

魂歸九天悲夜月
芳流百世憶高風

Calligraphy by Master Terry Luk/Pacific Printing Company

In tribute to Dame Dr. Effie Poy Yew Chow Ph.D., R.N., Dipl.Ac.

The spirit returning to the ninth sky
Sadness in the night moon
Sweet fragrant memories/reputation lasting a hundred centuries
In memory of the high winds.

Translation by Dr. Alex Feng

Life of Dame Dr. Effie Poy Yew Chow Ph.D., R.N., Dipl.Ac . (NCCAOM)

a world-renowned Qigong Grandmaster, lovingly named the “Mother of Qigong in the West”, energy healer, acupuncturist, nurse, educator, author, international speaker, Humanitarian, Futurist, and Visionary.



1933 Dr. Effie Chow was born September 28th in Hoy Ping (开平), China to her father, Wah Sing Chow, Mother, Lai Yee Lowe She was the fifth of nine children (Edward, Virginia, Edmund, Viola, deceased sister, Effie, Edwin, Jane, Edgson). All the boys' names are prefixed with “Ed”. All the girls' names were prefixed in Chinese by “Poy” which means “Precious”!

1938-1955

As a 4 year old non-English speaking refuge of World War II, Effie escaped with her Ama from China in February 1938 on the ship, The Empress of Russia, as her village “Hoy Ping” 开平 was in the WWII path of attack. Effie came to live with her family in Duncan BC, Canada, outside Vancouver.

In Duncan, her father was a very successful businessman, and humanitarian community leader, who helped many other refugees escape from China to emigrate to the West. As an adult, Effie spoke fondly of her many happy childhood memories, her fascinating “complex” multicultural upbringing, and the tremendous impact her father made in the community, and on what was to become her own life mission as well.

1955 Diploma in Nursing, Vancouver General Hospital, as in those days, “women weren't supposed to” become doctors.

1957

Effie was crowned the Princess of the Vancouver Chinatown Contest and became a star model for the First on going Chinese Cultural Costume fashion show with special Emperors' and Empresses' robes from China.

She went on to appear and perform for various TV shows, live half time entertainment for National Lions Football Game in Vancouver, and other fundraising events

She took off for a three month hitch hiking tour through six countries of Europe, with her friends Lila and Alice, who were also Chinese nurses - She didn't tell her parents till she returned safely home!

She taught Modeling in Toronto Walter Thornton, Vancouver Chez Renee, and in San Francisco Barbizon at a time when modeling was considered by her elders as forbidden undesirable art for "good" girls!

1958

Effie moved to USA in 1958 to work with problem teens through Barbizon. In addition to special grooming and make-up, she taught them how to breathe, proper correct posture, and how to walk and move, for them to gain greater self-confidence; and better their lives, and grades!

She also became a competitive dancer in ancient Chinese cultural Dance, Modern Western, and Latin dances and performed Ancient Chinese Cultural Dance on Television and major events through the years.

In Taiwan- Effie proudly rode a Harley Davidson motorcycle !

She was the first to teach Gourmet Chinese Cuisine classes for Television CBC, Toronto Gas Company and also for "Gentlemen's Cooking."

She was among the first to sail the Statendam, Holland American Line.

She attended the First International Nurses Association Conference in Rome, and was blessed privately by Pope Pius XII

1958-1973

After getting her Master's degree in Behavioral Sciences and Communications, she went to work in Oct 1964, sponsored by the Stanford Medical Center, to work as a research nurse in the pioneering arenas of Dr. Kant's kidney transplant, sleep and dream analysis, Dr. Shumway's mitral valve procedure, and the role of DNA in cancer.

For her research on morbid obesity – Effie introduced Agar Agar as a non-caloric food that can be made into many textured forms to provide variety for weight loss diets.

Meanwhile, well before her time, Effie recognized the limitations of allopathic Western medicine; and became passionate about integrating Eastern with Western medicine, to bring QiGong “miracle healing” to the world. She began teaching across the United States, Canada and abroad. In her travels, she studied with a number of different acupuncture and QiGong masters in Hong Kong; when Communist China opened, she befriended many other such masters around the world.

1973

She founded the East West Academy of Healing Arts (EWAHA), a nonprofit 501 c(3) dedicated to integrating holistic Complementary and Alternative Medicine (CAM) and Modern Western Medicine (MWM) with a special focus on Traditional Chinese Medicine (TCM) and Qigong.

Effie dedicated the founding of EWAHA to her father, Wah Sing Chow, who was the greatest influence on her humanitarian endeavors and seeking the truth for Traditional Chinese Medicine and Qigong.

Mission statement: We foster the practice of excellence in promoting optimum health through educational, clinical and research activities. To do so, we utilize holistic subtle energy healing concepts of Body, Mind, and Spirit. Our goals include bringing the best of health care for all people, giving hope and results for our clients with serious and minor conditions where all else may have previously failed. We celebrate the miracle of life.

1975-1977

Effie earned her PhD. in Higher Education In 1975: and in 1977, was in the very first group of acupuncturists to be licensed under the new CA law that legalized acupuncture

1988

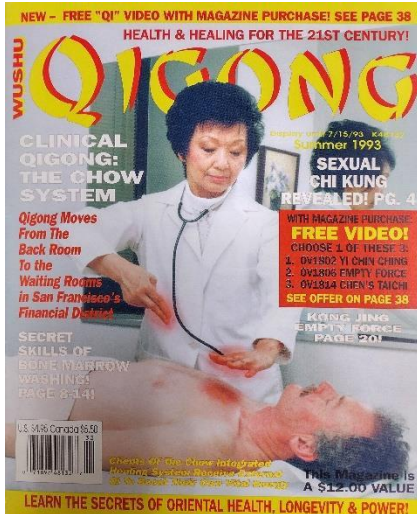
Dr. Chow established the EWAHA Qigong Institute, with Dr. Kenneth Sancier, PhD, as a branch of EWAHA, to promote and compile a database on research and clinical work in medical Qigong. EWAHA assisted with funding for The Qigong Institute to become an independent non-profit 501(c)3 entity. It exists today under the leadership of Tom Rogers and is one of the most extensive database resources for Qigong.

1990

Dr Chow held her first World Congress On Qigong in 1990, to bring together the top QiGong masters she could find, other Energy Medicine practitioners, enthusiasts, and research

scientists from around the world, to give the world a taste in the face of the “impossible,” of what’s possible.

1993



On the cover of the *Wushu Qigong Magazine* Summer issue

1994-present

In 1994, Dr. Chow co-authored *Miracle Healing From China Qigong* with Charles T. McGee, MD.

1996 World Qigong Federation established – held meetings at every Congress

1997 American Qigong Association established – held meetings at every Congress

1997 Published 2 DVDs by TC Media, Int.: *The Chow Qigong System - Volume 1: Qigong Basics & Exercises* and *Volume 2: Qi Press*

Featured QiGong Master for the book, “QiGong. A Paradigm Shift Tool for Pain Management” (Hole MD, Linda), *Pain Management: A Practical Guide for Clinicians 6th Edition*, American Academy of Pain Management, Edited by Weiner PhD, Richard et al, 2001.

Featured QiGong Master for the book, “QiGong Miracle Healing for the New Millennium,” (Hole MD, Linda), *Alternative & Complementary Treatment in Neurologic Illness*,”? Weintraub MD, Michael et al, Churchill Livingstone Harcourt Health Sciences Pub, 2001.

<https://www.youtube.com/watch?v=mjZJ-53UEGA>

2002 First YouTube upload: Chow Qigong Precious Eight Exercises

2003 Canadian TV “Health on the Line” (2 one hour programs) “Energy Healing “ & “Traditional Chinese Medicine”; “Body and Health” (½ hour).

