must be the effect of hormones. We all know that steroid medication relieves

arthritis pain immediately and modifies the symptoms. But when one takes too much steroid, it affects hormone levels and brings on side-effects such as a swollen face (the 'full moon face'), and the massive growth of muscles on the back ('buffalo back'). Qigong practice will not bring on all these side-effects, for hormone level is automatically regulated. Endocrine will be secreted as needed. When one needs more, it secretes more; if less, it secrets less. This is apart from prolonging the period of secretion. This discussion has been about the regulation and modulation of the hormone level in the endocrine system.

6. How to Form Ideally and Influence the Changes of the Function of the Muscular and Skeletal System in the Human Body

Doing Qigong can prevent early aging of the skeleton. With age, collagen in the skeleton decreases, while calcium increases. Brittleness increases while flexibility decreases. That is why the old easily fracture bones when they fall. Master Hai Deang compiled a Qigong for Children, which was one of his four ingenious abilities. After practicing this Qigong, he could climb up to, and jump down from, considerable heights with no problem. His whole body was as flexible as a child. When he was 87, his skeleton and tendons were not at all stiff or rigid. This meant so much to him in his old age.

Qigong is a disciplined practice for the skeleton and bones. The teeth, skull, and patellas grow after birth. People who do Qigong bite their teeth and kou tou (kneel and hit their forehead on the floor as courteous respect to the elders) in order to strengthen these post-natal bones. Collagen will not decrease with age when one practices Qigong. The old Qigong master would punish apprentices for mistakes in their practice by having the apprentices kou tou. After hitting the forehead many times, one finally came to realize that this was Qigong practice.

Qigong is also good for preventing and correcting bones spurs. Mrs. Yang, a 40-50 year old woman from Liao Ling,

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China, had 6-7 mm bone spurs in the patellas of her knees. Her husband brought her to me. I said to her at the beginning, " My patient treatment is very different. You are expected to be very venturesome!" "Certainly!" she said. Then I said again,"You must comply with my orders!" "Of course, I will!" she continued.

Then I said, "Let me examine you first. You should go out first for a walk or run and then come back for my treatment. Do you dare to do so?" "I do," she answered and went out as told. It was evening; she was wearing high-heeled shoes and her husband was afraid she might sprain her ankles. I told him to leave her alone.

After thirty minutes she ran back in high spirit. She remarked that the more she ran, the more relaxed she felt. Her husband saw her and shouted at her, "Sit down quick! Sit down quick! Move around and see if you are completely recovered." His sympathy spoiled the whole thing, because he asked the wrong question Symbols I transmitted to her were diminished. In order to compensate, I told her to go out a second time and I transmitted more symbols to her. This time her husband did not dare interfere. When she came back her legs were normal.

A girl with an S-shaped spinal column was almost refused admittance to graduate school because of her condition. I happened to be on business with her father. he invited me to their home.

They all knew that I treat patients by chatting with them. On entering the house, her father said to me, "You can see my daughter's lumbar." He did not dare mention the word 'sick.' I dread hearing the word 'sick', for when the symbol of the word is confirmed and enforced, it will be more difficult to cure. When I heard the father wanted me to see her lumbar, I answered immediately, "Nothing is the matter; it is normal!"

Her mother broke in and wanted to explain the illness of her daughter, but her father cut her off and interrupted, saying, " Be quick and have a look at Xiao Yong's spinal column! Dr. Yan Xin said that nothing is the matter; it must be all right!"

The mother quickly folded up the daughter's blouse at the back and the spinal column looked normal and very straight.

This shows that Qigong can affect the skeleton and bones of the body. Even the bone spur disorder of the joints can be improved by Qigong practice. Of course not all spurs can be cured, for there are some spurs serve to protect a region.

Qigong greatly improves muscular movement. I believe that internal Qigong is better than martial arts, because in a Qigong state, one's brain and intestinal walls produce large amounts of endorphin, and excite the body's morphine receptors to easily accept the endorphin. Endorphin is the core morphine substance. Everybody has such a substance, but doesn't produce much of it ordinarily. Under the influence of Qigong, one can produce a lot. Its analgetic effect is many times more effective than that of morphine.

A Qigong participant is not afraid of being hit or beaten, because the endorphin slows down muscular reflexes. Furthermore, with the power of Qigong, one can produce numerous magnetic symbols, which also serve as analgesics. This theory explains the so-called Golden Bell Shade Qigong and Iron Cotton Cloth Qigong.

The limbs, and especially the upper arms of the Qigong participant are particularly strong. Influenced by Qigong, extensors, flexors, and tone of the whole muscular system are strengthened while the period of constant exercise is extended. An internal Qigong participant has ten times the muscular strength of the martial arts participant. Generally speaking, one slap of the hand by a martial arts expert is about several hundred pounds of weight. But, with his decisive mind, his strength and bioenergy, an internal Qigong expert's slap is at least several thousand pounds of weight.

Late Master Hai Deng could use the index and middle fingers, in one stroke, to poke into a big bundle of sand wrapped in cow hide and hemp sack. That is why a common saying by the old masters says, "To learn martial arts without internal Qigong, will make one regret it for life. To learn internal

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Qigong without martial art will make one contented."

I met two men, Zhou, and Chen, in Cheng Du city once. They practiced martial arts. When they heard I knew internal Qigong, they came to learn from me. Although not very serious, they studied with me for ten years.

The year before last, I met them again and found them more earnest, so I asked, " Xiao Zhou, you have studied martial arts for about ten years. How many times can you hit with your sixty-to-seventy pound dumbbell?" "I can do 50 times at a stretch when I do it properly. If I do it casually and slowly I can do it 4-500 times," he answered.

I interrupted, "You should do at least 2000 at a stretch!" and emmitted quite strong bioenergy to him. He gave me a smile and said, "It would be good if I could do 2000, of course." But this time, after he went home, he tried to do 2000 hits seriously. He looked almost like a Qigong participant who has strong reaction and frenzied spontaneous movement. Every time he started, he just could not stop. I told Chen to give him a message that he could try to add another 1500. Before long I was told that he could do about 3500 hits at a stretch. Where does he get this strength? I would say that it comes from bioenergy spurred by Qigong. Therefore, changes in muscular and skeletal systems can be explained only by the advanced techniques of Qigong experts. This is not only interesting but also puzzling. Qigong can increase the strength of one part of the body to the extreme. This is the function of the sixth mechanism.

7. How to Regulate Ideally the Center of Regulation of the Temperature in the Body

After practicing Qigong, some can lick a burning red steel plank, or hot coals; others are able to walk on burning substances or dip their hands in boiling oil. The reason is that skin temperature can be regulated.

Quite a number of people use Qigong practice to bring

down fever. One day I experimented with teaching a patient how to reduce fever. He then practiced Qigong as I had taught, and the more he did, the better he felt. He said he felt a current of energy flowing in his body, and he cast away his illness, starting from his thumb, until he finally was completely well.

He used to take medicine to treat his fever. One time when he got a cold, he refused to take medicine and sat still meditating and thinking, "Dr. Yan come and treat my fever, I am having a fever." Subsequently, his fever was gone. This is because he entered the Qigong state and received symbols from me. Here is another example. When I was doing experiments in Shen Zhen, a Beijing patient was very sick with a stomach ache. His wife called by phone to ask my help. I told her to ask her husband right away how he was. When she asked he answered that his pain was much better. I asked her three more times, and finally she reported that her husband said his pain was gone. The following morning, they called to tell me that the symptom disappeared and the fever was gone. Regulation of body temperature with Qigong is very fast.

8. How to Regulate the Electric Potential of the Skin and Change the Resistance of the Body

Let me explain the experiment that I am doing now. There is a 220-volt live wire in my right hand and my body is grounded through my left hand. Anyone who knows electricity knows that when a 220-volt live wire from an a.c. (alternating current) source is grounded through a human body, the heart will stop beating in one thousandth of a second. Some people in the Qigong state can regulate the skin's resistance, and the skin's electric potential, including wave, amplitude, modulation, and periodic cycle.

This experiment demonstrates that Qigong can regulate the resistance of both the right and left hand. A high resistance protects the body from the alternating current. I use this method to train myself in Qigong.

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Electricity has some benefit for human heart especially those who have localized anemia in the brain. As soon as the current passes through the body, their brain will have sufficient blood flow. In Ji Ning, I treated an old patient from the Ministry of Petroleum. After current passed through him for a minute, his atrial tremor symptoms disappeared.

In my experiments today, I let live electricity pass from me to the other person. I held the live wire, and he the ground wire. The electric current, in going through my body, was changed, for, on his side, the electric voltage was only 36. He felt it, but was not harmed by it. However, when I touched him with my hand, his hand went numb. If this were a rigged experiment, he would not feel numb. The electric pen in my hand carried voltage in, but the electric pen in his hand carried little voltage out. This shows that electricity obeys order.

Then we let one person hold the live wire and touch another person with the ground wire. Both felt numb, but when we tested it with the electric pen, the measure of voltage was very low. This means that even though I did not stand near them, they still kept their voltage very low. Besides, voltage can be regulated from 1 to 220 volts.

Some closed their eyes when the electric current passed through their bodies but light flashes registered in their brains. This is equivalent to the Qigong practice of opening one's inner or heavenly eye. This phenomenon can be trained through Qigong practice. I have done this experiment because it is very simple, intuitive, and convincing. We don't call this extrasensory perception. It just demonstrates Qigong's ability to raise and lower the voltage of electricity. Qigong's eighth functional mechanism regulates the skin's electric potential and changes the body's resistance.

9. How to Improve and Regulate Ideally the Function of Immunity in Human Body

The terms, improving and regulating immunity, refer to the

immunity of the body, the cells and the unspecific condition. Some have discovered that Qigong practice and contact with the Qigong master apparently increases the white blood cell count of the participant. Consequently, the phagocytic capacity (ability to destroy harmful substance), the index of white cells and the acidophil (therapeutic bacteria) will also increase. The body's resistance against diseases is naturally strengthened.

In experiments with white mice, researchers observe that Qigong's external bioenergy, including message water, can raise the phagocytic rate of lymphocytes in the spleen's lymph gland. Another group observed that external bioenergy increases the rate of DNA formation from lymphocytes in the peripheral blood. This enhances the power of lymphocyte SCE (single exchange of the sisterly chromosomes) in humans. The same experiment in white mice increased specific coagulant in blood serum.

A patient with Behcet's syndrome lived in Shen Yang. His immunity had been destroyed. The mucous membranes of his body were covered with ulcers. In December of 1987 he came to Beijing to see me. After a few minutes, I suggested that he should live in a separate room from his wife. After seven days, he reported that by the second day, he felt his condition very definitely improved. His ulcers disappeared on the third day.

During the treatment he also acquired extrasensory perception. He could hear infrasonic waves. Pictures and patterns registered in his mind and he had fluoroscopic ability for example. At present, he is a teacher in Shen Yang. Not long ago, the Chinese TV station sent a group to video tape him. On October 4th, he took part in his school's Track and Field event. He won first place in Long Distance Run, and third in Broad Jump.

Compare this with his past, when he suffered from Behcet's Syndrome and had no immunity. He could not even walk, let alone run in a race. After his treatment in December 1987, he has become an entirely new person.

In a word, Qigong influences,regulates and improves the immune system. Qigong regulates automatically. That is, when

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the body needs powerful immunity, it becomes strong, and when it needs weak immunity, it weakens. Under Qigong's effect, immunity is bidirectional. It can either destroy bacteria or make bacteria grow. This is what medication cannot usually achieve. Now, that is how Qigong regulates and improves immunity.

10. Qigong Can Make One Release External Bioenergy and Transmit It Somewhere to Change the Characters of the Living Organism.

After practicing Qigong, all body functions are strengthened and one can probably release high quality substance or transfer internal bioenergy into external. If one can emit external bioenergy, one can hope to change the condition and special characteristics of living organisms. For instance, one can make seeds sprout, and flowers bloom and flourish ahead of time. Fungi can be made to grow much larger than usual.

A Qigong master in Yun Nan emits external bioenergy to make a fungus grow to more than three pounds weight. Others experiment on plant genetic chromosome with Qigong and have found positive and negative effects with both protective and destructive characteristics.

Once, a Qigong master in Beijing cooperated with the superintendent of an army hospital to experiment on bacteria. They found that external bioenergy can either destroy or nourish bacteria. Another group experimented on animals, and made white mice and rabbits sick. The fact is that one can transfer illness in man to animals. Some people transmit their external energy to a plant, and the plant will then get sick. Its leaves and stems will exhib strange phenomena.

In Ching Hua University, I tried to repeat an experiment done by others. Associate Professor Ju was suffering from edema. His legs were swollen and spongy, and could be indented by fingers pressing on them. Six people were there at the time. One was ten-year-old Lu Qiang, son of Professor Lu. This boy went to the toilet about six times while we were talking.

Suddenly he said to me, " Uncle Yan, what's wrong with me? Today I ate dry rice and drank nothing. Why must I go to the toilet six times, and every time pass such a large amount of water? Do you think I suffer from nephritis? You had better treat me for it." I said, " Never mind."

"Then I suggested that Prof. Ju fold up his pants and let me examine his legs. He did, and we could see that his legs were no longer swollen and could not be indented by fingers pressing on them. That meant that the fluid in Prof. Ju's legs was secreted through the boy's bladder.

In Liao Ning, I also had the experience of transfering illness to another person. Once I warned the Qigong Association director in Liao Ning not to personally introduce patients to me. Symbols would pass through him, and he was an old man, more sensitive to catching the disease. But one day, he had to introduce a patient with gall stones to me. As soon as he mentioned the patient's name, his gall bladder became painful. Finally, he told me, "Dr. Yan, don't punish me. My gall bladder is really painful and that is no exaggeration. You must treat it for me!"

Here is another experience I had. In 1986 in Japan, we officially asked that no pictures or videotapes be taken. They would not listen, and their cameras and VCRs malfunctioned because the ground wire became live. Since both wires were live, the machine, of course, would not record.

Driver Xiao Lou knew best. Last year, the car he drove refused to start. He had no electricity, because the horn was dead. He called for a new battery, but there was none to send.

Then I said, " Maybe we can think of a way out. Let's try." I looked up and saw a high voltage live wire over our heads. "Let's transmit a little down here," I thought. Suddenly something terrible happened. The front body of the car began to really smoke. One's hand could be scorched without even touching the car.

Xiao Lou was very scared and so was I. At first I was only hoping to get a little electricity from the live wire overhead,

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but now, it was too much, and if the gas in the car ignited, it would be terrible! I have just mentioned the bidirectional effect of Qigong, but it was very strange that the smoke disappeared and the car cooled. I said to Xiao Lou, "Try the car, I am sure that it will go now." He did and it went smoothly, for the car surely got some electricity.

These experiments prove that the functional mechanisms of Qigong are varied. Qigong treats diseases through its bidirectional functions. The above ten points are the functional mechanisms of Qigong.

5) Key Principles of Qigong

Dr. Yan Xin

The key principles of Qigong are to protect oneself from weakness and to increase one's morality. Without virtue, one cannot guard against losses, particularly the loss of Qigong ability. In order to conserve that ability, one must use it sparingly and carefully, or not at all.

People try to solve problems with Qigong. It is essential that they understand what many senior Qigong masters have taught. That is, Qigong ability must be conserved, used seldom, and applied carefully.

One must continuously gain ability in order to accomplish significant good deeds. The external Qi of Qigong masters is a form of matter. The matter in the human body is limited. Applying Qi may lose this matter and energy.

Only when one's Qigong ability reaches a certain level can one make use of environmental matter to cure the sick and do other good deeds. (Environmental matter

includes earth, fire, water, wind and space. In modern China, "space" is understood to mean cosmic rays.)

However, no matter if one uses body Qi or if one makes use of external matter, the matter and energy of a master's body will be consumed in healing. Only by saving energy and carefully protecting oneself can one gain more Qigong ability and progress from minor good deeds to major, from remote moving of small objects to moving of large objects, and from opening the heaven-eye to opening the Buddha-eye.

Using ability one has just gained on trivial demonstrations gains nothing in the end. An essential principle of Qigong is to grow in virtue. This becomes an issue when one accepts payment from a patient.

Many senior Qigong masters teach that one should not accept payment from a patient for ethical reasons. There are also technical arguments that receiving payment will reduce the effectiveness of one's ability to treat. This is because rewards from patients retain signals and this signal information cannot be purged.

In order to express their gratitude, some patients, after being treated, invite the Qigong master to a meal. Their feelings are understandable, but those who have reached a higher Qigong ability never accept rewards after doing good deeds. They do not wish to be thanked and would rather not hear words of appreciation.

In summary, the principles of Qigong are to conserve one's ability and to increase morality. Morality is essential because without virtue, one is weakened and unable to conserve one's ability. To conserve the Qigong ability, it must be used sparingly and carefully or not at all.

Qigong has five skill levels or "five openings." These skill levels are progressive, and only by careful conservation of Qi can one go from one step

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to the next.

The five openings are the flesh-eye, the heaven-eye, the wisdom eye, the dharma eye and the Buddha eye. These can be conceived of as nonvisual sense functions. These skills are progressive, and only by careful conservation of Qi can one advance from one step to the next.

Based on our knowledge of Qigong effects and phenomena, humans are able to visualize subconsciously. In the terminology of modern natural science, one can observe things with "cold light effectors."

Everyone has cold light effectors. Everyone has points on his body that "glitter." For example, everyone's Tian Mu (heaven-eye) acupuncture point can be opened to glitter and to visualize figures or writings. Everyone's subsound effectors can sense inaudible sound without using one's ears.

Cold light effectors are objectively existent, however, one must resolve to open and use them. Certain conditions must be met to open them, and energy is needed to use them. When these effectors are open and are emitting cold light, the light is received and reflected by an object. The object is "visualized" through this reflected light ray.

Everyone can awaken non-visual sense functions through the practice of Qigong. Some persons practice one or two hours a day. This is analogous to a worker who melts iron ore in a furnace, but then continually puts out the fire. By always melting and cooling, the worker gets nothing out of the furnace, not steel and water, nor iron ore.

To be most effective in awakening functions, one must practice twenty-four hours a day. When one practices while working, one's work will also improve. There is a method for this and I will mention that later.

The first of the five-eye openings is the flesh-eye opening. Once one opens his flesh-eye, he will not be near-sighted nor far-sighted. He will see with extraordinary sharpness, far and near.

The first of the five-eye openings is the flesh-eye opening. Generally people become far-sighted as they age. Some people become near-sighted due to reading and working in dim light. When the flesh-eye is opened, near- or far-sightedness is not a problem and one sees with extreme sharpness. This is a visual function, but also the foundation of nonvisual functions. However, if one does not conserve one's ability well enough, it is hardly possible to progress to nonvisual functions.

(A member of the audience asked, "Dr Yan, you have Qigong skills, why do you wear glasses? Are you near-sighted or astigmatic?")

My glasses are neither for near-sightedness nor astigmatism. These glasses change shades when light intensity changes. In some places the light is too bright, which is harmful to the eyes, also, photo flashes irritate the eyes. For these reasons I wear lenses that adapt to changes in light, but there is another concern. Some Qigong masters believe it is not good to have one's picture taken frequently. I wear glasses, which alters my image, so that the picture is not exactly like me. Therefore, I wear glasses in front of a large audience but not in everyday life.

To summarize the discussion, the first "opening", the flesh-eye opening, is not a high level Qigong practice. However, practicing it can correct near-sightedness, far-sightedness, and astigmatism.

The second "opening" is the heaven-eye opening. At this level one is able to open one's heaven-eye acupuncture point, view distant objects,

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and see inside objects.

With practice one learns to open the flesh-eye; with further practice one can open the heaven-eye. In this first stage of non-visual viewing, one is able to see distant objects and to see inside objects.

Nonvisual functions may be reduced if they are overused. In the late 1970s and early 1980s, many children with extraordinary functions were discovered. Authorities who were not concerned with the children's training, often asked them to demonstrate their skill or to detect objects. The children did not know to train themselves, and, as their power was consumed, it was reduced over time.

The former party secretary of Sichuan province, Mr. Chao Yang, was the initial supporter of extraordinary functions study. When he confirmed that Yu Tang of Dazu, Sichuan, was able to read with his ears, Mr. Yang defended the accurate report of the Daily Sichuan press.

Later, however, people trying to deny the existence of extraordinary functions, repeatedly tested and inspected these children, and thereby disregarded the limits of human power. Unavoidably, some of the retests failed because of the considerable drain on human reserves of energy. However, the incidence of failures was exaggerated and some people claimed that extraordinary functions were a fraud or were superstitions.

From a purely physical viewpoint, human physiological functions metabolize, suppress old cells, and sustain new cells as the body grows, ages, gets ill and dies. Qi ability changes too because it is sensitive to the faults of human beings and even super beings have occasional faults. This issue is better discussed at another time.

The third opening is the wisdon-eye opening. This opening level has four functions, the first of which is the multi-eye function.

After attaining the heaven-eye opening ability, with practice and c ıreful conservation of Qi, one can advance to the wisdom-eye opening. This opening has four functions, the first is the multi-eye function.

This function allows one not only to see through an object, but also to view the object in three-dimension from multiple angles. For instance, one could view a cup, from side, back side, top side, bottom side and inside. In order to accomplish multiple angle viewing, many points on the body must glow, transmitting rays to the many-sided object and receiving photo signals from each of these sides.

The second function of the wisdom-eye is called the analytic-eye or analytic-eye gong. At this level of Qigong, one can arouse genetic code information in one's body to utilize experiences, lessons, and wisdom of ancestors.

When one attains analytic-eye gong, one can arouse genetic code information in one's body to utilize the knowledge, experience, lessons and wisdom of one's ancestors. A teacup, for example, can be seen inside, outside, front side, etc., using the multi-eye function. However, if one is not familiar with teacups or does not recognize the historical significance of a particular teacup, the image is like a quote out of context. The analytic-eye gong allows one to bring up genetic information from ancestors to analyze the cup to determine, for example, that the cup is from a particular era.

The above statements may seem incomprehensible, and people question, asking, "Who can know without

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learning? Isn't this superstitious? Is this pre-birth knowledge?" However, our ancestors learned and had knowledge, which is passed on through genetic code. For example, some children who have been taught negligible math are able to calculate two numbers faster than a computer.

Someone in the audience asks, "Is quick calculation related to Qigong?"

It is possible to say that these children may have analytic-eye gong. Perhaps their ancestors studied mathematics and that knowledge was passed through genetic code. Or, perhaps they have living relatives who are studying computers, and communicate with them through intuitive genetic affinity.

In summary, potential for quick calculation may be aroused by inherited learning experience, intuitive information exchange among living blood-relatives, and the practice of Qigong. The fastest thing in the world is human thought. It is faster than light, electricity, and certainly than data entry. With one thought, a person can arrive at the solution to a seemingly very complex problem. Therefore, a person can calculate faster than computers.

