Qigong was introduced to this country about 27 years ago and thousands of people have benefited from the great art that benefits practitioners physically, emotionally and spiritually. There are countless stories about the wonderful effectiveness of Qigong over the past years. Here are some stories that we hope will help you understand Qigong better.

The great scientist, Albert Einstein once made the following statement:

A human being is part of a whole, called by us the Universe, a part limited in time and space, he experiences himself, his thoughts and feelings, as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires, and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

There are many ways to free ourselves from this prison. Qigong is one of the ways.

If you have any comments or you would like to add stories about your own experience in practicing Qigong, you are more than welcome to send us an email to info@wisdomandpeace.com. Thank you!
ACTUAL EXPERIENCES FROM PRACTICING QIGONG

From Teri Applegate - Qigong Instructor & Acupuncturist (Seattle, WA):

In 1996, I chose to attend Oregon College of Oriental Medicine (OCOM) for its Chinese medicine program since it offered me the opportunity to further my studies in Qigong. While I knew nothing about Professor Chen, Huixian who founded the Qigong program, I soon became delighted that we were ‘required’ to take a weekly Qigong class from her. By the second year of optional Qigong offerings, I had already begun assisting her in other classes and at weekend workshops.

Prior to my enrollment at OCOM, I had been recovering from a herniated disc which had left me in fear about my back condition especially with the rigors of the masters program for 3-4 years. As soon as I saw Routine 1 demonstrated in Soaring Crane Qigong and realized I would be required to bend over that far, I became very worried about the practice. However, my fears were quickly diminished as Professor Chen reassured me that it would still work if I only bent over as far as was comfortable without causing pain. Within a few months, I had mostly forgotten about protecting my back and surprisingly found the floor within reach. The healing of the disc was confirmed by my doctor at Christmas break after three months of Soaring Crane Qigong practice.

Moving from the warmth and sunshine of the Hawaiian outdoors made for some dreary thoughts and low moods for me during my first cool, rainy winter in Portland. Frequently I contemplated transferring to sunny San Diego from OCOM; however, they did not have a Qigong program. After returning from an on-site visit, I reaffirmed my commitment to pursue teacher training in Qigong and moved to be nearer Professor Chen to devote more time practicing Qigong with her in the mornings. By the time spring floods came, I noticed that my daily Qigong practice had lifted my spirits.

Fortunate not to have had any serious illnesses, instead I had several sports injuries and accidents that left me with musculoskeletal challenges, including a herniated disc and sciatica. Emotionally this injury had taken its toll as I was constantly worried about further damage or re-injury. While this may have made me live more in the moment, pain was not a positive thing to track. I felt going to OCOM would renew my and give me the confidence to pursue a rewarding field of medicine to help people. While the practice of Soaring Crane Qigong first led to adjustments and healings on the physical level for my back and knees, I had to pay closer attention to recognize that it had improved my emotional state as well. In the past, the gut feelings of betrayal and shame as a sexual abuse survivor had been buried for years, yet I knew I had made good progress throughout periods of therapy. But when sharing my story with others, the emotions would surface with many a tear shed. After practicing Qigong for about 6 months, a dear friend sought my help as she worked through her incest memories. It caught my attention that I was so calm in talking with her; I could be empathetic but not enmeshed. Gone were those raw sensations from my body and my mind that had been easily triggered. It took me a while to fully realize that the qi had rooted out the stagnations, even from childhood, and had not let the low moods take hold again.

Another Qigong gift was how my memory and concentration improved making the challenge of a new intellectual endeavor at 47 both possible and exciting as the theories of qi and Chinese medicine took
Qigong became my mainstay of qi and confidence after one of the Chinese instructors queried a group of us older students, ‘Why you go to school when you’re so old?’ He followed it up with his explaining that people in China retire by 55 so they don’t use up all their qi! Yet my role model, Professor Chen, had begun teaching at OCOM at the age of 60!!

Living through a major car-Max train accident in my second year at OCOM, was perhaps my most revealing evidence for the power of qi. While the EMT’s pulled me out of my totaled Honda, I remained calm with the quiet reassurances of my passenger, a fellow Qigong instructor who along with her baby, were both unharmed. The accident scene seemed surreal- quiet, no one running wildly about, no screaming, just sirens announcing their arrival. Later we would surmise the qi that had taken such good care of us throughout the event, that even the shocked train engineer kept his composure. Battered with broken ribs, a concussion and minor hip contusion, I couldn’t have landed in a more wonderful healing environment- Professor Chen’s home, to cat-sit while she headed off on a China trip. The following day she had me out meditating at our favorite cedar tree. With modifications, I resumed daily Qigong practice standing in her back yard. In less than 3 weeks, I passed a major clinic entrance exam with flying colors. (I confess to worrying a bit that all those acupoints and herbs might have been knocked out of my head which could have led to big setback!) But beyond that I realized that a larger overview had formulated in my mind, a valuable asset for my Chinese medicine studies, as every new detail seemed to fit easily into a greater whole.

Having had several family members who had suffered with cancer, I was especially inspired by Professor Chen’s recovery from late stage breast cancer through her practice of Soaring Crane Qigong. With my positive Qigong experiences, coupled with Professor Chen’s amazing story, I set out to help people living with chronic and critical illness through Qigong and Chinese medicine. After starting Qigong classes at Providence hospitals in Portland, I learned far more from my students than I could ever impart to them. Their healing experiences with diagnoses such as ALS, cancer, neurological disorders, and fibromyalgia provided me the confidence to instruct them. My favorite topic was that the mind can focus, from a myriad of things, to one thought- guiding the qi to open the channels and acupoints. Thus, the mind could also heal. Students’ health improved even without physical effort if they were restricted in movement, such was the power of the qi. The Qigong healings, whether in body or mind, led to spiritual growth as we worked together to master our qi with our minds. Putting aside the intellectual mind and our emotions during practice and meditation, allowed our spiritual minds to come forth in awareness.

It would be my wish that every student I teach that lives with critical illness be completely healed through their Qigong practice. But, this has not been the case. Over the years I have come to know that there is no blame in this; there is nothing to be said about not practicing enough, or failure to do it ‘right’, or the mind/qi not being strong enough to heal the body. It just is. Perhaps it has to do with destiny – perhaps not. However, for me learning to accept less than 100% success was a huge challenge- someone who had always disliked failure. This major blessing came by witnessing the grace with which students and patients passed from this lifetime. The power of qi was apparent as they made decisions with clarity, and a calmness that was surely spirit. Peace of mind and their compassion for those they loved and left behind were evident as the qi departed from their bodies.
Professor Chen’s mastery of Qigong and her ever-present joyous, uplifting spirit, have me feeling blessed to remain under her tutelage. Still she provides inspiration as she continues to teach weekend workshops at the age of 79! Through the lineages she has passed on to me, I have continued to sow the Qigong seeds she carried from China. It is my delight to train teachers in these forms, who in turn pass the flame of connectedness and the spirit of qigong on to their students. And in the years of teaching Qigong, whether at OCOM in Portland, on Oahu, in Seattle, New York, Utah, California, or in Canada, I have observed students’ increasing desire for empowerment and responsibility for their own health and spiritual needs. Qigong provides the inspiration and the means to make it happen.

Observing so many wonderful experiences with qi, has confirmed the concept for me that the Universe has infinite qi. When I learn to open up, draw upon, and remain connected to the vastness, my wellness is maintained while my wisdom and spirit expand beyond limitations- out into the cosmos, the source where it all began. There lies the root of wisdom and life’s mysteries, willing to reveal our purpose this lifetime through Qigong practice.

The East has been embraced by the West! Qigong leads the Way! And Professor Chen and Ping Ping have led us across the Pacific Ocean many times to experience Chinese culture first-hand, and to learn from great Qigong masters who hold Professor Chen in high regard. How fortunate we have been to study with Master Wang, Zhe Zhong who passed on his family lineage of 400 years to Westerners; to hear scholarly wisdom imparted by Yu, Xiao Fei; to clap hands with the Super Energy of Master Ma, Cheng Kai; and to learn Chinese Essence Qigong from Professor Chen, Fu Yin. The month I spent in the countryside with Master Zhang, Yu Lei as he worked with his students who had mental disorders was a challenging adventure that over time has led me to realize its amazing rewards.

Through Qigong I understand that as consciousness collectively shifts, at times ever so slowly, it is revealed to us that all beings and matter on this planet are qi and truly connected- to one another and to the greater Universe. Needing to fully awaken to the compassion held innately in my heart, I trust that the qi will bring it forth into action, so in turn, I can help those in need. My fascination with and deep desire to be in Nature, where Qigong integration reaches its peak, requires that I be a responsible steward of this Earth. Reminded by Professor Chen’s words, with positive thoughts and actions, we can bring about positive qi for the healing and betterment of humanity and for all who share this planet. I know that individually, I am but a microcosm of that oneness; collectively we are in the macrocosm.

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A Qigong Journey by Kathryn Cooper, Acupuncturist and Qigong teacher (Port Angeles, Washington)

In the Fall of 1993, I was entering my third year of Acupuncture School at the Oregon College of Oriental Medicine and I enrolled in the Qigong class.

My decision to enter the Acupuncture program was precipitated by 7 long years of chronic full body pain, diagnosed as Fibromyalgia and Chronic Fatigue.
It only took a short time to recognize that there was a great treasure here, both in the Soaring Crane Qigong being taught in the Qigong class but also in the Master Teacher teaching it. Within three short months of studying this wonderful, beautiful form I was completely pain free and the depression was lifted, and has NEVER come back. I continued to study with Master Chen on a regular basis, for three more years and participated in two of the wonderful Qigong China trips with her.

Looking back on that time, 17 years later, seems like another time and dimension. By practicing Qigong I have been able to come closer to realizing my true self. It was the Qigong that cleared the imbalances of Qi and Blood and enabled my body to heal the deep cellular damage that had been caused from the impact of being exposed in utero to the medications, but also from the deep emotional imbalances that had also developed from a myriad of reasons.

However, for me, what has been the most important benefit I have gained from practicing Qigong is the spiritual growth and awareness. The practice of Qigong has lifted me out of the constraints of limited beliefs and ideas and allowed me to expand my consciousness to embrace a greater sense of myself and others. I have a deeper understanding and respect of the universal love that governs all life and that enables me to have greater compassion and connectedness. In saying this, I only wish to convey, that coming from where I was, I am a much freer person in my own being and can be more present for others with whom I come in contact with.

My experiences in teaching Qigong have also helped to expand consciousness. One of my biggest hurdles in beginning to teach Qigong was one of confidence in my ability to impart this very sacred knowledge to others. Learning a form is a technical process, being able to be present to the Qi and impart that to others, requires discipline, practice, and a dedication and openness to the Qi.

Prof. Chen was able to recognize the gifts that her students had even before they could see it in themselves. From the beginning she seemed to recognize that I should be a Qigong teacher. I didn’t see that but with a strong desire to bring this information and gift to others that I began to train to be a teacher. Yet, even with the certification and all the wonderful results and experiences, I still didn’t believe that I had the mastery to teach Qigong.

It wasn’t until one morning when I was doing my daily Qigong routine that from a place that I can only describe as the deeper knowingness of the soul that I felt a shift in my consciousness that I was to teach. What I ‘felt’ and heard was a sense of something greater than myself and that I just needed to ‘get over myself’ and just do it. I realized at that moment that it was my ego that was keeping me from teaching. This ‘message’ has continued to recur during Qigong practice and meditation so I took it as something to pay attention to.

It goes without saying that those who come to learn have all gained from Qigong, whether they practice for a month, a year or a lifetime. There are many stories of how Qigong has helped and could never be adequately shared in this short essay.

What I can say is that the greatest gift that comes from teaching Qigong is when someone comes closer to realizing the ‘inner knowingness’ of who they are and their truer spiritual purpose in this life.
Qigong Teaching Experience by Phyllis Lefohn- Qigong teacher (Helena, Montana)

Qigong came into my life in the spring of 1994. Little could I have imagined that the one weekend Qigong workshop in Portland with Prof. Chen, Hui Xian was the beginning of the rest of my life. Seventeen and a half years later, Qigong remains an integral and joyous part of my life. To paraphrase Prof. Yu, Xiao Fei: “Qigong became not a practice, but a way of life.” I continue teaching today, 16 years after greeting my first students, and estimate that during that time; I have had the pleasure and the honor of introducing 500-600 students to Qigong. Prof. Chen gradually introduced us to more and more forms, giving her teachers the gift of being able to offer students exactly the forms that were right for them at the time.

From those early days of healing from Chronic Fatigue Syndrome to subsequent healing on multiple levels of mind, body and spirit, Qigong repeatedly reminds me that I can access the healing power of the Universe to heal myself. Some challenges have been amazing; had it not been for Qigong, the Uranium poisoning probably would have been fatal in the years before a Naturopathic physician was finally able to diagnose it.