A Complementary Therapy Framework Report, September 2004

October 2004 article on Chow Qigong in Prevention Magazine, *Special Issue:ENERGY Unleash Your Power*

“Encounter with a Qi Whiz” by Maria Mihalik Higgins

Featured QiGong Master for the book, “Heart Qi & the Heart of Healing: Qigong for the Prevention & Treatment of Cardiac Disease,” (Hole MD, Linda), *Cardiac Illness – Integrative Treatment & Prevention*; Edited by Frishman MD, Weintraub MD, & Micozzi MD; Elsevier Mosby Pub, 2004

“In the past six decades, she has been interviewed by major media in the U.S., Canada, Russia, Denmark, Australia, South Korea, Japan, Romania, Italy, the U.K., and other countries more than 700 times. the Public Broadcasting Service (PBS) television company in the U.S. produced a series of documentaries "Discoveries in Alternative Medicine" in which one episode featured Dr. Chow's work. She also participated in more than 15 instructional TV programs. Dr. Chow is a prolific author, promoting the art”

Dr Chow’s World Congress on Qigong grew to become THE must attend Qigong Energy Medicine, Qi gathering of the year and she shepherded 22 of them into success. During the pandemic Dr. Chow held the world’s 1st *virtual* World Congress on QiGong January 2020.

Six or more Awards of Excellence are given at each World Congress that includes Qigong Master of the Year; Qigong Master of Hard Qi; Qigong Scientist of the Year, Visionary of the Year; Healer of the Year, Special Recognition for Promotion of Medical Qigong, Humanitarian Award; Community Service Award; Media Excellence of the Year Award, Model of Miraculous Qigong Healing and others. Dr. Chow also provided recognition annually to Past and Present International and National Faculty/Presenters in the Congress Programs. This attention given to those connected with the Congresses be it planners, organizers, participants, etc. is what has connected and kept them alive and growing over time. Also EWAHA Classes, Programs, Clients, etc have also been kept alive and growing!

The last World Congress on QiGong, that Dr Chow anchored, in September 2022, was a memorable beautiful collaboration together with many of her life long Chow QiGong Family friends and colleagues.

On November 18, 2022, our beloved “Auntie Effie” QiGong Grandmaster Dame Dr. Effie Poy Yew Chow Ph.D., R.N., Dipl.A, passed peacefully in her sleep, at the ripe young age of 89.

2023 – Future plans for EWAHA are being made and can be tracked at the website <http://www.eastwestacademyofhealingarts.com> Watch for the Date for the 50th anniversary of Dr Chow’s East West Academy EWAHA and 23rd World Congress on Qigong/Tai Chi/Traditional Chinese Medicine/Natural Healing in 2023.

Awards, Honors, Appointments, & Proclamations

1955

Princess of Vancouver Chinatown Contest.

1958

Blessed privately by Pope Pius XII

“Distinguished Award”, by National Society of Acupuncture of the Republic of China,

“Distinguished Award”, by Ministry of Health, Department of Occupational Health, Republic of China

“Women’s Honors in Public Service Award”, by American Nurses’ Association (ANA) in Entrepreneurship” by the ANA Human Rights-and Minority Fellowship

Over the years, she was also officially honored by the Ethnic/Racial Minority Fellowship Program of the ANA

1989

“The President’s Citation Award”, by American Association of Acupuncture and Oriental Medicine

1997

“Visionary of the Year” Award, Presented by Second World Congress on Qigong

Proclamations: The City and County of San Francisco proclaims
November 22nd as
“Dr. Effie Poy Yew Chow Day”,

November 20th-26th as
“Qigong Week” for Second World Congress

2000

Invitation by President Bill Clinton to serve on the 20 member White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP)

“Year 2000 Qigong Promoter of the Year” Award, by World Shaolin Chan, April 23,2000.

2003

Appointed by the Museum of Science and Industry Chicago, to the National Task Force on the 21st Century Initiative on Life and Health

.

Appointed to Little Hoover Commission on Acupuncture Regulation

2004

“Building Bridges of Integration for Traditional Chinese Medicine” Award, by World Foundation of Traditional Chinese Medicine.

2005

“Distinguished Graduate Nurse” Award, by Vancouver General Hospital Nursing Alumnae Association

EWAHA received at the 8th World Congress on Qigong

- 1) Certificate of Honor from Board of Supervisors City & County of San Francisco
- 2) Congratulation Letters from US Senate - Senator Tom Harkin & US House of Representatives – Democratic Leader – Nancy Pelosi
- 3) California State Assembly – Leland Y. Yee, Mark Leno & California Congress – Michael M. Honda.

2007

Honored among “*Pioneers and Leaders of Oriental Medicine in the USA*” by The American Association for Acupuncture and Oriental Medicine (AAAOM) October, 2007

2008

Knighthood by the Sovereign Order of the Orthodox Knights Hospitalier of St John of Jerusalem

“The Nurse Entrepreneur of the Year” Award by Vancouver General Hospital

“International Contribution to Status of Qigong” Award, by the Interventional Qigong Conference Bangkok, Thailand

“Outstanding Service” Award “towards the recognition, advancement and acceptance of the Science of Acupuncture in the United States of America,” by National Acupuncture Association.

“The Woman Warrior Award,” by the Pacific Asian American Women’s Bay Area Coalition

2014

“***Mother of QiGong***” Award, presented on behalf of her world wide Qi students and Qi family, at International Symposium on QiGong, Rome Italy

2016 (82 years young!)

Appointed Assistant Professor Adjunct Faculty University of Hawaii John A. Burn School of Medicine, Division of Integrated Complementary and Alternative Medicine.

Dr. Chow created the Chow Integrated Healing System/Chow Medical Qigong (CIHS/CMQ) that is practiced by many individuals today. CIHS/CMQ has succeeded where other treatments have failed. Clients come from all parts of the world to consult with Dr. Chow. She travels internationally to see clients, give seminars and train practitioners to audiences up to 10,000 people in one event. She has personally made presentations to over a million people of all cultures, and to more than 1,000 corporations, including Fortune 500 companies, hospitals, health clinics, universities, and governmental agencies.

Dr Chow also served over the years as consultant and appointed member for many prestigious boards and organizations, including

Consultant for the DHHS

National Heart, Lung and Blood Institute/NIH, and DHHS Minority Task Force.

Appointed member of the National Advisory Council to The Secretary of DHHS on Health Professions' Education for Medicine, Osteopathy, Dentistry, Veterinary, Optometry, Pharmacy and Podiatry (MODVOPP

Appointed member to the first Ad Hoc Advisory Panel of the Congress-mandated Office of Alternative Medicine (now the NCCAM) at the National Institutes of Health (research Division of DHHS) in Bethesda, Maryland.

Editorial Advisory Board of Rodale Press for special publications on alternative medicine;

Editorial Consultant to Time/life Books;

Editorial Advisory Board of the *Journal of Alternative and Complementary Medicine*;

Scientific Advisory Board of the Richard and Hinda Rosenthal Center for Alternative/Complementary Medicine, Columbia University in New York;

Lecturer for medical & health sciences students, UCSF University of California San Francisco

Advisory Board for a special project, Bastyr University of Naturopathic Medicine, Seattle, WA.

QiGong Grandmaster Dame Dr. Effie Poy Yew Chow Ph.D., R.N., Dipl.Ac .

A Personal Bio by Nadia Hole, MD

♥ QiGong Grandmaster Dame Dr. Effie Poy Yew Chow, PhD, RN, Dipl.Ac, from her humble beginnings as a 3yo refugee from China, grew to become the “Mother of Qigong” for the Western world. She is the woman most responsible for bringing “Qigong Miracle Healing” out of China, to the West, and more.

♡ I met Dr Chow decades ago, when my now 31yo, was still in diapers. Way back then, Dr Chow was already larger than life in her superpower achievements and impact on the world.

♡ With her over 2500 media and in person presentations, to over a million around the world, **including** U.S., Canada, Russia, Denmark, Australia, South Korea, Japan, Romania, Italy, the U.K. - She was a Qi force to be reckoned with.

♡ In person, you couldn't be with Dr Chow, and not have your life change, in truly life changing, often unexpected, ways. As one of the coordinators for a number of her 100 hour courses, I was blessed to witness again and again, the life changing undeniable impact Dr Chow made on people's lives, including mine, with her extraordinary Qi.

♡ Peruse through her memorial thank you letters, and feel for yourself the inspiring miracle making, miracle healing, Loving Qi that Dr Chow was so gifted at cultivating and so loved imparting. Her work to this day continues to give hope and healing, especially for any of us who have lost hope.