Why would someone die after entering the tome of an Egyptian king? Why do some people recover when they reach a certain destination? Are these phenomena probably caused by residual Qigong Information?

According to record, the tomb of an ancient king was found near an Egyptian pyramid. The archeologist who unearthed it died on the very night of his discovery. Some say he was bitten by a mosquito, but it is unlikely that the several thousand-year-old tomb held mosquitoes. Other people who entered the tomb with him did not die

that night or following nights, which further destroys the mosquito theory. However, it is contended that all other people who entered the tomb with him died within one year.

Later another archeologist entered the tomb, intent on preserving the tomb and respectful of the dead. He then "read" an ancient Egyptian inscription, and seemed to "understand" its meaning, although he did not know the language. After copying the inscription, he consulted resource books at home. The translation from reference material was the same as he "understood": "A curse on whomever disturbs my peace for they face disaster and will immediately die!"

It is said that the archaeologist publicized the inscription in affiliated departments in Egypt. Subsequent visitors to the tomb hoped to preserve the tomb and to benefit from it. Some of these people were cured of illness. Similarly, a person with sincere faith in Qigong may visit the place where Qigong masters practiced, may worship some appropriate frescoes or statues, and may become well.

In China today, some consider these worshipers superstitious. And, indeed, there are uneducated or backward people who have an irrational belief in "ghosts." These "ghosts" do not exist. However, the phenomena may be interpreted another way. For example, there may be a strong magnetic field, radiation, or cosmic ray which is beneficial to humans at the site of the frescoes or statues. Therefore, the sick who walk or practice Qigong where Qigong masters chose to exercise, may reduce their sickness.

Also, disciples of the master may still come to the site, and his Qigong information may pass on through them. If the sick have strong faith in the master and walk or practice Qigong at the site, when they enter into a Qigong state, they can easily receive the information of

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the master and be healed. There is also the possibility that the master changed the microstructure or the molecular structure of some substances at the site. This too may reduce or cure the symptoms of the visitor.

Therefore, although the sick may become well when visiting a site, this may not be due to miracles of supernatural beings, but rather may be due to the effects of Qigong information, flourishing plants, fresh air, or the aura of goodwill left by many visitors, or all of these.

The final point is that genetic and residual Qigong information does have an effect.

The third function of the wisdom-eye is called "historical-eye," or the historical-eye gong. The historical-eye can not only see the present symptoms of the patient, but also the medical history.

The analytic-eye can see the present, but not the past, therefore the wisdom-eye must have a third function, the historical-eye.

To see the past means to detect residual information from the past, both deeds and thoughts. By some journalistic reports, certain Qigong masters, when giving medical diagnosis, can correctly determine the patient's medical history and foresee the development of the disease. To detect the past, one must have the historical-eye gong.

The fourth function of the wisdom-eye is called "future-eyes", or tuture-eye gong. The future-eye can foretell the future development of present situations.

It is not sufficient to be able to see the past and the present, for someone will ask, what about tomorrow? To

be complete, one should also see the future. This requires the future-eye gong.

According to an ancient story, Bian Que met Qi Henggong and said, "You are suffering from an illness which is now only skin deep. If not treated in time, the illness will progress." When Qi Henggong heard this, he shrugged it off lightly. "I feel fine," he said, and then sent Bian Que away.

Five days later Bian Que saw Qi Henggong again, and said, "Your illness is now in the blood stream. If not treated now, it will be serious." Qi Henggong was somewhat displeased, and said, "I feel absolutely fine. Quit bothering me."

Five days later Bian Que went to see Qi Henggong and said, "Your illness is now in the internal organs. You must be treated now." Qi Henggong pretended not to notice him.

After five more days Bian Que went to look for Qi Henggong. When he saw him, he turned away without saying a word. Qi Henggong was puzzled by his behavior and called him back. Bian Que said, "When the illness is skin deep, a hot water treatment will cure it. When the illness is in the blood stream, acupuncture will cure it. Even when the illness goes into the internal organs, medicated wine can still reach it. Now that the illness has entered the marrow, it is incurable." Qi Henggong still did not believe it.

In yet another five days, Qi Henggong succumbed to grave illness. When he sent for Bian Que, the latter had already disappeared. Qi Henggong died soon afterwards.

Bian Que could not only scan the inside of the human body, but also detect development of illness. Therefore, he possessed at least the wisdom-eye gong.

The question arises, if the past has left residual information, how can the future project its information?

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The answer lies in the potential for change. Like weather forecasting, predictions are based on potential developments, which in turn, are based on information gathered from the past and present.

It should be said that those masters who possess this gong can predict certain future events rather accurately.

The opening of the wisdom-eye is composed of the multi-eye gong, analytic-eye gong, historical-eye gong, and future-eye gong. In general, one's auxiliary sensing ability progresses more rapidly if one uses it with caution and restraint.

Presently some Qigong masters, with opened wisdom-eye, can give detailed diagnosis. I have myself developed my skill by first using such functions as remote sensing and have been able to diagnose rather accurately. Later I realized a problem with starting treatment by giving a diagnosis. Once the illness is specified, it is also firmly established in the patient. The process of specifying the illness changes the nature of the illness. This leads to the next level of sensing ability, which we shall call the opening of the Dharma-eye.

After the wisdom-eye comes the dharma-eye. The Dharma-eye has two properties, higher energy and the ability to move or change the subject.

If one can foretell that a particular car will crash tomorrow, one has the wisdom-eye open. If one can correct it, one has the dharma-eye open. I will tell you a story. It is true, but do not take it too literally. It involves a medical student of mine, Chen.

Several years ago, Chen bought a truck and he wanted me to "look" at it. I usually do not like to foretell

the future, but he insisted until I agreed. I told him how many times the car would be involved in accidents and what kind. Eventually all minor accidents happened as predicted. For example, I warned him to be careful of brake malfunction. Once the brakes malfunctioned when the truck was parked and it rolled down the slope.

About two years ago, I told Chen's driver, Qiu, that the truck would be in a serious accident in the lunar month of May. Chen's wife was there and she said to me, "You must change this event for us!" I replied, "The best I can do is save the people, not the vehicle." She then said, in jest, "Better have the people killed than the vehicle ruined." Unfortunately, just as she was making the joke I was applying the gong. When I am applying the gong, other people must not cut in because the sound wave may destroy the positive vision. It is like a painter being hit on the back. With a shake of the hand, the image is distorted.

The driver, Qiu, believing me, took a month's vacation in May. Chen hired another driver, Jiang, who thought Qigong was superstition. Jiang had been driving for nine years in the army and another three years as a civilian, so he was quite experienced. He spent the first day and half of May maintaining the vehicle and completed the second day loading goods (fruits and snacks,) and was ready for the trip from Chongqing.

The next day his car overturned and fell 13 meters down a cliff. It took a month to repair the truck and although Chen and the driver were both in the car when the accident happened, neither was injured. In addition to the vehicle damage, they had to pay four thousand yuan in property damages.

Immediately after the crash Chen asked his driver,"What were you doing?"

The driver replied, "I was dodging a cyclist."

Chen said, "There was no cyclist on the road at all!"

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People can have illusions at certain times;that is what happened to the driver. It was lucky that the people were not injured. Not every accident can be corrected. On that same third day in May, the original driver Qiu (who was on vacation) received a telegram from home. His mother was killed in another traffic accident. Remember that Chen's wife said, "Better have the people killed," when I was applying the gong. What she said stamped this trouble on Qiu. He did not drive, but some other driver ran over his mother.

Let me clarify one point. What I have said here should be treated as a parable. I use that method to invoke the audiences' gong. It is called the inductive method. When my master taught me Qigong, he also used the parable. Some people say that my lectures are all chatting and boasting. In a sense I am chatting and boasting, and so are many other Qigong masters when they teach. Afterwards they say it is a parable. I will do the same. These examples should not be taken too literally.

To summarize, the realm of the Dharma-eye is one level higher than the wisdom-eye. The Dharma-eye has two functions. One is higher energy, called the opening of the "energy-eye." The other is the ability to adjust and alter the subject, called the opening of the "destiny-eye."

After teh dharma-eye comes the "Buddha-eye." In such a realm, the aura surrounding the body is so powerful that disease is cured automatically.

The level following the Dharma-eye is the opening of the Buddha-eye, popularly known as the omnipresent, omniscient and omnipotent Buddha light.

When one's gong progresses to such a level, the aura surrounding the body can be recorded by scientific instruments. Patients are healed without conscious

application of Qigong because everyone in the range of this aura will benefit from its field. In the past, people described it as all present, all knowing and all powerful. The Qi at this level can have healing effects far away, because of its penetrating and transcending powers. At this level, if he is in imminent danger from an armed criminal, the master will sense the threat when the criminal is within aura range and will make appropriate response or change in time.

In 1986, I visited Japan. The director of the Japan Qigong Research Board was fond of taking photographs. We asked him not to take excessive photographs of Chinese Qigong demonstrations. He would not listen. So although he had a reliable camera, it kept breaking down during the show. That is how I stopped the photographing. Also, although we asked that the demonstration not be videotaped, they tried. In the midst of the demonstration, their video camera stopped working.

Stripped of its religious aura, the so-called "omnipresent Buddha light" refers to the ability to do good things for others wherever one goes. The so-called "great vehicle" refers to the virtue of teaching others Qigong. Among Qigong followers, it is generally considered virtuous to carry someone across the river, to build bridges and roads, and even better, to lead someone into the wonderful realm of Qigong.

There are five distinct levels or 'openings' which are clear to Qigong masters, but not necessarily to laymen. Here are some typical cases:

If, for example, one is able to "transport" using that level gong, one may wish to "transport" a cup of tea from a tea house. If one later pays for the transported tea, it is alright. Otherwise, it is stealing and one's Qigong level will be reduced.

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As far as I know, those who possess extraordinary functions are generally virtuous people. This point is not yet generally known. Just recently, I heard complaints about a man in Beijing using this "transport" gong for a disreputable pursuit. I immediately questioned the validity of this statement. I have traveled to many places in the country and have found that Qigong masters and children with extraordinary functions are of good character. One who is not virtuous cannot progress in Qigong, cannot do transport.

Why does one have to pay for what one has transported? Why does one need to be virtuous? Doing otherwise will be out of tune with your master's signal. Perhaps you think you don't have a master, but you are not correct. Although one may not know it, everyone with extraordinary functions has a master. In the sphere of high Qigong, it is master searching for pupil, not the other way around. The master may teach Qigong remotely, unbeknownst to the pupil. Some believe incorrectly that extraordinary functions are inborn, not taught, but the master teaches with gong, not face to face.

When one first gains the transport skill, one should use it with restraint, or not at all. If, for example, one always transports a cup of tea for oneself or for friends, then one will not progress any further. However, if one seldom use this ability, one will discover intricacies of transport and progress towards medium transport. Then, when friends come, one will be able to transport a pot of tea for them.

But even so, one cannot serve a hundred people, or a thousand people. An individual's energy is limited. Therefore it is better not to use the skill, or to use it sparingly. This way one will progress toward grand transport. However, transport is actually a cumbersome method to retrieve something. It takes more energy to transport than to get objects directly, so even grand

transport is not an ideal skill.

If transport uses a lot of energy and the object still has to be paid for, what is the use of it? Actually, if used sparingly, grand transport is a step toward another realm, called "yielding." In the previous example, when serving a hundred or a thousand people, using yielding abilities, one can make cups from mud, and water from water vapor to quench the thirst of guests. But the procedure for converting earth to cups is very complex and demands a lot of Qi. The energy of the human body is limited; how much can one expend? How many people is one able to serve? If 10,000 people want to drink, then what does one do?

If 10,000 people are thirsty, one cannot make that many cups, but using a higher level, called "adjustment," one can reduce their sensation of thirst. If there is plenty of water vapor, one could convey it directly into their bodies. One could also adjust substances in their bodies to increase water and saliva. This would solve the problem.

In summary, even at the higher levels of Qigong, one must use Qi ingeniously. In a word, to improve one's Qi is to protect oneself. One should use one's Qi, energy, as little as possible. Even though one has an ability, it is better not to use it.

Qigong stresses generous and moral acts; this is a teaching. Ignoring what one was tole, one used the special ability to act immorally by "underssing a beauty." As a result, the relative suffered and one ruined one's ability.

Within the higher realm of Qigong there is a rule: do not try to harm others or you will harm yourself. Virtue is very important. Without it, one's Qi will decrease or be totally lost. Qigong masters may hear of an

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immoral technique called, "undressing a beauty," where one uses Qigong energy to allow a beautiful woman in the distance to undress by herself and come to one's room. This is only hearsay, and I am not sure if it is true. My master told me that there were some who knew how to do it, but if one used it, the "beauty" must be one's relative, such as wife, daughter, in-law, etc. Also soon after using it, one can never use it again and all Qigong ability will be totally lost.

In Chongqing, I met a Mr. Jiang. After he attended my lecture he told me, "Dr. Yan, what you said is exactly true. I once had a lot of abilities, but lost them all just because I once used that method. My master warned me many times not to try it, but I ignored the warning. The person coming to my room was my family member! I was so shocked I did not want to practice Qigong again."

Actually, I did not investigate Mr. Jiang's narrative, and you can just accept it as a story. However, at the higher levels of Qigong it is understood that to harm others is to harm oneself.

There is here a suggestion for practicing Qigong. Do you want to get energy or abilities? Use the story as an example of how to practice Qigong. The strategy is to learn to meditate, what I have described is only the physical experience.

Additionally, the information here is from my master. I still remember that Master Haideng told me a story when he taught me. It was that Da Mo, the founder of a sect of Buddhism, ferried a river on a piece of reed. After Master Haideng told the story, he said, "Understand the moral of this story, it is more important than practice." I understood later what he was trying to say. The story was not a simple story. It was a lesson.

So, do not accept the example I gave as exact information. I always infer and I cannot be exact.

Assumptions are not always useful either. It is only a way to kindle similar abilities in some people.

In Japan, a Japanese Qigong master emitted intense Qi towards me. I followed the principle of treating others with understanding. I was not harmed by his depraved energy, but if I had reacted with anger, I could have been harmed. That is why Qigong emphasizes virtues.

I visited Japan in 1986. There I met Mr. Xiaolin, who wanted to compete with me. In accord with Qigong virtue, I could not refuse him, but I had to be ethical.

He started to yell and actually he was emitting Qi. He knew hypnotism and it was said that he could levitate another person. He just cried, "Gu lu, Gu lu."

After he had emitted Qi for a while, he was sweating all over yet found that I had not responded. He then changed his approach. He stood behind me and pushed me violently. I had practiced gongfu (kungfu) earlier, and even though my gongfu is not equal to his, I could stand steadily. Mr. Xiaolin, finding this useless, again switched tactics. He "punched" my Bai Hui acupuncture point (the peak point of the head). This was very threatening, but I still did not respond. Finally, he seemed to give up and made a few kind remarks. But as he was speaking, he seized my neck artery with his hand. I sat still, and made it appear as if nothing had happened. He finally gave up.

Mr. Hu, who was with me, later said, "My, I was so nervous." He was referring to the fact that Mr. Xiaolin "punched" my Bai Hui and seized my neck artery.

Mr. Xiaolin really wanted to compete with me, but I did not fight against him. My procedure was very simple. I just "sealed" my body. I did nothing to oppose him, in accord with Qigong ethics. He emitted powerful

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energy. I absorbed it and then discarded it. Everything will be protected if one does not oppose others. One cannot clap with one hand.

In 1986 in Beijing I did an experiment to show that electricity can be transmitted without wires. The voltage in a house was above 220v, so I transmitted some to a distant area where there was no electricity.

Then, one night in 1986, a Chinese Qigong Association member invited a friend, a Qigong master, to stay overnight. He called me at midnight and asked me to send electricity to his house. I responded to the request innocently, I did not realize that I was being challenged. Maybe I transmitted too much. His friend had rapid heart beat, tingling sensations, and was cold all over. The association membrer had problems, too. The next day he had loose bowels and called again, asking me to take back half the electricity.

Later that Qigong master came to see me, saying he wanted to talk to me. However, before he left, he "punched" my head, saying he wanted some information. I said that was not a problem. I told him to treat others with compassion and gave the example of Mr. Xiaolin. I assured him that I meant him no harm. His depraved energy was absorbed, however, if I had been against him, there would have been some reaction, and if I had given it significance there would have been a real fight. Again, this is why Qigong emphasizes virtue. If one opposes another, it is easy to be hurt. However, I had not transferred too much electricity on purpose that night. That Qigong master had a grudge against me. He was embarrassed and discouraged, and I felt bad for him.

During the visit to Japan, a Japanese person challenged me to a fencing contest. I accepted because I was Master Haideng's pupil and could not refuse. In addition, I represented our country and so I agreed. However, I announced that I wanted to touch his sword

in case he put information on it, so that I could put information on it too. My challenger did not arrive and neither did another who wanted to box with me.

In the circle of Qigong and gongfu, people really have high morals. It is not necessary to fight each other to win the first place in Qigong. In fact, after one reaches a certain level in Qigong, one depends heavily on virtue and good deeds to get more Qi and energy.

After finishing the "Buddha-eye" gong, one can rectify something unconsciously. Some cannot understand this subliminal control, but the energy in the human body is limited and one cannot adjust everything.

Many people believe that Qigong can heal sickness. This presents Qigong masters a good opportunity to earn money. On the other hand, one faces the dilemma of ethics. But if Qigong masters do not receive repayment, there will not be funding for the progress of Qigong research and development.

As a Qigong master, one has to know how to overlook or sacrifice. If we teach Qigong, help the sick or do some other things, we should not charge too much money. But I do not oppose Qigong masters earning some money. Actually, Qigong masters receive very little money. Qigong masters emit Qi which is energy from inside; they use their own life to treat and heal patients. A published article, entitled, "Qigong is Scientific," reported that a research institute in Zhejiang province measured the external Qi emitted by a Qigong master as he raised blood cell count, like a blood transfusion.

It used to be thought by Qigong masters that life could be prolonged by attaining Qigong ability but not using it. Using Qi will shorten one's life. Can money be compared to shortening one's life? An old proverb says

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"Gold is precious, but true Qi is priceless." So, the money a Qigong master charges is, strictly speaking, not profit, because the price is shortening his life.

For instance, using Qigong to diagnose and detect disease will consume true Qi. Disease detection and Qigong fluoroscopy will not harm the patient but will benefit him. In the example, the blood cell count was raised and the disease was clearly diagnosed. Thus it is possible to diagnose and cure at the same time. If an x-ray were used instead, a lot of white blood cells would be killed, which is harmful.

The CAT scan is very expensive because it takes many views of the entire body. But the Qigong check-up, if there is a fee, costs very little. And, since Qigong treatment consumes the master's true Qi and time, it is reasonable to collect fees. It is unreasonable not to charge.

It is necessary and reasonable to collect some fees for the sake of Qigong development. In order to do Qigong research, or open a Qigong hospital, one needs basic equipment and instruments. Conferences also cost money. However, the money is from the people and should be spent for the people. It is best to charge an amount equal to similar services in the medical hospital. Then even though the cost is the same, the effect is better because a Qigong check-up treatment is not harmful to the body.

To practice Qigong one must emphasize virtue. To give treatment one must also emphasize virtue. If one's character, behavior and compassion are not suitable, one's gong cannot be improved and one cannot successfully cure disease.

Qigong emphasizes the need for virtue. If one tries to cure disease, or to practice and improve skills, one will

never succeed if character, behavior and compassion are not fitting. Compassion suggests thoughtfulness and conscience. Character denotes personality and natural disposition. Behavior implies words and deeds.

If the patient is only concerned with getting well and does not have regard for the healer whose gong is being consumed, nor for the limits of human power, he can hardly expect to be healed. A patient sometimes assumes that once he finds a miracle-working doctor, he can rid himself of all disease, at once. He does not understand that the doctor is a human, not a god.

Some people who want treatment rush over to me after my lecture. They are not thinking of the time, the place and my limitations. Even if these people were to be treated, they would not receive the complete healing effect. On the other hand, I know of one old lady who did not get a ticket for the lecture, but listened conscientiously outside, and was healed. Another who could not get a pass, walked around the lecture hall a couple times and was fully cured or comforted.

At the opposite end of the spectrum, one person pushed his way to the front platform after the lecture and persisted in shaking hands with me, bowed down with entreaties and insisted that I treat him. I explained the principle at length, but he still did not understand. A person like that does not have proper character nor sufficient understanding. They are hard to treat and have little chance of being cured.

People who understand Qigong know that, to treat a disease, the patient must cooperate. This is called "synchronous resonance." If the patient does not cooperate, and is not synchronous with the master's thought wave, there will be no resonance and no special result can be expected.

Once in Liaoning, when I was half way through my lecture, some people lifted a stroke patient onto the

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platform and asked me to treat him. I do not demonstrate or treat anybody when I am lecturing. If I had treated him, his signals would have been released and the audience could have been harmed. This is beside the fact that diseases such as cerebral thrombosis take quite a long time to be cured. Qigong can shorten the course of treatment, but cannot give instant results.

Pursuing only one's own interests without caring about others is not proper character. From the cases I have handled, those who obtained good results from Qigong treatments have a high level of understanding. This understanding means proper character and sensitivity. One should always act with proper character.

Qigong masters must emphasize virtues and so must scientific researchers. If one is most concerned with acquiring fame when doing experiments, and does not consider the needs of participating Qigong masters or of people with extraordinary functions, the experiments will hardly be successful.

During the past few years, some Qigong masters have worked with scientists, doing experiments. When the experiments were done, major credit was given to the scientific research department even though Qigong masters or persons with extraordinary functions had used their gong. I think it was not proper that the credit for the achievement went to the research department. In fact, the experiments were done through the cooperative effort of all. The Qigong Scientific Research Association should work hard on this issue. It is much better that the Association has its own experiments.

Qigong emphasizes virtue. During the Qigong experiments, the masters must emphasize virtue and so must the researchers. If one completes the experiment,

writes the report and publishes papers without giving credit to the participating masters or people with extraordinary functions, the experiments will hardly be successful. It may be successful this time but not next time. Some researchers cooperate with Qigong masters during the experiment and when it is successfully done they get promoted and win awards. Meanwhile the master's name does not appear and his contribution is not credited. The next time, the master will not cooperate with their experiments.

Recently, I worked on experiments with the Qinghua (Tsinghua) University, Beijing University and Academia Sinica. The Qigong Scientific Research Association cannot claim the results by themselves because instruments of others were used. It does not matter to me if my name appears on the paper, but they insisted that my name be added to the last position, and I agreed to this.

But, in consideration of the Qigong cause, Qigong experiments in which the Qigong master has to emit qi are not usual scientific experiments. When publishing papers such as these, it may not be proper to place the master's name last. Some will go so far as to say that not crediting masters and people with extraordinary functions is like relegating them to the role of experimental animals. This is even more improper.