Each member of my family has been positively affected. By gradually helping me to become quieter, more patient, and more compassionate, Qigong has helped the rest of the family to do the same. Teaching Qigong has enriched my life in infinite ways. The very act of teaching continually leads me to deeper understanding. The more I know, the more I realize how little I really do know. Teaching leads me into a very deep meditation state, in which I am often aware that the wisdom I hear myself speaking is channeled from the Source of All That Is. In fact, I know my brain could never have “thought” those words. Each teaching experience, whether teaching one person or 20, in turn teaches me yet more about the heavenly wisdom with which Qigong connects, with glimpses into how Qigong opens meridians, and allow that heavenly wisdom to channel through each person who practices. Watching Qigong change lives for the better is one of the greatest joys of teaching Qigong. The Qi continues to ripple out; watching my own students become teachers and fly on their own is pure joy. Listening to students tell of their responses to Qigong repeatedly validates our strong belief that Qigong practice is life-changing, health-enhancing, and at times, life-saving. I am reminded nearly daily how Qigong practice has made my life easier to live by opening up the world of Buddhist and Taoist philosophy and by giving me direct access to spiritual insights during meditation.

I recently experienced a sample of the Chaos that is predicted for 2012, and once again, felt the years of Qigong practice grounding me. As I left work at 5 PM, a sudden heavy snowstorm began dumping snow on streets that were warm from 3 days of 50 degree weather. The streets leading out of Helena—steep hills—immediately became a sheet of ice. Cars, trucks, vans, and buses began sliding helplessly across the roads and into intersections, smashing into each other like vehicles in a video game. As I walked to the parking lot, a truck crashed into a parked police car. Only years of Qigong practice could have allowed me to stay calm and think clearly. It was several hours before I got home, but I reached home safely, with my car intact, and my mind focusing on safety for each person caught in the storm. The next morning, I awoke with images of the night’s chaos in my head. I began doing the mental Qigong we learned from Master Wang in China. Almost immediately, the disturbing images were transformed into a state of deep meditation and gratitude. I spent the rest of the day in this place of peaceful bliss, at One with All That Is.
My life became Qigong the weekend I took that first Soaring Crane Qigong weekend workshop with Professor Chen. I didn’t consciously realize that is what had happened, but I sensed it. A month later, I learned Standing Meditation. During that second weekend, Professor Chen sat down next to me at lunch and said quietly, “Someday you will travel to China and learn more about Qigong. “ I could not imagine such a trip, and yet, I knew she spoke truth. 17 and a half years and four China trips later, I am still living the truth she spoke that day at lunch, and I forever live in gratitude for Professor Chen, for Qigong, and for a life better lived because of Qigong.

A Smile is the Beginning of Peace-Mother Teresa, by Joyce Spreyer – Tai chi and Qigong teacher (Lake Oswego, Oregon)

Mother Teresa could have had Chen, Hui Xian in mind when making that statement. Chen’s smile is her signature and an inspiration to every one who meets her. I first heard about Chen, Hui Xian in 1995 when my tai chi teacher, Peter Stein, read the class an interview Solala Towler had included in his book, A Gathering of Cranes. Peter considered Chen’s remarks in the interview to epitomize Taoist philosophy, I knew that Chen was teaching in Portland at that time, and I was eager to meet her. About a month later I attended her Level One Soaring Crane Qigong class, and she and the form have been an important part of my life ever since. I was certified as a qigong teacher in 1998, and have devoted my retirement to teaching classes and introducing people to the energy arts.

Before moving to Portland in 1993 I taught middle school teacher for 24 years. Retiring at age 55, I wanted to find a form of exercise that would serve me well into old age. At the time, I was tired, frazzled, out of shape and overweight. Today, at 73, I teach classes for seniors year-round, conduct practice sessions, offer private classes, give lectures and demonstrations at a local college and other venues, and have the energy of a person half my age.

Because I learned tai chi prior to qigong, it has remained an important practice for me. I’ve taught tai chi classes at the local senior center for sixteen years. Many people come to tai chi not knowing anything about Taoist philosophy or the energy arts. Some are sent by their doctors because tai chi has a reputation for improving one’s balance. I see my mission as introducing people to a whole new way of being in the world, improving not only physical balance but mental and emotional stability as well. Dr. Effie Poy Yew Chow defines qigong as “harmonious integration of the human being with the universe.” This is the essence of the education I received at the feet of Chen Hui Xian, and it is the message I impart to my students.

Chen’s example has shaped my teaching. What most impressed me about her as a teacher was her compassion, her patience, and of course, her smile. Rather than treating qigong as a something weighty, somber and serious, she emphasized that it is a natural, peaceful and happy way to be in the world. When I teach, I let students know that their bodies want to move in a graceful, relaxed way. It is only our minds that sometimes get in the way. People come to my classes feeling old, in pain, stressed, and fearful about the future. For many of them tai chi and qigong become a path to rejuvenation.

After my certification, Chen asked me to offer free weekly practice sessions to students, and I have done so every Saturday morning year-round for more than ten years. I had a room built onto my house
to accommodate these practices and serve as a place where I can offer instruction to individuals and small groups. During the winter months we meet in my “Qigong Room,” but when the weather cooperates, we move our practice to a near-by park. Chen taught me that the finest flooring is no substitute for having one’s feet in contact with the earth. On World Qigong Day, the last Saturday in April, we invite students from my tai chi classes to join the qigong group for a celebration to send a wave of energy through the time zones, connecting with similar groups around the planet. On New Year’s Day I host a Peace Meditation where we can align our goals and intentions for the year ahead and send a wave of peace into the universe.

One of the most important lessons I have learned from Chen is that everything is qi and that we can change the world by aligning with Tao. One story that illustrates this point was recounted to me by an older student, a war veteran suffering from PTSD. He had come into the city for a job interview. Feeling stressed after the interview, he found his way to a nearby park where some people were practicing qigong. He sat down to watch, and as he watched he felt the stress leave his body and a profound stillness and peace enter in. When the practice was over, the leader approached the man and thanked him. He was perplexed. “Why are you thanking me? I should be thanking you.” The leader replied that the group had felt his support and experienced his spiritual connection with them.

Chen showed me the power of qigong in numerous ways. One that has stayed with me happened on my first trip to China with her in 1998. We were touring a statuary garden in Hangzhou. It was hot and humid, and our guide, an earnest young man, was working and describing the sights. Suddenly, he crumpled to the ground, a victim of heat stroke. Chen—who loved to say she was a teacher not a healer—sprang into action. She began to pull excess heat out of the man’s back with her fingers. After about 20 minutes, the man sat up and appeared to be recovered. We were amazed to see the bright red marks on his back similar to those caused by the process of cupping. And yet Chen had achieved this result just with her strong intention. It was an important lesson of qigong’s enormous power for healing. Although I have not seen Chen in some time, she is with me every day—in the words I hear coming out of my mouth when I teach, in the examples I use from her life, in the beauty and grace of Soaring Crane Qigong, and every time I think of her I smile.

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Whispers from a Singing Bowl by JoAnn Albrecht- Qigong Teacher (Portland, Oregon)

I purchased a Tibetan style singing bowl from an estate sale and as I held it in my hands, I heard a voice whispering “spirit bowl.” I banged the side of the bowl hard with my right index finger and it sang the most beautiful tones and, again, I heard “spirit bowl.” I knew nothing about Tibetan Singing Bowls at the time, although I’d become interested in Eastern philosophies. The man in an Asian antique store gave me a stick from a 100 year old oak tree and showed me how to play it. The Bowl vibrated throughout my whole body. Sometimes in the middle of the night in the dark I could see blue energy inside it as I played. The beautiful healing sound of the spirit bowl and the dragon and the phoenix carved into the sides of the bowl led me to a Tibetan Qigong workshop in June of 1996. Master Wang briefly introduced the spiritual aspects of qigong practice along with how to do the form. After two weeks’ practice, my broken ankle healed, I lost 10 pounds, slept less, my complexion changed and my disposition improved and my cataract totally disappeared and my healing ability increased.
In 1997, I heard about the Oregon College of Oriental Medicine and the qigong master Hui Xian Chen. From then until Prof. Chen retired from OCOM I studied the forms she was teaching during the weekend workshops open to the public. As I was entering Level II of Soaring Crane Qigong, I was invited to become a teaching assistant at her weekend workshops. Accepting that invitation was one of those life-changing moments you don’t immediately recognize. One afternoon while assisting at a Soaring Crane Qigong workshop, spirit gave me the answer to that burning question whether I should be a healer or a Qigong teacher. You teach. You teach people Qigong so they may learn how to do their own healing. I had been permitted to teach Tibetan Qigong by Master Wang. And in the year 2000, I became an OCOM certified Qigong instructor. My connection with spirit through practicing Qigong had also increased greatly.

Since becoming certified to teach, I’ve taught Qigong at Portland Community College, support groups at Good Samartan Hospital, taught private and group lessons at my Sherwood Wellness Center, did more energetic healing work on animals, and for the past five years have been teaching Qigong to the women inmates at the Coffee Creek Correctional Facility (CCCF) in Wilsonville, Oregon. Teaching the women at CCCF how to unlock the chains of their mind has been another life-changing activity for them and for me. Although Qigong is not, and I emphasize not, a religion, I’ve watched the ladies become highly spiritual in their own way. One woman touched my heart when she said to the class, “You are entering sacred space when you step through the door into this Qigong class.”

The year 2012 has started off with a Qigong BANG! On 01/22/12 in Medium Security I led the first Qigong Retreat. They were released from their two-person cells for the entire day. For them, it was “like not being in prison”. We met in the Chapel at 9:00 am, set sacred space, did a talking circle with a buffalo rattle talking stick to state our intention for the retreat, did Qigong, ate lunch, watched a DVD of people swimming with fish and turtles in Maui, practiced the Self-Massage techniques, wrote healing words on the water container and our individual cups, ate a sack lunch, and participated in a drum healing circle. They also had time to just BE with half an hour of nothing scheduled.

Qigong truly is one of the doors to connecting with your spiritual path and awakening your higher potentials. It’s not just for overcoming disease and chronic illness to become physically healthy and emotionally balanced. The most important aspect of my Qigong practice is that I’ve learned to always trust my intuition for I believe that intuition is spirit whispering to you to keep on your path or to find it—that the universe is guiding your life. Walking the path of practicing Qigong to stay healthy of body, mind and spirit to enable me to help relieve the suffering of other beings has been challenging, rewarding, fun and sometimes difficult. Qigong also prepared me for the intense energetic shifts that are happening in the world. We who are practicing Qigong and have an open connection to the spiritual path are the ones who will be able to assist others in the future. Connecting with spirit and practicing Qigong has changed my life; and I’m sure it will continue to open even more magical doors of the mind in the future.

My prayer is this article will inspire others to study Qigong and find their spiritual path.

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The Gifts from Qigong by Jennifer Daly - Qigong Teacher (Helena, Montana)

The practice of Qi Gong has been one of the greatest gifts in the path of my heart as well as an amazing tool in cultivating physical well-being and wisdom. For most of my life nature has been one of my greatest teachers and is where I have found connection to God, Universe, Spirit, Dao. Ever since I could remember as a young child, my sense of spirituality and who I am stems from being in Nature. It is in Nature where I find of calmness and connection to the greater whole of life. Whether I am walking on the beach or hiking in the mountains or sitting by a river edge watching the sun on the water, these ways of being have been great gifts that have given me peace and connection. Practicing Qi Gong is in part the same for we are stepping into the nature that lives inside our being connecting with the greater source of nature as a whole. As a practitioner and teacher of Qi Gong I have experienced how Qi Gong is a way to remind people how they can help themselves step inside and discover their true nature. Qi Gong is a way of engaging the body in experiencing a moving form of prayer where we can become aware of our divine essence of sacred beings of light living in form. As I look back from when I first was introduced to Qi Gong I feel as if Qi Gong chose me and I am continuously grateful for Qi Gong that has been benefiting my life.

During my early years of life, in the intellectual world as a student often had difficulties following directions and keeping focus. In my early twenties while living in Vermont, I was introduced to Tai Ji. The practice made a difference in my ability to concentrate to be more efficient in my daily life. A short while after cultivating a daily practice, I found myself practicing the movements while lying asleep. I often would wake with my hands and arms moving in the gestures of certain poses of the form of Tai Ji. Although I did not practice Tai Ji for very long, the potentials in experiencing the flow of qi and the ability to focus were cultivated. A few years later I injured my back while working on a farm. My back injury brought me to work with Chinese Medicine and Acupuncture. Whenever I received an acupuncture treatment, I was always intrigued by the acupoints, their path ways and the meaning behind the names of the points. I was very sensitive to feeling the qi flowing through my meridians. My Acupuncturist would often mention that I had a gift and natural talent with the whole sense of qi and Chinese Medicine and I should pursue this gift.