♡ On a more light hearted note - For those of you who are just now meeting her, below are some samples of the ripple effect of Dr Chow's teachings, as a teacher of teachers of teachers, from her youth to Mother of QiGong for the Western world.

♡ Have you ever met anyone who insisted on hugging, heart to heart, left chest to left chest? That's from Dr Chow.

♡ Have you ever had some health practitioner muscle test you? Perhaps demo to you via kinesiology, how your thoughts and feelings; what you eat, wear; whom and how you connect with; etc etc - affect your muscle strength? That's from Dr Chow - According to Effie, she was the very first to introduce, teach, and bring PMA “Energy Psychology” muscle testing to the West.

♡ Remember that healing food smoothie you had the other day? The original recipe is likely from the Qigong Master whom Dr Chow, invited every year to present at her World Congress on Qigong. He and his wife were hands on practical pioneers in the field, decades before the raw food smoothie movement. My kids and I loved the yummy healing food smoothies, he and his wife treated us to every year as part of their QiGong healing workshops for Dr Chow's World Congress on Qigong,

♡ Have you discovered QiGong for yourself yet? Who's your favorite Qigong instructor? More than likely, your instructor is a student, or student of a student, of some QiGong Master, who became a member of her worldwide World Congress on QiGong family. – Many of the now renowned QiGong luminaries, got a jumpstart launch from dear Effie. So many of us, in the world of QiGong, wouldn't be who and where we are today, without her.

♡ In our challenging times – What would Dr Chow want for us? Of course, she'd want us to each step up to the plate to work together, to make the world a happier, healthier, more Qi filled world for our children, and generations to come.

♡ On a daily basis, with her favorite song in the background “To Dream the Impossible Dream,” Dr Chow would order us to discipline ourselves to practice daily, PMA Chow QiGong, and especially be sure to get our 8 hugs and 3 belly laughs a day ... Yes?

♡ In eternal Gratitude, Love, and Prayer, as we gather together to carry out her legacy, RIP our dear beloved **QiGong Grandmaster Dame Dr. Effie Poy Yew Chow, PhD, RN, Dipl.Ac**



Reminisces for Dr. Effie Chow's e-book Memorial – In alpha order by last name

Cal Abe

Dear Effie I'm really sorry to hear about your declining health and want to send my love and appreciation for all you have done for me and Donna. You have always supported us and our business to the utmost and were always generous in treating us to banquet dinners and introducing us to your amazing friends. Your annual Congress was always a huge highlight for us and we were healed many times by the amazing energy generated by you and your fellow

masters. I remember when all of the masters gathered at our flat in Pacific Heights and the energy almost blew the roof off! They also really enjoyed large roast turkey which Donna prepared! It looked like they had not seen one like that before!

I understand that you have decided on hospice treatment from here on which will free you from invasive and ineffective treatments. Please know that we think of you often and you will always be in our hearts as you make the transition to a beautiful place of eternal peace. Be well, Effie, and we will surely meet again on the other side. Love and positive Qi,

The Daniel Akaka Ohana

Dearest Effie, We want you to know how much we love you and appreciate all the care and attention you gave my Dad, former Senator Daniel Akaka. You took the time to help him improve his health and wellbeing and even visited him in the hospital. Mahalo nui loa for all you did and for all of the care you gave. Your energy was always so vibrant. Dad laughed at how strong you were and appreciated all the health lessons you gave him. We truly appreciate your kindness and generosity for the precious time you made for him in your very busy life. You will always be in our hearts - we will never forget you. You are also in our thoughts and prayers. We wish you well as you begin a new journey that Dad took with your blessings. My Mom, Millie, and the rest of our family send you a fond Aloha with many blessings. Mahalo Nui Loa, Effie

ACEP Association for Comprehensive Energy Psychology

How does one capture 89 years on earth and 50-year legacy in a brief tribute? This simple one sentence says it all: Dr. Effie Chow dedicated her life to service, caring for and caring about others front and center throughout her professional journey as a registered nurse, licensed acupuncturist, world famous healer, educator and health innovator of Chow Qigong, Traditional Chinese Medicine, Natural Healing! She was a woman expressing with "lot of words" loud and clear, "we must move to recognize and accept equal payment for services provided to clients using complementary integrative health approaches to wellness and health care"!

Clara Apollo

I have a candle lit in vigil for the next 48hrs holding golden love light and heart hugs for dear Dame Dr. Effie Chow the amaZing 🟡

Jessica Arguello

I'm sorry to hear this and send love and gratitude to dear Dr. Chow. 🙏🙏🙏

Dr. Christine Bair

Dear Dame Dr Chow, You have brought so much love, compassion, and healing to the world over a very long time, as well as the awareness of the power and practice of qigong. Your many gifts will continue to radiate those essential qualities into the future. THANK YOU!

May your journey to the next dimension of life be gentle, peaceful, and swaddled in an environment of All Love surrounding you and your precious ones. You have been a great force for good in this world and earned a glorious entrance to the next. May it be so. It has been my profound honor to know and work with you,

Troy Bennett

In honor of Dr. Effie Chow, I want to share the top eight lessons that she taught me over the years.

I call these the precious eight lessons from Dr. Chow,

Lesson 1: Meditation:

I was around 12 years old when I called up Dr. Chow with a question. For those who know my relationship with Dr. Chow, it was a very close one. Dr. Chow would spend hours with me on the phone teaching, guiding me, and helping me understand the true essence of Qi Gong.

One day I had a question for her. I said to Dr. Chow, what do you do if you have a problem or something is on your mind which is bothering you. For those who know Dr. Chow, She laughed when she heard my question. Her answer was simple, Meditate. She said, Troy , whenever a problem arises, sit back and meditate and wait for the answer to come to you, when the answer comes, there is no need to worry, just go correct the issue that is bothering you.

So then I asked her, what if I meditate and no answer comes and I can't fix the issue, She laughed again, and said. Troy, always take the time to meditate, and if you come to the conclusion that you can't fix the problem, then it's not in your hands to fix it, it's for someone else to fix it, so don't worry about it. This was lesson number one for me

Lesson 2: Be like the willow tree

This teaching continues to echo in my heart daily.

Be like the willow tree and not like the stiff oak tree that cracks when the wind storm comes. I remember the first time she said this to me. This lesson taught me to understand the power of being soft and more yin in times of chaos. The willow tree survives the storm because of its softness and its ability to move and bend with the wind. It doesn't try to stand strong and meet force with force. Be like the willow tree in life and learn to be flexible in the body, mind and spirit

Lesson 3: Breath

I ask Dr. Chow how important is breathing. She said Troy the quality of your breath will determine the quality of your life. If you have a shallow breath then your life will become shallow, If your breath is strong and rooted then your life will become strong and rooted. When you breathe, breathe like a newborn baby.

Lesson 4: Connectivity

I asked Dr. Chow once, how do you connect with the universe? Her answer was so simple, Troy you are the universe. You are the five elements and you are always connected to everything else in the universe. Everyone and everything in the universe is connected through

qi. She said always remember the smallest thing you do in life will have an effect on the universe. Always use your qi with the intention of love.

Lesson 5: Train for success

This lesson was one of the most important things Dr. Chow instilled in me.

I remember the day she said, Troy , everything I do for you and everything I make you do is to make sure you become successful in life, I train you for success not for failure. You may not understand the teachings now but one day you will. She was right, I did not understand her teachings at the time but now I do. Remember to always help people to become the best that they can become.

Lesson 6. Leave a blessing

This lesson is such a powerful lesson that Dr. Chow shared with me. She said whenever you meet someone for the first time or it may be someone you see daily , always give a blessing. It can be a hand shake, a smile, a compliment, a gift, a hug or words of encouragement. Your blessing of kindness can have the most powerful effect on someone's life and can transform them in ways you can only dream of.

Lesson 7: Eight hugs and Three belly aching laughs

The first time I heard this it made me laugh. This lesson was about what it means to be human. The human touch in the form of a hug is powerful, it allows you to connect in ways that can not be explained. When you come together heart to heart for a hug, you connect with that person's spirit. We are all one. For those who had the pleasure to know Dr. Chow. You knew the power of her belly aching laugh. Dr. Chow brought so much joy and happiness to everyone who came in contact with her. She would always say do not take life so seriously, learn to laugh and enjoy life. It's like a roller coaster with ups and downs, Enjoy the ride and get your laughs daily.