One research scientist of the Institute of High Energy Physics has made some good comments. He said that Qigong research cannot be treated as ordinary research, in that it is the Qigong master who plays the leading role and the scientists who play supporting roles, not the other way around. This view is a better measure of the Qigong master's actual contribution.

The instruments I used in the experiment belong to Qinghua University. Personally, I do not pursue fame. Fame is false and useless. But some of my actions should

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not be falsely interpreted as pursuit of fame. Researchers have their conceptions and customary way of doing things. Therefore, I met overwhelming difficulties when I was doing experiments at Qinghua University. I had decided to do experiments at the most respected colleges in order to regain the reputation of Qigong. While realizing that some people were very opposed, by doing experiments under the scientists' very noses, I determined to go against pressure and do the experiments at higher institutions.

If Qigong experiments are conventionally designed, without considering Qigong's own rules, there will be problems and the experiment will not succeed. I put out a lot of effort which took a heavy toll, in order to make the scholars at Qinghua University understand and believe that Qigong experiments are different from conventional ones. It turned out that we cooperated very well and the experiments were all very successful.

Since I have had successful experiments recently and this was reported by many newspapers and magazines at home and abroad, I find it hard to live with my reputation. I do not seek fame, but I became famous, which I find burdensome. My energy is limited. I sincerely hope that more Qigong masters come forward to replace me. I also hope that those who have attended my lecture have achieved some gong so that we all do good deeds.

In summary, there are many aspects to an emphasis on virtue. The Qigong masters should emphasize virtue and so should patients and scientists. It is said that one research institute has done research on extraordinary functions for several years with no results. When the head of the institute criticized his staff, the involved people would not heed him. They were not open to this extraordinary subject and did not fully understand that they were not considering the people with

extraordinary functions as researchers too. They were studying extraordinary people, but they were still using their own conventional methods.

Only the people with extraordinary functions clearly understand how they apply gong to the projects and only they, therefore, have a clear understanding of whether a design is scientific or not. However, when they gave suggestions for modifying the design of the experiment, they were told that they were not precise or they were ignored. The researchers really tried to set up a precise design according to ordinary conventions, but extraordinary function people do not approach designs according to conventional wisdom.

The main point is that Qigong emphasizes virtue which all people should attend to.

6) Unfavorable Qigong Reactions

Dr. Yan Xin

The preparation necessary for this Qigong lecture is to be calm, have peace of mind, good spirit and no fear. To do Qigong, one should be tranquil, relaxed, and in a natural posture in order to regulate one's mind, breathing and body.

After becoming more familiar with Qigong, remember that this is an internal Qigong for maintaining health, preventing and treating diseases. This is apart from promoting longevity, improving work quality and tapping potential awareness and wisdom.

Beyond personal growth and the bettering of one's own health, Qigong may also improve the health of the whole family. Therefore, the trainee should wish, subjectively, both before and while doing Qigong, to protect self, others and property. Doing this may strengthen favorable reactions.

However, trainees should not strive for reactions in haste. If there is no reaction, this is normal, too. Whether or not there are reactions, just let things go their natural course.

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The trainee and the family must understand that all reactions to Qigong are normal because Qigong is energy which sooner or later incites the bioenergy of the participant. The effects are varied and the reactions are diverse. The family should remember that Qigong's spontaneous movements are not symptoms of any deviation or illness.

Director Zhao broke in and said, "After listening to your lecture with bioenergy, most people have good reactions; some have illness cured; some have extra-sensory perception evoked. However, a few people feel upset and depressed. How and what should we do to help them?"

Yan Xin replied:

Some have good effects and they can keep on doing their Qigong. Those who have good effects probably have some fundamental experience in Qigong and probably have a good disposition. It is also more likely that they are in fairly good health and are on good terms with their families.

In my personal opinion, reactions to Qigong, whether good or bad are the normal Qigong phenomena. When unfavorable reactions do occur, try to adjust to them with good resolve and a positive attitude. It is acceptable to have unfavorable effects and feel uncomfortable, upset, depressed, and have spontaneous movements for a long time.

Those who have unfavorable effect and abnormally long spontaneous movement times may be discontent and have mental discord. Possibly they are rather pessimistic and may lack family support. Their mental discord and pessimism may be provoked by family or work environments. It may also be that those with unsettled inner mental conflict have not prepared themselves properly to regulate any emerging reactions.

On the other hand, the participant may have quite a good foundation in Qigong, but may also have family members who are ill. Naturally, the participant may use this occasion to

release bioenergy to cure family illness, and will consequently have longer spontaneous movement times.

As the member tries to cure personal and family disorders, they will reflect on his body and make him very sick. This is similar to a person with a cold making himself sweat. Sweating is uncomfortable, but after a sweat, the fever subsides and the person is comfortable. Even tranquilizers may make one thirsty, hard to waken, and uncomfortable after wakening, so, the member and his family should view Qigong responses as normal.

Qigong benefits the whole family through the strong electromagnetic field created by one member. However, a family concerned about long spontaneous movement times may impede the member's ability to relax, be calm and be in good humor, important requirements for Qigong. Therefore, they may escalate the distress of the member.

Unfavorable effects and long spontaneous movement times are also stimulated by inner conflict, or conflict with family and friends. Long movement times are needed to cure this disorder. This should be seen as a beneficial phenomenon, but, again, if family sees it as an abnormality, the member's discord and discomfort increases.

A trainee may also be uncomfortable if extra-sensory perceptions are incited by Qigong. One may react to the illness of others and feel comparable pain. Perhaps one will be sensitive to infra-sonic waves, acquire clair-audience or even comprehend what others think. The ability to do what one has never done before, such as hearing the thoughts of others in one's ears or even one's abdomen, may make a trainee uncomfortable.

Besides reacting to others' illness or hearing others' thoughts, one may have light flashes in sensitive body points, that enable one to see pictures, patterns, or characters. Sometimes, surroundings seem to change, for example, tall buildings are seen as flat land and flat land as a dome. When hallucinating like this, one is probably acquiring an extremely powerful bioenergy. However, at the time this could be disturbing.

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Some do not believe in Qigong, but are just curious. It makes no difference whether people earnestly believe, or whether there are psychological influences. However, if people practice Qigong without believing, a response will startle them and their reactions will naturally be stronger.

In fact, participants who have strong reactions are at an advantage, and are able to produce more effective energy after guidance and instruction. They are the lucky ones. The ancients called them the predestined ones, but now we say it is 'a good opportunity' for mastering Qigong, for their energy can be better cultivated and brought out for use.

According to Internal Qigong, strong reaction to Qigong comes not from a master's but from the participant's own body. Very often the participant has potential for high quality Qigong. High quality energy potential in the person's body is cultivated by the internal and external factors of the body doing Qigong.

Even if there are no strong reactions, the lucky ones who have high quality energy potential, can be trained to display this energy under certain conditions. Sometimes 'evil factors', such as sorrow, unfair treatment, guilty conscience, dissatisfaction, or conflicts in a home, can also incite high quality energy.

Those who are willing to learn Qigong should not complain about a strong response to Qigong, especially when the spontaneous movements drag on for too long. Those who strongly react to Qigong will better benefit, as will their families. That is, their own illness and that of the family will undoubtedly be cured.

Because they have not properly prepared their mind before doing Qigong, a small number of participants cannot settle down for a while after doing Qigong and this is a common phenomena. We must not consider any movement that takes longer to stop as a symptom of schizophrenia.

In some ways the spontaneous movements of Qigong are similar to symptoms of schizophrenia. However, schizophrenics incurred their disorder unintentionally during a distorted emotion or mood that incited them to become over-stressed or over-tensed

with rage or anger. This was the onset of their psychosis, but the main cause is a genetic code that carries the disorder.

Anyone claiming that spontaneous movement will cause psychosis is not medically knowledgeable. Science has proven that psychosis is inherited, not acquired, and when it is inherited sooner or later the disease will occur. Genetic factors, rather than any external inducements, play the decisive role in schizophrenia. It is not able to be contracted, and cannot be induced by the spontaneous movements of Qigong.

Unlike a psychotic, a Qigong participant who has spontaneous movement during practice, can easily regulate himself to gradually stop the movements with the ending exercise. Unlike the psychotic's unintentional movements, the Qigong participant practices with a strong wish, clear intention, and definite purpose.

Furthermore, the actions, speech, and thoughts of the schizophrenic are often baffling. He does not know how to protect himself, is usually not rational, and is often not able to remember anything afterwards. It is also very difficult for family members to help him calm down. Usually this takes long treatment with large doses of tranquilizers or electrotherapy both of which can make him inert and passive. However, a schizophrenic cannot be expected to calm down himself after any movement.

I think Qigong is good therapy for treating psychosis and if one has that hereditary tendency, it is better to learn Qigong before the tendency unfolds. After the onset of illness, the situation is more serious and a Qigong cure more difficult. At least it is much better to learn Qigong and try to cure the disease with it than to not know Qigong at all.

Treatment is easier if the schizophrenic has strong confidence and is eager to cure the illness. Of course, the person needs the support of family. If the family is empathetically supportive and provides a place of safety in warm and friendly surroundings, Qigong practice will certainly help this condition.

If the schizophrenic has good intent in learning Qigong

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and a spontaneous movement occurs, this is also a good sign. It means the illness has intentionally been brought out for treatment. Long spontaneous movement times may be needed to bring about a cure in the same way that longer movement times may be needed for other illnesses.

Early medical science did not understand psychosis, and Qigong was not as popular then. Quite a number of patients with mental disease or psychosis were in mental hospitals. The main problems of these patients were caused by unresolved mental discord, severe stress, or abuse.

The spontaneous movements incited in doing Qigong are not induced by genetic factors. They can be stopped by the methods mentioned above or by a Qigong master, a participant with a better foundation, or by family members with moral and mental conviction. Of course, the best is for the person to self regulate movement through strict adherence to the Qigong requirements and regulations mentioned earlier.

In a word, spontaneous movement, unlike schizophrenic movement, can be stopped eventually either quickly or more gradually. After movements stop, the person would be normal We must never confuse this movement with that caused by schizophrenia.

Qigong participants certainly know how to settle their mental conflicts, solve their problems, or do the practice with peace of mind. I would like to emphasize here that they are willing to do Qigong on their own accord. Their practice is based on their understanding of Qigong principles and they aspire to cultivate their mind, spirit, and character.

The ancient Qigong masters openly stated that anyone wanting to learn Qigong and cultivate potential energy for use must be morally strict, able to stand abuses, wrongs, conflicts and suppression. They said, "TAO=Qigong will not be sold for one thousand ounces of gold." In modern terms, the master would not teach Qigong for a million dollars, but would choose an apprentice by his moral character.

The master would tell the prospective apprentice to do good deeds for the community and to do no evil for at least two years before he could be accepted. The test might go on for ten years before the apprentice was entrusted with something to incite his inner energy, and for thirty years before instruction in the insight and secret to success in Qigong.

Sometimes after thirty years, the master might find that the apprentice was deferential to his own grandparents but not to others, and had even repressed other old folks. The master would, in the end, refuse to accept the Qigong apprentice because evil deeds carry evil portents that would interfere with cultivating potential energy. No master would take an unqualified apprentice.

Correct attitudes toward Qigong are mostly found in groups that are earnest in learning Qigong and believe that Qigong is the best regimen for maintaining health, preventing illness and promoting longevity. These groups do not just blindly believe but are conscientiously probing into the essence of Qigong.

Only by teaching Qigong to those near us can we expect their sympathetic support and full cooperation. For example, one may lose something or have something brought to him. This could be training in mental transport. However, one must study, be objective, and try to readjust when such events occur. Therefore, to better understand Qigong theories and practice, it would be helpful if family, friends, and coworkers also know Qigong.

I want to emphasize here that Qigong is scientific in that it consists of substantial energy that can cultivate a powerful essence to cure diseases. Both those who believe and those who blindly believe should study Qigong thoroughly, for they may one day have reactions to it themselves.

Anyone doing Qigong should know that Qigong evokes or incites the participant's bioenergy. Therefore, in a Qigong state, one may have clair-audience, clair-voyance, hallucination, or other kinds of thoughts. These reactions are termed

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SIGNALS.

Qigong participants should be strict and careful in selecting good signals, before, during, or after, the Qigong practice. Select whatever is beneficial and good for the safety and security of human life and property. Anything beneficial to the life, health, or property of self or others, is a good signal.

But a good signal is only a reference, not an actual order. Beginners cannot do whatever the signal suggests, for their bioenergy has not yet reached a mature state. Some people, in a Qigong state ready to do spontaneous movements, may easily receive encouraging signals of others around them, or signals which may be their own past wish to do good and help others. These reflected signals must not be followed for one's bioenergy needs a long time of strict training before it can be applied for curing others.

Anything that harms the health, life, or property of self or others, is a bad signal. All bad signals must be discarded and never be followed nor even referred to. A person in poor spirits, either before or after learning Qigong, may attempt to jump from an upper floor. Maybe there was a hallucination that the building was flat ground. Sometimes when engrossed in thought while walking, one will not see a car or hear its horn and possibly cause an accident.

Whether doing Qigong or not, it is very important to discard all signals that may harm oneself or others. This is what we mean by selecting good signals. Only when we pay more attention to good signals, can we discard correctly the evil or wrong signals and avoid any uncertain or harmful effects brought about by the spontaneous movements.

Incidentally, let me remind us here, always choose a place that is safe for doing Qigong. For instance, close the windows when doing it on an upper floor and never do it on the upstairs balcony.

After one learns Qigong, it is important, first, to select all the good signals. Second, one must do good to others. All Qigong participants must resolve to extend friendship to others

and above all, to win over one's enemies with earnest love and forgiveness. In ancient times, a slogan for good Chinese soldiers was that, for settling border fights with bandits, the skill of killing was not as powerful as the attack of the heart. The attack of the heart conquers by making friends of adversaries.

Qigong practitioners must not seek revenge against anyone who has wronged them or is not on good terms with them. One can never intend to hurt oneself or others in doing Qigong. I personally think this is exactly a right attitude to take. The Qigong masters always warned us, saying, 'Any harm one does to others will fall back on oneself."

There was a kind of Qigong, called 'taking off the clothing of a beautiful lady.' If anyone tried to do this, the lady who came would be a close relative, usually a mother, sister, or daughter...and in the end there would be tragedy. So, it is true that when one intends to harm others, one will finally suffer himself.

"Always do good to others and never harbor an evil thought." Only in this way, can we select good signals. That is the knack of doing Qigong. I think it is also the knack of our successful life, work, and study. Qigong will produce an electromagnetic field which can help others, first our flesh and blood, then our friends and neighbors. Sometimes, the people who pass by will also be benefited.

Laotze used to say, "The administration of the Great Tao (or Way) is that the Universe belongs to the whole mankind." All Qigong participants are duty-bound to educate, inspire, and enlighten others with their life, speech, and conduct, according to the demands of Qigong, so that their neighbors and friends understand and join Qigong.

Try to make friends with enemies in order to have more good people join us. The great aim of Qigong is to bring mankind to a higher stratum of human society, to live a long life in a more noble and ideal state.

From beginning to end, do Qigong with a mind and a heart full of great grace and mercy, great virtue, great

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discernment, great honesty, and great sacrifice for the benefit of the whole universe. In this way, we can live peacefully among friends in an atmosphere of ideal Qigong wisdom, a state of mutual help, mutual understanding, and mutual forgiving.

7) Eighty Characters The Gist of Qigong Training

Dr. Yan Xin

My thirty years' experience in Qigong training is summed up in a poem of eighty characters with four verses, four lines in a verse and five characters in a line.

1. aspiration, interest, endurance, advantage, commitment

In brief, have lofty aspiration when doing Qigong. Feel a sense of being in a boundless, spacious openness. Cultivate interest in it, and dare to endure all hardship encountered in the process of learning. Furthermore, make efforts to discover the advantageous effects of training and commit them to practice.

Qigong is a worthy career undertaking. Never treat it as a pure pasttime, if you have nothing else to do. In this case, the practice will do you harm, for it does not conform with Qigong theory.

2. preparation, understanding, persistence, awareness, virtue

Emphasize the word BEFORE, and do Qigong before all matters, before one's life time, before a day, before an event, so

as to understand the mystery of doing Qigong 24 hours a day. By doing this, one is sure to regulate the movement of internal and external bioenergy in oneself and in one's surroundings.

In order to master the essence of Qigong, one must continually persist and never grow inattentive to learning. In addition, always be on the alert for sensitive points in oneself and one's environment.

Anyone learning Qigong should hold fast to the protection of high moral principles. Respect others and always do good to others by all means, on any account, anywhere, any time.

3. broad-mindedness, scholarship, Confucianism, Buddhism, Taoism

Have noble conduct, be broad-minded and generous in all respects while learning Qigong. Study further to acquire more profound Qigong learning, or it will be difficult to advance in Qigong feats and theory.

Refer to the classics of Confucianism, Buddhism and Taoism as a guide to Qigong, so as to better comprehend the knowledge and principles of Qigong. (Taoist Qigong is thought to be orig-native Qigong. In fact, Taoist Qigong existed before Taoism. It served as the regimen for maintaining and improving health, and as a measure in disease prevention and recovery.)

4. respect, research, route, teacher, timesaving

Respect everyone in one's family or surroundings while striving to succeed in Qigong. One must respect the teacher or master sincerely in thought, word, and action, but certainly not with the courteous tribute of burning incense or kou tou (kneeling with forehead touching the ground.)

Who is to be the master? Everyone is a master. All things on earth can be masters, including animals, plants, and minerals which have some functional energy that one's body may need. There are signals of masters in the upper space of the universe.

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If one has superb skill in Qigong, it will be easy to find a master.

Master means teacher, but should also mean one well admired and respected by the public, or it will be difficult to take up the teaching responsibility. A Chinese verse by Lu You says, "What we get from your writings on paper is rather superficial. We know the subject needs to be treated with respect."

But, obedience is better than respect; sincerity is better than obedience; self-confidence is better than sincerity. It is difficult for a master to find an eligible apprentice who has these complete qualities.

The route means all sects or groups of learning, for every school has its own way and every way, its own school. The day may come when three Chinese religions merge into one and five religions merge into the ancestral clan system. But until then, one begins to learn Qigong at the threshold of one of the schools or not at all. Do not criticize this school or that school, for another school may be better than yours. Attend instead to the state and moral conduct of a Qigong participant.

These first four lines are intended to lead you to find a timesaving shortcut. Never go a roundabout way!

5. difficulty, ease, is, not, self

It is difficult to learn Qigong, but after overcoming the difficulty, it will then be easy. In Chinese, the word EASY not only implies 'not difficult', but also means 'to change'. After overcoming difficulty, one feels it easy; one is changed. When undergoing difficulty, one is no longer the same person.

6. intention, in, negative, positive, difference

Anything we do, we intend to do with our heart and mind. We also do Qigong intentionally, but we usually get the effect or success unintentionally. An unintentional effect eventually leads to success, so one may say from nothing to something.

So, intention makes a difference. Success, however, comes

unintentionally. It is a kind of state or condition. We must see the difference.

7. character, life, advantage, joy, right

A period of training in Qigong will cultivate one's character and life so as to integrate one's essence, bioenergy, and spirit. One's heart, mind, and personality will change for the better. There will be apparent improvement in health and steadfastness and an enhancement in wit and wisdom so as to bring success in one's efforts.

One will help others and find joy in seeing them prosper. This enjoyment may extend to helping other living things by promoting and maintaining the ecological balance of the universe. One's skill in Qigong will naturally rise as one follows this 'right way'. On the otherhand, skill in Qigong cannot improve if one has not cultivated one's character and life while learning Qigong.

8. living, life, love, words, praises

A Qigong participant should have a correct perception of life and death. When one is not self-centered in life, one will not be afraid of death.

When one understands the true meaning of living and dying, one's life philosophy will reflect that transcendence. One will possess true love for all mankind and the universe, help others sincerely and put in a good word for anyone who needs help.

As one becomes more interested in the life of others, personal, selfish desires decrease. Qigong feats will improve, desire for praise will be lost, and above all, selfish concern for personal life and death will be discarded.

Eventually, one comes to realize, no pain no gain; no gains without pains. Success in Qigong means deserting whatever brings personal advantage, fame and wealth. For with too much interference by these things, one cannot expect to attain high level Qigong skills, including the skill that helps to prolong life.

9. method, foundation, consolidation, transformation, return

There are certain methods for learning Qigong, although no one method evolves constantly without modification. As a beginner, however, one needs to learn the rudiments of one method continuously from beginning to end. Above all, it is essential, to sense the subtlety of Qigong.

In advanced stages, ten thousand methods will either merge into one, or into the ancestral clan system. In fact, the methods actually merge with the body's most refined substances, such as the body itself or the body's functional energy. Methods or laws are rather fluid, not structured and restructured.

The body is the Qigong foundation from which one builds, therefore, it must first be cured of disease in order to have a good foundation for advanced learning. In the process of learning, consolidated and accumulated bioenergy is eventually transformed and returned, as the body's extrasensory perception.

10. theory, training, essence, bioenergy, spirit

The theory of Qigong is to train the essence of the body, and transform the essence into bioenergy; train the bioenergy, and transform the bioenergy into spirit, etc. Qigong training teaches the participant, using concrete, demonstratable methods. The idea is to practice the movement of body bioenergy, and temper it repeatedly to become pure, powerful energy for curing disease.

The method varies in detail with every step, and at each step, the master discards the excess and selects the essential. The higher the step, the more refined the acquired substance. The high quality final substance which Chinese call DAN, collects in three regions (the lower abdomen, the central chest and the middle forehead.) Participants concentrate on these points during practice.

11. regulation, exercise, accumulation, control, change

These are Qigong's concrete training methods, from beginning to end. One learns to regulate the body's functional energy, then to practice the movement, collection and accumulation of bioenergy, and finally, to transform bioenergy into useful high quality energy.

12. Yin, Yang, prenatal, post-natal, class

According to Qigong, the universe and all living things are either Yin or Yang. Yin and Yang include everything under the sun, organic or inorganic. The coexistence of these two entities exists everywhere in mankind and nature, including the external and internal parts of the body. This coexistence provides Qigong with unlimited potential for unsurpassed feats.

In Qigong, we practice Yin and then Yang, or substance and then function. By training Yang, one accumulates substance in Yin. When one practices both Yin and Yang, one trains oneself.

In Taoist Qigong, the spirit of Yin represents genetic codes of the mother and sisters, and Yang those of the father and brothers. The spirit of Yang represents the ideological thinking of one's own cerebrum. Today, we call the four spirits the ideological thinking code system.

Through Qigong training, one adds to the prenatal genetic code by acquiring as much post-natal knowledge, wit and power as possible, so that personal potential power can be enlarged and strengthened. Qigong's three skill classes are the elementary, the intermediate, and the advanced. One should train and strive for the advanced class.