For years to follow I stepped on to this path by studying different forms of healing arts. It was when I was introduced to Qi Gong that the biggest door opened up. Two days before I attended my first Qi Gong training I saw a poster for Soaring Crane Qi Gong. The poster mentioned a sentence about "enhance creative abilities ". This caught my attention for at that time I was playing music with a group of fiddlers for dances. I often had trouble with concentration and remembering the A and B parts of a song. The Qi Gong class was a two-day workshop taught by Phyllis Lefohn who at that time had begun her path of teaching while studying with Professor Chen, Hui Xian at Oregon College of Oriental Medicine. After a full day of training I could focus my mind to guide qi through what we call the " Central Channel". I was amazed at how this affected me. After only one day of class I was already experiencing the benefits. Later that evening when I was playing the mandolin for a dance I could not believe how much better I could focus. From that first class I continued to pursue Qi Gong with Professor Chen in many ways for depth studies.

Now looking back seventeen years later I can say that Qi Gong has chosen me. Who would have thought that shortly after moving to a small town in Montana that I would become a Qi Gong
Instructor / Healing Arts Practitioner and embarking on several trips to China to study with many great teachers and learn to speak Chinese. Thank you Qi Gong, thank you Phyllis Lefohn, thank you Professor Chen and the many wonderful Qi Gong Masters in China. I am grateful in so many ways for how Qi Gong continues to be such a big part of my life and the path of my heart.

In my case I believe my diligent practice of Qi Gong has prevented me from having serious health problems. Since I was a young child I had chronic trouble with my teeth and had many root canals that later caused serious infections and toxicity in my jaw bone. I believe if I had not been diligently practicing Qi Gong I might have developed a serious disease. For most of the seventeen years, I have been practicing Qi Gong very diligently. However, since I purchased a home recently that was very run down and I became so involved in remodeling my home and dealing with toxin materials, I was not as diligent with practice as I could have been. My health declined as a result, I now realize how important my daily practice of Qi Gong is.

Beyond physical health my practice of Qi Gong continues to benefit me in many other ways. The awareness of the flow of Qi is often with me whether crossing the busy streets in Beijing or walking into a building. This sacred multidimensional sense of qi from my practice filters all that I do whether I am teaching a class or providing hands on therapy with a client. My Qi Gong practice is the foundation behind the success of my work. My ability to focus on the kinesthetic sense of wave-form patterns that relates to energy and structure is a reverent experience. To be able to witness, be present and be aware of how amazing we are as beings of light living in form often brings me to a state of great gratitude.

Beyond teaching a Qi Gong class, when I am one on one with a client, I often share the gift of Qi Gong by helping people become more aware of the internal flow of life force that runs through them. I mention to them that I have witnessed that when Qi Gong masters practice Qi Gong they seem to have no bones. Their fluent movements stem from their awareness of the internal core channel in the center of their body- the Central Channel. I remind my clients that the power of their mind can change the outcome of their conditions. The awareness and cultivating the practice of softening is a way to let go of the densities we hold in the multiple layers of our physical form. This will help the qi flow freely.

The biggest obstacle we have is the limitations we put on ourselves from our beliefs. The power of the mind can regenerate health patterns. When people free up the blockages they carry within their bodies, the rest of their life will open to greater potentials.

As a practitioner and teacher of Qi Gong, I have experienced how Qi Gong can help people by stepping into their divine essence. The main benefit that I have seen in my students beyond their physical health recovery is that Qi Gong is a tool to help them attain tranquility. As we peel away the layers of our busy active intellectual minds, a focused peace of mind can transfer into our everyday life.

Practicing Qi Gong is a tool to remind people of who they truly are. By teaching Qi Gong I feel as if I am teaching someone how to fish instead of giving him a fish. We share with our students the skill to cultivate our higher potentials.
While practicing Qi gong, I am able to bring a thousand thoughts of the intellectual mind to an inner focus that leads to unify our interconnectedness of our true nature with the state presence of being. These glimpses are to loose the sense of separation and to mingle with Dao or God or the Universe. The generosity in serving human kind that I see time and time again through Professor Chen and our teachers in China to touch my heart and ripple through many aspects of my life. Professor Chen's gallant efforts of continuous selfless devotion to create an extensive support system for spreading the teachings of Qi Gong is a great example of service for the advancement of human consciousness. Her teacher trainings and translations of treasured wisdom from the masters in China to the Western world is a tremendous contribution. I have also witnessed this through many great teachers while studying in China. They expressed great appreciation for our learning and practicing Qi Gong. They graciously encouraged us to share their teachings with the world to help with consciousness of humanity. For instance, Master Wang, Zhe Zhong of Turtle Longevity Qi Gong is a great example of the cultivation of our focused mind and healing powers. During our late night gatherings in Beijing with Master Wang we witnessed the most dramatic phenomenon that a small tumor disappeared from a cancer patient. It proved that our cultivated mind is great and our potentials are only as great as our imaginations. Being in China and witnessing shifts in people’s health conditions opened me up to realize that the power of our minds can affect the outcome of our health, our lives and emotional well-being. From the cultivation of the focused mind, I now realize the responsibility of being careful of my thoughts. If we are thinking positively then we are contributing to healthy qi. Professor Chen would often say,” Our thoughts are Qi. Where your mind goes, the Qi follows."

Master Zhang, Yu Lei of Wisdom Qi Gong taught his students with so much love and kindness. He shared with us that when he looked at his mentally ill students he saw them not as patients yet as normal and healthy people. This teaching has influenced me in many ways whether with a client, a student, a friend or someone who might be dysfunctional. With the power of our thoughts we are responsible in a way as not to add to someone’s dysfunction or to limit people by believing their dysfunction. We should look at their true essence and potentials. These are a few examples of how the Wisdom of Qi Gong continues to ripple out into the world.

I am grateful for countless wonderful opportunities to learn that I am able to be a part of this great web of life. There are so many ways that Qi Gong can benefit people. Whether it is teaching Qi Gong at a Convent or a Music Camp it is an open door to touch people’s life. I am grateful and am looking forward to more opportunities to share this wonderful tool.

Below is a prayer poem that came through me while practicing Qi Gong.

A living prayer for all beings  
Aligning the essence of love and light  
A practice, a cultivation, a way  
To live this in the depths of our beings  
As a state of flowing sacred streams of light and love  
Resonating, living, moving, radiating from this place.  
The central channel of light  
Core essence streaming through us
Aligning, resonating heaven and earth and the universe
Radiating from our hearts
Healthy, loving relationships
Allowing, nurturing, softening, supporting
Creating, inspiring, honoring, being
Formlessness expressing divine essence.

Holy opportunity manifesting in form
Step inside friend, step inside
The only way out is to
Step inside, friend.
I am you and you are me
In gratitude, realizing
We - this holy place -
Not a place of defined mind
But a gateway of being
Deepening, experiencing life of light
Rippling through our divine essence
Thank you for this vessel
Containing infinite space resonating life
To be able, to explore
To experience being
This transference of light
Creating and expressing.

Oh! Thank you to be the am
That I am, in this moment that I am
And for the am that is nothingness
We of infinite expression and exploration
Essence, light, void
Dancing in form, a gift to be
Lighting ways of colored paintings
Experiencing void through sacred
Acupoints, portals of the stars
Attuning our inner rivers,
Flowing streams of light
Aligning constellations in union of
Great mystery of oneness
Cultivating presence through our dantians
Our fields of sacred essence
To be of in expressing living from these centering gateways
Thank you for endless opportunities of
Unfolding potential source evolving,
Experiencing creative ways to
Express and reveal through
Art, song, music, video, dance, words
Body, relations, love, beings
Colored Paintings lighting ways of
Essence being light
Being void, dancing in form

Thank you light of life,
Light of the Blue Star, sacred water
The light of the turtle
Mother of earth resonating
Tranquil wisdom of ancient ways
Thank you for the expressions through
Great teachers resonating light and love

Thank you for the sacred lands, rivers
The many gifts of this beautiful earth of
Mother and source
Thank you for the teachings and awesome
Presence of beautiful trees, plants
Winged ones, family & friends
Mountains, rivers, oceans and stars
The Big Dipper and the Milky Ways
Thank you for the moon and the sun
As they shine across our peaceful dreaming brows
Thank you friends of the land, the rivers and the seas
The deer, the bear, the horse, the elephant
The whales, the dolphins, the turtles
The otters, the salmon
All beings great and small
Thank you for your medicine ways
Thank you for your presence
Many beautiful winged ones
For butterflies, blue-birds, hawks and eagle friends
Thank you for medicines and wisdom of these beautiful
Lands of sacred mother earth
Thank you for the song lines and the sacred codes of
Where we come from
Thank you sacred lands
Light keepers, sacred water,
Guadalupe, mother of earth
Thank you for the dreams
The medicines, the heart connections
The holy fire, the songs, the reverence and
The reckoning of being
The I am… ancient being of love and light
Wise beings, seekers of truth
Thank you brothers and sisters of heart loving joy
Thank you for you, for your love
Thank you for being

Stepping inside resonating reciprocity of being
Excepting, allowing, loving
Giving and receiving love
In reverence for the state of gratitude
Thank you for the reckoning of being
The I am… ancient being of love and light
Realizing who we are as opportunities
Of expansion of divine source
Living, loving life, recognizing each other in this light

A living prayer for all beings
Aligning in the essence of love and light
As a practice, a cultivation, a way
To live this in the depths of our beings
As a state of
Being the am of love and light
Dancing in form
Thank you for this gift to be.

My Journey With Qigong by Lynn Potter - Qigong Teacher (Gearhart, Oregon)

My journey with Qigong started in 1994 as a student at Oregon College of Oriental Medicine. I feel truly blessed to have had the good fortune of being one of Professor Chen’s students. I learned Soaring Crane Qigong and became certified to teach the form in 2002. I was also certified to teach Awakening Light Gong in 2010. My story is a story of the subtle and slow process of awakening that is the result of a regular practice of 17 years, consistently moving me closer to harmonizing and unifying the body/mind/spirit-the jing, the qi and the shen. It has been as much a spiritual journey as well as a physical and mental one. I thought I would categorize what I have gleaned from my Qigong practice into these three areas of the human experience. At the same time recognizing that they cannot be separated, but are truly one.

The physical journey
The longer I work with Soaring Crane Qigong, the more I see the beauty and wisdom in the Five Routines and the Standing Meditation. They are a true complement to one another. As I work with the discipline of returning my mind again and again to the places in the body as instructed to focus, I become hyper-aware of the flow of blood and qi to every joint and every energetic meridian of the body, or lack of flow if the case may be. The form is so comprehensive in its goal to open the flow of qi that I feel there is not a single aspect of my being that goes untouched by the mind combined with
the movements. I have also experienced the healing wisdom of the Original Qi when I perform the Standing Meditation and allow the spontaneous movements to move through me, opening blockages. I feel like a detached observer, watching my inner physician perform treatment exactly where healing is needed. It is a challenge for me to let go of analyzing or judging the different sensations occurring in my body while practicing, however, I trust in it completely. I attempt to just bring my undivided attention and compassion to my experience and simply allow the qi to gently break through and nourish the blocked areas. The longer I work with these forms, the more I see the necessity of and benefit of maintaining a deeply relaxed state, both mentally and physically. Time and time again, I feel more peaceful and freer in my body after performing the routines-without fail.

The Mental Journey
Professor Chen has encouraged us to let go of the intellectual mind when doing Qigong, thus activating the spiritual mind. However, she also emphasizes the importance of seeking to expand our knowledge of Qigong when not practicing. I have received innumerable gems of wisdom from Professor Chen’s talks over the years that inform my own Qigong practice, my acupuncture practice, the Qigong classes that I teach, as well as in my everyday life. Saying such as, “You are the master of your qi”, and “Positive gong brings positive qi”, and “Have full confidence in Qigong, yourself and the universe” may sound like nice little jingles, but in reality have a seriousness and depth of meaning that have revealed themselves over the years. These and others have sustained me and carried me forward, away from ambivalence to a stronger commitment to my practice. The mental discipline and motivation for continued practices has been my most difficult challenge. I cannot stress enough my gratitude to Chen for her continued commitment to connecting with her students in person via classes or retreats over the years. To stay motivated and disciplined in my practice, I have found that having a community of Qigong practitioners is essential.

The Spiritual Journey
The Spiritual gains I have received from my Qigong practice have been the greatest gift and the most profound. The concept of harmonizing and unifying the body/mind/spirit has been purely an academic one for me until I began the practice of Qigong. I have come to understand the importance of keeping my full awareness of myself actively in the present, while paying attention to what’s happening in the world around me. By simply practicing the forms, Qigong has been preparing me for the greater task of living my life, moment to moment with conscious awareness, so that I can take in information as it happens, listen to my inner wisdom, and respond in a way that is neither harmful to myself nor to others or my environment. I have learned that if I am not at home in my body, I have no way of either responding appropriately or taking care of myself if need be. If my mind is not in the present and aware, I find I am tense and more reactive. When my mind is present, I am calm, relaxed and clear. I am also open and receptive to inspiration and guidance from a place of wisdom and peace. I am aware that this will be a life long journey for me.