Lesson 8: Life

At such a young age I was always curious about life after death. This one teaching that Dr. Chow shared with me will be one I will always remember. I asked Dr. Chow, what happens when you die? She laughed and said, I cannot answer that question. This puzzled me as this is the first time I have heard my master not knowing the answer.

I said why can't you answer?

She said, Troy there is no such thing as death, there is only life.



To the universe nothing is lost at death, to the universe nothing is gained with birth. Both birth and death are part of the cycle of life. There is only life and life continues even when we move on from this earthly body and move to our next mission in life. To one of the greatest QiGong masters that walked this earth, I would like to thank Dr. Chow for these precious eight lessons she shared with me. I look forward to the lessons that you will continue to share with me in your spiritual life. I know my training has just begun with you, our connection is stronger than ever. Sending you eight hugs and three belly aching laughs Love always

Arnell Bertumen

Rest be in Peace, Master Effie Chow ... my condolences to her surviving family and the whole QiGong Community who lost a passionate practitioner. Namaste' Sifu Effie

Sharon Black

My heart is full of sadness at the passing of Effie. I am sending my best to all of us who cared about Effie and her wonderful skills, attitudes and love. Shari

Ray Blanchard

Thank you, dear Sister Effie...For your generous gifts of love, laughter, smiles, and hugs. Your endless encouragement to be the best that we are is so inspiring that it endures forever. Your legacy continues through all of us that are so fortunate to have been touched by you. My love goes with you through the heavens and all the stars, for I know we are always in your care.

The belly laughs continue!

Love from your Brother Ray

Ted Blickwedel

I was deeply saddened to hear the news about your situation. As it hit me, I immediately had nostalgic flashes of our times together and how we first met in Washington, DC in April 2019 when I attended to your care during the TCM conference because of your hip injury. From that time on you became a loving and steadfast mentor of mine. You graciously allowed me to stay with you in your home during a 9-day Qi Gong training you hosted in May 2019 that I had the privilege to participate in, right after I had attended an Eckhart Tolle retreat in Santa Barbara, CA. We had many meaningful and heart-felt phone conversations and email correspondence over the last few years, to include connecting via zoom for your 88th birthday celebration that I had the honor to be part of. You also consistently supported me through my traumatic ordeal with my VA whistleblowing crusade, which helped me to successfully navigate through the challenges it presented. I cannot thank you enough for all your assistance, encouragement, and the genuine care you have for me. You truly have had a positive and healing impact on

my life, as well as a significant effect on the lives of countless people through your Chow Qi Gong and numerous advocacy efforts.

It is absolutely incredible how you have endured the excruciating medical challenges you've had with this longevity. It is a testament to your indelible heart and spirit which is an inspiration to us all. You have lived an extraordinary and purposeful life which anyone would be proud to emulate. However, it is your time to be eternally embraced by the Universal Living Force Field of Compassion. So, as you let go and are welcomed into this Benevolent Formless Realm of Being, know that you have prevailed and are forever loved and remembered. It is an honor to have you as part of my life. I wish you well as you transition to the 'other side,' and I will miss you as I also feel joy for your liberation. Much Love & Peace Always,

Maria Blodeck

Dear Doctor Chow, Thank you for all you did for me and my dear son Cristobal!

We keep you in our hearts, always ALIVE Hugs and love,

Dianne Boate

This is a time to use a powerful spiritual tool that will help everyone involved, It is simply sending Blessings.....blessing activates the universal Good that is already there, bringing highest Good for all concerned. We do not outline what it is, but know that God has it all figured out. Hugs to you Effie.....another day for being brave in a time of getting news we don't care for.

Luba Bourenitcheva

I write to you to tell you that I love you very much and love every moment that I spend with you. I always will remember your classes , and meditation when I got my voice, my presentation Chow Qi Gong in Tesla club San Francisco and Chow Qi Gang healing in Russia and Russian movie "Water" with you speaking in that movie. Love you Dr. Chow!

Dr. Alex Boyd

My love and condolences

Intercultural Roots is dedicating this short newsletter to Dame Dr Effie Chow who passed on at the weekend. Dr. Chow was an International Qigong Grand Master with over 40 years of experience, founder of the Global Healing Alliance in the Bay Area and a California licensed acupuncturist since 1977. She is the founder of the annual World Congress on Qigong and Traditional Chinese Medicine that recently awarded Intercultural Roots an award for Global Excellence

"Effie Chow is one of the strongest energy-based healers and acupuncturists I have met and I have seen with my own eyes some of the remarkable results of her Qigong work." Deepak Chopra, M.D.

You can read more about Dr. Effie Chow at www.eastwestacademyofhealingarts.com
the East West Academy of Healing Arts she founded in 1973.

"Life and death are not opposed forces; they are simply two ways of looking at the same force, for the movement of change is as much the builder as the destroyer." Alan Watts

Dr Chow was introduced to Intercultural Roots only in August this year through our dear friends Drs. Charlene Ossler and Alex Feng who have known Dr Chow for over 50 years in relation to their collective efforts to integrate Qigong and Traditional Chinese Medicine (TCM) with Western Medicine. Charlene kindly nominated Intercultural Roots and Dr. Alex Boyd for the Global Excellence Award at the recent 22nd World Congress on Qigong, Tai Chi, Traditional Chinese Medicine and Natural Healing that was organised by the Global Healing Alliance and Akamai University, a partnership between Dr. Effie Chow, Dr. Mary Jo Bulbrock and Rose Hong. Intercultural Roots has been supporting Charlene and Dr. Feng's online Zhi Dao Guan / The Taoist Center qigong, taiji and introduction to Traditional Chinese Medicine classes since April 2020. The award is in recognition of this and the collective work of Intercultural Roots, and is very gratefully received, particularly being one of the final actions of Dr. Chow's life's work. Alex Boyd spoke with Dr Chow and Charlene for a wonderfully moving two hour conversation at the end of October during his visit to California.

Ben Brodhead

She will be missed. I never had the opportunity to study with her in person, but I enjoyed her teachings at online qigong symposiums and her wisdom of 8 hugs a day. A deep bow of gratitude for what she represented and accomplished.

Dr. Mary Jo Bulbrook

Thank you for sending the transition news and planning with Effie regarding the next phases of her journey. May she be totally surrounded by the love of many who have been inspired, healed and challenged to be their very best in this journey called physical life. *In the circle of love let us connect the other side, with those physically present in SF, online through zoom and spiritual souls.*

We embrace your journey Effie with softness, comfort, care, hugs and gentle laughter to soothe our weary souls. We know once on the "other side" you will resume your dedicated service of help and healing wisdom to all. *Don't forget to take time off duty though and just enjoy the freedom from physical challenges once the body who served you close to 90 years! Thank you for being You!*

Not to worry about the 23 Congress - *it will be a gala event of celebration in the style of your previous World Congresses* - we will see to that! And we will also work with your family to address your wishes for EWAHA. Today, I received word that the **Global Healing Alliance has been approved as a non profit 501 (c) 3** after renaming Energy Medicine Partnerships International to GHA as approved in our last meeting between you Effie, Rose, Charlene and me. For your information, one of the previous legal names of the non-profit corporation founded in North Carolina State was the International Alliance for Health and Healing. The date the original organization was founded is July 18, 1988. The fact that the news came today, Nov. 15 after having been registered Nov. 3, 2022, with my receiving the announcement of "your planning trip home to heaven" (or whatever word fits in your sacred tradition) is no surprise to me!

It says - ok everyone - all is in place for going forward to carry on Effie's mission and vision in our hearts to **"revolutionize health care"**. ***From your front row seat in heaven Effie, I am sure that your inspirations will still guide the work for going forward. Congratulations on a successful, loving life filed with laughter!***

The candle is lit in front of Buddha to help light the way for you.

Buddhist Prayers of Peace

"May those frightened cease to be afraid, and may those bound be free."

"May all beings everywhere plagued with sufferings of body and mind quickly be freed from their illnesses."

With continual love, prayers and joy for our many years of association dear Effie.