13. mathematics, technique, fix, root, through

When one advances to the highest technique, the mathematical laws of life span and other mathematical laws become apparent. Qigong technique has special mathematical principles and Qigong training is the application of those methods. The technique is closely related to the methods.

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Three schools, Confucianism, Buddhism, and Taoism have different techniques and therefore different skills to express through the gestures of their hands. Every kind of gesture, posture, and expression represents a special skill.

While doing Qigong, try to fix in one's body, the picture, pattern, or image that appears internally and externally. One should make up one's mind to practice Qigong, and in practicing, should strive to get the six roots vibrate and six roots through. 'Six through', the highest skill of all, allows use of all one's potential bioenergy.

14. extreme, void, mysterious, miraculous, mind

When one thinks one's skill is extremely good, others will say there is no extremity, for there are always some who are better. When it is very good, it is wiser to say one's skill is not extremely good.

When one's Qigong skill is extremely good, one enters the sphere of void. For instance, to the advanced Qigong master, mental transport of substance is from void to void. To others, this is very mysterious and full of wonder, but nothing is mysterious or miraculous to the master who understands these things.

15. open, closed, often, study, real

Applying bioenergy to treat the sick is on or off, like a control valve. When a man of virtue comes by, the valve immediately opens. When a man of evil heart passes, the valve closes because the signals are different. The two cannot have the same reaction.

The kind hearted man who honors his parents will have better effect and will be easier to treat with the high technique of the Qigong master. Even when able to move bioenergy with regulated or automatic control, one still must study hard until the technique of treating the sick is very high and efficient, so that a Qigong doctor is good in reality, not just in name.

16. puzzles, assessment, wonderful, able, true or succeed

After gaining automatic control in applying bioenergy to treat the sick, one should study further until able to solve all Qigong's mysteries. One is able to teach Qigong only as one's ability to assess people commences. Without that ability, one's teaching will be unclear and puzzling. If able to enlighten people, one can contribute bioenergy to mankind and to the whole universe. With such miraculous skill and energy, one will certainly make wonderful contributions. Only at this stage has one succeeded or reached the complete state of Qigong accomplishment.

The whole poem of eighty characters also emphasizes the word 'reality'. Qigong training leads to the real attainment of perfect and favorable health, mind, skill and power. Qigong is real, not imagination or wishful fantasy.

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Chapter 3
Scientific Research Theses

1) The Effect of Qi on the Half-life of Radioactive Isotope Am-241*

Lu, Z.Y., Zhang, T.B., Wang, H.D., Zhu, R.S., Yan, X.

Abstract

As a fundamental fact of nuclear physics, the half-life of any radioactive isotope cannot be affected by any physical factors in general. Thus it is very interesting to observe whether it can be affected by Qi.

In our experiment, an α radioactive source Am-241 (half-life 458 years) of strength 2μC was used as the test sample. Am-241 emits an α particle and transforms to Np-237, the latter emits a γ photon in 6×10^{-8} seconds. During the transform, γ photons of energy 59.6 keV are detected by a high purity germanium detector then registered by an on-line 8000 channel buffer. This spectrometer system is very stable; the gain drift is less than 0.06% in 24 hours.

In this experiment, we used two Am-241 sources which have almost the same strength, 2μC. One (source A) was used for accepting Qi emitted by Dr. Yan, another as the control measure (source B). The source A was put on a table in a room which is 10 meters away from the lab, Dr.Yan emitted Qi towards the source for 20 minutes, then the source was sent back to the lab and measured.

Since September, 1987, we have done the similar experiment 6 times, Dr. Yan has emitted Qi 40 times. We got obvious and surprising results, especially with the data of the third experiment. In that experiment Dr. Yan emitted Qi towards the test source 5 times. The decay-counting rate dropped after each time, the first drop was about 1.05%. Since the system error, including 0.1% of the estimate error from counting 1 million times, the result is of high confidence. The decay-counting rate of source B did change during the experiment (see Fig.1).

We measured source A after each testing day. The results indicated that the decay-counting rate of source A returned to its previous rate in, at most, 11 days (see Fig.2).

When Dr. Yan emitted Qi in other cities, one about 2,000 kilometers away from the lab, the change of the decay-counting rate was tremendous, about 10%.

We could not say that the Qi had changed the decay counting rate of radioactive isotope Am-241, so we designed another experiment, in which we used another high purity germanium detector to test the γ photon strength from the back of source A. If the nuclear decay rate changed, then the rate detected in front of the source and in back of the source should be increasing or decreasing at a certain proportion. The results did not have a simple proportion relation, but did show that the γ photon had different characteristics in different directions, similar to a polarized radioactive source.

It is necessary to do more research on this abnormal phenomenon. The decay rate of a radioactive element can not be changed by physical and chemical factors in general. In this experiment, there were no other factors which could change the decay rate. One extra condition was that Dr. Yan emitted Qi from a distance of about 2,000 kilometers.

When Dr. Yan emitted Qi from a short distance, the largest change was 1.35%, but when Dr. Yan emitted Qi 2,000 km away the change was as high as 10%.

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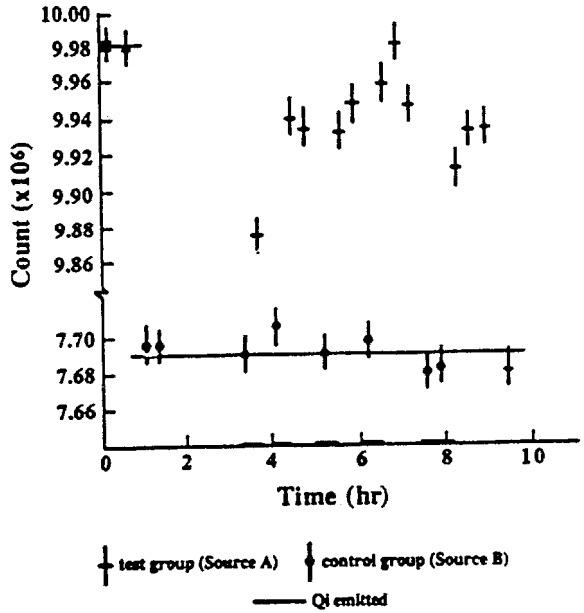
Fig. 1.



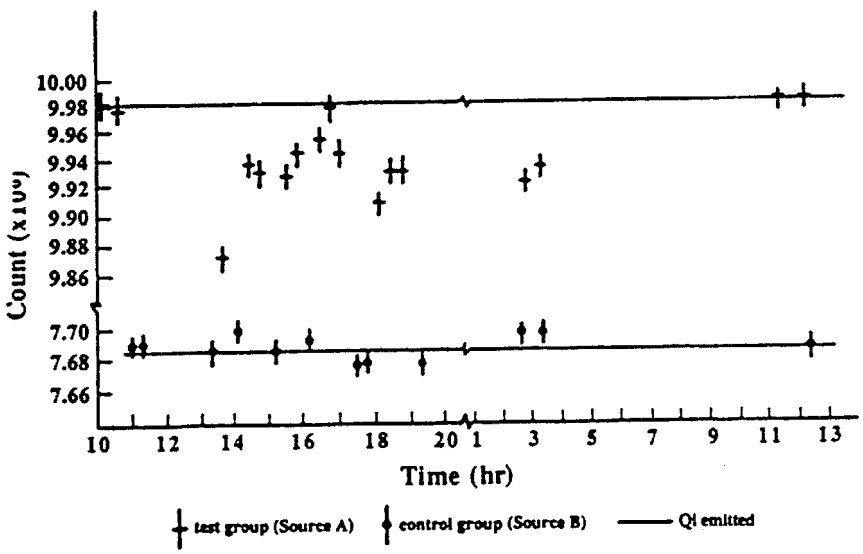


Fig. 2.

2) The Effect of Qi on the Polarized Plane of a Laser Beam

Yan, X., Lu, Z.Y., Yan, S.X., Li, S.P.

Abstract

The aim of this experiment was to observe the effect of Qi on the orientation of the polarized plane of a laser beam emitted from an inner cavity He-Ne laser.

The experimental setup is shown in Fig.1. A plane of glass was placed 20 cm away from the laser. The angle between the normal of the glass plane and the laser beam was set equal to the Brewster angle of the glass (approx. 57°). At this angle only the component of the beam which was perpendicular to the ground (Ip) could be reflected by the glass. The reflected beam was accepted by a Si photocell. The photocurrent was recorded by an autobalancing recorder.

Another Si photocurrent was placed 10 cm away from the end of the laser tube to monitor the stability of the output intensity of the laser.

Let the angle between the polarized plane of the laser beam and the ground be θ, when the polarized plane rotates through an angle Δθ under the action of Qi, the change of Ip is then

$$\Delta Ip = 2\ I\ \mathrm{Sin}\theta \mathrm{Cos}\theta \Delta\theta,$$

where I is the beam intensity. From ΔIp, Δθ can be deduced.

During the time of experiment, nobody was allowed in

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the lab. The door of the lab was locked, and the apparatus worked automatically.

From Dec. 1986 to Jan. 1987, two sets of experiments were done. In the first set, Dr. Yan emitted Qi 7 km away from the laser lab, and the second set 2,000km away.

Three apparent results were obtained in the 7 km Qi emission experiment. Fig.2 shows an example. During the 55 minute Qi emission, the originally stable Ip showed fluctuations 10 times. The fluctuation stopped when Dr. Yan stopped emitting Qi.

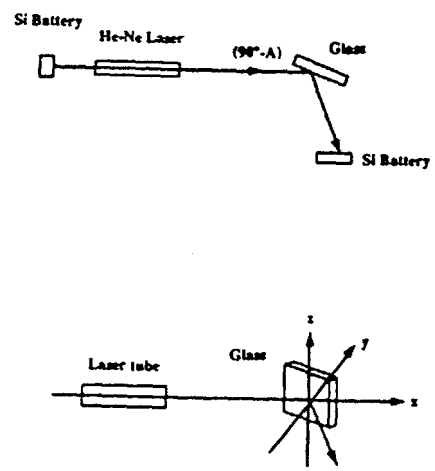
Two apparent results were obtained in the 2,000 km Qi emission experiment. Fig.3 shows an example. Significant fluctuation appeared after 20 minutes of Qi emission. The fluctuation was modified by a series of ripples which we had never before seen in any laser experiment. This new phenomenon can not be explained by any reasons other than the effect of Qi.

These experiments gave evidence that the orientation of the polarized plane of the laser beam emitted from a inner cavity He-Ne laser, and hence the state of the laser, can be affected by Qi emitted from a long distance.

It must be mentioned that these were the first experiments in Qigong scientific research with remote Qi emission.

* *Published in the Nature Journal, Aug., 1988.*

Fig.1.



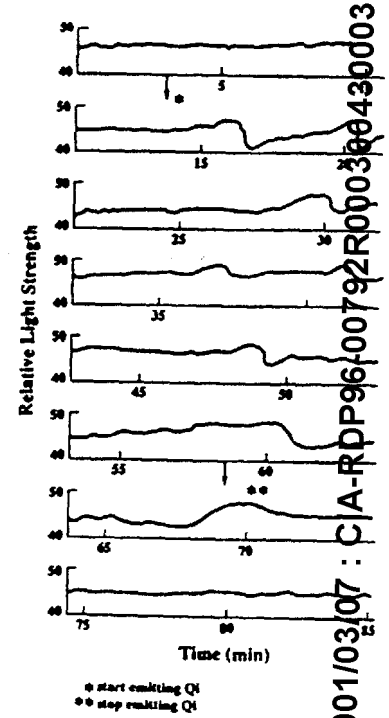


Fig.2.

3) The Effects of Qi on Biomolecules

Yan, X., Lu, Z.Y.

Abstract

Three experiments were done to study the effects of Qi on biomolecules.

1. The Raman spectroscopy studies of tap water, saline and glucose solution.

Giant peak ranges from 1000 cm^{-1} to 3000 cm^{-1} with maximum at 1970 cm^{-1} were observed in the Raman spectrum of tap water after the Qi treatment. The water treated by Qi is called the information water in Qigong theory.

The characteristic peak of saline treated by Qi water shifted from 246 cm^{-1} to 233 cm^{-1} or disappeared, and retained the new characteristic at least 2 days.

The peaks at 710 cm^{-1} and 1240 cm^{-1} in the Raman spectrum of glucose solution disappear after the treatment of Qi but the peak at 2900 cm^{-1} is enhanced significantly and retains the new characteristic at least 2 days.

These experimental results showed that all the samples underwent some structure changes after being treated by Qi.

2. The phase behavior of liposomes.

Differential scanning calorimetric technique (DSC) was used

for measuring the phase behavior of DPPC (dipalmitoyl phosphatidic choline) liposomes after they were treated by Qi. The measurement showed a significant endothermic drop at 46-48°C besides the original phase transition at 41.5°C.

3. The hyperchromatic effect of Qi on DNA and RNA.

The ultra-violet absorption curve of DNA from bovine thymus has a characteristic peak at 157 nm. It was observed that the absorption increased to 2.3% to 4.3% just after the DNA sample was treated by Qi and 45 minutes later.

A second Qi treatment to the DNA sample was given. Just after the Qi treatment, no change in absorption was observed, but it had increased to 12% 9 hours and 10 minutes later.

The sample of yeast RNA showed a similar hyperchromatic effect after the Qi treatment.

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4) The Effects and Posteffects of Qi on the Perfume components of a Flower Extract

Yan, X., Lu, Z.Y., Wang, Y.H.

Abstract

1. Some Qigong masters can change the smell and taste of wine and tea by treating them with Qi. To verify this phenomenon, a gas chromatometer was used to analyze the perfume components of a flower extract before and after Qi treatment. The Qi was emitted by the famous Qigong master Dr. Xin Yan from Hongkong, but the sample and the chromatometer are in Beijing.

After Dr.Yan emitted Qi from Hongkong towards the sample in the lab in Beijing, it was found that the peak at Tr.=1.358 disappeared and a new peak appeared at Tr.=8.643 in the chromatogram. But for a second sample treated with Qi on the next day, the height of the peak at Tr.=1.358 changed to 20 times higher than that before the Qi treatment.

It is obvious that the perfume components of the flower extract were actually changed by Qi.

2. Some Qigong masters believe that the effects of Qi can be long-term. To examine this, we followed the change of the chromatogram of two samples for 163 days and three samples for 194 days. It was found that the height of the peak at Tr.=3.517 (peak No.3) greatly decreased after Qi treatment, it continuously decreased for several days and finally the whole peak vanished. Qi kept affecting these samples after it was emitted. The vanished peak, no.3, which did not reappear, indicates that the structure changes of the perfume components did not recover in the test period.

*Published in the Nature Journal, PRC

5) A Method for Qi-field Detection

Yan, X., Wang, Y.L., Lu, Z.Y.

Abstract

Recently, several Qigong masters asserted that there exists a Qi-field among the Qigong amateurs when they practice Qigong or listen to lectures given by a Qigong master. Hence, detecting the Qi-field by modern scientific means is of interest.

On Oct.8, 1987, the most famous Qigong master, Dr. Xin Yan, was giving a lecture about Qigong. One of the authors, Dr. Yaolan Wang, carried 4 pieces of LiF hermoluminesence detector(TLD), a kind of radiation dosimeter, to try to detect the Qi-field. To our great surprise, the LiF TLD gave very strong responses to Dr. Yan's Qi-field.

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TLD*	Dose Measured (mR)		
	Back-ground of TLD	3 hours during lecture	**control, 3hrs in same hall, showing film
7 Lif (Mg, Ti)	3.9	51.0	9.5
6 Lif (Mg, Ti)	3.5	62.6	5.8

* There are two isotopes of Li, 7Li and 6Li, Mg and Ti are impurities added to LiF crystal. 7LiF TLD is sensitive to γ-rays only, and 6LiF TLD is sensitive both to γ-rays and thermal neutrons. The measured dose is calibrated to 60 Co γ-rays. The experimental error is + 30%.

** It gives the background of the hall and audiences.

Since the size of the LiF TLD used is very small (3 x 3 x 0.9mm^3), it could be put anywhere at will, and the electromagnetic field had no influence on its registration power. It was very appropriate to use this equipment for Qi-field distribution measurement.

**Published in Nature Journal, PRC*

6) The Statistical Treatment of Experimental Results in a Qigong Experiment

Yan, X., Lu, Z.Y., Li, T.P.

Abstract

From the statistical point of view, there are serious defects in most of the Qigong experiments, viz, the defect arises from the small sample size of the experiment and the defect arises from the unstable successive emission of Qi through the whole experiment. Therefore, some people do not believe that valuable results can be obtained from such experiments.

But if we investigate the problem carefully, we will find that all the Qigong experiments can be divided into two categories. The experiments designed for discovering new Qigong effects belong to the first category and those designed for finding the laws behind the effects fall in the second category. Up to now, most of the experiments belong to the first category.

Two different methods of statistical treatment are related to these two different categories. The method of significance test is usually used in the treatment of the experimental result of the first category. According to the level of significance of the experimental event, one can easily discriminate the true Qigong effect from the false appearance which arises from the background fluctuation.

Let μ be the average value measured of a physical quantity x. If x obeys the normal distribution N(x: μ, σ^2), where σ is the standard error of measurement, we have measured a value of x, x*, which is significantly deviate from μ. If we denote the $|x^* - \mu|/\sigma$ as the "significance" S, then we can say that the "level of significance" of x* is $\alpha = N(S=x; \mu, \sigma^2)$. The level of significance describes the probability of producing this unusual event by the background fluctuation only when there does not exist any condition to produce this unusual event. The lower the level of significance, the higher the probable existence of a new phenomenon.

The significance test requires a thorough knowledge of the

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background, but it does not require a large sample size of the events. A few events of sufficiently high significance (not necessarily of the same height) is enough for us to assert that the new phenomenon exists with high level of confidence.

This was the case in the Qigong experiment.

As an example, the experiment of observing the effect of Qi on bovine thymus DNA is analyzed.

The relation between S and α

S	1	2	3	4
α	.32	.046	2.6×10^{-3}	6.4×10^{-5}
S	5		6	
α	5.8×10^{-7}		2.0×10^{-9}	

**Published in the First International Symposium of Qi Gong, Beijing, Oct. 1988*

7) A Medically Scientific Study of Qigong Fast

Qigong can be used to change human behavior. Qigong fasting (Bigu) is a striking example. The fast may be induced by a Qigong master or may be self-induced. During the deprivation period, the faster drinks water and eats a very small amount of vegetable or fruit, while continuing normal daily activities. A typical case was investigated by scientists from a well-known scientific institute and published in the Chinese Qigong Study.

From August 13 to September 12, 1988, scientists and medical doctors from China Institute of Military Medical Sciences closely monitored a 13-year-old girl for 30 days. Her parents said their daughter's fast, induced by a Qigong master, had so far continued for 300 days. The study was voluntary and painless, and did not interfere with the lifestyle of the subject. Tests included a physical exam by Chinese and Western physicians, with common laboratory tests, including blood, urine, endocrine, immune studies, X rays, nutritional analysis, IQ studies and other special examinations. The results of clinical observation and laboratory tests are listed below.

1. Food Intake

Over the 30-day period, average water intake was 984 ml (33 oz.) per day. There were 4 times with no intake over 24 hours. Drinks included orange juice (Jula), diluted equally with water, a little sugar water, and bottled, canned and packaged soft drinks. Solid food, including candy, ice cream and hawthorn pieces were eaten in small amounts. (This is consistent with traditional Chinese medicine description of the Qigong fast, "very little food intake and no cooked food intake".) All intake was sampled and measured before consumption. Total intake was converted to nutritional units of sugar or protein since fat intake was negligible.

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2. Nutritional Intake

Food samples and intake records were calculated. Average daily energy intake was 300 k calories, which is 20% of normal energy consumption. Average daily protein intake was about 1 gram. Daily intakes of protein and necessary amino acids were less than 2% of normal energy consumption. Intake of other nutrients, such as vitamin B, C, and minerals were also much less than normal requirements. It seems that there was no source of fat soluble vitamins. Nutritionally, the girl was under incomplete hunger status with severe energy and nutrient deficiency.

3. Metabolism

While resting, the oxygen consumption and carbon dioxide production of the girl was less than 50% of same-age, same-sex controls. The lowered metabolic rate is the body's mechanism to save energy. However, her daily energy consumption was far more than her recorded daily energy intake. (Theoretically, her total consumption should be 1500 k calories, including 200 k calories for resting metabolism and 1300 k calories for daily activities.)

Average urine output was 656 ml per day. There were four periods without urine output for longer than 24 hours. Urine tests indicated that the daily nitrogen output was 2 g, but the intake was less than 0.2 g, suggesting negative nitrogen balance. Other elements in the urine were lower than normal, and again the output was higher than the intake.

During the 30-day period there was only one bowl movement, weighing 54 g. Input/output rates of both metabolism and nutrition showed she put out more than she consumed.

4. Body Weight

Body weight decreased 4.4 Kg. during the 30-day observation period. The predicted loss of body weight should be

a little more than 5 Kg, including 3.6 Kg fat catabolism. Predicted loss was based on calculation of energy metabolism and negative nitrogen balance. The difference between predicted and observed values could be due to a prediction method that did not account for the reuse of catabolic products from fat and muscle.

5. Homeostasis

All blood tests, including hemoglobin and red blood cell count were normal or low normal. This suggests that hemopoiesis (formation of blood cells) was within normal limits and that there was no anemia. Blood pH was also in the normal range.

Concentrations of basic nutrients in plasma, including glucose, protein, lipid, amino acids, minerals and trace elements were all in normal or low normal range. The activities of various plasma enzymes for biochemical metabolism remained normal.

The above observations indicate that the body was in hemostasis during the period of study.

6. Immune System

Plasma concentration of IgG (immunoglobulin type G) was normal, however, the concentrations of IgA and IgM were a few times higher than normal controls. The concentration of total complement components was slightly lower than normal, but complement components 3 was higher than normal. The percentage of E-rosette cells (T cells) was normal, however, the ratio of T and B cells was slightly lower than the controls.

The significance and prognosis of these immunological changes is not clear. From clinical observation and review of her history, no obvious immunological deficiency could be identified.

7. Endocrine System

The concentration of plasma thyroid stimulating hormone

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(TSH) was in the normal range. Plasma thyroxine T4 was normal, but T3 decreased in the late period of the observation. This indicates that the production of thyroxine by the thyroid gland was functional, however, the conversion of low-active component to high-active component tended to decrease. This might be the mechanism by which the basic metabolism rate was decreased and energy consumption reduced.

The observed increased adrenaline in plasma is probably related to the dominant catabolic status within the body.

Tests of female sex hormones in urine late in the observation period indicated estrone and estradiol significantly higher than controls, however, estriol in urine was always lower than controls. The significance of this observation is not clear. It is not certain whether these phenomena are related to the fact that she had the first menstruation on the fifth day of observation.

The changes measured in the above tests suggest that the endocrine system was involved in modulating the internal environment to tolerate the fast status.