My Experience of Teaching Qigong
The old cliché “teach what you need to learn” holds true for me. I am continually seeking to deepen my understanding of the principle of Qigong in order to pass on as accurate and as thorough a teaching as I am able. However, another cliché comes to mind, “the more you know, the more you realize you don’t know.” I feel as if I will always be a student of this art and feel there is no end to the knowledge to be gained. It is a bit over whelming to me at times. Professor Chen is such an inspiring example of a
true teacher. She instills in her students respect, discipline, love and commitment. I have attempted to model myself after her as she holds a wonderful balance of yin and yang in her teaching-receptive and kind, yet firm and serious. My intentions for my students are to provide a safe and supportive environment where anyone can practice Qigong, to provide a complete system whereby the body/mind/spirit has the opportunity to heal itself, and also to provide a space for community where we can learn from and support each other on this difficult and yet joyful journey of life. My good friend Ron Graham read that Thich Nhat Hahn had stated that the next Buddha will not be a person but a community. I really like the idea of that-a collective Buddha. I truly believe that we are in this together and we need to learn to find the common ground of this global community we have so that we can help each other to heal the imbalances that we have created, There is so much to be gained collectively as well as individually form the practice of Qigong. It is worthy of a life time of commitment, which I intend to give to it. Here, I want to express my thanks to all the Qigong teachers for giving all of us this gift of healing.

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Report from Terri John- Qigong Teacher (Helena, Montana)

Qigong has been an ideal pathway for me, providing guidance and direction on the --- toward self-realization and awareness of the interconnectedness of all life. It has been a joy to share this journey with like-minded companions, to experience healing at all levels, to have a practice that brings me back to center and the deep quietness which surface storms and waves do not disturb.

I took a Soaring Crane Qigong workshop in the spring of 1997 during a spiritual smorgasbord section of my life in which I sampled a great number and variety of teachings and practices. My local Qigong teacher, Phyllis Lefohn, and our teacher, Professor Chen, Hui Xian, are exemplary among the many teachers I encountered and have continued to be reliable sources of wisdom and support. Professor Chen’s words continue to inspire me…“ Be your own master,” “whatever comes-‘good’ or ‘bad’- just say ‘thank you and let it go,’” and of course, “relax your shoulders!” I love listening to Professor Chen’s soothing voice gently leading me into an inner space of release and relaxation on the 4-Route Relaxation Qigong recording. This simple Qigong practice alone has been of great benefit in my life and has helped me to relax, take power naps to increase my energy level, and help relieve headaches. Although I learned many forms of Qigong in those earlier years of active searching, it is Soaring Crane Qigong that has held my interest and been the source of deepest healing. In 1989 I was seriously injured in an auto accident that shattered my pelvis and left other lingering injuries. I had resigned myself to a life of chronic pain as a result of these injuries, but through the practice of Soaring Crane Qigong, I found complete healing and regained range of motion, flexibility, strength and balance. This moving practice also helped me learn how to focus the mind and reach a zone of peace beyond the senseless chatter of restless thoughts, enabling me to explore and enjoy sitting meditation and other meditative practices that had seemed inaccessible prior to practicing Qigong. As I became aware of Qi or life energy, I felt more connected to the world and those around me.

I have been feeling my way slowly into the role of Qigong teacher. In the fall of 1999, after two years of practice and additional Qigong training in Helena and Portland, I began leading a Sunday morning Soaring Crane Qigong practice at the local college where I work. This practice group has continued to
meet regularly for the past 12 years, with a small, stable core group and many others who have come and gone throughout the years. In the fall of 2006, Professor Chen taught an Awakening Light Gong workshop and teacher’s training in Helena and after that, a session of Awakening Light’s spontaneous movement was added to the Sunday morning practice time to make it an energy-charged double feature. I had taught two small classes of Awakening Light Gong to friends, but had the opportunity to teach a larger class when invited to teach in Texas while visiting a friend in spring 2011. The class went well and I reflected that “when the teacher is ready, the students appear!” When the regular practice site closed for Phyllis Lefohn’s Friday noon Soaring Crane practice last fall 2010, we moved the location to the college. Phyllis encouraged me to take leadership of the Friday practice time while it meets at the college and many students, faculty and staff have shown an interest in practicing and learning this form. I look forward to continue deepening through Qigong practice and sharing the gifts of Qigong with others through expanding my teaching at the college and beyond. I will always be grateful to my first qigong teacher Phyllis Lefohn and to Professor Chen, Hui Xian, for opening my heart and mind to the transformative power of these practices.

My Experience with Awakening Light Gong by Jany Baymor - Qigong Teacher (Port Angeles, Washington)

It was Friday, October 26, 2006. My husband Karl and I were eating dinner. Even before I finished eating I jumped up and said, “I am going.” Previous to this moment I was suffering from a host of problems, one of them being depression and I really did not feel like doing much of anything. We had recently moved to the Pacific Northwest after selling our beautiful flower farm and home by the sea in New Jersey. Not only did this disappear from my life but also my occupation as a floral designer and my flower shop. The main reason for this was that my husband complained that he could not do the work anymore. Our property value had skyrocket and now was the time to sell. I was devastated even though for the first time in my life I was rich.

After moving to our new home, I was invited by an Acupuncturist who I was seeing for a host of annoying health problems to participate in a Qigong workshop being given by her teacher, Professor Hui Xian Chen. The form she was teaching was called Awakening Light Gong. “Maybe” I said. The thought of it kept popping up in my head and would not go away. Moments before the class was about to begin I bolted out of the house.

I entered a large dimly lighted hall in Port Angeles, filled with around 25 people. Shortly before the commencement of the workshop, in walked a little, middle-aged woman (turns out she was 69) in pink sweater with a pink furry collar. She was flanked on either side by two powerful Chinese women, her students and teachers of Awakening Light Gong. I knew immediately who my teacher was and it was love at first sight. In a spontaneous gesture, I went up and gave this sweet unassuming woman in the pink furry sweater a big hug.

My life changed forever that night as I learned the exquisite, powerful Awakening Light Gong created by China’s beloved, enlightened Grandmaster Liang, Guang Hua. I had a deep feeling that I had been waiting for this my whole life. I knew immediately why it was considered advanced. I had studied and
practiced Tai Chi, various forms of Yoga as well as Western methods for spiritual growth throughout my life however this new magical form stood out like a bright beacon of Light which is what it is.

I took to Awakening Light Gong like a bird to the sky. I began to practice day and night both the Sitting Meditation and the Spontaneous Movements. I was not working at this time so I had all the time I needed. I loved the practice. It was not a chore or something I had to do to get better. I did it because it made me feel so good. It was beautiful—the technique and the music that went along with it. I saw the similarities to subjects I had studied on my path in the past, in particular Tibetan Yoga and Daoism. And there was something new—Spontaneous Movement. There was something about it that echoed a very ancient world when people were closer to the Source—to Spirit. Things began to happen very quickly. The dizziness and imbalance that I had been experiencing disappeared. A knee injury which had prevented me from my practice of Tai Chi for a decade healed up. My depression disappeared. I began to feel happy and hopeful for the future.

I have no doubt that Awakening Light Gong was a Gift from the Universe. Six weeks after learning the form, my husband was diagnosed with Multiple Myeloma and given three months to live. I will never forget that day as I struggled with the utter despondency. During my Spontaneous Movement I fought with the demon of doubt. I pushed it back, I wrestled with it. It took the shape of grave darkness that wanted to consume me but I kept dancing my Light Gong until I won. I say dance because that is how my Spontaneous Movement took form.

That was five years ago. My dear husband Karl, who was given three months to live, hikes hundreds of miles in the Olympic Mountains and is writing a book. Life has not been easy. Actually it has been very difficult, but all the while I continue to dance in the Light and Joy that Awakening Light Gong gives to me. Sometimes I feel “How can I be so happy when so many bad things are happening to me—loss of finances, inability to find adequate work etc. Sometimes the misfortune all seems rather biblical. Yet I feel as if I am in a little boat traveling through a great stormy sea with great big waves and howling winds all around me but in my little boat there is peace as I go through a tunnel of sunshine, calm waters and clear skies. Karl is on the boat with me. Awakening Light Gong has become so much a part of my life that I cannot imagine ever living without it. I awake each morning at 5:30 and practice the Sitting Meditation and then Spontaneous Movement. It is as important to me as the food that I eat. Actually it is food-food for my spirit.

To recount the spiritual journey I have gone on would take too many words. “The Tao cannot be expresses” yet I believe it can be felt like sweet dew in warm summer dawns. This feeling brought about by devoted practice of Qigong lingers, transforming my Life experience into something more meaningful, more beautiful, and more profound.

In 2007, I was honored to become a certified instructor of Awakening Light Gong. It is my sincere wish to give to others the strength and peace needed to get through the difficult times that we are all facing now on our planet Earth. I believe we need to raise our vibrations and attune with the influx of Light coming to our planet at this time. We are being asked by the Universe to evolve. Awakening Light Gong is called advanced but it is really so very simple to do. It may seem strange and esoteric to some but it is so perfectly natural. That is what we have lost—the ability to be natural, the ability to be childlike, open, trusting and full of wonder. As Jesus said, “Unless we become as little children, we
shall not enter into the Kingdom of Heaven”. The Kingdom of Heaven is within us. We just have to awaken to it.

My sincere heartfelt gratitude goes to Grandmaster Liang, Guang Hua for creating the exquisite Awakening Light Gong; to Master Chen, Hui Xian, my dear teacher; to He Ping whose beautiful music has been my faithful friend through the hard times and to my immortal beloved-the Universe whom I now know I am a part of.

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Tales From Cancer Panic to the Ways of Well-Being by Martha Hurwitz - Qigong Teacher
(Seattle, Washington)

I got my cancer because I had yet to develop my spiritual self.

I have always lacked a god concept. My parents allowed us the greatest spiritual and religious freedom they themselves practiced: they had thanked their Judaism kindly and moved on to an East Indian guru, complete with meditation, chanting, ashram visits, and much to my teenage dismay, pictures of “Baba” on the refrigerator. One of my sisters joined a friend at Mass every Sunday for an entire year. But I had some innate sense that religion or spirituality or god wasn’t something you could choose to have a belief in. I didn’t have it, so that was that.

Friends argued otherwise. They said my sense of connection to the earth, my feelings of reverence for things natural, betrayed a deep spirituality. I said it didn’t. It betrayed my sense connection the earth, my feelings of reverence for things natural. On our very first date, my future husband Eric and I established a clear connection about our views on organized religion, which neither of us participated in as children or adults. I defined myself around my non-spirituality.

Being diagnosed with cancer didn’t throw me into an instant epiphany. I appreciated what a close friend said, an assimilated Zen Buddhist (as many of my close friends were): “In the three weeks between diagnosis and surgery, it would be a really good time to have a spiritual grounding to lean on, but it would be a really bad time to try to cultivate one.” If I had never felt an ability to learn to meditate before that, then trying to meditate under those circumstances seemed ridiculous. Plus, meditation wasn’t going to cure me of my cancer or keep it from recurring. Right?

Qigong snuck up on me because of its preventive promise, its involvement of movement and the body, and because once settled into chemo, I actually did have some time to explore this gap in my overall development. I was certainly attending to everything else: How about adding a spiritual advisor to my team of practitioners? I was willing to put up with the concept of Qi (the underlying life force, some energetic stuff that’s everywhere and causes everything) and people’s use of it as a descriptive framework—but it didn’t mean I had to. My framework was still psychotherapeutically based: how can I find my own contribution to a situation, what can I be responsible for, what’s the authentic emotion underlying a reaction, can I communicate without criticism, what is there to appreciate in those I conflict with, and finally, how can I best access compassion?
On one level, and for a long time, Qigong was a way for me to learn to focus my mind on one thing at a time—a very handy skill I’d always lacked. I liked the movements and learned them easily, but, as an educator, felt so grateful it wasn’t me teaching this incredibly boring sequence over and over. I heard other student stalking about fewer headaches, less fatigue, lower blood pressure, more calmness. Then one day Professor Chen, a small happy Chinese woman who’d brought Soaring Crane Qigong here from China—who’d begun practicing herself 25 years before when she could sustain neither chemo nor radiation, nor survive her 19 positive nodes (fully metastasized breast cancer) — came to visit our Qigong class. She talked about how the practice of Qigong, while about physical health, was also a form that helped people find their own contribution to a situation, what they were responsible for, what the authentic emotion under their reactions were, communicating without criticism, appreciation, above all, finding compassion. “You know,” she laughed. “Spirituality!” Well! I thought—If that’s spirituality, then sign me up. It was a real opening for me.