Namaste,

What happened as Effie passed yesterday 19 Nov 2022 she helped orchestrate through all of us an amazing clear message to all of us she still wants to communicate directly to and through us.

This spontaneous gathering of people for the 30 minute tribute to Effie turned into a 1 hour 52 minutes and 18 seconds of unrehearsed or planned connection of at least 27 people who participated. This recording is sent to who I have emails for who came and those who could not make it in person copies to who wanted to be there.

Here is the recording and picture that came out while we were speaking at Debra Basham home. See the heart cloud and sun breaking through the very dark cloudy day.

Happy Sunday and hearing from Effie through the community of about 27 who came in person.



**Dr. Anita Marshall, Rose Hong, Ted Blickwedel, Mike Fisher, Dr. Mary Jo Bulbrook
With Dr. Chow**

Caroline Cai and Master Wang Yan

Dear Master Effie, Master Wang and I are all doing well. We miss you all the time and always want to see you after this pandemic. It is so sorry to hear that you are in hospital. Our hearts and love are with you. Wish you recover soon.



**Dr. Chow and Dr. Wen Yang with
Dr. Aung and Dr. Feng**



We send energy and love to you
My son Maxwell is 20 months old
now and I plan to train him Qigong and
Chinese medicine when he is able to talk
and follow instructions. If there is anything
we can do for you please let us know. Love
and miss you xxx

6

Rosanna Castain

Rest in peace Dr. Chow. I saw the 9 bow ceremony on Facebook. Deepest condolences to all who loved her

Antonio Castro

Blessings and condolences to the family and community for the passing of DAME DR. EFFIE CHOW! My heart joins yours in mourning. I will try my best to join in on Zoom.

Dr. Erlene Chiang, Wen Wu School

Dear Dr. Chow, We are praying for you and counting the endless contributions you've made in the world with Qigong and healing. The Wen Wu School and my late parents (Masters Hui Liu and YC Chiang) appreciate and recognize your work. We will continue to support the World Congress on Qigong! Thank you for all your work and friendship! Sending you eternity of love and respects We are saddened to hear about the loss of beloved Dr. Chow. We will continue to support the World Congress on Qigong and participate in 2023's World Congress.

Janet Chow

Thank you so much for keeping us updated with Auntie Effie. Despite our lack of communication, the Eastern Chow clan has been thinking of Aunt Effie and are very thankful to have you, Bobboo and Wendy there to help. Mom and Dad, David, Denise, and I were all together this weekend with our families and we had a toast to Aunt Effie and reflected how she has touched our lives beyond being related to us. She was definitely a very very special person, and we all expressed regret that we didn't write a note to share our thoughts with her while she was still alive. Thank you for being there for her. We hope to tune in to the Zoom meeting when it happens. Please keep us updated. Much love from the East to the West.

Lisa Chow and Kirk Handrahan and Family

Hi Auntie Effie Thanks for all the wonderful memories. We always enjoyed all the energy and love you brought with you during your visits. I'm sorry I can't be with you right now like you were for our mom. We are so appreciative. I am glad we share a birthday. We will celebrate together when we meet again Love you Auntie Effie. Many hugs and kisses

Sandy Chow

This was shocking and tragic to hear of dear Auntie Effie passing. She was a beacon to the world by heralding a new frontier on treatment options available blending Western medicine with other world healing and pain reducing methods for the betterment of mankind. I will always keep her in my heart

Victor Chow Family

Dear Auntie Effie We are all very sorry to learn of your illness. You have faced these health challenges with your characteristic strength and courage. These are the qualities that helped jettison you off on your own course throughout life. My first remembrances of you are indelibly etched in my memory. You are the jet setting energetic and fun aunt full of joie de vivre. You taught us the French Foreign Legion song and made "our ears hang low." You took Michael and I downtown on shopping expeditions on Robson street when it was known as Robsonstrasse. You introduced us to your creation of a "Mexican sandwich " with wieners and peanut butter! You took me to your friend's (Peter and Jane Burden?) to teach me how to make candles. You taught me the "bunny hop" during a party you hosted in SF when we visited one Easter ~1972 during which we ate cheese and chocolate fondue. In the late 70s you offered to pack me in your suitcase and take me to Washington DC when you attended a meeting there. You hosted us as house guests when we came down to celebrate Kary and Don's wedding. So many delightful memories spent with you! One year you sent me a Christmas gift of a book on American wildflowers. You inscribed it and used your round Chinese seal "tao jeung" to finish it. That book and its inscription has been prized and read countless times over the past 50 years!! I want to thank you for getting the family together for dinners whenever you visited. It is always great fun to visit and catch up with one another and you are instrumental in this activity and keeping the family connected. We appreciate the love you have shown our family and I am grateful that our children know their great Auntie Effie Goo Poh too. It gives us hope, courage and peace to accept whatever each day brings knowing that we are not alone in this journey of life. With Jesus ahead guiding the way, Jesus beside walking and sharing the load and Jesus behind encouraging, one can only feel peace and hope knowing that He is in control now and forever. If we accept His gift of salvation bought through the sacrifice of His son, we will be welcomed into His kingdom and be with Him through an eternity of peace. I hope and pray that you have accepted Him into your heart. All our love dearest Auntie Effie -- Victor, Winnie, Liliana, Alexandra and Winston.

Dr. Elizabeth Chen Christenson, MD, LAc

Dear Dr. Effie:

I am very sad to hear that you are leaving us – this planet earth. I instinctively knew this is God's plan. But, but, but, we just have all the exciting plan coming up to help bridging the best of the eastern and western medicine and God has better plan.....

On November 19 we had a memorial Zoom meeting in honor of you. The therapeutic harp has been used for helping transition. I was inspired to play my therapeutic harp before Zoom officially started, while people were joining in. I also played a well-known Chinese folk song “Jasmine Flower” to honor our Chinese heritage. This is such a lovely song to express our love to one another.

Debra Basham shared her experience during the zoom meeting: “As Elizabeth was playing the harp, I felt light in the room, even though we are in a blinding snow today here in Michigan. I opened my eyes to see the clouds break and a huge beam of light. The cloud was heart shaped. I can share that if you would like.”

Yes, we could see from the share screen that there was a very bright light peer through the thick cloud and heart shape. I was very energized! Thank you, Dr. Effie for your Blessing Light!

Dr. Chow, this is another sign of God’s plan. It is quite a synchro destiny when I was called (out of the blue) by two leadership of US health organization, AMA and Hawaii Department of Health, independently, to present the topic “**Complementary Integrative Medicine: Is it for you ?**” on November 10 (AMA 5 days interim meeting) and November 17, 2022 (DOH Cancer Conference), in Hawaii Convention Center. The presentation was well received and together with these leaderships we are making plan to bring the eastern healing wisdom into western medical school and medical practices. When we hit the dead end of the west, the door is opens to the east, after all the earth is round – a perfect Yin and Yang balance. Dr. Effie, on November 18, God called you and put you in the Higher position to help us to move this project forward.

Thank you, Dr. Effie, for empowering me to speak up the truth to AMA about medical education. We will bring eastern medicine to medical school. This is our passion and our mission. Even though I am sad to see you go but I know you will continue to be part of this task force as we are the unity between Heaven and Earth at physical and spiritual realm. Thank you so much for being so inspirational to humanity and a lot more I will continue to work with you anytime, anywhere and receiving your input.....
Infinite Love,
Infinite peace,
Infinite harmony



Dr. Misha Cohen

Thanks to Dr. Effie Chow for all your beautiful work and being.

Ann Colichidas

You are goodness and mercy and compassion and understanding. You are peace and joy and light. You are forgiveness and patience, strength and courage, a helper in time of need, a comforter in time of sorrow, a healer in time of injury, a teacher in times of confusion. You are the deepest wisdom and the highest truth; the greatest peace and the grandest love. You are these things. And in the moments of your life you have known yourself as these things. Choose now to know yourself as these things always. - *Neale Donald Walsch (with permission)*



Dear Dr. Chow,

I weep as I read the letters to you. Letters from everywhere pouring in, phone calls and text messages and I am eager for you to hear them all during your final hours. Outpourings of love, gratitude and longing from the people you have helped and inspired to help others. Even now, as I read, any mention of suffering immediately focuses your attention. You have always been such, a wide-open heart, rushing in to offer hugs, laughter, healing, grace and love. Your loving qi is infinite.