8. Clinical Examination

All examinations, including EKG, EEG, ultrasonography, ultrasonic cardiography, and physical examination did not reveal substantial abnormality. Elasticity of the skin was poor and the diameter of the lower limbs gradually decreased, which is consistent with poor nutritional condition. The blood microcirculation of conjunctiva and nails was slightly abnormal, which is consistent with the clinical observation of cool limbs. These indicate decreased blood microcirculation in skin and epithelial tissue.

Clinical examination by traditional Chinese medicine found slightly dry skin and hairs, slightly red tongue without teeth marks, but with yellow and greasy fur on top, sour and foul smelling breath, wiry thread-like pulse with less strength when pressed heavily, cool hands and feet. Taken together, the traditional Chinese medicine diagnosis was the symptom of

wetness and hotness within the spleen.

9. Body Energy

The record of daily activities showed potential body energy when playing around or walking for a long distance. However, the girl does not like sports or outdoor activities. Late in the investigation, she spent relatively longer time in bed and felt tired often. Under 40 W and 60 W, exercise tolerance test changes in heart and lung function were significantly greater than normal controls. She could not finish the test under 60 W load condition. This demonstrated significantly decreased body energy compared to normal controls.

10. Digestive System

The frequency of peristaltic waves (stomach contractions) was within normal range when lying at rest, however, the overall range was significantly lower than normal. In contrast to normal controls, the range of stomach contractions did not change after drinking. This indicated decreased activity and response time for the stomach and intestine.

Secretion of saliva induced by chewing movement was significantly lower than for two young female controls. The secretion and enzymic activity of saliva diastases in unstimulated condition were also slightly lower than those of the controls.

The digestive system was inhibited, which is consistent with wasting change caused by long-term fast.

11. Respiration

Respiration index, carbon dioxide output over oxygen consumption, (CO_2/O_2), was measured twice under resting condition. The measured indices were 0.44 and 0.5, lower than normal reference (0.7 and 1.0) and also lower than controls (two females, 0.69 and 0.67, and two males 0.92 and 1.04).

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At a low rate of O_2 consumption, the output of CO_2 decreased even more. This suggests inhibited glucose oxidation, enhanced gluconeogenesis and increased fat metabolism.

12. Ketone Bodies

The 23 qualitative tests for ketone bodies in the urine showed strong positive (4 times), medium positive (4 times), and weak positive (15 times). Also, 6 quantitative tests for ketone bodies in the urine were above the normal (50mg or less). Maximum daily output of ketone bodies was 1 g.

Repeated positive outcomes of urine ketone bodies testing were due to increased utilization of fat as an energy source. In extreme hunger, blood ketones are considered a major energy source for some organs when glycogen is used up and glucose input is limited. This could be considered positive, however, not all the tissues can utilize ketones as an energy source and their increase can disrupt homeostasis. From the above tests, one can not conclude that the increase of ketone bodies was a pathological phenomenon.

Conclusion

These points are drawn from the study of this case:

1) Qigong fast (Bigu) exists, but not as a complete fast.

2) The young girl maintained essential life activity, physiological homeostasis, normal life style and low physical activity under severe energy and nutrient deprivation during this 30-day period. However, decreased body weight, low energy levels, repeated positive urine ketone bodies and inhibited digestive function were also observed.

3) Qigong fast over a period of time could cause lowered metabolism and oxygen consumption rates in resting condition,

lowered concentration of T3 in the blood, decreased respiratory index, significantly lowered energy and nutrient intakes, little or no stool, lowered level of nutrient elements in urine, decreased secretion of saliva and decreased enzymatic activity of saliva diastases, lower range of stomach contractions and slowed digestive response, decreased body weight, and increased ketone bodies.

In summary, the above ratings can be considered a method for preliminary evaluation of Qigong fasting. Of course, the measure can be improved.

It is significant that essential body energy and normal life activities were maintained for at least one month of Qigong fasting. Influenced by Qigong, various approaches might be involved to utilize energy efficiently, to save energy, and to maintain normal body functions and low activity levels under conditions of severe calorie and nutrition deprivation. This information could be very important for disaster and military medicine.

We suggest, however, that future study of Qigong fasting be under the guidance of modern science and technology, with careful research and data acquisition, before any conclusion can be made. While it is too early to draw a final conclusion regarding Qigong fasting (Bigu), the observation of some abnormal symptoms in this case indicate that a long term of calorie and nutrition deprivation might have a harmful effect on young people or developing children. Therefore, we would hope that this fast not be promoted among the young and that, among adults, this fast be carried out under medical surveillance.

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8) The Study of Qigong Effect on Bacteria Strain Improvement

Yan Xin
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Dai, Zhongying; Zhang, PeiLin; Meng, Guirong;
Liu, ZhiYong; Ma, GuoLian; Zhu, Qunying
(Tsinhua University)

The scientific research of "Qigong" has shown that the "human body can change property of matter by changing its molecular structure without physical contact". Based on previous studies, this study proposed the idea of using Qigong to change the genetic property of microorganisms so that bacteria strain for industrial purpose can be improved.

The fundamental feasibility research consisted of the following three aspects:

1) Observation of the effect of Qigong treatment on various biological macromolecule, especially on DNA, which carried the genetic information

The experiment showed Qigong has effects on amino acid, protein, RNA, and DNA. The Qigong treatment on fish sperm DNA caused the intensity of the UV 257nm absorption peak to change over 50%, and this change could be hypochromic or hyperchromic, that is, the absorption peak shifted to either side along 257nm.

2) Qigong treatment on bacteria

Experiment data showed that bacteria after treatment not only changed bacteria survival rate but also accelerated the growth rate.

3) Qigong treatment on industrial bacteria strain

Experiments showed that treatment enhanced the bacteria growth and increased the production of fermentation. The main features were:

(A) The bacteria strain showed very low turnover rate after treatment, obviously different from the other classical chemical, physical treatment methods.

(B) The strains became highly specific, and the distribution spectrum was wider, thus, the time required to select high-yield strain was shortened.

(C) The bacteria colony morphology was very normal after treatment, this is different from the results of other treatments.

(4) This treatment did not pose health hazards to the operator, and is environmentally safe.

(5) The bacteria growth rate was enhanced, fermentation cycle was faster and production increased.

(6) The strain resistant to treatment in classical way showed obvious improvement after the Qigong treatment.

(7) Genetic study showed the new strain from Qigong treatment was very stable, with high yield.

The systematic study demonstrated that Qigong treatment can become a novel biotechnology. The high-yield strain produced by this method showed promising potential for industry.

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9) Qigong Treatment on Yeast

By Hydrocarbon Metabolism Group
(Institute of Microbiology, Academe Sinica)

We have conducted a mutation study on wide type Candida tropicalis in an attempt to get the mutation stain capable of producing long chain, low oxidatation hydrocarbon from crude petroleum by using chemical mutagen such as guanidium nitrate and nitrite salt, UV irradiation, and laser. We recently collaborated with Qigong master, Dr. Yan Xin, to do mutation and to select the mutant strain by Qigong treatment. After a two-month study, we got positive results.

The wide type and mutant have no morphological difference after the Qigong treatment, but have a significant difference in growth rates. The wide type produced uniform colonies; the mutant produced colonies in different sizes.

The metabolism study on two strains of mutants showed that, for #3, strain 40 out of 140, (28.6%); for #5, 34 out of 128 (27.9%) have the positive change (hydrocarbon yield increased above 15%) and 28 out of 140 (#3) or 20%, 50 out of 122 (#5) or 41% have the negative change (hydrocarbon yield decreased over 15%), and 72 out of 140 (#3) or 51.4%, 38 out of 122(#5) or 31.1% have no change in yield.

Further we selected 10 high yield (4% increase) colonies from #3 strain; then repeated the selection. Two colonies were reproducible and have average increased yields of 44.5% and 33.5%. Also, for #5, we found 2 colonies that were high yield in production, 34.1% and 21.3%, respectively.

We are going to further study the stability of those high yield mutant strains and try to expand the production industrial level.

10) The Observation of Antibiotic-Producing Bacteria Strain Processes and Selected by Qigong in Industry Level

By Northern China Pharmaceutical Company

We collaborated with Qigong master, Dr. Yan Xin, and a group from Tsinhua University to explore the potential of Qigong treatment to improve antibiotic production bacteria strains. After strict selection procedures, we have obtained some good quality strains and now these strains are being tested in large scale. The initial results showed that Qigong method is effective, simple, efficient and harmless to human health compared to other presently used chemical and physical mutation methods.The miracles in this method are waiting for us to explore.

*1. Selection of mutant strains of **Streptomyces grisells** induced by Qigong*

On September 19, 1989, we treated *S. griseus* strains 8512 and 8801 with Qigong, and did three parallel experiments. The test group spore survival rate is 62%-86%; colony morphology had no significant change. The 8512 strain initial selection was 53 colonies, a positive change of 71% and a 23% increase over standard procedure. The 8801 strain initial selection was 53 colonies, a positive change of 20%. The spore growth rate after treatment was faster than the control group. Also, sugar and nitrogen metabolism were faster than for the control group.

*2. Qigong treatment on **Streptomyces rimosus***

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On December 19, 1989, we treated the terramycin producing bacteria *Streptomyces rimosus* with Qigong. The spore survival rate for the test group is 50.3% to 76.7%. Initial selection was 145 colonies, a positive change of 100%, and a 13.5% increase over standard procedure. 16 colonies were selected from the initial selected test group, and 46 colonies from initial control group, for further study. After 3 repeats, the test group showed a 100% increase in yield compared to the control group, a 14.2% increase over standard procedure. The test group grew faster than the control group.

3. Qigong treatment on aureomycin-producing bacteria

We did a mutation study on these bacteria by Qigong treatment on Dec. 19, 1989. Among the four parallel experiments, all the test group showed significant difference with respect to survival rate, and growth rate. Spore survival rate was 100%. Initial selection was 75 colonies, a positive change 62.3% over standard procedure. 5 colonies were selected for further test. One turned out to be the best strain this year; yield is 18% higher than control group.

4. Qigong treatment for Penicillium

We did the treatment on Sept. 19, 1989. The spore survival rate was 100%. Colony morphology was similar to the control group. Initial selection was 67 colonies, a positive change of 34.3%, and a 17.14% increase compared with the control group. 7 colonies were selected for further study. 3 repeats showed the test group was 10% better than the working strain used for current production.

* *Published in Chinese Qigong 1990.4, PRC.*

Chapter 4
Eyewitness

1) Dr. Yan Xin's Lecture Tour Across America

Vicente N.Ongtenco
President, Canada Qigong Research society
Counsel Member, World Medical Qigong Association

June 19,1990, Dr. Xin Yan, a Chinese physician who is believed to be the most famous and the most powerful known qigong master and psychic healer, arrived in San Francisco to attend the International Qigong Congress as one of its principal speakers. Traveling with him were many other Qigong masters, physicians and scholars, among them Dr. Zuying Lu, a nuclear physicist, formerly professor of Tsinghua University presently professor of China High Energy Physics Research Center, Dr Lu is Dr. Yan's closest associate in scientific research.

The two have worked together for several years in Beijing on research to find out the scientific basis of the Qigong powers such as distant diagnosis, distant healing and instant healing.

Because of the miraculous qigong power Dr. Yan possessed and the efforts of Dr.Lu and other university researchers, this little known ancient art of human development has now been brought within the realm of science.

Researchers in Tsinghua University of Beijing confirmed in laboratory experiments that Qigong did cause changes in matter not only in the molecular structure, particularly in DNA and RNA moleculars. Internationally respected scientists in China have endorsed these findings and encouraged further studies.

Though scientists are generally careful in releasing reports on such matters, astonishing abstracts have been published in the proceedings of the First World Medical Qigong Conference held

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at 1989 in Beijing.

After scientific confirmation of his powers, demand for Dr. Yan's lecture and demenstrations has become very high. Some of his lectures were attended by tens of thousands. Scientific experiments sometimes have had to be done simultaneously with the lecture sessions.

The conference had originalzy scheduled him to speak 25 minutes but was compelled by popular demand to extend this time to two three hour sessions.

At the very start, he galvanized the American audience with the feel of energy. Some delegates in attendance were activated to have strange spontaneous movements and gestures.

In his lecture sessions, generally a good portion of the audience would go into qigong state, laughing, crying, dancing or gesturing. Some patients may suddenly be he aled, wheelchair patients may stand up and walk. Such things may seem like miracles. Dr. Yan, however, insists that it is science, not superstition. It is human power which causes material changes. White rats or guinea-pigs deposices in the hall may have their immunity raised, tumors shrunk or life span extended.

After the conference Dr. Yan was invited by the Mind Center Research Institute of S.F. to undertake experiments with AIDS patients.

On June 29th, upon invitation of the American Qigong Association, we flew to New York.

In a meeting with businessmen and civic leaders, Dr. Yan called for the organization of a World Qigong Foundation to consolidate the forces of Qigong enthusiasts and supporters. The aim is further research to bring about science revolutions and global propagation of Qigong for the benefit of mankind.

In Washington, D.C., a local Qigong association arranged a lecture held in Holiday Inn Gaithersburg. Hundred attended. It lasted until after midnight. Even at that late hour, the zeal was high. People stayed longer for autographs.

The Embassy of China invited him to lecture. The Ambassador himself was among the audience in Qigong posture. This is not

a surprise. In China, some eighty or more millions of people practice qigong. It is probably the most popular single health-maintaining practice in China. Qigong associations are organized in all provinces, in most cities and principal manipulates. Universities and hospitals are involved in the research. Zeal for Qigong is still on the rise.

Dr.Yan emphasized to the audience that Qigong is believe able to arouse man's latent potential. Man posseses in himself th power to ward off disease. It is a question of activating suc hidden power within us.

He cautioned people, however, not to believe Qigong is panacea or cure-all. He stressed that Qigong effects a conditional, depending on many factors, such as inborn potentia resistance, patients' cooperation or response, correct attitud follow-up practices and above all, virtuous living and good deeds.

In Boston, Dr. Yan was invited to lecture at th Massachussette Institute of Technology. Some of the faculty an students were engrossed in the reports made by him and professo Lu on the changing of the molecular structure of water and th effect on the half life of Am-241 isotope by Qi even at a great distance.

Back in New York, on July 9th, the United Nations Qigon Association invited him to speak in the UN Headquarter. H spoke on the possible influence of Qigong on world peace. H emphasized that Qigong is focused on the principle of the onene of the universe and requires its practitioner to adhere to virtue an morality. There are preconditions for higher attainment. As th basic units are in consonance and in harmony, the world will in peace. He stated the goal of Qigong thus"When the Gre Principle is universally in force, the world belongs to all".

We flew on July 10th to Chicago where Dr. yan was invite by a local AIDS positive rganization to do experiments to se whether Qigong healing and exercise can help AIDS patien regain immunity.

At the University of Illinois in Champaing-Urbana he told th professors and students the encouraging findings of leading

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Chinese Universities in Qigong scientific studies, that mind power at Qigong state, even at a distance of two thousand kilometers away may still work effectively on experimental samples affecting molecular structure. This report would sound quite unbelievable, but Dr. Lu, the respected high energy physicist was on hand to confirm and explain in scientific terms how the experimentation was conducted, repeated and verified.

In Illinois, I came face to face with the first "Bigu", qigong induced fasting, which has lsted now more than 100 days.

The Faster is not an ordinary person but Xutian Wu, who is an exchange professor in Agriculture from the People's Republic of China to the University of Illinois. Starting from the day he attended Dr. Yan's lecture in S.F., he began feeling he didn't like eating, so he stopped. For more than 100 days now he has sustained himself only on water and a little fruids.

In the first week he lost 6 pounds. Alarmed he telephoned Dr.Yan. From the day of the call, his weight has been steady.

"Bigu"(pronounced bikuo) is the Qigong effect by which one may be enabled not to eat at all. By continued practice with unfettered faith, one can go on as far as one's call potential permits.

In China, there are hundreds of similar cases. One test case under strict scientific observation is a young girl, age thirteen, who taken nothing in her system except water water for more than 1,000 days. Dr.Yan still keeps in touch with her by phone while traveling in America.

There are many demands for English copies of these reports, but some are not presently available. Some professors showed interest in the translation of these valuable documents. We welcome the joint efforts of all concerned to bridge the language gap, to hasten the day for American scientists to participate actively in the research in this new frontier of modern science.

On invitation, we visited the Johon E. Fetzer Foundation at Kalamazoo, Michigan, which is dedicated to the study of 'subtle energy' which may be considered another desingations of Qi. The foundation is interested in collaborate on with Dr. Yan in the

further research into Qi or subtle energy. The preliminary exploratory trip was encouraging, details of cooperation have yet to be hammered out.

Back to San Francisco on July 19th, at a reception banquet, I personally witnessed a striking demonstration. In front of about a hundred businessmen and community leaders, Dr.Xin Yan by speaking two sentences, made an eighty year old lady who was seated just in front of me, rise from her wheelchair and walk.

As Dr. Yan approached our table for a toast, the old lady asked"Dr. Yan, may I stand up?" Dr. Yan answered, "As you think to stand up, so you stand up" She stood up. she followed up"may I walk?" Dr. Yan said "As you think to walk, so you walk."She began to walk. Applause and cheers thundered the hall. the old lady who has not been able to walk for at least forty three years walked around the restaurant hall amidst astonished cheering spectataturs.

Second applause came when another old lady with Parkinson's disease suddenly stopped shaking as Dr. Yan offered a toast to that table which is just next to ours. A local businessman, moved by the miraculous effect of Qigong, drew out his credit card and took the total bill for this banquet to his account.

Though people speaked these things as miracles, Dr.Xin Yan has never laid claim as such. He said, if Qigong could cause biomolecular changes as in RNA, the extraordinary good effect in curing sicknesses should not be a surprise. He always cautions people not to relate Qigong to superstition. He insists that if science still can not explain some Qigong phenomenon now, time will take care of it. Qigong is scientific.

In response to the increased popular demand, the Qigong Institute of S.F. arranged for a 1200 person capacity hall for the next lecture lesson. They found out later that this was not enough. The hall was jampacked, they had to postpone half an hour to seat more people, with still hundreds outside who could not be accommodated.

In his lecture, beside generating the flow of energy which could be felt by most of the attending audience, Dr. Yan also

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conveyed profound philosophical lessons. He advise the audience to love all things around us by first loving our parents and elders. He stressed that this is a Qigong lesson and a Qigong message. It is not a religions dogma, but a scientific revelution. He explained that we all carry the chromosome or hereditary message from our forefathers and our living elders are our connectors. If we cut this connection, the beneficial hereditary message would be thus severed, leaving us deprived of the virtues and greatness built-up by our forefathers.

On why we must love our neighbors and all things around us, Dr. Yan said, this is a physical law, for if there is an action, there will be an equal reaction. If you hit somebody, the force rebounding against to you would be just the same. In like manner, if you give love to all things around you, the loving message will be returned to you in multiples.

Some attending the lecture expected a miracle to happen to themselves, others wished to witness one. In front of more than a thousand crowd, they saw a few wheelchaired patients stand-up walking. Dr. Yan cautioned the patients not to expect too much, because strong desire prevents Qigong state, thus reducing the desired effect.

On August 4th, Dr. Yan spoke to some 500 who overcrowded the Presidential Hall of Lincoln Plaza Monterey Park City. The following day he addressed 1000 admirers at Pasadena Hilton, LA area.

Here he appealed to all to practice Qigong regardless of age. He said children learning Qigong will improve school performance and develop good manners and right conduct. Youth practicing Qigong would be more disciplined, less exposed to temptation to wrong-doing and irregular sex practices. Adults practicing Qigong could raise work efficiency and cultivate sound mind. Married couples practicing Qigong would maintain harmonious relationship and would give birth to better bred offspring. Older people practicing Qigong would ease stressful periods, reduce fatigue and prolong active life. Qigong would cut health maintenance burden and contribute to social stability and

economic progress.

As he traveled around America, Dr. Yan has repeatedly urged the American people to practice Qigong to lesseon the stress in life, and to reduce the menace of aids and cancer in particular, and to improve our total wellbeing. He also has appealed to the science community to study this new frontier. By delving into the mysteries of these extraordinary but true Qigong phenomena, Dr. Yan says we can unleash harness the latent power of man and to uncover the secret of the universe.

2) An Eyewitness of Yan Xin Qigong Phenominon

Stevenson Wu

From June 13th through the 25th, 1991, I followed Dr. Yan Xin, the famous Chinese Qigong master and scientist, and attended special Qigong presentations, "Lecture with Emission of Qi". While explaining the principle of Qigong, he simultaneously emits vital energy to help the audience with health problems. I encourage a serious look at this phenomenon.

Dr. Yan Xin combines Chinese traditional medicine with the sciences of Western medicine. Using his highly developed Qigong energy, he has cured many common and incurable diseases and has performed scientific experiments. His research shows that our latent human potential far exceeds contemporary scientific knowledge. The mind power or Qi emitted by this trained Qigong master can influence or change the molecular structure of test samples, including those of DNA and RNA, even from a distance of 10,000 kilometers. It can also effect the half-life of radioactive isotopes and the polarization plane of a laser beam. His discoveries are changing the way modern science is viewed, and challenging many of its assumptions.

To satisfy the growing interest in Qigong and to address the needs of patients with difficult diseases, Dr. Yan Xin created

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On May 15th, 140 people attended a benefit for Yan Xin Qigong at the Queen's Restaurant in San Francisco's China Town. Following an opening address, Dr. Yan Xin simply introduced his scientific experiments, which emphasized that his mind power can change the molecular structures of human cells and of the food cells in the dishes for the party. This may account for the high energy components needed in the events that followed.

After his speech, we watched a 20 minute video program, "Chinese Superman --- Yan Xin". Then three elderly paraplegics in the assembly stood up, left their wheelchairs and tried to walk. The entire banquet hall seethed with excitement, encouragement and applause. One by one, each toddled slowly to the front. As they shook hands with Dr. Yan, he smiled and advised them to practice more to strengthen the healing effect, but to avoid getting overly excited.

People were then invited to give witness to their experiences, a very respectable gentleman, who is a representative for the Secretary of the U.S. Department of Education, related his experience. He had injured his jaw in a 1970 car accident and was hospitalized for three months. The wound healed, but the nerve died. He suffered with this problem for twenty years. His nerve was cured immediately after a Yan Xin lecture and lunch.

A businessman, Mr. Tan , regained 60% of his hearing immediately following a lecture, although no one had been able

enough to get up and had regained her voice. After attending a Yan Xin "Lecture with Emission of Qi" in San Diego, she found her tumor which was a metastasis of the original cancer liquified as verified by X-ray.