Around that time of increased Qigong commitment, a woman I’d befriended during our respective journeys through cancerness became quite ill. It took a long time to figure out that what she suffered from was metastasis of her cancer into her shoulder, lungs, spine, even eyeballs. I escorted her through her dying, something she never totally acknowledged. She was a gift to me in contrasts: a very spiritual woman with a strong belief in energetics and spirituality, but she wouldn’t tell her parents she was dying. An accomplished and decisive writer and artist, who bounced indecisively between treatment modalities. I was asked by the executor—her ex-fiance turned boyfriend—to meet her stunned parents at the funeral home to view her body before cremation. He could barely speak to them he was so mad, so completely had he taken on her anger at their parental indiscretions during her youth. I became Martha the Minister. I had space for them all: the hurt parents, the hurt ex-fiance, even through my intense anger at all of them, even those I walked around despondent from witnessing death. I practiced Qigong every day during that time. I believe I experienced the kind of spirituality Professor Chen had spoken of.

I took Level 2 training after Eric encouraged me too (I believe he said, “This is totally not like you to do this stuff so I think you should.”). I began practicing most mornings, and on weekends, and vacations. I was never going to give up exercise for my Qigong practice. But I have at times, because I don’t need it as much (although I still love it and still do it). I was never going to give up my writing or my interest in Sudbury schools to pursue an interest not to mention a livelihood in an ancient energetic meditation form from China. But I have. I was also never going to get cancer. I was never going to feel full of love after a Thanksgiving week in a tiny farmhouse with 16 members of my family, 9 degrees outside, no electricity and a wood stove. But now I do! I’m really, really careful now about what I say. I’ll never do. I have, indeed cultivated belief. In Qi, in its healing power, in the love it helps me access, in joy I feel. I can’t believe I’m saying this stuff publicly.

There’s a concept in here. It’s not so much Watch Out For What You Avoid; it’s more like one way or another, you’ll end up doing the work that needs to be done. My work, something of a lost, long-avoided frontier, was in the spiritual realm. Another concept: it’s your belief that is effective, not what the belief is in. There’s a whole pile of literature out there about the biology of belief. Maybe it’s the Qi cleaning out my channels and breaking up blockages and removing pathogens that’s keeping me from having recurrence. Or perhaps it’s my belief that Qigong can do these things that’s keeping me cancer-
free. Whether your belief is in chemotherapy, vision quests, baptisms, vitamins or cranial-sacral manipulation, it’s your belief that makes all the difference.

I have nothing to offer as far as What to Do for this. You’ve got to do that work on your own. I don’t review the literature about environmental toxins or super foods or the emotional links to disease. I’m learning about trusting my intuitive sense, the Chinese language and culture, about what happens when I meditate a lot (which I’m totally into right now, another thing I was never going to do). I’m curious about books, events, workshops with a spiritual tag or god concept connected to them. My appointments these days are with practitioners who I consider my spiritual guides.

It could just be that I wasn’t going to have recurrence anyway. If that’s the case, then I’m lucky to now have a belief that I’m part of some greater larger connected something or other; it’ll be useful as the inevitable stuff of life happens. Maybe I have cancer in me right now—but belief in this story and in the Qigong keep the cancer from thriving. Maybe I’ll develop a real live recurrence tomorrow, as so many have. Let’s hope that all these stories, all the beliefs, sustain me in that greatest of fears. Fear of death. That’s what a spiritual practice is good for: preparation for death. That’s what I wasn’t ready for, what I couldn’t even speak of, when I was told I had cancer. I’m not ready to die now, but I’m a lot more ready than I was then.

May we all be well-prepared. And may our lives all be rich until that day, whenever it comes.

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Personal Testimony from Jeanne K. Foley- Acupuncturist and Qigong teacher (Portland, Oregon)

I give thanks that I am now in my eleventh year of daily practice. Having learned several different forms of Qigong, I find that Essence Qigong and, Occasionally, Awakening Light Gong, are the forms that I return to. I remember when I first learned Essence from Prof. Chen, I never thought I would ever take the China trip nor the Advanced Essence training in order to be a teacher. But I quickly changed my mind about that and did both within a short time after my first year of daily practice. Although it took many years until I had enough confidence to actually teach others.

When I teach, I find the energy totally exhilarates me. I have taught both small classes and individuals. As I teach, I always learn something new. My students feel the benefits even after the first class. Because my students have been either older or on tight schedules due to work and families, I have spaced the classes out over several weeks. That way they can practice each part over the week and I can coach them before we learn the next part. This seems to work well. When the course is completed, I offer ongoing practice sessions, usually several in a month. Their evaluations are helpful and positive. I feel I have received such a solid foundation for teaching from Prof. Chen. The workbook and cd’s have been invaluable and effective teaching tools.

One of my students voiced the following sentiment: I have indeed been keeping up my practice—it’s a solid and much-valued part of my life. It’s well-in-tune with seeking a wider and deeper spiritual consciousness, one of deep commitments.
This also expresses my personal experience and reflects what Prof. Chen describes as the goal of spiritual practice. I have to say that the Qigong itself teaches me. I find this experience amazing. As I do my practice, the artificial boundaries among body, mind and spirit dissolve. I have come to know my body both as its parts down to its cells and also in its wholeness. As the energy flows, I speak to each with blessing and gratitude. When I am distracted, my body-mind-spirit takes over and keeps the flow. “The Universe is kind,” Prof. Chen often said, and that gem has stayed with me.

I believe that Essence has kept me healthy. My practice has supported me through minor bouts of shingles, diverticulosis, colds and sore throats. I continue the practice when sick even if I have to do it sitting or lying down.

All in all, the practice of Qigong has changed my life. I find that, although a person for whom control is a value, I am able to accept disappointment, frustrations, and the perceived thoughtlessness of others with a calmness and grace. I seem to be able to more often take the broader view of a situation. I am fortunate to have a spouse who also practices. We enrich each other through our practice and continuing study of Chinese medicine.

Qigong has taught me in a very experiential way how each part of my body sustains the others. As I hold each of the Five elements in a gentle caress, I learn how each feeds the other. Liver feeds heart; heart nourishes spleen; and so on. From this I learn the revelation of the Divine Oneness; that we are made to give ourselves over. Wood surrenders itself to fire; fire warms earth; earth gives itself up to mountains; mountains crack open to let water through; water feeds wood. This is the only way to live in the Universe in which we find ourselves: a Universe that is powered by love. And so my practice becomes a way for me to bring peace to the world. For Prof. Chen, master and mentor, I will always have unbounded gratitude.

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My Experience with Qigong by Eileen Murray - Qigong Teacher (Cork, Ireland)

I am keeping up my own practice as best I can. Early morning is the best time for me before I go to work, and I find that around 5am to 6am a particularly beautiful time when the stillness is still around us. At times I practice Essence Qigong in the late evening and feel the power of the Qi. Once when I was beaming Qi into the 6 points, it was so strong, I felt the air thick, I believe it had an effect on the stereo that I was playing the Essence Cd on. I got nervous whilst I did understand what was happening. I am still teaching Qigong in Cork, in south Ireland, Chinese Soaring Crane Qigong and Essence Qigong. I hold a workshop about 5 times a year and I get an average of 6 students per workshop. The feedback from students is positive and I hold weekly practice classes in my home for Soaring Crane Qigong and one Saturday in the month for Essence Qigong which I believe is essential to all our ongoing practice. The participants report that this ongoing practice helps them to stay as disciplined as possible and is a welcome support in their individual practice.

I have been teaching for the last 9 years and Susan O’Toole is my Supervisor. I travel to Susan in Schull for practice from time to time which I really enjoy and find it so beneficial. Susan is a very good Qigong supervisor.
Over the last 9 years I have taught more than one hundred people. The economic climate has seen a
drop in interest but I keep going and when I really love to teach a workshop, people come. I feel my
love and passion when I teach Qigong and I feel it a wonderful privilege to teach it. I love encouraging
my students along the way.

I personally feel more drawn to practice Qigong in a disciplined way this year particularly, and I feel a
direct message from the whole Universe coming through every time. Mentally with Qigong practice I
feel clearer and calm. I feel it helps me to have a deeper understanding. Physically it helps me to feel
more centered and connected to the ground I walk on and environment I live in. Spiritually I feel a
direct connection to the Whole and to the Spirit within all of life. I feel connected to the plants,
animals, at times feel a tingling on my back and feel as if there is someone behind me looking over my
shoulder, as I do now as I am writing this. Once when the shone, I felt I was also shining, a direct
ONENESS. A smile from the Source.

I also see a lot of light shining during my practice.

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My Qigong Experience by Ann Shaw - Qigong Teacher (Cork, Ireland)

I remember seeing people practicing Tai Chi many years ago in a park in London and wondering how
people could move so slowly and how strange it seemed to me. I would never imagine how I would
take up Qigong at a future time. It was in my nature to rush about with no thought of how my body and
mind work.

I have been practicing Qigong for 13 years, since Prof. Chen first came over to Ireland with Jennifer
Daly. I was a participant in the first Level One Soaring Crane Qigong held at Loretta Davitts’ house. I
was doing a shiatsu course at the time and Susan O’Toole recommended the Qigong as part of my
Shiatsu training. I then learnt all the levels of Soaring Crane Qigong including the teaching and then
participated in the Essence Qigong to teacher level. I also participated in the first advanced teacher-
training course in Vacaville. Since the beginning I have been going to a weekly group. I have found
this to be very important both to keep me motivated with help from the group and to keep up with any
refinements as they come through. There have been many Qigong teaching groups here at South Reen
farm and people who came to help on the farm have also been taught the Soaring Crane Qigong while
they have been here.

Since starting Qigong my life has changed in many ways for the better. I have become a more
grounded person with a calmer attitude to life. It has opened me to the spiritual aspect of life and this
has led me in the direction of exploration of myself and who I am. Physically I have become stronger
with noticeably fewer illnesses and a better strength for physical activity. I am a horse rider for many
years and I notice a calmer connection with the horses I ride and a well balanced feel when out riding.
This has been commented on by people watching, noticing how I remain more centered. My posture
has improved (again something people have commented on) I have become more open to change and
this has allowed things to happen in a more spontaneous way. My blood pressure and heart rate are
noticeably lower. I am on a medical trial of people aging in Ireland (300 people have been chosen) and had tests last year and the people were surprised by my heart rate, eyesight and general level of fitness so we shall see how I progress as the trial is supposed to go on for ten years or so as to see how we deteriorate!

I am fortunate to live in nature for most of the time. Many people come to stay here to help me on the farm and with the tree-planting project and they comment on the peace of the place. I have experienced a change here and in myself that I would attribute to the allowing that has happened in myself by being able to listen more intently to the questions that arise both externally and internally. Qigong allows this space to happen and it is through the practice that the space can occur.

I think as life seems to become more and more chaotic, the place of Qigong will become very important. This goes along with the tree-planting and the guardianship of land that I have –the time will come when people will need the peace.

I would like to thank Prof. Chen for giving me this opportunity to learn from you. I would also like to say how much I have appreciated Susan O’Toole to help in my spiritual journey and qigong practice. I have learnt a great deal from her and she has been a great support when I have wobbled. Susan has a way of pointing out of the box. It is so clear to me how we are stuck in habits and thinking these habits are safe way to be. It clearly stops the opening of the mind to the hugeness of the Universe and I think Susan’s approach can sometimes nudge us away from the known and into the spaciousness of the unknown.

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Healing From Seizures by Leslie  (Portland, Oregon)

It is Wednesday morning, earlier than I am used to getting out of the house. It’s driving to Professor Chen’s to practice for the first time.

It’s a long ride, plenty of time to reflect. It’s beautiful, cold day. I am happy to be alive. I feel grateful for my life. I am about to turn 40 and I start to think about the last decade.

So much has shifted and changed. Eight years ago I began having temporallobe seizures. They manifested as odd visual vignettes that would overlay my normal visual field, followed by huge rushes of energy and heat that would erase my full recall of what I had just seen. I could only remember snatches.

After EEGs, CAT scans, MRIs, and lots of other tests with fancy initials, the diagnosis was adult onset seizure disorder. Heads were scratched as to the cause and the barrage of treatments and medication began.

I was quick to decide allopathic treatment was unacceptable, because the side effects were worse than the affliction. (Listen, at least I agreed to try.)
In 1996, after a surgery, I had my first grand mal coming out of anesthesia. From then on, grand mals were added to my seizure potpourri.