You are an exquisite teacher, and your extraordinary healing qi is unmatched.

Over the last 16 years, so much healing has occurred in my life! My troubled family of origin transformed into a loving spiral which continues evolving even today. And with your help, my husband resolved serious cases of both HCV and cancer. The Chow Integrated Healing System that you developed is comprehensive method that anyone can learn, an enduring gift to the world.

You live fearlessly out of the box and soar to the highest levels in pursuit of your mission. You collected Green Stamps to fund your trip to work with impoverished boat dwellers in Hong Kong and you sat on the White House Commission to make policy! You developed the first walk-a-thon- ever in SF. You chose offices at 50 Sutter, the premiere “establishment” medical office building in San Francisco for your acupuncture practice, to elevate the nascent status of

Chinese Medicine and Chow Qigong. You funded World Congress on Qigong activities to elevate the most effective people and practices to prominence in a world of sick-care systems. Priorities and sacrifice in a life of service and love of humanity.

You helped so many people in ways you will never know, both practical and profound. You always made time, were never "too busy" to attend to whoever was in front of you. People who went on to live their lives, in new ways, thanks to you. You gave of your own body, mind and spirit to help people and elevate humanity, healer of the world. Thank you, Dr. Chow, love you forever. Ann C

Melinda and Kaitlin Connor

Tell her we love her please. Ask her if she would like me to transition her when the time comes. Tell her not to wait but to step into the first flash of light that she sees.


Sandra Contreras

Dear Dr Chow, You're home, rest peacefully surrounded by So much love 🙏 what a heck of a journey and a fight you gave in this incarnation. It was my absolute greatest honor to have met you and considered you my family. I am thankful to God and Buddha that I had you as my greatest teacher and dearest friend. Your youthful firecracker spirit is one that I will hold dear in my heart forever. I can feel the warm deep love that you are leaving us with. We love you so much, Philippe and Mateo send you big hugs and kisses. I will continue to honor your legacy by practicing all that you have taught me, to live a fulfilled and joyous life. 🙏❤️ Love & hugs

Nelson Cuggy

It's Nelson Cuggy from Montreal Thank you for the past congress in Sept 2022. Always fun to be around exciting people. How fun was the congress in Japan. Many great memories in San Francisco and Ottawa and Montreal. Remember when I first met you it in Montreal the doctors told you would never walk or talk again but you used chow qigong on yourself and recovered strong. I saw the demos and was hooked I even was a volunteer for the grounding. Good news you'll be happy to hear I finally left my warehouse job that was troubling me. I just got my massage insurance for Shiatsu acupressure and Chinese medicine and I prayed to god to find work, the next day I got my first contract in a Jewish retirement home, my massage station was in the synagogue next to the alter, God does stuff like that to let you know He's listening. I did over 30 massage that day incorporating Chow qi gong principles. Qi pressure with multiple points, 3 belly laughs hugs, scanning brushing packing. The people never felt so good.. fast... instant results. And it's tax deductible for them with my receipts. All natural medicine is becoming tax deductible now with the right certification. I feel much better being able to do my work. To serve God and mankind, to live a life in accordance with nature and share it with others. I always enjoyed our dinners with the

students and masters 😊 The Italian restaurant in San Francisco with master Xin and Lisa the was food was great you demonstrated on the waiter for giving us slow service and removed his qi. You told him if wee don't start getting some service that you would split the table in half. After that the service was fast. Master Xin still has the award to present you at the next conference for the eldest to have passed the Shoalin intensive camp. He's planning one for next fall. And so is master Ngui he will hold a congress in Toronto next year. Canada is positioned as a very strong force with multiple groups in Ottawa, Montreal Toronto, Nova

Scotia. Sending you all my love  for the years of training and help these were the best days of my life. And looking forward to seeing you again strong and healthy. All that is needed is the mind with God and faith. The doctors were wrong last time and miracles and spontaneous healing are normal parts of our life's. I see you strong and healthy full of vitality. See you in Toronto and Japan next fall and Love you with hugs and kisses lots of laughter and strong qi.

Brian Dailey MD

We understand you haven't left us Effie, you just moved on to a higher plane! It was such a wonderful time to meet you and know you! And thank you for your knowledge, energy, and love on your service as a founding member and board committee member of the NCCOEP (National Certification Center Of Energy Practitioners www.nccoep.org). you are a font of wisdom, and so freely shared that knowledge with the rest of us! As a physician with a foot in both traditional and non-traditional medicine, you so freely shared your wisdom and gave me a wonderfully better understanding of the "healing arts". I have learned so much from your generous sharing of wisdom, as have uncountable others! So I will not say goodbye, "I will see you later!" Hugs and love forever dearest friend!

Brian Dailey MD, FACEP, FACFE, RMT Chairman, NCCOEP

Effie Poy Yew Chow PhD, RN, LAc, NCCAOM was an incredible and amazing energy healer, and a dear friend whose skills I deeply respect! We had the pleasure of serving on a committee together, the National Certification Center of Energy Practitioners. Effie skills are renowned world wide! Effie, I and countless others miss your countenance, counsel, and advice. I so miss you my dear friend!

Terry and John Diefenbach

This is to thank you for being such a very positive presence in our lives. Though we haven't seen you much lately, we think of you often. We are always proud to tell people we know you, and to have known you since the budding of your generous altruistic spirit. At your gatherings we learned about other cultures, as we deepened knowledge of our own spirituality. You connected us with many people who were windows into other worlds. And made us better friends for the community we're in. I feel we brought the gracious but frank communication we learned from your example with us to Tokyo, where John had many social obligations as director of a small US architecture firm. It helped me (Terry) connect with the students at the colleges I taught.

When you find yourself facing St. Peter at the Pearly Gates, please put in a good word for us. We may not make it on our own and will need you again as an intermediary! We love you Effie and send our warmest and best thoughts with you. Thank you again so very much with all you shared with us and taught us. The world will miss you, but all the little flames you're leaving behind will keep passing on your good will and generous spirit. We both will certainly continue doing it. With love always

LC DiMarco

I am new to this world of Healing Arts and what kept me interested was Dr Effie's pleasant accelerating energy that could be felt even through the world of Wi-Fi.

My condolences to you and your family. Coach Li

Bill Douglas

My fellow visionary ... Effie, we changed the world together ... I know we won't get the ticker-tape parades, but the deep Tao of the universe knows what you have done.

I saw a Hawaiian Hula dancer in Washington DC years ago, and a reporter asked her if she was nervous dancing for the President and officials in Washington ... and the Hula dancer replied, "Oh, I don't dance for them ... I dance for the **unseen**."

Effie, the science I have collected for 40 years shows me, **PROVES TO ME**, that what you have done with the World Congress on Qigong and its many other actions like World Tai Chi & Qigong Day which you fueled with your work and organizing ... **CHANGED THE WORLD** ... and your efforts echo out into eternity ... you changed the world in ways you could never imagine ... as the universe threw a stone, named Effie Chow, into the waters of our planet ... and the waves you created echo out into eternity in beautiful and magnificent ways.

Effie, there are just a handful of **ACTUAL VISIONARIES**--with true hearts--I have met on my journey who have encouraged, inspired, and educated me ... **AND YOU ARE AT THE TOP OF THAT LIST**. I feel blessed to have been placed where I could be part of the loving healing waves you worked so hard to create.

I understand from your niece that you are on a new adventure ... nearing the "gateway" to the next adventure. Angela had a near death experience when she was younger ... and she said **IT WAS THE MOST BEAUTIFUL EVENT OF HER LIFE**, nothing in this physical world came close to it ... a feeling of being so free, so loved, and so comforted filled her universe that night.

My brother had a near death experience ... and he too said it was the most beautiful thing he'd ever experienced ... and he arrived at a place and all his ancestors, including my grandfather, were there waiting for him to celebrate him ... and my grandfather's dog, Suzie, who my brother loved as a boy ... ran up to my brother. Suzie was ecstatic to see him ... she had been waiting a long time to see him again.