I was asked to introduce my experience of taking liquid diet for a year. Since last June 23 when I attended a 'Lecture with Emission of Qi" by Dr. Yan Xin, he had mentioned one of the Qigong miraculous phenomena called Pigu, a few people training on Qigong can live normally without taking solid food. During this lecture it seemed that some Qigong message and energy had affected my body. All of a sudden I did not like to take any food but never felt hungry. I realized that the Qigong Pigu maybe befell on me. I did not force myself to take any meal besides taking a little fruits and drinking a cup of juice. But I have felt energized carrying on normal work and living but I get less sleep than before. In the first two weeks I lost eight pounds. I called Dr. yan Xin. He suggested that I need to drink a little more water. Just during this telephone talk I regained two pounds. Since then my weight has been quite stable. During the whole year I have been engaged in my research project. Most of the time I was very busy, even working for 14 hours a day, but I have never felt any fatigue. It has amazed me that I have not been attached by any illness for a year. I cut down two hours of my sleep time to practice Qigong exercise. I feel satisfied with my health, for I am strong and energetic. Some friends of mine told me that I looked younger than before. I don't know how

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long it will last. I would like to let my body run its natural course. I have really got a great benefit from practicing Qigong and Pigu. I am not the only person who has this kind of phenomenon. Miss. Jun Wang in Connecticut and Dr. Ren in Vancouver, Canada had the same experience of mine.

During the May 18th Qigong lecture at the Chinese Acupuncture and Medicine College in Hawaii, the mostly Western audience appeared to make 'spontaneous movements'. Some shook with violent convulsions; others waved their arms. Some wept or cried loudly while others acted like acrobats. A Hawaiian of oriental descent, suddenly cried violently and had a bursting headache. Two days later, she told us that her incurable, nerve-related pain of over ten years was almost gone. Dr. Cheah, a biologist , had had little success with her several month long weight loss program. Following Yan Xin's directions for weight loss at the Qigong lecture May 19th, she was amazed to find she had lost eight pounds in one day.

A gentleman is a local resident who owns an organic farm on the island of Marocaya. By chance, he watched Dr. Yan Xin's lecture on the May 18th evening news. Although he had never before known of Qigong, he received powerful energy during the program and began a spontaneous movement releasing all his fatigue. Curious, he attended the Qigong lecture on May 19th and 20th. There he followed Yan Xin's suggestion and passed energy to his wife. When he saw us off at the Honolulu airport on May 24th, he told us that his wife's liver pain was amazingly cured.

Although I have attended Dr. Yan Xin's Qigong lectures many times in the past, I was more deeply impressed this time. I have found that the effect of Qigong for Westerners is as good as for Chinese. Some Westerners are more sensitive to Qigong in spite of the language barrier and they always receive the energy and the message. I believe this proves that Qigong, a Chinese treasure, not only belongs to the Chinese but is of benefit to all mankind.

3) Qigong Master Draws a Crowd

Ancient Chinese Practice Gives a Pentecostal Approach to Health

By Don Lattin

(San Francisco Chronicle 5/16/1991)

When Yan Xin talks, people do more than listen. Some shake in violent convulsions. Others wave their arms in ecstasy. some weep. Others crow like roosters.

All of these reactions were on display Tuesday night when a crowd of about 1,700 devotees---most of them of Chinese descent---turned out at the Masonic Auditorium in San Francisco to hear Yan deliver a "lecture with emission of Qi."

Although few Americans have heard of Yan Xin, mainland China's most famous "Qigong master", most of the 1.1 billion people in China know about him.

Qigong (pronounced Chee Goong) is an ancient Chinese practice that combines breath, concentration and meditation to promote health and well-being. It works on some of the same principles as t'ai chi ch'uan, the slow-moving martial art, and acupuncture, the Chinese healing technique.

Since 1985, when a Qigong revival started sweeping China, 50 million to 60 million Chinese have gone to see Yan, many attracted by stories of his miraculous healing powers, his alleged ability to channel electric current through his body, and his capacity to "change wine from light to strong."

"When word that he's coming leaks out, people flock to him," said Charlotte Sun, a former resident of China who now teaches Qigong in San Francisco with her Chinese husband, Sun Da-Jin. "He has to live in the underground, he is in such demand."

Qigong, which is becoming increasingly popular among

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western aficionados of martial arts, is normally an individual practice in which students work on their own health and well-being.

At the beginning of Yan's performance Tuesday night, most members of the audience sat passively in their chairs as they attempted to absorb some of the energy purportedly radiating from the stage, where the unassuming master sat behind a flower-bedecked table and delivered a lecture in Chinese.

Minutes into his talk, several began experiencing what Yan calls "spontaneous movements." Before long, the scene began to resemble a Pentecostal prayer meeting with many people waving their arms and making unintelligible sounds.

"Those who are sensitive might start having some strong physical sensations---or start laughing or crying," Yan advised. "Don't worry. This is quite normal."

Yan, 41, bespectacled and diminutive, seems taken aback by his celebrity status. He began his lecture by telling the crowd--some of them in wheelchairs---that Qigong can only heal physical ailments "in special cases." He advised them to combine Qigong with conventional medical care.

Tickets to Yan's lecture, sponsored by the New China Education foundation of San Francisco, cost $15 to $50.

"Dr. Yan is a miracle worker," said foundation vice chairman Han-sheng Lin, a professor of history at Sonoma State University.

In an interview earlier at the empress of China restaurant in Chinatown, Yan said he first came to the United States to do research with AIDS patients.

Yan said the research indicated that Qigong can strengthen the immune system of people with AIDS, but when asked for details, he said the study is "incomplete."

Ken Sancier, a chemist and senior scientist at the Stanford

Research Institute, worked with Yan on the AIDS study, but said he could not release any findings.

"We had an agreement not to make the results public until he had a chance to review the results," said Sancier, a researcher at the Qigong Institute of the East-West Academy of Healing Arts.

Nevertheless, Sancier remains convinced that highly trained Qigong masters "can heal others without touching them," citing studies in china that appear to confirm such feats.

Many western researchers, however, are highly skeptical. In 1988, a panel of six experts went to China to investigate claims that Qigong masters could heal people by energy radiating from their fingers.

Paul Kurtz, chairman of the Committee for the Scientific Investigation of Claims of the Paranormal, said the panel found no evidence that Qigong can destroy tumors or make the lame walk.

Replied Yan:"They didn't test the right masters."

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4) Bush Meet Yan Xin in San Francisco

(International Daily, 9/28/1990)

[San Francisco] President Bush was in S.F. on September19 to support Senate Wilson in his run for state governor of California. When he heard about Dr. Yan Xin, the famous Chinese medicine doctor, and great Qigong scientist with extraordinary abilities, was visiting the United States and had successfully draw large crowds during his Qigong lectures; the president was very pleased and invited Dr. Yan Xin as special guest. During the meeting, he praised Dr. Yan Xin as the contemporary sage and posed for a picture with him. The president extended his appreciation on Dr. Yan's successful efforts in research on the scientific principles behind Qigong healing and spreading up Chinese Qigong during his Qigong lecture at a large number of American universities.

Yan Xin's name, just known in the United States three months ago, has drawn keen public attention since June 21. Now he is frequently reported by the media such as newspapers, and TV stations. Yan Xin becomes the symbol of 'miraculous', 'powerful' and 'incredible' overnight. Master Yan Xin has visited more than 30 cities in the United States. Qigong fever followed him wherever he went. This fever continue to roll back and forth from the East coast to the West coast and the temperature does not seem to reduce. Yan Xin has directed this fever from emotional worship to rational research and scientific application.

Qigong has been viewed as unthinkable since a long time ago. Although many incurable diseases were miraculously cured , people do not but worship)Qigong masters) blindly, even with exaggeration. Yan Xin is called grand master, ont only because he possesses extraordinary Qigong power, but more importantly he is the first Qigong master to bravely break traditional values

(rules) and cooperated with many authorative scientists in scientific experiments and explorations on the unknown secrets of Qigong. The well-know Chinese scientist Dr. Qian Xueshen once predicted 'to combination of Qigong, Chinese medicine and latent energy, while (once) being make theoretical and scientific will result in a new scientific revolution! Master Yan Xin is but the pioneer of this revolution.

5) IYXQSA First International Yan Xin Qigong Health Workshop

- A summery

The five-day workshop was held at the University of Illinois, Champaign, from October 7th through 11th, 1991. Most of the eighty eight trainees came for treatment of ailments, their own or their relatives'. Some came to probe further into the theory of Qigong with its subtle perplexities.

Workshop trainees spent their mornings inspiring each other to study and discuss Qigong theories and the effect of the daily lecture on each individual. In the afternoons, Dr. Yan Xin lectured on advanced internal Qigong and simultaneously emitted his bioenergy. On one evening, Dr. Yan Xin lectured at the Yen Jing restaurant, on another at the YMCA. Some nights the trainees practiced individually what they learned in the afternoon.

There was a final meeting where trainees shared

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their achievements and their impressions of the course of study. Although many had attended Qigong lectures before, all felt they had, for the first time, really sensed the subtle entity and essence of Qigong. The trainees unanimously felt that the short Workshop brought more unbelievable effects to them than they originally expected.

Right after the Workshop, Dr. Yan Xin gave lectures with bioenergy to members of the Association at Purdue University, Indiana, and to those at Washington University, Missouri.

The Cures

A physician from California, whose left ear had been deaf for the past twenty years gained his hearing on the fourth day of the class. He had been to many hospitals and had consulted many prominent E.N.T. specialists for the last twenty years with no help. During the lectures, he consulted Dr. Yan Xin about his ear. Dr. Yan then emitted his bioenergy while saying, "Insert a cotton ball into your right ear and see if your left ear can hear."

Believing he might somehow hear, he did immediately what he was told. His left ear could hear the sound of people talking in the hall. Overwhelmed with joy and excitement, he told the group at the closing meeting, "I wouldn't have dared to even dream that I could hear with my left ear, but today Dr. Yan Xin has caused that dream to come true. How grateful I am to him!"

On Aug 18, 1991 in Chicago, a University of Illinois

Ph.D. candidate had a car accident which broke the femur of her right leg into three pieces and crushed her heel. She attended the class in a wheelchair pushed by her mother. Her leg was treated in the hospital before she came. Her doctor ordered her not to even try standing before the end of January because he would not be responsible for her treatment if she broke her leg again.

She was a pathetic sight. Her right heel was in a plaster cast and her left eye was covered with a piece of black cloth. Her eye had been turned aside in the accident and she now had double vision and was cross-eyed and photophobic. Sitting in the wheelchair with her chin propped in her hands, she looked pale, listless and helpless.

After the open lecture at the YMCA on the third evening, she, with encouragement from other class members, took the cover from her eye. To her delight she found that she was no longer photophobic and that the double images seemed closer together.

Of course she was still very cautious and did not dare to take any risk with the leg. However, the lectures with bioenergy daily strengthened her body, mind, and spirit. On the fourth day, another trainee was incited by Master Yan's bioenergy to spontaneously pull her from the wheelchair, saying, "You are all right. There is nothing wrong with your leg; come on..."

When pulled out of the wheelchair, the Ph.D. candidate was able to stand and walk with the trainee's help while the others cheered her with shouting and clapping. She even waltzed on the fourth evening during the farewell banquet, invited by the same trainee who had helped her to walk. After the dance, she walked

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erect, with a spirited natural gait, with neither crutches nor companions to Dr. Yan Xin's table.

She toasted the health of Dr. Yan, expressing her respect and gratitude for his miraculous cure of her injury. She also spoke movingly over the megaphone to the group, "I am now a living testimony of Qigong. I am here to prove that Qigong can cure diseases immediately and completely which would take much longer with modern medicine. In fact, I couldn't have believed all this if I didn't experience it myself."

At present, not only can she walk in high-heeled shoes but can also see normally. Less than a month after the Workshop, she was jogging 400 meters every morning with no difficulty. (Incidentally, her mother, who had duodenal ulcers for quite a long time, was cured after the five-day training too.)

A Chicago woman had been suffering from diabetes for more than ten years. She could not go without medicine and was on a special diet. After the first day, she felt that her disease was definitely cured and discontinued her medicine. She ate sweet rolls and cream cake with the others. To her surprise, her daily urine check for sugar content showed a drop from 380 to 130. What's more, according to her close friends, she looked much younger after the five days.

Her 74-year-old husband used to be very hot tempered. The whole family wished that he could be transformed into a man of more gentle and tender disposition. After the five-day training, his wife observed that he had more or less been changed into a more amiable and accessible man, as demonstrated, in part, by the poem he wrote to praise the Workshop.

When the class was prompted by Dr. Yan to visualize childhood scenes, the 74-year-old husband recalled the acrobatic feat he could do at age seven. He used to drop, cross-legged to the floor and then spring up to stand erect. Although he had not done this for decades, he successfully performed this trick in front of his seat. He shocked himself, for he never dreamed that he still had that much energy. He beamed and bowed to the clapping group, and when they asked him to do it again, he did so at different corners of the hall five or six times without hesitation or complaint.

He was very moved as he said, "Qigong has rejuvenated me and can help me maintain and improve my health. Qigong can also enable a family to live in harmony and the country live in unity. There will certainly be peace in the world if Qigong is learned by everybody on earth." He meant that Qigong encourages moral character and teaches followers to be loving and forgiving always.

A young lady from the eastern part of the United States came to the Workshop supported by her uncle, a physician. He had taken her to many specialists in the country, but could not get her cured of a genetic neuropathy plaguing her for the past ten years. She finally decided to try Qigong therapy.

She could not sleep without sleeping pills. Deprived of a normal life, she had attempted suicide several times, however, when she heard that a patient with a broken leg stood right up after the Qigong lecture, she was encouraged. She discontinued her sleeping pills, attended all workshop classes and slept very well. In fact, she sometimes slept at the discussion and even at

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the banquet table. She has since called the Association to say that she is getting along just fine and to express her gratitude to Dr. Yan Xin for rescuing her and giving her a new life.

A Chicago man attended one of the open lectures at Purdue, Indiana. He had been suffering from a broken knee and had done quite serious damage to the nerves of the leg. He had to have a brace of stainless steel on his knee, and according to his orthopedic doctor, he would never be able to walk without it. He wore the brace except when he was in a wheelchair.

When he heard Dr. Yan Xin say that some people with broken legs had been cured through the bioenergy at a Qigong lecture, he felt greatly encouraged. While he was sitting in his wheelchair, someone in the audience was incited by Dr. Yan Xin's bioenergy to spontaneously come to him and earnestly ask, "Don't you want to be able to walk?" He was startled and encouraged and answered firmly, "Of course I do!" "Then let me help you stand up", said the other.

The crippled man left his wheelchair and crutches, stretched out his arms for support and stood up without the brace. He then walked around without help while listening to the lecture. He has since called the Association to express his thanks and to tell of his progress. He has been up and about with no difficulty.

An 83-year-old retired professor had a rash behind her left ear for more than twenty years and had cataracts in both eyes. One day after the Workshop, Dr. Yan gave her a candy drop and told her that it was medicine. Delighted, she took it immediately with faith that the candy had been changed into the medicine she needed

and she stopped taking all other medicine. After ten days the rash dried up and the blisters healed. Her eyesight has been much improved. She used to use 350 degree glasses plus a magnifying glass of 6 diameters in order to read ordinary print. Since the workshop, she can read with either the glasses or the magnifier, not both. Furthermore, the lens of her eyes are not so blurred.

A 60-plus Michigan man attended Dr. Yan Xin's lecture last year and was also at the Workshop. He told the group that he had grown younger since last year's lecture. He said his old skin seemed to be peeling off, leaving the skin of his whole body smoother and softer. Additionally all his chronic illnesses seemed to subside and diminish. He felt he had improved his knowledge and skills of Qigong at this workshop.

A Texas restaurant owner who, for the past twenty years, had suffered from arthritis in his legs and in the lumbar region of his back, attended the banquet. He was particularly afraid of wind and humidity. He had tried in vain for many years to get his illness treated. He received the bioenergy of Master Yan and other trainees and was cured after the banquet.

Another young lady, who nine years ago had her lower jaw wounded and her chin distorted, also attended the banquet. She was incited by the bioenergy of Dr. Yan Xin and other trainees to make spontaneous movements. Her chin convulsed and her old wound was definitely cured.

Cures Through Relatives

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Some sick persons were not able to attend the Workshop but were cured through the Qigong practice of their relatives in the class. The following two cases demonstrate the possibility of distant treatment through relatives.

A man whose wife had been long suffering from pain and a chill in her lower abdomen attended the Workshop for her. In order to help her he always bore in mind that his wife's illness could be cured by meditating on the wish for her recovery while doing his Qigong. Once during class practice, he felt a pain and chill in his lower abdomen. He was quite puzzled.

To his surprise and joy, when he returned home his wife told him that her lower abdomen felt warm and comfortable. He has come to realize now that his wife's illness reflected on his own body. He felt chilled and pained during practice so that his wife's illness could be cast off by him when he threw away all the wasteful, poisonous and unhealthful bioenergy in his body at the end of every practice.

A woman whose husband had long suffered from asthma came intending to bear her husband's illness in mind while she learned Qigong. During the class she received her husband's phone calls, telling her that his asthma was obviously improving and finally that it was entirely recovered.

The Qigong Achievements and Improvements of the Trainees

Ninety percent of the trainees have more or less

improved their understanding and practice of Qigong, even though not all of them had studied Qigong, attended Qigong lectures or listened to Qigong tapes before attending this workshop. They were surprised that they could follow whatever Dr. Yan Xin said and do whatever he told them. What's more, they could feel the way he expected them to feel.

For instance, after becoming skilled in the first five steps of internal Qigong, one can see light and feel warmth around the waist by closing one's eyes and touching the lower abdomen with one's palm. Most trainees, with eyes closed, did see white, yellow, or red light when touching their lower abdomen. Some even felt, not warm, but hot around the waist while doing the first five steps. Some examples follow.

Although very interested and well read, a gentleman who practiced Qigong persistently in the past still did not feel any progress. When he learned from Dr. Yan Xin, he said, "It is a wonder that whatever Master Yan said or mentioned I could immediately feel and see. When doing the first five steps of the internal Qigong, I felt my abdomen growing very hot, with hot current running through my back to my head. I could smell sweet fragrance of different kinds quite a few times, too."

Another man progressed to visualizing vividly the emptiness in his chest when doing the internal Qigong and to hearing the ringing of the bell supposed to be in his chest. When he was prompted to recall his life in childhood while looking in a mirror, he could see clearly his own image from a small boy to a grown man.

After learning of the internal Qigong, a lady trainee began to feel its effect. For instance, she felt her

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whole body grow warm and hot and her extremities go numb and prickly after doing Qigong. One evening, when she was doing Qigong with her eyes closed, she was surprised to see a pair of closed eyes. She didn't realize that they were her own until she tried to peek. She apparently was seeing with her forehead's Heavenly eye.

The Mysteries of Qigong Need More Scientific Studies

Those who study, practice and receive the bioenergy of Qigong may feel that it is very perplexing and is unable to be explained scientifically. Master Yan Xin explained that Qigong can only be taught by the heart of a master and learned through the sensitivity of the students. The following incidents are examples.

A very quiet, very reserved and somewhat taciturn young woman came with her parents to the Qigong lecture on the first evening. Although she had never had any medical training or study, she was incited by Dr. Xin's bioenergy to spontaneously treat the sick by massaging, pressing, or rubbing points affected by the disease. Another young lady was similarly moved. They both walked around the lecture hall to touch whomever they considered in need of their treatment. A gentleman, who had wrenched his back was cured by the massage of one of the girls. A woman who for the last few years had suffered a great deal from migraines that distorted her face with pain, was also cured. She later said to one of the young girls, "Thank you for giving me a massage for three times this evening. You really touched the exact

spot of pain in my head." The mystery is how they recognized the sick and how they knew the points of illness, even though they were themselves in a state of half consciousness. What power and impetus had they, who had no knowledge of medicine?

Right after the close of the Health Workshop, Dr. Yan Xin gave a Qigong lecture with bioenergy to the Branch Association members at the University of Washington, Missouri. About 200 people attended and had a strong response to the Qigong bioenergy. People were crying, laughing, and shouting. One person jumped up from the seat and another stood up and danced gracefully.

Not surprisingly, some Qigong admirers might have wished to keep some of these memorable scenes for their picture albums. But that whole night, except for the lamp on the speaker's table, the classroom lights flickered off and on, mostly off. Of course no pictures could be taken. The custodial workers ran up and down the stairs and kept saying, "Nothing is wrong with the switchboard." Dr. Yan explained to the audience that this happened very often, and that as soon as he finished his lecture, everything would be alright. As soon as he concluded his lecture, the lights were all on again. How can this be explained by modern science?

Several years ago, Dr. Yan helped a lady to avoid injury in a serious car accident by treating her stone bracelet with his bioenergy. He later also helped a physician to avoid injury in a car accident which totaled the car. The physician was carrying a note with best wishes from Dr. Yan.

Another trainee was robbed of all valuable things

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in his house, except for some jewelry, rings and the like, which had been treated by Dr. Yan.

Events similar to those mentioned above are too many to be described in detail here. They all seemed incredible because they cannot be explained scientifically, but they are facts witnessed by many. The intrinsic causes are unable to be fathomed or explained clearly. The great Chinese scientist, Qian Xue Sen said, "It is not Qigong that is unscientific, but it is science that does not yet know Qigong.

The Epilogue, or rather, the Morning Bell

This epilogue is not the conclusion or the end, but rather a progression for the International Yan Xin Qigong Association. In a short five-day period, the trainees learned much from the class lectures with bioenergy. Dr. Yan Xin meticulously taught every trainee every step. Furthermore, he explained incisively the profound, subtle and seemingly mysterious theories of Qigong. He specially stressed that Qigong could only be learned through understanding, perceiving, sensing and visualizing his instruction and demonstration, and that this required a high degree of discernment.

At the farewell banquet, Master Yan Xin emitted bioenergy to make all the food a healing tonic for each one according to individual needs. He reserved some special time for trainees to ask questions, and Master Yan was penetrating and incisive in his analyses of any differing views while answering the questions. He presented the up-to-date, complete theories of subtle and obscure principles of Chinese Qigong in its philosophical

framework.

His style is different from other Qigong masters who are mostly rather arbitrary in their training of apprentices. He adopted the way ancient masters used to teach their apprentices. The ancient masters did not choose an apprentice for the tuition fee but for the moral character of the prospective apprentice. He also believes in peer teaching and peer learning similar to modern educational theory. This means equality between teachers and learners. That was why he often stressed to the class that teaching and learning are mutual.

Because one should have a nobel character before being chosen by the great masters, every trainee felt honored to be considered qualified and accepted for this class. Everyone felt very fortunate to have Master Yan teach the seemingly mysterious internal Qigong to each one individually. The trainees have come to realize that Chinese Qigong is a treasure of mankind, accumulated from the most sophisticated and perfect wisdom, culture and civilization of China since ancient times.