By 1997, I had controlled my seizures with a combination of Chinese medicine and hormone therapy (and good clean living!). However, a motor vehicle accident changed all that. I was disabled for almost a year. Along with my injuries, my seizures returned and escalated to daily events. They were triggered by any sort of energy exchange: meditation, acupuncture, yoga, body work, sex, someone using energy in the same room, as well as any sort of stimulant or alcohol. As a result of the accident, I was also diagnosed with TMJ, fibromyalgia, strains and sprains to fascia, muscle tissue and vertebrae.

At the worst I had 20 seizures in one day. Still, I did not believe I would have this condition for the rest of my life.

It felt to me that what was happening was a total reforming of my nervous system. It was being broken down and reorganized on a very physical level. Along with the corporal experience was the experience of qi coursing through my body, the presence of a certain quality of light, heightened senses, increased intuition, ability to see qi move and exchange. Though these occurrences were scary and mysterious, they were also exciting and curious.

I knew of Professor Chen through the acupuncture community and hoped she could provide some structure with which I could understand what was happening to me, I was not satisfied with the explanations given to me by the medical community or the alternative spiritual community.

My hope for support was beautifully answered by both Professor Chen and her assistant, Teri Applegate. They introduced me to Qigong and helped me learn to practice in a way that would not induce seizures. With their loving instruction and continued support I am learning to control my energy.

Because of Qigong, I am now seizure free with a completely normal EEG. I have no fibromyalgia, no jaw pain. I am healthy (I can even drink wine!), I can meditate, I have grown, I am joyful and I am filled with gratitude.

Because of Qigong, I am driving today (after three years without a license) to Professor Chen’s house to practice with other students like myself who have also benefited from her help and the help of Qigong.

Because of Qigong, I believe more strongly than ever that we are all capable of healing.

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From Pat (Portland, OR):

The first thing that I learned in Qigong class, it seems to me, came in the form of a gift. During the first class, when I shared with Teri that I couldn’t lift my arms, or hold out my hands, she simply said to me, “You don’t have to; use your mind instead.” It feels like most of the benefits I’ve experienced through
Qigong have been connected to this thought, and reflects the generosity of understanding of my teacher’s spirit.

The second experience that really stayed with me happened during our first standing meditation in class. It was after several months of thinking I had some insight into what qi felt like. But boy did that change. During the meditation, I felt like I understood and experienced qi in a much more overwhelming way; qi was everywhere, it was in me, around me, it didn’t end, it didn’t go away. Qi was everywhere. I think that experience has been like opening a door into the Universe, and, I think, has changed my life. This awareness connects me, and especially during times of treatments, seems to really help me heal.

My third incident also happened during standing meditation in class about a month later. Because of my ALS diagnosis, some of my muscles were very weak, especially my arms. I was used to doing maybe half of the routines in my mind, and trying the other half like everybody else. I had limits, worked within them, and felt like I experienced benefits. But of course I felt tremendous sadness and a sense of loss about my weak muscles, and what they could not do. During this meditation, though, I started to feel something different; in my mind I started to move my arms up and down, and pretty soon I was flying high enough to see the tops of trees. I cried and I was happy. I don’t know if I actually moved my arms, but afterwards, Teri said she saw me fly. That’s the first time anyone has ever seen my wings.

The fourth lesson occurred after I had been taking classes for over a year. Because of my weak muscles, I had been wearing a cervical collar for the last several years. It had become a symbol for me and the class of my disease, and we looked forward to the day when I would no longer need it. Then one day I didn’t, came to class without it, and no one noticed!

My fifth lesson was about trust, and also happened during standing meditation. This was shortly after I had stopped using my collar and though I felt a little stronger, I still could not lift my arms over my head. This interfered with my doing the routines physically, but not with the movement of qi. I understood this, and was able to use it for my benefit, but I still was distressed at my limited use of my arms. But during the standing meditation, as usual, all bets are off. I found myself experiencing my arms being raised, just not by me; there was a feeling of lift, of support. I may even have thought the word qi. I do know there was an aura of comfort, an awareness that everything was as it should be, or could be.

I don’t know how long my arms were raised then, but in a sense, they haven’t come down yet!

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From Belle (Portland, OR):
A year after a bone marrow transplant for acute leukemia, I developed a form of myopathy which severely weakened and damaged many of the muscles in my body. The doctors were unable to give me a diagnosis for this phenomenon, and after being hospitalized for less than a week, with my diaphragm so weakened that I was unable to breathe on my own, I was moved to Intensive Care. I was hooked up to a ventilator, a machine that for over a month and a half did my breathing for me.
After two and a half months, which included a tracheostomy, a liver biopsy, a muscle biopsy, endless anti-biotics, and a variety of other treatment needed for the side-effects from these treatments, I was able to go home. My home-coming was joyous, yet frightening. A challenge for me and my family that included many opportunities for healing. But the going would be tough, and slow.

I couldn’t walk, or sit, or get out of a chair without my husband’s help. I needed assistance from the time I woke up in the morning, until I was helped into bed at night. I first moved around my home with the aide of a walker. After several months, I graduated to a cane. A devastating side-effect of one of the anti-biotics that I was given was a severely damaged vestibular system – most often know as the inner ear, which controls where you are in space – your balance. For months my world, which consisted of my living room and bedroom, orbited around me, often leaving me too dizzy and nauseous to do anything but sit quietly in a chair.

I received physical therapy for the vestibular problem, slowly teaching my brain to take over where my inner ear had left off. After about nine months of therapy, I could turn my head or make slow movements without the room revolving. But my muscles remained weak and sore, with a burning pain running up and down the sides of my arms and legs. I could walk around the block as long as I took my cane, and I could manage a few stairs by grasping a railing in one hand and my cane in the other. I started Qigong in January of 2001, just a year after my hospitalization, I was, to say the least, skeptical about my ability to participate in the routines that Teri said she was going to teach us. But her quiet spirit, her wisdom and gentle guidance, quieted the naysayer in me. I knew that I wanted to heal, and I believed that Soaring Crane Qigong was one of the tools that would help me to rebuild my sore body and spirit.

As Teri suggested, I began practicing the routines by sitting in a chair, moving the qi with my mind, instead of with movement. After attending the classes for a couple of weeks, I knew that I wanted to do more. So, I still sat in a chair, but attempted some of the arm movements. It felt hard, but it felt good because I could do some of them. After a few more weeks, I stepped away from the chair and stood for a couple of the routines, still using my mind to move the qi, but incorporating as many of the movements as I could.

In truth, I don’t remember the first time that I got up out of my chair and stood to practice a routine. But what I do remember are the feelings that I had; the grace and the joy that flowed through me when I knew that my muscles, my bone marrow, my organs – the very core of me – were beginning to heal. After two years of practice that I admit with all honesty, had been inconsistent, I was able to perform everything in the Five Routines, except for Touching the Water because it requires balancing on one leg. But, just like all of the other moves, even this is becoming easier. I can visualize myself, perched on one leg, with my arms flowing as I bend to touch the water.

The love of my husband, family and friends, the opportunity to write about my cancer, and the practice of Qigong with a gifted teacher and a group of amazing survivors, have all been part of the blessed mystery that enables me to say, “I’m still here.”

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From Shirley (Portland, OR):

The benefits I have received from practicing Qigong are many, beginning with the huge shift in how I think about my cancer. When I began Qigong two years ago, I had just finished a grueling time of radiation treatment for recurrent breast cancer. Qigong became the light at the end of this journey. Then another diagnosis- a second recurrence. Qigong practice helped me think calmly and not panic as I wondered how I could help myself make it through even more treatment. So I added acupuncture and increased my practice of the Five Routines and Standing Meditation to twice daily, everyday. Professor Chen and Teri emphasized practice, practice, practice.

Several weeks into this increased practice, I was doing the Standing Meditation when suddenly a large crane stood directly in front of me! Red crest, beautiful white body, black wing markings, close up as if alive. I marveled that this happened to me and I cried joyfully, what a positive affirmation of my Qigong efforts. Crying joyfully has not been something I have done for many years.

So much of the credit goes to our teacher, Teri, who exhibits the characteristics of the strong, caring Qigong teacher. I am excited to see what will make me cry joyfully in the future.

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From Matt, Acupuncturist (Portland, OR):

I have only been practicing Qigong for a few years; but when asked ‘what have I learned from Qigong,’ I feel like I could write volumes. Of course, I will not be doing that. Instead I will focus on the six months or so that Qigong had a profound effect on my quality of life. The first Qigong I originally learned was for building and strengthening so I had not experienced the healing powers inherent in Qigong.

On a dark, drizzly evening in early December of 2001, I had just completed the last final exam of my first semester at OCOM, very ready for the month long break from memorizing acupoints and syndromes know to Chinese Medicine. I put on my rain coat and headed for home on my bicycle. After living in Portland for three months, I was already accustomed to riding my bike in the cold rain, so there was nothing unusual about this trip home, for the first half mile anyway. I was just about a third of the way up the steep hill that would greet me every night on my way home after a long day of class, when I suddenly wasn’t riding a bike anymore. I was having a dream in which I was with my wife and daughter looking through old, beautifully illustrated religious books at a yard sale. I was just discussing which books we should take home with my wife when I felt pain all over my body and felt rain on my face while strangers stared down at me asking me ridiculous questions. “Do you know your name?” What year is it?”

Apparently, I had been hit by a car that was moving quite fast and did not have brakes; as far as I know, they are still driving around trying to figure out how to stop.

I was in fairly rough shape after my little spill, so they (those who helped me up off the street) brought me to the hospital. The doctors noticed that I had a small gash on my head, a punctured and bruised
lung, nine broken ribs on my right side, a partially crushed lumbar vertebrae, another vertebrae that was missing one of its transverse processes, a broken clavicle, a broken scapula, a broken fibula, and as one doctor pointed out, I could use a shave. The great news was that my internal organs were all right (except for one lung, not too big a deal). I could still feel my legs and I had previously learned in class that bones heal stronger than they originally were. Besides all those reasons, this was an excellent chance for me to experiment with Qigong, acupuncture, and homeopathy.

A major thing that I had learned from Qigong and meditation was to experience sensations in the body, a not as good or bad, but as messages letting you know the state of your physical being. I believe that this view of the physical sensations that I was experiencing allowed me to keep my mental faculties, keeping the experience interesting rather than frightening. Beyond being a helpful tool in stabilizing a positive attitude in my self, I believe that it put loved ones at ease to see that I was not suffering.

My next Qigong lesson began my second day in the hospital when I noticed that I could not lift my right arm from the bed. At first I tried forcing my muscles to lift my arm, but all that accomplished was giving me a sharp reminder that my scapula was cracked down the middle and a coughing fit that, while fairly unpleasant for me, was frightening for my on-looking family members who weren’t yet accustomed to seeing me cough up blood. That method having failed, I tried a meridian meditation to find out where I had a blockage. This is when the power of Soaring Crane Qigong first became evident to me. The emphasis Soaring Crane Qigong puts on being in firm control of one’s qi and guiding it through the channels with the mind allowed me, in just a few hours, to break through the blockage that was preventing me from lifting my arm. Before my studies of Soaring Crane, I had practiced meridian meditations; but it wasn’t until practicing Soaring Crane that I could very clearly feel the movement of qi within my channels. I used this technique, after having worked on my arm, quite regularly over the next week and a half of my hospital stay to help clear blockages in much of the rest of my body.

Practicing Qigong for at least a few hours, while lying in bed and doing small amounts of tonification every day, allowed me to return to school in just under a month. Granted that I was still taking hospital prescribed painkillers (10mg morphine tablets and 400 mg ibuprofen) once or twice a day, I still had some work to do. My first day back to Qigong class, we did the Five Routines after which the entire class lined up behind me and in front of me making a chain of energy by placing their hands on me to send me healing qi. I got so hot I felt like I was being cooked. Teri then taught us the Sitting Meditation, during which the entire class sat in a circle with me in the middle with their fingers in a mudra pointing at me. In had experienced some movement while doing other sitting meditations before, a little rocking or a little swaying, but this time I was trembling, even shaking violently. After class I thanked everyone for their good intentions and went home feeling (for lack of better words) a little funny. That night I did not sleep, but I did not feel tired. The next day I went to class, came home and realized that I hadn’t taken any pain medication, and I felt like I didn’t need any. Again that night I did not sleep and much of the week went on that way; I did not need painkillers or sleep. The lack of pain medication seemed entirely positive, but I was beginning to worry about the lack of sleep. After a treatment for insomnia with acupuncture at the OCOM clinic, it was taken care of and I still was off the pain medication.
From Sidsel:

Qigong became known to me “by accident” in November of 2005. A friend, who has macular degeneration, needed a driver to a class in “something called Qigong”! Kris Caldwell was our teacher and she slowly opened up for us the beauty and benefits of practicing Qigong. Having MS and other physical problems, I credit the daily practice of Soaring Crane Qigong that I’m doing as well as I am. Last April, I broke a bone in one of my knee caps. Of course not being able to practice standing, I worked through the Routines and the Standing Meditation using only my mind, and it worked beautifully!