I had a cosmic experience in my 20s ... and in a way my 40 years of Tai Chi and Qigong were an attempt to "touch the hem of the garment" of that experience again. I walked away from it knowing ... there is nothing to fear ... that this world, this physical world we live in, as chaotic as it can be ... is not the **REAL** world ... the real world is pure love, complete acceptance ...

Effie, you and I have spent 40 years ... "dancing for the unseen" ... and the unseen will provide you with a welcome home celebration so beautiful that I cannot even begin to imagine how beautiful it will be. All your love, all your actions, all your connections ... these things all exist and will exist forever, and are rippling out forever, and have changed the web of the universe

in ways we cannot even imagine with our current consciousness. I LOVE YOU Effie, my fellow visionary ... so precious ... so beautiful.

Ron Dumas

In loving memory of a Lady who helped and inspired many

Dr. Effie Chow led a remarkable life.

Many people go through their life happy by just showing up and going through the motions of living, but never helping or engaging with others. Then there are people like Dr. Chow who went out of her way throughout her life to help and motivate others. She created a legacy that will remain well after she is gone inspiring humanity.

Success can be measured in many ways and Dr. Chow's method of success was how she would interact, encourage, and help the many people she met. She lived her life to the fullest every day and those of us who knew her will think of her often and will miss her spirit deeply. Dr. Chow is loved by many and will always be remembered.

Dr. Chow's many disciples will teach their students Chow Qigong and then her work will continue to be passed on to many new groups. This will allow Dr. Chow's endeavors to magnify and be neverending. Her work also encouraged her students to be better than they thought they could be. She was a very kind individual and will be remembered and celebrated as long as chow qigong exists.

I met Dr. Chow on a personal basis through our mutual friend Betty Lee. Later I started doing Chow Qigong exercises and also attended her weekend workshops. Recently, I used her Chow Qigong brushing technique, which Betty had shown me, to relieve my shoulder pain. Betty also relieved my 50-year whiplash neck pain with Chow Qigong brushing technique. She also used this to relieve my lower back pain later, which had been bothering me for a few weeks. Physical therapy nor medicine had any positive effects. So, I know Chow Qigong really works very well!

Dr. Chow heard I was writing a photography book and asked if she could review it. Even though this was a subject that she wasn't very familiar with, I believe her suggestions made my book better and I acknowledged her for this in my book. I feel I am one of the lucky ones to have had a personal relationship with and to be a friend of Dr. Chow.

Those individuals who have inspired and taught us don't go away, they continue to walk beside us every day and motivate us to do even better throughout our lives. Dr. Chow was this kind of person. In the final analysis, Dr. Chow did her best and the good she accomplished will be memorialized forever.

Daymon and Joanna, Hailey and Kyle Eng

Dear Aunty Effie, We have been getting updates on your health from Kary, Bobboo and Wendy and know that you had to use all your will power, humour, positivity, and healing energy these last months. We wish we could be with you now to tell you in person how much we are thinking of you and wishing you peace and love.

While we know the last few years have been difficult, we remember all the wonderful times we spent with you. Every time you arrived in Vancouver, you quickly organized a Chinese dinner to bring the whole family together. Your positivity was always infectious and you always asked for updates on our schooling, partners, jobs and kids. You also taught us so much at those dinners about the work you were doing and all the places you had travelled in your mission to heal others.

I still remember coming home from my first day of snowboarding with so many bumps and bruises. As luck would have it, you were visiting and got straight to work on my swollen knee. By the time you were done, I was back to walking!

While we haven't been able to see you as much lately, Joanna and I treasure all the visits we had with you over the years. I still remember when you visited us on West 21st and the beautiful poached halibut you made for us with the green onion and ginger! Delicious!

As a quick update, Hailey and Kyle are both in university. Kyle in 1st year Commerce at UBC and Hailey in 4th year Science at McGill. We're super proud of both of them! With the kids at school, Joanna and I are now empty nesters. Back to the pre-kid days of seeing friends, doing various sports and activities (golf for me!) and enjoying some free time. We're blessed to have Mom with us in Vancouver now and she is loving Harmony Court and being close to her kids and grandkids. It's been great spending time with her and discovering her new neighborhood and nearby casino's. 😊 She's really doing well. Thank you for being our wonderful Aunty Effie for all these years and the caring and love you have shown us. We're sending all our love, prayers, and Qi to you! Love, ❤️❤️❤️❤️❤️❤️

Jane Eng

You have done such wonders in the past years, Effie. Tho I do not say it very much but all love and memories of you will remain with me forever.]

Distance and health challenges prevents me from travelling to help you but know that I am there praying for you. Love Jane

Lannette, Jak, and Carter Eng You know, I wish that we were the Qi Gong masters here so that we could help heal and nurture you the way you have healed so many others. But I firmly believe in the power of faith and love, so please know that we are sending you so much love and prayers.

Carter loves hearing the stories of his Great Auntie Effie - especially the ones about when my mom and dad would have those huge parties and you always picked the biggest guy to do a Qi demonstration with you. And how petite you could easily move him this way and that. And

when we talk about how you heal people, his eyes always get wide with amazement. I think he thinks you're like Yoda from Star Wars - small and powerful. Ha ha! Actually, I think every one of us is in amazement of your Qi and the good that you do.

We are doing well - Carter is still loving Taekwondo and is enjoying a new aspect of it. He gets to help teach! He is 12 now and in grade 7. Oh boy, here come the teenage years! And I am enjoying using my voice again and singing. Jak has his hands full keeping us all in check. Ha ha. Thank you for being our loving Auntie Effie! You have supported all of us so much and we appreciate and love you.

Theresa Eng

Please convey our love and prayers to Aunt Effie. She is a beautiful woman inside and out. Prayers for the family too. Love Theresa

Brenda and Peter Everson

I remember how you brought excitement to our young lives when you came back to Duncan for visits. You brought tales of your travels, outfits to show off and new songs and dances to learn. You gave me and Angie grass skirt outfits from exotic Hawaii and we all laughed so much when we added oranges to the bra portion to create busty 4 & 6 year olds. It's funny that I still remember the lyrics to the song that I hadn't sung for over 60 years (play attachment). I appreciate all your teachings in my childhood and adulthood. So happy we could spend a lot of time together in Ottawa. When we meet again, I know we will be still in search of "lai tong". Free soup of the day. That's "our thing" Love to you from Brenda and Peter.

Mary Evans

My prayers to her family. Dr. Chow traveled to Kenya with me and Rev. Bellamy.. her beloved Rev. Bellamy that she traveled to Kenya with passed in 2018 from cancer. We miss him terribly,



Dr. Alex Feng

Oh, sister, oh Sister, you have left us so much, memory and aspiration!!

I called you always my older sister, because you insist on exemplifying the best in humanity. Your continuous drive to better people's life, your goal of self care with ancient knowledge for people around the world sets the tone for us to follow. With respect and love, I keep you in my heart.

Angela Fung

I want to send you my love and hugs to you and want to thank you from the bottom of my heart of what you have taught me and lots good memories. Be positive was a life changer for my me. I have shown many people with the energy testing and in term helped them to change for the better. Do you remember the time in one of the Congress? You have to climb on a chair to do the energy testing because the guy was so tall! Working in the clinic with you was lots of fun and laughter was heard all the time! Remember the time we did the breath work on the ambassador. He lost so much of his waist line that his belt could not hold his pants up! Food was one of our favourite! We have so many happy meals together when you came to Ottawa! One year Wing Yee came with me to SF and you took us to a restaurant and we have black cod which was 3-4 inches thick . It was so tasty and it was our first encounter with it. Now, whenever we can we will buy it. Dr. Chow , I am forever grateful for all that you taught me!! I will always hold you in my heart! Sending you lots of ❤️❤️❤️ And 😊😊😊!

Dr. Sonia Gaemi

My dearest Effie, i am going to sit next to Lake Merritt and Ocean and sending my love and healing ♡ 🩹 patience, peace energies to our angel 🙏 Dr. Effie Chow. My dearest Effie i feel ur happy and peaceful energies as well.