Everybody was impressed by Dr. Yan's eminent Qigong feats and take him to be a superman. All are willing to contribute from their lives toward his enterprising goals for Qigong. All wish him long life so he may deliver more people from diseases. All have been moved by his generosity in giving himself whole-heartedly to Qigong. His fundamental Qigong principle and life philosophy is to combine Qigong with modern science. He believes that Qigong's full impact cannot be attained unless it is combined with scientific research, and this is what he has been doing for the last decade. The influence of his work on the welfare of man will be extensive.

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Undoubtedly, this is his greatest contribution to mankind.

The trainees were not only readjusted to maintain or improve health, but were also taught to cultivate their minds and hearts so as to live a pure and noble life. All pledged that they would never forget the instructions and guidance of Master Yan. They not only want to practice persistently themselves, but also want to spread Dr. Yan's Qigong to others and finally to the whole world.

One month has passed since the close of the International Yan Xin Qigong Health Workshop. Many telephone calls and letters have been received from the trainees reporting their gratitude to Master Yan for his teaching and effective treatment. They mostly tell of how diligently they have been practicing Yan Xin Qigong and seem to be very much interested in spreading it. They will become the sparks that spread Yan Xin Qigong. The sparks will certainly ignite the whole world and help the entire human kind.

Chapter 5
Practice Method---The Nine-Step Qigong Method

When learning Yan Xin Qigong, one should pay attention to the methods of beginning and ending.

For the ending, one should follow instructions, otherwise, one can not benefit. In the beginning, one should pay attention to breathing and thoughts. People learning Yan Xin Qigong should do the ending part when finished, in doing so they can get the desired benefit.

Beginning

1. If sitting on a chair, sit on one third or one fourth of the chair so that the legs are perpendicular to the ground. If standing when doing the Qigong, one's feet should be a little bit wider than shoulder width. Knees should be slightly bent. If sitting on a bed or the ground, sit with legs crossed.

2. Whatever position is chosen, always pay attention to the back. The spine should be straight, the abdomen contracted slightly.

3. The head should be held in an upright position, neck erect. The chin should be tipped slightly inward towards the neck. The forehead should tilt one to three centimeters downward, so the Bai Hui acupuncture point (at the top of the head) is toward the sky.

4. Shoulders should be down and the back should be straight with arms relaxed. Hands should maintain a natural, relaxed position with both hands in front of naval. A man's left hand should be on top of the right hand, and

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a woman's right hand on top of the left hand. Fingers should be slightly open, and little fingers should be straight, pointing outward and downward. If one is very healthy and strong, one can separate the hands three to ten centimeters.

5. The mouth should be relaxed with lips closed and teeth separated. The tongue should be positioned one of four ways:

A. Tongue behind upper teeth -- for people who have high blood pressure

B. Tongue behind lower teeth -- for people who have low blood pressure and heart problems

C. Tip of tongue touching the back of lower teeth while the back of the tongue is arched -- for people who have sleep problems, nerve problems, history of mental illness, ill temper or moodiness

D. Tongue only in middle of mouth -- for those who have a weight problem or wish to lose weight

Note: If you have low blood pressure, this tongue position is not advisable.

6. The eyes should be closed, but one should imagine looking at the tip of one's nose. Another technique is looking at the tip of one's nose with half closed eyes. Imagine that there is a beam of light from the forehead through the tip of the nose, to the naval.

Ending

1. Preparation for Ending.

Raise the hands parallel with the chest, palms facing each other, approximately 20 to 30 cm apart. Bend the first four fingers slightly, keeping the little finger almost straight. Take a deep breath, (breathe in and breathe out, count twice). When breathing out, pull both hands out; when breathing in, push both hands to each other without touching. (Men count 14 times and women 12 times). Close

the eyes and imagine looking at one's hands, holding a colorful light ball or a colorful fruit. When the hands pull out, the ball rotates or spins, and becomes larger. When the hands push inward, the ball rotates and becomes smaller.

2. Formal Ending Procedure.

Open the eyes, and return to the beginning position, palms together with fingers pointed outward in front of the chest.

(Then with eyes open)

(A). Push the feet into ground and grip the ground with all ten toes. At the same time think that the big toes and the little toes are gripping the ground.

(B). Contract the legs, buttocks and pelvis.

(C). Use force to contract the abdomen, tense the whole body, firm the hands, grip the teeth.

(D). Take a deep breath, but concentrate on the three exhalations first. At the same time, imagine that the pores of the whole body are open and that gasses of all bad things are going out of the body through the pores, especially through the Yong Quan acupuncture in the center of the bottom of the foot. Then count three breaths, but concentrate on the three inhalations, and imagine that all pores are closed as you inhale.

(E). Rub the hands vigorously until heated, and then cover still open eyes with the palms. Imagine that light from the centers of the palms goes through the eyes. That will protect one's eyes.

(F). While inhaling, slowly massage the face from the scalp to the top of head. While exhaling slowly, massage down to the lower jaw. Repeat that several times (men seven times, women six).

(G). Place the hands over the naval (men, left hand over right; women, right hand over left), and imagine that light enters the naval, circles around the naval (men counterclockwise 28 times, women clockwise 24 times). Do

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not actually count, just think the number. Finally imagine the light going from the naval to the Dan Tian or the center of lower abdomen.

(H). Finally, think "I'm done", and then pull hands out.

The preparation for ending can be done several times.

Compulsory Ending

If one does the general ending part, but cannot stop the meditation, one can use the compulsory ending method.

1. Whenever one needs to do the compulsory ending, one needs not worry about the problem. One should have confidence that one can end the meditation.

2. Think that the whole body is relaxing, loosening and drained of energy. If standing, sit down to do the ending part. If seated, lie down to do the ending part.

3. Men pat the top of their heads seven times with the left hand. Women pat the top of their heads six times with the right hand.

4. After patting the head, use the forefinger and thumb of that hand to twist the inner part of eyes 6 to 7 times. Then feel around the eye balls, the two sides of nose and between nose and mouth for seven times until feeling sour, a little bit paralyzed, and bloated. Then use the middle finger to push and twist the part below the Adam's apple, to make yourself cough. This can adjust the whole body system.

5. Use the hand that patted your head to make a half fist, and hit the center of the chest (the part between the nipples) 6 to 7 times.

6. Then make two whole fists, placing the thumbs at the first joint of the forefinger. Place these fists on the ribs

of both sides, and then make a forward bend, breathing in at the same time. Then straighten the back, and breathe out. Repeat that 7 times.

7. Then using the fists with a little more energy, hit both sides of the back from bottom to top, and then hit it in reverse direction. Repeat that 6 to 7 times.

8. Straighten the back and sit. Keeping the hands half fisted, use the palms to pat the left and right chest, the back and the abdomen 24 times each.

9. Bring the palms together and repeat the processes of formal ending.

This compulsory ending is useful for people who cannot stop the meditation. If one still cannot finish the meditation, one can do the compulsory ending several times. It definitely can end the meditation without any problem.

Nine-Step-Qigong Method

The Nine-Step Qigong is also know as the Nine-Step method of longevity. It increases longevity and healing. This method can be exercised one step at a time, or nine steps at once.

Step 1:

Activate the imagination and use imagination to look at and count the breathing.

Imagine that a blossoming lotus flower with many petals and many colors, and with dew droplets covering the petals is located in the lower part of the abdomen. When one exhales, the lotus flower opens and all pores in the body close (if one has illness, the lotus flower opens, pores also open, and bad things go out). When one inhales, the lotus flower closes, and all pores open (if one has illness,

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the lotus flower closes, pores close too). The intensity of light that radiates from the lotus flower is continuously increasing.

Inhaling and exhaling count as one each. The total count is dependent upon your present age. The total count should be 7 times your age and can up to 49 times your age.

Step 2.

While breathing, imagine the heart, skin and pores. This step is based on imagining that the light from the lotus flower is very strong. The glowing light from the lotus flower lights up your heart. Imagine that there is a circle of light emanating from your heart, while continuing to concentrate on breathing, watch the heart continuously relaxing and contracting. Use your imagination to look inside the heart. When exhaling, the lotus flower opens, the heart contracts and the pores close (for people who have an illness, pores open). The three parts should be viewed at the same time. When breathing in, do just the opposite.

The total count should be 7 times your age, and can be up to 49 times your age.

When the meditation is effective, one may see the heart and the body organ. Then go on to do the third step.

Step 3.

Think of a senior blood relative, alive or not. Think of this elder relative's healthy appearance (men think of mothers; women think of fathers). Imagine that this elder relative is doing meditation with you, just seven steps away. A cooperative exchange of breathing, lotus flower, heart, skin and pore imagery can be done as in the second step.

If a father or mother is sick, then when exhaling, pay

attention to the opening phase of the heart, and the opening of the pores. In doing so, one may help them with their illnesses.

The total breathing count should be the sum of your present age and the relative's age times 7, and can be up to 49 times the combined age.

Step 4.

Purposely and consciously envision an image of an opposite-sex relative entering your body, and envision yourself beginning to look like your father or mother (men change to female; women change to male). The cooperative exchange of breathing, lotus flower, heart, and pore is the same as in step one. The breathing count is the same as step three.

This step is a little harder, but once this step is mastered, your appearance will be distinctly changed, and will look younger and more beautiful. After practicing this step for some time, and achieving some effect, go on to step five.

Step 5.

Imagine that your elder relative (men think of fathers; women think of mothers) is within seven steps of you, doing meditation simultaneously with you. Use your imagination to visualize the change of your elder relative and the change of your inner organs and image.

Sum the present ages of three people (i.e. father, mother and self). If time permits, count as many as 7 to 49 times the sum.

Step 6.

Purposely and consciously bring the image of your

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elder relative to your body until the image and your body become as one. Then count breathing and repeat step five breathing and imagination methods.

Step 7.

Combine the three images of step five as one and visualize that image going into the lotus flower. Simultaneously imagine that when you breathe out, the lotus flower opens. The image of the lotus flower is continuously shrinking; at the same time the lotus flower continuously goes into the heart. Pay attention to the image which is slowly getting smaller.

Sum the ages of the three people. Count as many as 7 to 49 times the sum. This step is difficult to do, but will enable you to gain some special power.

Step 8.

Counting only the inhalation, try to extend the length of inhalation time. Imagine that the pores of your body are also inhaling. The lotus flower is always contracting, never opening, and the three combined images are inside the lotus flower. It is as if the images were inside a food steamer, getting continuous tempering. This time the lotus flower is continuously contracting, the intensity of light which is radiating from the flower is continuously increasing. Pay attention to an energy being created; feel light and heat in the abdomen and also the back.

Count the inhalation to the number of your present age, do not count exhalation.

Step 9.

Counting only the exhalation, try to extend the length of exhalation time. Think that the bad things are going out

your body. Pay attention to the lotus flower. When breathe out once, the lotus flower opens once, the pores tract once, the intensity of light increases once, and the ge inside the lotus flower grows one year older. When number of counts on exhalation equals your present , the image inside the lotus flower has grown to your ent size, and combines with your body. It is yourself.

Repeat step nine 7 to 49 times.

Doing this nine-step method properly for one to e years, one will achieve ideal results. This image can be de your body; it also can be outside your body. It can e and go as you wish. It has energy; it can help you or r people with illness. It can be used to do other things

For most people, when you practice this method, one l not need to look for the special result; it will be parent.

When practicing the above nine-step Qigong, one ds to have an ending. Concentrate the lotus flower to a y spot; concentrate the image into a spot of light, and put e image into the lotus flower. The other methods are the me as Yan Xin's other ending methods.

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Chapter 6
Patients' Experiences

Case 1

On Nov. 2, 1985, toward the end of the 300M³ blast furnace main body building project in Shi Jiazhuang, the cement pole supporting the working platform broke by accident. Yang Jixiang, the team leader of riveting, an assistant engineer, fell off from the platform. The injury was very severe and he was sent to the Navy Hospital in Shi Jiazhuang city.

Diagnosis: fracture of the left-front part of skull; compression fracture of the second lumbar vertebra. His skull was operated on right away. Eight days later his lumber vertebral was fused. The most serious injury in limbus was the breakage of the six nerve fibers of mam namely, the main nerve was damaged. After the operation, Yang's pelvic limbs were paralyzed. Doctors believed that at the present state of medical treatments, paralysis was inevitable. Under these circumstances, Yang went home after 20 days of hospitalization.

Yang was 36, just at his golden age. Fate did not make him give up. He had desparate hope on acupuncture massage and Qigong. Nevertheless, through many kinds of treatments for half a year, he still could not turn in the bed, or sit up. Both feet were drooped back, both legs atrophic.

On May 15, 1986, Dr. Yan Xin came thousands of miles from Chongqing to Shi Jiazhuang. Without taking a rest, he started the treatment for Yang at 11:00 p.m. that very evening till 5:00 a.m. the next morning. Instead of treating the patient face to face, Dr. Yan went to a Bonder's Temple which was about 10 miles away from Yang's house

nd emitted Qi of Qigong there. After that he came back nd told Yang's family and colleagues: "Only two people re required for nursing. In addition, make a pair of rutches as soon as possible."

During the treatment, Yang felt that he was sweating hroughout his body, and that the whole room was filled with the smell of sandalwood. He fell asleep at the silent night in strong fragrance. He slept straight for 7 hours, which had never happened since his operation. Waking up, he still felt sleepy, so he went back to sleep again till 5 p.m. in the afternoon. He then felt so relaxed that he suddenly at up in bed. Yang had been lying in bed for more than wo hundred days. Seeing himself able to walk again, he was surprised and extremely happy.

Seeing her husband sit up, Yang's wife suddenly realized why Dr. Yan let them prepare a pair of crutches. She gave the new crutches to her husband. Amazingly, he leaned on them and started to move slowly on his feet. That evening was the first time since his operation that he had dinner at the table. He had a very delicious meal with his family. After the dinner, he went out to the yard with the crutches, feeling very excited. Step by step, he exercised for more than 3 hours.

That evening, Dr. Yan wrote a prescription on herbal medicine. As each herb was written down, everyone there could smell the particular herb.

After the fourth day of the treatment, Dr. Yan left Shi Jiazhuang. Yang continued to take the herbal medicine and practice walking. Two months later, he threw away one crutch and four months later, the other one, using only a cane. Six and half months later, he did not even use the cane. Now, his left leg is all back to normal. The right leg is not as nimble. He is only a little crippled while walking.

On October 7th, 1987, together with a dozen of patients cured by Dr. Yan, Yang reached the top of the Great Wall. On the way, I observed his recovery carefully,

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only found out that he walked a little more slowly than normal people do.

Yang told me emotionally: "Dr. Yan gave me a miraculous treatment. Without experiencing it by myself, I thought Qigong was superstition. Now I strongly believe that Qi of Qigong exists, it is indeed science."

Case 2

Shao Yu, a woman of 57, accidently fell while walking outside on August 24th, 1987. When she managed to get up again, she found herself unable to walk anymore. X-ray examination showed that the twelfth thoracic and the first lumbar vertebra were wedged; the upper edges of were not smooth.

Diagnosis: compression fracture of the twelfth and first lumbar vertebra. She was told to lay on a hard bed for at least a month. She did it for two months, but she was not getting any better.

On October 7, 1987, accompanied by her family, Shao went to ask for treatment from Dr. Yan Xin while he was in Qinghua University. After reading the patient's history, Dr. Yan did not say much other than "I need to make a phone call" and excused himself politely.

Some people who were present knew that there was no telephone nearby. As soon as Dr. Yan left the room, he walked into another room next door. Those who were familiar with Dr. Yan's Qigong treatment methods told Shao at once, "Dr. Yan is going to emit Qi soon. Relax and get ready for it." Shao understood right away. While she was sitting, she suddenly felt a hot wave fitting her waist, her whole body was warm. Then her lumbar region was healed immediately. She was so happy that she stood up. At that moment Dr. Yan walked in. Shao stepped up immediately: "Dr. Yan, my waist feels fine now", Dr. Yan answered: "That is wonderful. We are going to the Great

Wall today, do you want to come along?" "Of course I do." she said. The whole healing process took only ten minutes.

That morning, Shao Yu and Dr. Yan along with other patients cured by Dr. Yan, climbed up to the top of the Great Wall, where Shao took a picture which she would never forget in the rest of her life.

Case 3

On September 30, 1987, at 9:40 a.m., Dr. Yan Xin came to the home of an old man, where he was invited to give a Qigong healing.

The old man was in a wheel chair. At age of 87, he still has a clear mind and pleasant personality. But due to a lung problem, he had trouble of breathing, so he had to carry an oxygen tube for a long time.

Knowing that Dr. Yan is from Jiangyou county, Sichuan province, he recalled the time when he was in the battle field in Jiangyou in 1935.

Dr. Yan told him that memory has something to do with life span. One who has good memory can live long. The vital center is located in the brain. Being able to remember something from more than 50 years ago indicated a good basis for Qigong healing. It is important to keep a good mood during the treatment. Optimism is the key issue for Qigong healing.

As the conversation started, Dr. Yan rearranged seats for everybody in the room. He asked the man's wife who was sitting behind her husband to sit in front of her husband, whereas the son, daughter, the son's wife, the daughter's husband to sit behind the old man.

Dr. Yan told the family that Qigong healing requires energy contributed by all members of the family, treating the old usually needs supports from the first as well as the second generation, because youngsters have longer life

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code. Adding these healthy signals (codes) together, sickness can be eliminated through the youngsters. In this way the chromosomes of the children are related to those of their parents', which is called genetic codes in modern terms. Qigong healing usually takes the form of linkage between generations. Modern medicine only concentrates on the patient himself, but ignores the interrelations among genetic codes.

Dr. Yan also mentioned that coordination is very important during the treatment; the family members should not think the patient being a "sick person". They should have confidence that he would be able to recover; the old should feel they are still young. Qigong is called the positive thinking method. It works by motivating energies from all the family members. The secret of the process lies in obtaining understanding and supporting signals to fight against the illness, instead of passive and pessimistic sympathy.

Hearing Dr. Yan's explanation, everyone thought it very inspiring and agreed to cooperate.

As the conversation went on warmly, the ten-year old grandson suddenly screamed few times. His mother stopped him because she thought her son was being naughty.

Dr. Yan told her that the old man's sickness was exhausted through his children and grandchildren. Kids are pure "young". They are more sensitive. While feeling uncomfortable inside, it is better to yell out.

The old man's son and daughter also realized just then that they felt hard to breathe, and itchy on the throats.

Dr. Yan explained that all of these feelings were normal, would be over soon and did not have any harm healthy people, but at the same time, it would help channeling the Jingluo* system.

In a short while, the old man pulled out the oxygen

tube and started breathing easily. It surprised everyone. This happened was 50 minutes after meeting Dr. Yan.

The old man did not use the oxygen when Dr. Yan left at 4 p.m. that afternoon. His family members reported that since then, he used oxygen much less frequently, sometimes stayed without for a whole day. At most he needed it for 1 to 2 hours per day. It had never happened before even with any other medication or treatment.

Dr. Yan also discussed the issue of healthy diet from Qigong point of view, and stated that elaborate, but the more variety. Green vegetables are essential to avoid constipation and sea food is recommended with proper amount. Qigong advocates eating whatever you want, because what you want is what you need.

The conversation continued for 4 hours. The old man had never sat for such a long time.

At 1:35 p.m., people suggested that Dr. Yan "connect electric current" for everyone. The old man's wife, daughter and son-in-law felt very comfortable after that. Therefore, they asked whether Dr. Yan could do it for the old man. Dr. Yan told the secretary and the daughter to sit on either right or left of the old man in order to form a "circlet" with him. As soon as the "circlet" was connected with the 120v current the old man said happily that he saw some red light. After the 120v current went through the "circlet" for 5 minutes, the old man gestured: "I feel wonderful!"

During the several hours of treatment, Dr. Yan had emitted Qi without being noticed. The old man did not feel tired or uncomfortable, but he was getting more energetic and his complexion turning healthy.

Having learned the power of Qigong healing, the old man started Qigong practice after Dr. Yan left. He put his time table on the wall and practiced seriously.

Dr. Yan came a second time in the morning of October 9th, 1987. This time he concentrated on explaining the idea of "treating illness while nourishing mind" in

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Qigong. Realizing the pessimistic thoughts the old man had, Dr. Yan emphasized that at the old age, having an open mind is crucial. Treating diseases is the same as fighting enemies.Giving up is much more dangerous than the disease itself. The secret of that Qigong masters' lives is that they live in peace, never worry. Having this attitude, you have nothing to be afraid of. Diseases will shy away.

Heard the philosophical statement of Dr. Yan, they all praised that Dr. Yan treats not only the disease, but also the mind. The old man was also very thoughtful. He said: "when I was joining the revolution before, I was not afraid of death. I'll do my best to overcome my pessimism."

Before leaving, the old man gave Dr. Yan a set of his own revolutionary memory. On the front page, along with his autograph he wrote down something straight from the bottom of his heart: "Qigong indeed can cure diseases. This invaluable Chinese heritage should be inherited and studied extensively, so that it becomes more mature and can be used widely to treat diseases, to prolong people's lives."

Dr. Yan now is still treating the old man by emitting Qi of Qigong from a distance.

Case 4

Wang Rongde is a bus driver in Chongqing. Although just approaching 40 this year, he had been ill for a long time since a couple of years.

Wang heard long time ago that Dr. Yan had cured many people who had serious diseases but he was not sure whether Dr. Yan, who had "miracle power", would like to treat him, an ordinary worker. In November 15, 1983, he walked in Dr. Yan's clinic to give it a try.

Dressed plainly, Dr. Yan was amiable. Before Wang introduced himself, Dr. Yan already had started feeling his pulse. Wang explained: in 1971, he was attacked by

hepatitis, accompanied by stomachache. The symptoms were not relieved by taking medications for more than 10 years. Half a month ago, he suddenly felt extremely dizzy and weak. When he walked out of the bus, he felt everything painful, ... Before Wang finished his history, Dr. Yan said: "your problems are not limited to the liver and stomach, the main problem is in your heart. Now the size of your heart is twice as normal". Then he wrote down on Wang's history, electrocardiogram and x-ray, "Clinical diagnosis: II° heart disease of auricular ventricular block (atypical symptom)".

ECG doctor examined Wang carefully. He found that Wang's heart was twice the normal size. Conclusions from ECG and x-ray were consistent with those of Dr. Yan. X-ray results: the left ventricle was enlarged towards left and posterior. The left edge of the heart became vertical. Narrowing of posterior space of left oblique position. Back edge of the heart is overlapping the thoracic vertebra. ECG conclusion: II° auricular-ventricular block (atypical symptom).

Wang was surprised inside, "Dr. Yan is amazing, he found out my diseases without any examination."

Wang went back to show Dr. Yan his ECG. He repeatedly asked Dr. Yan to issue a sick-leave note to allow him to stay at home and rest. Dr. Yan, however, after finishing the prescription, said to him, " I have only one request, do not take time off while you are taking the medication." Then, he handed two prescriptions of herb medicine to Wang, "There are three doses for each prescription. Alternate the two different medications and come to see me in a week."