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From Terri:

The month of September over the past decade has brought me good fortune and not so good fortune. In September of 2001, a few days after 9/11, my mother died. The following year, on the same date as my mother’s passing, I was diagnosed with breast cancer in my right breast. One year later, in September of 2003, I was diagnosed with breast cancer in my left breast. In September of 2004, my fortune turned. Determine to play a significant part in my healing process, I attended a conference entitled “Cancer as a Turning Point.” At the conference, Kris Caldwell gave a presentation of Soaring Crane Qigong and taught us all the Tonification Remedy Routine.

Shortly after hearing Kris speak, I contacted Seattle’s Cancer Lifeline and signed up for beginning Qigong. In less than a year, I noticed a calmer, more focused, and more even me. This was especially true in my work. I am a Clinical Social Worker who leads six social skills and anger management groups a week. Each of these groups consists of eight children or youth who have been diagnosed with A.D.H.D. and Asperger’s Disorder. While the energy in the group can sometimes bounce off the ceiling, I am able, through my daily practice of Qigong, stay calm and focused.

Throughout my years of Soaring Crane Qigong practice, I have experienced dramatic and measurable effects to my physical health. I have moved from five or six hours of sleep a night to seven or eight hours of sleep. In 1998, I was diagnosed with Crohn’s Disease. After two years of Qigong practice, I went off my medication, believing that it had healed my Crohn’s Disease. This turned out to be true. Since that time, I have had two remarkable colonoscopy reports. Prior to my Qigong practice, psoriasis was another of my chronic health problems. It took a lot of “See I don’t think Qigong is working for me” and three years of semi-faith based practice for it to leave my body.

As I write this letter, I am looking forward to celebrating my 70th birthday next year. It will also be my tenth anniversary from my initial diagnosis. I feel so grateful for my good health, my peace of mind, my ability to carry on the career that has filled me with so much passion, and the gift of Soaring Crane Qigong that has made all of this possible.

Thank you Professor Chen for the priceless gift of a rich life.

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From Charles:

I suppose that the best place to start is explaining where I have been. What initially brought me through the doors of Soaring Crane Qigong over ten years ago was curiosity in developing something new. I had no real clear idea of what the practice entailed nor did I have any goal with Qigong. What actually brought me fully into the practice is my life.

My daughter, Adeline was born over four years ago. After her birth there were many, many difficulties, with how hard she was as an infant. I also did not realize the physical, emotional and spiritual limitations of myself. I assumed too much at work-department head and union bargaining team member. I also returned to graduate school to gain my professional teaching certification.

I found myself continuously ill physically and emotionally exhausted (not an exaggeration). Spiritually I felt empty and had little joy or perspective as how I could attain joy in my life. Ironically, this is when I stopped practicing Qigong as I felt that it was just one more thing that was taking time, something that I didn’t have. In retrospect it was the one thing that I should have kept in my life.

After battling chronic illness for a couple of years I eventually ended up seeing a naturopath/acupuncturist. He diagnosed me not only with multiple food allergies, which were raising havoc with my immune system, but also with suffering from severe stress and exhaustion. He did a number of acupuncture treatments on me. As I went through those treatments I asked which meridians he was addressing. He immediately said spleen, gall bladder and kidney, all of which I remembered from Qigong. He also said that it would be good if I pursued a practice that would help me heal and maintain that balance. I told him that I used to practice Qigong but had no time. He basically told me to, “find time.”

I then began a home practice, something that I had never done before. It was though at this time that I actually began to sink into my practice, it became mine. I knew why I was doing what I was doing and pushed myself to seriously explore Qigong. In the end my health improved dramatically and I came to realize that I was in control of my stress, my well-being and my spiritual outlook on life. I also realized that I would not merely return to my previous health (both mind and body) but could go far beyond and find something far more fulfilling that would open my life. Given what it has done for me I have every intent to embrace this practice for the rest of my life-it is a gift.

From Stephanie:

During treatment for metastatic lung cancer, I listened to a friend who suggested Soaring Crane Qigong to me. I’ve been practicing for a little over a year and find it brings me some peace in the midst of all this unknowing. I’m not one who has a great physical sense of Qi, but I can focus on the Five Routine benefit anyway. I’ve practiced Soaring Crane to minimize headaches and fatigue, and to support my body in healing.

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From Blair:

My gorgeous, wacky and so very talented son, Justin Amorratanasuchad, died on April 17, 2011. It was a freak accident. He was filming morning shots for a cinematography project on the roof of a building in Boston. He was so engrossed in the filming that he stepped not on the roof but into the gutter on the side of the building, and fell five stories to his death. He was 21. No one can imagine how this is for me—even I can’t imagine it. More here: [www.jdoggilmscholarship.org](http://www.jdoggilmscholarship.org).

This is one of those things that change a life forever.

The impact of this loss on my body-mind has been shocking, profound and mysterious.

I began studying the Soaring Crane Qigong Remedy Routines with Martha Hurwitz not quite 3 months after Justin’s death.

Physically, before this loss I was in good shape, strong, exercising strenuously at least once/week and briskly walking the dog daily for between 20 minutes to one hour, including up and down steep hills. I had plenty of energy to work 50-hour weeks (involving frequent travel cross-country) and to garden & play with friends on evenings and weekends.

After the loss I could barely move, barely clothe myself or feed myself. Walking the dog became a short, slow shuffle up the street and back. There was hardly any energy to motivate my physical body. In addition, there is a heavy, dark and cold weight consuming my heart, chest and solar plexus. Emotionally, my mind also slowed and moved to what feels like a lower vibration. It takes me 5-10 times longer to accomplish mental tasks (such as creating a shopping list, making appointments, paying bills let alone accomplishing work-related tasks). I am also frequently overwhelmed with sorrow and mental pain and will cry, sometimes uncontrollably, at expected and unexpected times. Mental exhaustion occurs frequently. I have been slowly building up my ability to work, starting with 4 hours/day in May and June and advancing to 6 hours/day in July.

Friday was the day after my first Qigong class, in which I learned the Liver Cleanse and Tonification Routines. By Friday, I am often exhausted and unable to function. This was the case this day, the grief overwhelmed me. In the early afternoon I found myself in my neighborhood park watching the sky and the trees. I decided to try the Tonification routine. I felt an immediate sense of soothing comfort and equanimity, and found that I was able to think and had energy to take some action.

As a beginner, after 3 weeks of class and sporadic practice between classes, I am finding that I have more physical energy to face each day and to participate in work and social activities. The Remedy Routines give me emotional and spiritual refreshment-comfort, equanimity and energy. Thinking has also improved—I am able to complete some of the complex tasks that were impossible before I began practicing the Remedy Routines.

The Friday after my 4th Qigong class, and after facing the setting sun to complete the Remedy Routine ‘Collecting Qi from Five Acupoints’, I had a profound experience of what I’ll call acceptance. It was not pleasant; rather it was gut-wrenching to directly experience this loss and feel the finality of it. But I
see this as movement forward, even though I’m still reeling from that experience and my daily functioning is reduced (I’m assuming for a yet-to-be-revealed temporary amount of time). I am slowly coming to grips with this enormous change in my life.

Martha tells us not to chase phenomena’, and while I understand the importance of that frame, I have been experiencing phenomena. I feel the Qi physically flowing through and around me when practicing any of the Remedy Routines. When I did the meditation ‘Exchanging Qi with the Universe’ I was blanketed and lifted up in a soothing, glowing cocoon of golden energy. I experienced joy for a short period after that, in my heart/chest/solar plexus-the same part of my body also experiencing such intense sorrow.

I am finding that his grief is, for me, a profound spiritual experience. I have no choice but to be in the present moment—there is no energy to move beyond it. While it is excruciating to stay in this place where my awareness of my loss is acute, staying in the present moment is also a helpful tool. The Qigong is helping me to approach this experience each day and moment, often with more equanimity, composure, and physical as well as mental/emotional energy.

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From Jane:
I started Qigong during the second week of my chemo treatments (I was diagnosed with endometrial cancer in February 2007). I just wanted a gentle exercise, something I could do while I was ill. After practicing Qigong, not only was I slowly able to feel my body but also able to move more easily. My blood counts improved so much that I never skipped a chemo treatment. My counts were high normal and remained that way throughout my treatment. My doctor was amazed and said he did not know what I was doing, but “just keep doing it!”

Besides my physical health, Qigong has given me peace of mind. My mind has really become more quiet and when it is not, I know how to quiet it. I have made major decisions, and felt very peaceful about them despite opposition from friends and colleagues. Many people say they notice a peacefulness about me and are surprised and pleased that I can say “no” to things I do not want to do. My priorities are clear. I have also discovered a more “artistic” side (I started making jewelry) of myself which amazes me! I feel so fortunate to have found Qigong.

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From Serena:
My first Qigong class was in December 2010. Two Dogs Yoga studio was offering a free week of various classes and Soaring Crane Qigong was one of them. At the time I was struggling with severe anxiety. The teacher Martha had such a calming energy about her that I decided I would definitely like to learn this practice from her. I signed up for a six week class to learn Level One of Soaring Crane Qigong. I so looked forward to my weekly classes and having a reprieve from my anxiety.
I purchased a DVD of Master Chen doing the Five Routines so that I could follow it at home. I absolutely loved getting to the final routine and seeing Master Chen’s big smile at the end of it. I have had such benefit from this practice, I signed my husband up for classes and now we practice together. Thank you so much Master Chen for sharing what you learned. It is a great benefit to all.

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From Stacee:

I have several immune diseases (ulcerative colitis, rheumatoid arthritis to name a couple) that I cannot get medication for. I became very sick and had heard of Qigong and wanted to try it. It has helped my illnesses more than I could ever imagine, plus helps keep me centered and focused.

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From Trish:

I started qigong as a way to respectfully care for my body while going through cancer treatment. In the process of acquiring that practice, I have found that I like my emotional space better when I do Soaring Crane Qigong regularly. I particularly appreciate the support for coaching and disciplining my mind to keep serving me instead of running amok.

I have also found that I have physical strength and balance that I didn’t have before. For example, I used to walk down the stairs of my house holding the handrail, but I don’t have to anymore. I didn’t expect any of this as a result of my practice.

And now the practice has become a way for me to gently care for my form and my mind, and it continues to keep me in line with myh values of being a calm, compassionate, caring person in the world…starting with myself.

Common testimonial from students: Qigong is very relaxing. There is less pain in my lower back. I’m drinking less coffee! I’m using my inhaler once in awhile instead of all the time. I’m able to sleep better.”

“Since I’ve been doing Qigong for over a year, I have come out of my shell a lot. I was as quiet as a mouse, afraid to talk or say anything about myself. Now I am open and not afraid to say what I feel I need to say. And also my gifts have come out more or better. I see energy. I always have and I also can see and hear spirits and the All-spirit. I didn’t understand any of that until I learned Qigong. And I have a few spirit guides. They have helped me a lot in understanding my gifts and in my life. Through the healing powers I have learned what love is and how to love. I did not before. It’s amazing to know what love truly is and love others. And knowing love has nothing to do with the physical. It’s amazing how much I have grown because of Qigong and my teacher, Jo Ann.”

“Qigong has changed my life. It means so much to me. I am so grateful! I have been practicing for about 4 months or so and right away experienced healing from the healing circles. My left shoulder
seriously hurt and now I almost always feel no pain and is getting stronger. My balance, physically, spiritually, emotionally is actually balancing in all ways. And I have gained such positive energy. I can’t wait for Friday nights with Qigong and my teacher.”

“I am so glad that I have been with Qigong for 3 months. I used to suffer from chronic pain for 15 years and now I am pain free. Now, I am sleeping so well.”

“I have been coming to Qigong for about 7 months. I have experienced both spiritual and emotional healing. Qigong helps to quiet my racing mind and gives me a sense of overall well-being. I will continue practicing Qigong till the day I die. It has brought me peace and healing and renewed my spirit.”

From Doris:

Awakening Light Gong helps alleviate the symptoms that I have with my co-infections to Lyme disease: bartonella and borrelia. The pressure in my head, pain in my muscles and bones, and some of the fatigue melt away with the removal of blockages and increased flow of qi throughout my body. I meditate once a day and do spontaneous movement twice a day. Some people do not believe in spontaneous movement, but I let the music move me and do not question whether it is spontaneous or not. When I started doing Awakening Light Gong, I experienced a herxheimer reaction (the die off of spirochetes faster than they could be eliminated from the body) in which I was extremely dizzy, nauseated and weak for about 24 hours. This was just before I started taking the herbal formulas prescribed by my naturopathic doctor. My doctor says that he estimates that my “cure” will take three to five years. Some days are better than others, and I will never know for sure how much of my healing to attribute to the herbs and how much to Awakening Light Gong. I believe in using all available natural healing techniques. It is a very interesting path.

From Ron:

One of the physical ailments I had before learning and practicing Qigong was a hiatal hernia that caused me acid reflux unless I took the prescription drug Zantac. I took the drug and it worked for about 20 years. Then I learned Soaring Crane Qigong from Lynn Potter in 2002 when I retired and moved to Seaside, Oregon. I took her class many times and practice almost ever day. In March of 2006, I stopped taking the medication and the symptoms went away. I believe it was Qigong and my belief that the practice could in fact heal me, that cured my ailment. When I asked Master Chen once at a Qigong retreat if she thought Easter medicine and Western medicine would ever come together, she said, “Don’t ever turn down help.” I have continued the practice almost every day since 2002 and all things seem better in my life.
From Jeanne:

Soaring Crane Qigong has been an amazing force for good in my life. It’s hard to try to explain it, because in many ways it transcends labeling and the using of words to it. I started learning the form in January, 2010, and very early on I learned to let go of trying to box in a meaning for it or to “grasp” it. Every time I did the 5 routines, I would go through them and let go of any “mistakes” I might have made...just as good as I could be for that moment. I could go on and on about the benefit I derived from these routines, perhaps sounding kind of crazy of “out there” in the process. However, I know my self well enough, my instincts, my intuitions, my sensitivity to the world around me, that whatever this Qigong is, it has just been a minute glimpse into the vastness of what is out there and what could be. Both exciting and almost a little unnerving, as well. But only unnerving because we seem to be so timid in approaching this amazing potential waiting for us, if we just take the time to do the form. Our world desperately needs this. We are grateful for the light. This is an amazing gift to us.

More healing stories from students:

The effects of cancer treatment-surgery, chemotherapy, radiation-are often the motivation for students to seek help from Qigong. One student whose saliva had disappeared as a result of chemotherapy found her saliva returning shortly after beginning Soaring Crane Qigong. Pat, who was undergoing intense chemotherapy that required hospitalization, found that practicing liver cleansing while lying in bed mitigated the nausea and headaches from the chemotherapy.

In a poignant case, a long time friend, Jim, joined a Turtle Longevity Qigong class in an effort to reverse severe brain damage from chemotherapy. Unfortunately, the damage was progressive, but for 4-5 years, Turtle Longevity Qigong was able to slow the progression, increase his brain function, and bring him tremendous joy. Interestingly, Qigong also gave him beautiful access to his right brain, even as his left brain was failing. The Turtles with whom he had practiced for so long became his support and trust group. He was increasingly able to express deeply philosophical concepts of a spiritual nature in class, even after he reached the point where he could no longer remember how to walk to class from his home.

One of the most amazing students, Deb, came back to Soaring Crane Qigong after a break of many years when she was diagnosed with tongue cancer. Determined to use Qigong to mitigate the effects of surgery and treatment, and to help herself heal, she not only began a committed Soaring Crane Qigong practice, she gradually figured out which routines would help most before a chemo or radiation treatment, and which helped the most following treatment.
Many students come to Qigong asking for help with lowering blood pressure. Many find at least relief, if not cure. One Autumn, two students called one day apart (something that happens quite frequently), both in their 60’s and both asking for help with lowering blood pressure after having been advised to do so by practitioners. Both learned the Blood Pressure Lowering remedy routines quickly and were motivated to continue practicing by the immediate results. Both returned to their doctors after a couple of weeks. Then their paths differed. One woman practiced the routine a couple of times in the parking lot of her doctor’s office, then walked inside. Her doctor was thrilled with her results and told her she could stop taking the medication as long as she 1) continued to monitor her blood pressure and 2) continued to practice Qigong. She did and was able to stay off medication. The other woman went to her doctor, who found that her blood pressure too had dropped. But when she told him what she was doing, he sternly lectured her that she was risking her life to dabble in such foolish practices and that if she wanted to live, she needed to stop such nonsense and continue to take her medication. Completely intimidated, she stopped practicing Qigong. Over the years, I have seen quite a few students who have been able to get off and stay off blood pressure medication by practicing Blood Pressure-lowering remedy routines, Essence Qigong or Turtle Longevity Qigong.

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Before we learned Awakening Light Gong, I taught either Essence Qigong or Turtle Longevity Qigong to the students with neurological illnesses because both forms were easy to learn, and easy to modify for those with limited physical movement. One student with Multiple Sclerosis, Jessica, came to an Essence Qigong workshop and experienced dramatic results by 1 PM the first day. She had trouble walking and often had a sensation of her legs being cold or numb. To her amazement, she easily walked home for lunch, then back to class, with no hint of the leg difficulties. She continued to practice Essence Qigong, encouraged to continue because it made such a dramatic difference in her mobility. Judy, another student with MS, had a nearly identical experience, first with Essence Qigong, then with Turtle Longevity Qigong, ultimately reaching the point where she could decide intuitively which one to practice each morning. She quickly discovered that her difficulty in walking would return if she chose not to practice soon after awakening…which has encouraged her to continue her practice conscientiously over many years. Qigong has a less dramatic effect on Parkinson’s, but several students find enough relief from the trembling that they continue to practice either Essence or Turtle Longevity Qigong.

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Women whose menstrual periods had disappeared, due to chemotherapy or other medical reasons, report that their menstrual cycles have returned to normal. It is actually common to have women’s periods begin during a weekend Soaring Crane Qigong workshop, at times unexpectedly. Women successfully use Qigong---especially Routine Three of Soaring Crane Qigong---to increase fertility to the point where they are able to become pregnant.

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During a Qigong class offered to students with chronic illness, one woman with COPD, Jean, was delighted to find that after one week of practicing Essence Qigong, she was able to walk from her car...
into the Pulmonary Rehab Lab at the hospital with no breathing distress and no increase in heart rate. Before beginning Qigong, she always had to rest for 10 minutes before the nurse would even allow her to begin the rehab exercises for her lung function was so poor and her heart rate so rapid.

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I have watched several students use Qigong to ease their journey from living to dying. Elaine found that Turtle Longevity Qigong gave her the peace she craved and the philosophical perspective that helped her come to terms with dying. In Awakening Light Gong, she found access to her own spirituality and in fact, played the Awakening Light Gong music during her last three days as a way of easing her transition. Pat made an enormous leap from unquestioned, terrified Catholic to a woman with enormous spiritual understanding during the nearly 4 years that she lived with lung cancer. She attributed the 4 years of precious living and growing—in the face of an original 18-month prognosis—directly to her Soaring Crane Qigong practice.

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Notes from students about their own response to Qigong:

I have been having trouble seeing lately. Yesterday after Turtle Longevity Qigong class, I put my glasses on and found I could see better. I know the energy is working with me.

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While recuperating from breast cancer, I found that Liver Cleansing, Soaring Crane Qigong Five Routines, and Standing Meditation helped my body move more easily and helped my liver clear the treatment toxins more quickly. I continue to practice Soaring Crane Qigong and Awakening Light Gong because the practice of both helps me remain calm, more flexible, and clear-minded.

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Phyllis was teaching a workshop at our horse sanctuary some years ago. We were outside learning Standing Meditation Qigong, concentrating on what Phyllis was teaching us, when someone turned and happened to look at the horses. They had been eating quietly when we started but now had all gathered at the fence as close to our group as possible and were wide-eyed in wonder! It was clear they recognized what we “somewhat backward” (at least to their way of thinking) humans had finally discovered. They looked so pleased for us.

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The pine trees on our land were looking a little unhealthy, though not horribly so, mostly just slow growth and some brownish needles. They were clearly feeling the effects of extended drought. I had learned the Liver Cleansing routine during the winter and started practicing it every week, each time with my foot pointing to one of four trees near our house. In total there were about 30 trees on our land growing in kind of a long grouping, not a line. By the next summer I noticed that the trees where I practiced the Liver Cleansing routine were noticeably greener and had more new growth than the
others. Even the trees near them were a little better looking than the rest. From that point on, I made an effort to do my routine near a different tree each time. A few years later, an infestation of pine bark beetles hit Montana and started to kill many of my neighbors’ trees. By the time we moved away in 2009, only one of our trees became ill from the beetles—the only one I had forgotten to do my Liver Cleansing routine near!

( Note from Phyllis: In 2008 and 2009, all of my neighbors lost 50-100 trees from pine bark beetle; we lost 2 trees at the edge of our property. The only explanation that we can think of is that my years of practicing Qigong among those trees made them strong enough to withstand the attack from the bark beetles.)

I first encountered Qigong teachings through my friend, Phyllis Lefohn, when I was quite ill in the summer of 2008. She offered me a free Turtle Longevity Qigong class. I came to the class with a very swollen right eye, due to the effect of the Grave’s Disease that was attacking my eye muscles and surrounding tissues. I was a desperately skeptic when I took this class however, 90 minutes later, I looked into the mirror and the swelling was gone! I know Qigong has brought vitality to my life.

The overall sense of wellness that opened up with me was similar to the opening of a flower…subtle and gradual and beautiful. I was truly amazed at the strength and wholeness I experienced as the evening wore on. Even my breathing became more free…showing me what I had not yet realized, that my breathing was not free before I walked into the Qigong class.

I have learned many forms, but I was really drawn to Soaring Crane Qigong. The first time I saw Phyllis and Terri do Routine 4, I thought I would never be able to do it. The first time I completed the entire form and felt the Qi. I was walking on air. I began a regular Soaring Crane Qigong practice and soon drew upon the healing aspect of it for an injury.

While on vacation in 2008, I sprained my ankle badly. This ankle had suffered previous serious injury, so I was expecting a long recuperation. However, by practicing multiple forms in Qigong class and continuing my Soaring Crane Qigong practice, the movement and rotation of the ankle quickly improved to the point where I could again sit cross-legged.

This year my knee became swollen and painful. I consulted an orthopedic physician to rule out structural damage. There was none. So what next? Continue Qigong. My knee is still tight at times—probably related to aging (I’m almost 64)—but the improvement was so rapid that I can only attribute it to Qi-to Qigong, and to the healing hands and hearts of my fellow practitioners.
I find that Soaring Crane Qigong gives me the grounding I need when my life is in upheaval.

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I have been taking narcotics and sleep drugs for years, but have not taken either since beginning to practice Soaring Crane Qigong.

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I had never expected to get pregnant again due to endometriosis, but thanks to Soaring Crane Qigong, I have just found out that I am pregnant!

I find that my joints and muscles are much more flexible and I am more relaxed than I used to be since starting Soaring Crane Qigong.

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I don’t get depressed nearly as often as I used to, as long as I keep practicing Soaring Crane Qigong.

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By Monday morning, after the weekend workshop, I had a headache, aching in my joints, and a rash all over my body; fortunately the teacher had explained what could happen from practicing liver cleansing! The Naturopathic doctor in town has confirmed that this likely a detox response to the liver cleansing and is encouraging me to continue practicing.

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From numerous students: “I haven’t slept through the night in years. Now I just put on the Qigong Relaxation CD and fall asleep so fast that I have never heard the end of the CD! Furthermore, I stay asleep until morning.”

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“I have been attending Qigong for about three months now. I used to be real negative and no matter how much I tried I couldn’t shake it. Qigong has literally turned my life around. I feel good in my own skin. Qigong has become a very big part of my new found spiritual growth. (A spiritual message she received ‘as humans were put on earth to enjoy and gather the healing elements. No matter what your belief may be, our directions are all the same. May we be open channels to receive our creator’s gifts of energy and spiritual light.’)”

“One morning I woke up and my face had no movement on the right side-no smile, no eye lid or eyebrow movement-no blink, very bad now—complete paralysis—very scary. It was Bell’s Palsy. This was the week I decided to check out Qigong. When I first experienced Tibetan Three Palms Rising, it felt like the most natural movement, as if I’d done it before. Class is on Friday. On Saturday of the
following week I saw, and others saw, a slight improvement in my eyebrow movement. Over the next three weeks, slowly the movement returned to my face. Four weeks from the onset my paralysis was almost completely healed. I continue to practice and reap the benefits. Qigong Heals!"

“I have only been doing Qigong for a month, but two days ago I was able to stop taking my medication for depression and anxiety and feel great with the pills. I never thought to be free of medication and feel so right, so normal.”

“When I started Soaring Crane Qigong, both of my shoulders were frozen and I couldn’t raise them above shoulder level. By the end of the five-week class, I had full range of motion back in both shoulders.”

“I suffer from a congenital form of arthritis. Qigong practice has helped so much that I can now raise my right hand and a large lump on my foot has disappeared. More importantly, my depression has been lifted and I’m feeling able to find a job. It was quite a surprise when I saw beautiful blue-green energy around Professor Chen while I was watching the Soaring Crane Qigong Level 1 DVD.”

“The neuropathy in my hands and arms has gone away since practicing Qigong. The other day in quilting class I stuck my finger with a needle and could feel the pain. It was wonderful to have feeling in my hands again!”

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