On his way home, Wang was puzzled, this doctor was so strange. He did not let me take sick leave. But then he thought, since Dr. Yan was a superb doctor, his instructions must be right. Therefore, Wang continued to drive at work while taking the medicine. After the first

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dose, he suddenly felt much better. He kept taking the medicine and getting better and better.

One week later (November 24th), Wang finished all of the medications, so he went to see Dr. Yan. Dr. Yan told him: "You are recovered from your auricular-vertricular block." Then told him to do ECG again. II° auricular-vertricular block is not observed. Now it is sinal bradycardia. Wang was so surprised that he could not believe the miracle appeared so soon. In order to confirm the results, he went to see another doctor. Examination showed even the heart rate retardation disappeared. The ECG reported: sinus rhythm and normal ECG. One year later during annual physical examination, he had the ECG again; it still showed normal. It has been four years since Dr. Yan's treatment now; Wang had never had heart attack again.

Case 5

Zhu Xiuyan, a woman of 46 years old, had many serious diseases: arteriosclerosis in the brain, neurosis, renal pelvitis (to the degree of losing control of urinating), (*) of cervical, thoracic and coccyx vertebrae. More than that, there was a thrombus as large as 13x15 mm on her heart, which was discovered in April 10th, 1986 on a ultrasound examination, and the diagnosis were mitral stenosis, thrombus in left atrium.

The thrombus originated ectopic heart beat, which could reach 150 beats per minute, the fastest was 200 beats per minute. Her heart was trembling all the time.

Ms. Zhu was dying. She could only eat few spoons of food each day and left only skin and bone.

In May, 1986, Ms. Zhu's husband took her from Shenyang to Beijing to see the experts. All the hospitals, such as the United Hospital, Fuwai Hospital, etc., reached

the same result: she had to have an operation.

But Ms. Zhu decided to go back home. She thought if only she could live till her son went to college, then everything was fine. So, they decided to have the operation the following fall.

On May 13th, 1987, Dr. Yan Xin had a lecture where Ms. Zhu's husband worked.

Before then, they did not know of Dr. Yan, only heard that if one was in Dr. Yan's Qigong healing lecture, a relative could get the Qigong treatment simultaneously and be healed. With the news, Ms. Zhu started to light up a little hope in her dying heart.

Zhu's husband called home when Dr. Yan's lecture started, "Get ready for the lecture, dear; Dr. Yan just started the lecture." Then, Zhu laid on the bed silently imagining that Dr. Yan was emitting Qi to heal the sick and her. After a while, she felt that she could breathe smoothly, which she had not had for many years. She told her husband when he came back. Her husband was very glad, and said, "Dr. Yan directed remote healing towards you, that is, he emitted Qi from a distance without meeting you. He also asked for your hand writing description of your disease, through which you will be healed."

On May 25th, Dr. Yan wrote a prescription according to Zhu's hand written illness information. Zhu made a copy of the prescription soon after she got it, and then sewed the original into her jacket where it would be close to her heart and weared the jacket everyday.

Zhu could feel something soon. First, she felt tingling in the right hand, from wrist to pinky, and ring fingers. Then the same sensation was felt from the toes to shank of the right leg. A short time later, this sensation spread out to the whole body. In the following few days, she felt tired and went to sleep. Then she slept both days and nights. Before the treatment, she suffered from serious insomnia, and took heavy doses of sleeping pills. After another

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couple of days, Zhu felt the energy (the Qi) in her abdomen moving up and down and out. She had cold sweats and bloody urine for 3 days. (Later, Dr. Yan said the thrombus was cast out through urine.)

In the morning of June 1st, Zhu went to the hospital for a sonogram and found the thrombus was gone! Zhu did not take the medicine Dr. Yan prescribed but just carried the prescription. Yet the miracle happened.

Zhu started to take the medicine Dr. Yan prescribed on June 5th, and stopped taking any other medicines. After taking the first dose, she felt that her heart was much better.

The most amazing thing is that each dose of the medicine prescribed by Dr. Yan had a different color and taste. At first, it tasted very bitter and was black brown and sticky. Little by little, the color and taste became lighter and lighter. Finally, it became a weak tea color with a faint scent.

After taking 5 doses, Zhu became another person. She felt wonderful, had good appetite and ate a lot everyday. She gained as much as 9 kg in only 27 days — weighing 46 kg on June 1st, and 55 kg on June 28th. Pain in lumbar vertebra and cervical vertebra were all gone. The edema was gone.

Everything changed as fast as a dream. Zhu could not help being very excited and she did not keep herself open to Dr. Yan's Qi information continuously. After she took the 6th dose of the medicine, her heart suddenly beat as quickly as before and started to tremble, beating 6 to 7 times faster than normal. The edema appeared again.

Zhu's husband told her the principals of Qigong and brought back a cassette of Dr. Yan's lecture. Zhu experienced again the unexpected miracle, here is what she said: "After taking the medicine at 6 a.m. on June 25th, I listened to the record while I was lying in bed. Suddenly I felt that Dr. Yan's voice was close to me, seemingly right beside my ears. Then suddenly I felt it was far away from

me. At the same time, my body shook and I felt a tingling sensation in my limbs. Before I realized what was going on, my heart beat returned to normal. I felt very comfortable, got out of bed and told my husband. My heart stopped shaking from then on."

Zhu's understanding of Qigong increased after she listened to the tape. On the night of June 28th, she recalled that Dr. Yan often told his patients, "Don't worry; do what you want to do after you feel better." Zhu said to herself, "Everything is fine now, why don't I do something and walk around for a while." So she told her husband and suggested an outside walk. Zhu had not touched a bike for almost 4 years. That very night, she and her husband rode their bikes and went to visit their friend who lived pretty far away. It took about half an hour to get to the friend's house and they had to ride over a hill. Her husband suggested that they get off the bikes and pull over the hill. Zhu did not get off the bike and rode up the hill without any difficulty. After arriving at their friend's house, she ran up 4 flights of stairs. Their friend, a doctor, was so surprised he immediately put on his stethoscope and checked her heart. The rate was 85 beats per minutes. There was no fluttering, only an increased raet.

Until then, Zhu had not met Dr. Yan yet. At 8:20 p.m. of July 20th, Zhu finally got the chance to meet Dr. Yan. She did know what to say and could not help crying when she saw Dr. Yan.

Zhu also told others about a call from Dr. Yan on July 15th. "When I told Dr. Yan my symptom on the phone, I felt hot all over my body, but something especially hot was moving up and down in my abdomen. I sweat all over and then felt tingling, just like an electric shock. I felt my hand was tingling, and could not hold the phone tightly. My mouth was hardened and cold, and my head was the same. On my forehead, I felt one coldpoint after another.

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Especially when Dr. Yan was talking, I felt the Qi wave surge out of the phone. The smoke-like Qi wave appeared in the room with a strong smell of cigarette and musk After a while, the whole room was filled with this smell. My husband smelled this, too, and he immediately closed the window. That night I did not use any cover, I felt extremely hot."

On October 16th, Zhu was interviewed by Chongqing TV station. Zhu who had stayed in bed for a long time, climbed up a famous mountain called Wuliangguan. Under a pine tree, Zhu told the reporter her wonderful experiences, she said, "I 'met' Dr. Yan when I was in extreme pain. It was amazing; more than 10 kinds of diseases were healed within one month. That is a milestone in my life."

Several tourists asked her, "Where is Dr. Yan....?" People really wanted to meet a doctor like Dr. Yan themselves.

Case 6

When Dr. Yan uses Qigong method to heal his patients, he transforms the sick Qi (bad energy within patients) from the patient to himself and then exhausts the sick Qi from himself. Sometimes he moves the sick Qi to another healthy person and then exhausts from that person.

In the summer of 1987, a patient, C, who had a huge malignant tumor on his neck, went to Dr. Yan, while Dr. Yan was lecturing in Liaoning province.

When Dr. Yan was prescribing in the sitting room, C's daughter in the kitchen suddenly felt that her neck could not move. Dr. Yan said, "It doesn't matter." C's daughter's neck returned to normal immediately. At the same time the author noticed some red spots appearing on

C's granddaughter Cuicui's neck, but Cuicui did not notice that and still played. Cuicui went over to Dr. Yan with a big peach. Dr. Yan let her give the peach to the author.

After eating the peach, the author had a strong reaction all over. First, he felt tingling, sour, and cold. Later, he felt very hot, like something burning on his neck, right arm and right hand. It was so much that he could not move his neck and right hand. The author wanted to experience the transformation of sickness and pain, and did not say anything but endured. About 15 minutes later, he felt that he could not stretch his fingers and felt like vomiting; he had to ask Dr. Yan to relieve him.

Just at that moment, C's wife yelled in the kitchen, "My! I can't move my neck!" The author went to the kitchen and saw that C's wife's neck was rigid.

Dr. Yan told C's daughter, "Touch your mother's neck and it will be okay." As soon as C's daughter touched her mother's neck, C's wife's neck returned to normal, but her daughter caught the pain in her own neck.

In about half an hour, Dr. Yan used Qigong method to exhaust C's sick Qi from his neck. Dr. Yan said, "One method of using Qigong to heal, is to get sick Qi from the patient and transfer it to other people, and then get rid of the sick Qi. What you just experienced was caused by Qigong's Qi. You don't need to worry that the sick Qi was transformed to your body; it will not affect your health at all."

Eight months after the sick Qi transformation, the author interviewed C's family again and saw they were all very healthy.

Case 7

Zhang Xiaoming, an officer in the Central School of the Party, used to be skeptical of Dr. Yan Xin's Qigong.

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When the school first invited Dr. Yan for a healing lecture, Zhang did not show up. After the lecture, Zhang held fast to his skeptisim despite the favorable comments from the audiences.

Soon afterwards, the school invited Dr. Yan again. The admission tickets to the lecture were sold out in no time. Zhang, nonetheless, was still nonchalant. But, unable to resist the eager entreaties of his ten year old son, he eventually went to the lecture.

The lecture started at 8:30 p.m. Zhang followed the instructions of Dr. Yan. At first, he felt nothing special. After three rounds, he started rotating all over. Zhang thought to himself, "The magnetic field here is real strong." Therefore, Zhang rotated from practically the very beginning of the lecture to the very end. It lasted nearly seven hours.

The next day after the lecture, Zhang practiced according to the instructions of Dr. Yan. He found, to his surprise, that even in the absence of Dr. Yan, he could have the movement as he had was in the lecture. In addition, the more he practiced, the more violently he moved. The energy within him stretched to reach the ailing parts of his body with an uncontrollable pace.

Zhang loved to play basketball. His legs had been injured twelve times. He had to wear kneepan in winter. Zhang used to worry that he would have to suffer from this chronic illness in his old age.

Yet, after only half a month's practice of Qigong, the pains in his legs were considerably alleviated. When winter came, he did not need kneepads at all. Moreover, he feels at ease when mounting stairs or riding a bicycle. His left ear suffered from neural deafness. Whenever he practiced Qigong, he could feel the Qi gathering around the ear.

What is more interesting, after practicing for a while, Zhang can alleviate the sickness of others as well. He helped to relieve the pain in the neck bone and stomach of

his wife. Likewise, his son, who suffered from chronicle coughs, got considerably better.

Once, Zhang's brother, who had an upsetting stomach, came to visit them, just in time to find Zhang practicing Qigong. Zhang massaged his brother's stomach. His brother felt much better afterwards.

When the author of this article interviewed Zhang, he said, "It is difficult to account for the suptics of Qigong. It really should belong to a branch of science, and requires profomal understanding. One should study it thoroughly in an attempt to interpret its methodology. Then, people would willingly believe in and practice Qigong. Otherwise, those who have never practiced Qigong tend to doubt its reliability. Some even equate it with superstition. This surely hampers the advancement of Qigong."

Case 8

Being a Western medicine doctor for his whole life, Dr. Liu commented on Dr. Yan after he worked with Dr. Yan for half a year, "I'm a doctor. I believe his special and miraculous results, even though we can't explain the mechanism of how he heals."

Dr. Liu experienced personally that Dr. Yan healed his wife's high blood pressure by using only a cup of cold water drunk by their daughter. Here we just record what Dr. Liu told us.

My wife and I have worked as Western medicine doctors for many years. One day, my wife had a headache. After measuring her blood pressure, we found that the high pressure was 178 and the low pressure was 98. I said, "Take a Tylenol; it'll be okay." Then I went to a meeting with Dr. Yan. After a while my daughter came and said, "Mom's blood pressure is increasing and her headache is very bad

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now."

Dr. Yan said to my daughter, "Let me see your watch." Both my daughter and I could not understand what Dr. Yan meant. Dr. Yan explained, "By checking your daughter's watch, I can diagnose your wife's health. Qigong method can pick up the information your wife left on the watch." (I saw he did not check the watch carefully, only gave a single look and then gave the watch back to my daughter.)

Dr. Yan went to the kitchen and handed a cup of cold water to my daughter saying, "Can you drink this?" Growing up in a family of doctors', my daughter never drinks cold water, but she took the cup and drank it all without any hesitation.

Then Dr. Yan said to my daughter, "Go home and measure your Mom's blood pressure; it has become normal."

I could not believe this. It was no more than a few minutes had passed since Dr. Yan knew my wife had high blood pressure. I went home with my daughter and measured my wife's blood pressure; it was normal with high pressure 120 and low 80. My wife told us she felt something very hot within her body, and sweat a little bit before we arrived home. From then on, my wife's blood pressure returned to normal.

Case 9

A Letter from a Patient

In October, 1984, I came down with kidney failure. Thereafter, for nearly seven years I have been given several operations, which had only made me worse. I couldn't even stand or walk as usual. Instead I had to use the wheelchair. What was more devastating was that I was complicated by heart disease, gastric ulcer, and some other diseases. On May 14, 1991, I was extremely weak and could eat nothing.

For the first time I attended Dr. Yan's lecture, during which Mr.Yan demonstrated the process--how the Qi functions. I tried on the spot. Very soon I felt certain Qi coming out from the mouth and gradually all of my pains were gone. I seemed to be totally released. More amazingly, after the lecture, I felt hungry and I had a big meal. I had no such a desire in the past few years!

Since then I have been practicing every day, half an hour or more at a time. It's truly a fascinating experience.

First time I found myself hard to concentrate. But the second time, I forced myself to think nothing. In a moment there appeared a scene in front of me: I was sitting on the grass around a lake. Opposite there were high mountains and big trees, through which the sun was shining brightly. With the wind stroking the branches, the sunshine seemed to be hiding itself from time to time. At that moment I felt a fit of cold and hot.

Well, the same thing happened in my later practice, except that I saw more things, for instance, one day, I was on a boat in the lake and a woman with a child on her back was rowing the boat. Somehow the boat began to rock and I, too, and such.

Afterwards in the course of my practice more was added. Sometimes the sun was high in the blue sky; sometimes it was covered by clouds. Washed by the sunshine, I felt hot; under thunder and lightning, I felt cold. I remember once that I was on a boat, but in some way I changed my place--I was lying on the grass. The sun was so fierce as to make me too hot to bear. Standing up, I went to the lake and jumped onto the boat which was still in the centre of the lake. I washed my face with the water from the lake, feeling a lot more comfortable. Then in another picture I was sitting on the grass. Facing me, the sun was about to rise. I saw two men carrying an old man up the mountain. Yet all of a sudden they disappeared, and so on so forth. Such a thing takes place time and again.

On May 15, I was fortunate enough to have the chance to meet Dr. Yan who encouraged me a great deal. A year later unexpectedly I could not only stand up, but walk as before. How

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grateful and exciting I was! Since then I have been exercising everyday to build up my strength.

Besides there are two peculiar things I have to mention here. One is that during my medical treatment, I suffered a great deal from cramps in the back, hands and feet. But after I followed Mr. Yan's advice, whenever the symptom occurs, something begins to work inside my body, which greatly eases my pain until it is gone.

Another thing is I used to have trouble in breathing, which made me unable to lie down but sleep in a chair instead. Now whenever I feel suffocated, I usually keep taking deep breath, after that, I can breathe with ease. When I feel headache, I do the same. It vanishes very soon, so that I can go to sleep.

All these miraculous changes in my body, I believe, are brought about by Qigong. Therefore, I'm strongly convinced that Qigong can really improve and strengthen health, as well as cure disease. It is an inconceivable subject. And I sincerely hold that if everybody learns it, any disease can be eliminated. In this way, people can always live in good health and a joyful life.

Finally again I'd like to thank Mr. Yan and Prof. Wu for your greatest help.

Truly yours,

Dora Chu

Chapter 7
The International Yan Xin Qigong Science Association

1) Introduction

Since the Qigong rediscovery in China and the growing Qigong popularity all over the world, Dr. Yan Xin was invited to visit a number of countries in Asian and North America, his audiences totaling more than millions and millions. In the United States, President Bush received him as a guest of honor several times and praised him as 'sage of our times'. With a goal "to promote understanding of oriental cultural essence, carry on mankind's cultural heritage and enhance international cultural exchange; to study the scientific principle of Qigong and explore the secrets of human life; to benefit human race in better health, longevity, peace and happiness", the International Yan Xin Qigong Science Association (IYXQSA) has developed so rapidly that it has attracted members from about 90 countries and areas, among them a large number of well-known professors/scholars and high ranking government officials.

In the United States alone, chapters spread in 30 states and more than 60 main universities such as Harvard, Yale, Princeton, Stanford and Columbia. Many prestigious research institutions, among them are Harvard University, Princeton University, Fitzer Foundation and Stanford Mind-being Research Center, tried actively to interact with the Association in seeking cooperation with Dr. Yan Xin in scientific research on Qigong. Last summer the College of Acupuncture and Herbal Medicine in Hawaii gave Dr. Yan an honorary M.D. degree. Having been registered with the federal government of the United States as a nonprofit academic association, with chapters established in dozens of countries, the IYXQSA has become the largest organization of

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Qigong and human body science in the world, with an effective system of coordination.

To meet the ever increasing needs of Western Qigong enthusiasts, a great number of Chinese Qigong references have been compiled, translated, and distributed in the form of audio and video tapes as well as printed material. In the meantime, great exposure to the Western media has resulted in a large number of newspaper and radio and TV broadcasting. The English edition of Yan Xin Qigong and Contemporary Sciences is in print now. Another important book, Grand Master Yan Xin in America, is in compilation. An international periodical on Qigong and human body science is getting ready for its first issue. An international Qigong and human body science research information center, instituted by the Association, has been active in collecting, processing and distributing ancient Qigong references, and modern Qigong and human body science research information for Qigong enthusiasts and scientific researchers. The information center is also establishing ties with other international Qigong and human body science research organizations. Further structuring for this organization is now under way.

Dr. Yan Xin, devoted to improving health, longevity, peace and happiness of the entire human race, has shown high virtue, superb Qigong power and miraculous mass healing effect. His emphasis on good character and taking ancient Chinese Qigong into modern scientific research have had a great impact on international audiences, especially those in the Association's historic first International Yan Xin Qigong Health Workshop. To meet the rising demands for trained Qigong personnel, the Association will launching an international Qigong teachers training program. An international Qigong institution is also being planed. To realize this goal, there are negotiations to purchase one or two universities, which will be gradually become an international Qigong university with Qigong and human body science programs woven into the existing curriculum. Strong

voices from international members have also directed the Association to found an international Qigong health center. The health center will combine intensive teaching and self practice to help patients relieve suffering and attain longevity through personal effort.

China has the most abundant resources for developing Chinese Qigong, such as high level Qigong talents and modern human body scientific research. In China, Dr. Yan Xin has about 60 million direct audiences and more than 100 million Yan Xin Qigong practitioners. Qigong treatment has been permitted officially by the Chinese government as standard medical technique, and every large hospital has set up its Qigong medicine department. Qigong and human body science programs have been adopted into the curriculum in all main universities

The IYXQSA has, since its founding, remained a close relationship with China Qigong Research Association and China Human Body Sciences Association. Leaders of the Association were sent to Beijing to hold important meetings with Mr. Zhenhuan Zhang, President of China Qigong Research Association and China Human Body Sciences Association. Realistic ways of setting up China Headquarters and offices of IYXQSA had been discussed and it was agreed that President Zhenhuan Zhang would be in charge of this affair. Furthermore, discussions were made to found China Institute of International Qigong Research Institutes, an international Qigong university as well as programs for training teachers and exchanging scholars. Meetings with chief officials of Qigong organizations in several provinces were also held to discuss future actions of setting up provincial chapters of the Association. Agreements were also reached on co-sponsoring World Qigong Exhibition to be held in Japan next year.

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2) Constitution

Organization

IYXQSA is a non-profit private organization and serves as a liaison for Qigong enthusiasts from all walks of life.

Ideals

To provide service in members' Qigong training and practicing, transmitting related information and exchange of experience, etc;

To promote understanding of oriental cultural essence, to carry on mankind's cultural heritage and to enhance international cultural exchange;

To study the scientific principle of Qigong and explore the secrets of human life;

To benefit human race in better health, longevity, peace and happiness.

Membership

IYXQSA is an international organization. Membership is open to anyone who wishes to improve mental and physical health, prevent and heal diseases, prolong life, and exploit one's own latent potential as well as study scientific principles of Qigong, regardless of sex, age, profession, race, nationality or religious belief. Anyone who wishes to join the Association can become a member through filling out an application from. The Association is not subject to any Qigong school. Its members are encouraged to join other Qigong organizations and members of other Qigong organizations are welcome to join IYXQSA.

Membership fee

Members are encouraged to donate by free will, in order to maintain basic operational costs of the Association.

Administration

The international headquarters is presently set in the U.S. Branches are to spread through the entire world. The preparation work is handled by coordinators. The formal administration of branches will be established by the local members through recommendation.

Activities

To teach and train members in Qigong, improve members' mental and physical health, prevent and heal diseases, make use of the human body's latent energy, and raise working efficiency, so as to live a better life in modern society;

To collect, manufacture and transmit audio, video and printing material of Mr. Yan Xin's Qigong teaching and lecturing, preferentially provide members with Qigong lecturing tapes and other auxiliary materials that carry special Qigong information;

To trace and report various Qigong activities, organize attendees for Mr. Yan Xin's Qigong lectures and receive his teaching and training in person;

To establish teacher's training system, spread Qigong teaching and training and gradually build a convalescent and recovery system for people that suits modern society;

To propagate Qigong-related knowledge and information, and promote understanding of the Chinese cultural essence;

To uphold the principles of learning from anyone and emphasizing morality as the root, collect and learn various techniques from all Qigong schools in the world; invit and welcome lectures of teaching by grand masters from any Qigong school; encourage international cultural exchange, learn from the

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best and improve together;

To combine with modern science, research scientific principles of Qigong, find application of Qigong in every aspect of human life, launch research on human body science, uncover the secrets of life and the universe, and benefit human kind.

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