Susan Gamboa

I've just read Kary's email. I have thought of you so often in recent weeks. May you be showered with blessings, peace and surrounded by divine love! I am thankful to know you and for all I learned during my time as your student. I regret having exited so abruptly and it's now a blessing to be in touch with you and the circle of students. 8 big hugs to you. I trust we will see each other again! With love and prayers,

Lorill Garner

Dear Dr. Chow, We've had so many good time and good laughs in the past. Hawaii, San Francisco, and Vancouver. You helped Harley so much and many others here in

Vancouver. The Vancouver seminar at the Kabalarian hall touched so many and we still work to flow the energy. We have had a most beautiful fall here in Vancouver, lots of sunny days and beautiful colours in the trees.

I am happy, healthy and always working on the wise part!!!! So many things to learn in life. I wish to thank you for your love and kindness over the years. You will always be a happy memory in my life. Special love,

Alan Gaynor

Dr. Effie Chow was a uniquely giving, generous of heart person, and made time for everyone. Her works and teachings have reached thousands of people. The world is a much better place for Dr. Chow having been in it.

Even though she did not know me well, only as a good friend of Betty Lee's, she was kind and thoughtful to me. She gave me two new Keto cookbooks, which I like, because she knew I'm on the Keto diet. I am grateful and will remember her when I cook with them.

Janet Gee

Loved Dr. Chow! She has a heart of Gold! I treasure all the World Congresses.....Loved her, loved her heart to heart....Follow the heart.

Dr. Marion Gerlind

My heart goes out to you and Shi Fu and Effie's family and friends. I only met Effie a few times at Zhi Dao Guan but know she was a grand dame and wise healer. May she Rest In Peace and Power and continue to with us in spirit. Thank you for letting us know. I will light a candle for her tonight. Sending you a warm hug with sympathy and love,

Dr. Eduardo Gonzales

My thoughts and prayers go to Dr. Chow. My deepest condolences. It was an honor being one of her treating dentists at UOP

Dr. Julie Griffith

Dear Effie, her nieces, and family, friends, and colleagues, I first met Effie at The International Qi Gong Conference at the historic Whitcomb Hotel September of 2016. I remember a few people gathering at the registration desk before entering the main conference room. At some point before the conference, I believe Grandmaster Effie introduced herself and welcomed me. I was pleasantly surprised at her openness and hospitality.

Effie had many gifts, and was a powerhouse, using every cell of energy for her endeavors. First of all, she is my friend. She was a Master of inclusion, organization, networking, and teaching of Energy Healers, Martial Arts Experts, Acupuncturists, Pharmacists, Dancers, and Neurologists/Energy healers such as myself, and connected experts in their own right from many other disciplines.

She gave pearls of wisdom laced with humor and presented physical feats, such as her small frame pushing 6 large men, by severing their source of energetic power, temporarily.

Through the years, Effie continued to network me with others such as Anita Marshall, Pharmacist, Lorna Zilba, International Dancer, International Global Medicine, Medical Research Analyst, and Dr. Sonia Gaemi, who founded an Energy Medicine Center for children teaching them Qi gong, herbology and nutrition in Tehran, Iran. These other amazing healers have become my dearest friends and colleagues.

Once, I brought a patient with a significant blinding disease for a 1:1 session with Grandmaster Effie, where I had an opportunity to support my client and also be an observer/student of Effie's. After encouraging the client to place her torso in a fully upright position, she coached her to bring in the full breath and to optimize circulation (by lengthening the torso), so the client's whole body became energetically charged. Then, she had the client lay down, with Effie sitting behind the client's head, client supine (belly up), face upright; Effie then placed her hands hovering over the client's eyes, (likely hand chakras) for at least 10 minutes. The client stated that she gained 25% vision in the single 2 hour session with Effie, stating things she could see around the room, more definition, than before Effie started. Effie also keenly noted that attitude was extremely important in that client's healing. So Grandmaster Effie worked multi dimensionally, and had a way of stating truths that were steps to clear obstructions, without condescension.

Grandmaster Effie continued to care about me during my lowest point in my life (says an Astrologer), which is great because it is all easy/downhill from here! She would continue to call/email me during this time, asking, "Are you okay?" She cared about her colleagues and friends and supported us when we needed support. As Effie stated, it is Qi love energy.

As many assisted Effie in her time of need with her significant health issues a number of years ago, even when she was not speaking forcefully or clearly, she still had grace and was concerned about approaching health care personnel with respect.

Effie had lived on Topaz Street, among the jewels of San Francisco. Effie is a jewel amongst us. I am forever grateful for the beautiful golden network she created, and appreciate her many teachings, and her friendship and support. I invite her as a Spirit to have influence on the Energy Health Center, International, Inc. of which I am founding, and to continue her teachings through all of us, so we can raise the vibration of all living beings, and bring to full force Light, full harmonious healthy clear strong Quantum resonance of all sentient beings on our beautiful living and breathing Mother Earth, magnetically balanced in our Star system.

Grandmaster Effie Chow, may you transition taking all of your memories, into the next step of your journey. You are always welcome to visit me in my life. May your teachings and Spirit of Hospitality and Humor stay with us, and inspire us every day, so we may do the same with others around us.

We love you Effie. May it be a smooth, amazing adventurous ride to your next Chapter.
Dr. Julie Anne Griffith, MD, MS, CMT, MIM, BCIP

Gretel Harmston

Thank you, dear Kary. You have a most unique and wonderful aunt who has been a blessing to us here in Ottawa and to people around the globe who have been in contact with her. May she slumber without pain. She loves life and has already endured a lot according to your letter. She needs comfort and deep sleep without pain now.

I am sending you and your family healing good energy for now and for the days to come. We all love your aunt and have admiration for her and are truly grateful to her. Sending you all blessings and comfort.

Kiyoko Hancock

"When it rains,

We think there's no sunshine.

But above the clouds, the sun shines brightly in the blue sky."

-Thich Nhat Hanh

John Hausler

Dr. Effie Chow was one of the finest and most extraordinary human beings that I ever met in my whole life. She was a larger-than-life character with so many wonderful accomplishments, and a life full of honors and degrees coupled with her highly prestigious medical practice. I first met Dr. Chow several years ago at my spiritual practice where we give Light energy. One day Dr. Chow noticed that I was having trouble walking and going up and down the stairs, as I had recently aggravated an old knee injury. She offered to treat me with her famous QiGong. Afterwards I not only noticed that my knee was much improved, but I had noticeably more energy. I was very pleased and much impressed!

Over the course of time, Dr. Chow and I became close friends and I would visit her in her beautiful home. I would give her Light energy and she would treat me with a variety of QiGong treatments. In the midst of these sessions I would always tell her tales of Julius Caesar, Alexander the Great, Napoleon, and other historical figures to entertain her. On her part Dr. Chow would tell me interesting accounts of her extensive medical practice, and yarns about the time she and two fellow nursing students hitchhiked across Europe when she was a young lady. We spent many a wonderful afternoon exchanging tales and different forms of Light energy.

At the top of the stairs in Dr. Chow's home is a portrait of her when she was a young lady. She is portrayed with a very pretty face with a distinguished and noble air about her. This is an accurate picture of the person I knew.

Sarah Heggie

I will send memory of taking her Qigong class in Columbia Missouri. She and my partner, Hilda Harris, have known each other for decades.

Dr. Nadia Hole

Aloha Effie YO Effie - Mahalo to Charlene for letting me know re your hospice transfer - Have wept past two days, daily, since I heard. Am on road to meet kids for Thanksgiving - So this will be a brief note Want you to know from the bottom of my heart how grateful I am for YOU & how ...No matter how mighta looked to you over the years - How much I love Love LOVE & appreciate YOU !!!

You, Dr Chow, made such a tremendous omg life changing difference in my life & lives of my patients, family, & extended family again & again & again ...Dunno who, what, or where we'd be, sans you!!!



Dang COVID - Attempted to come visit you in person a year or so ago; & surprise you with some Dim Sum - Anne explained to me how not possible with COVID. My sincere apologies I didn't stay in closer touch with you past couple years - Lost touch with just about everyone

-

Tween the pandemic WTF's of my own life, loved ones, and others dear to me - from metastatic cancer, to long haul COVID, to multiple wildfire evacuations, losses, and unexpected deaths ...What a challenging time ...

Dunno how we woulda made it thru... sans Qigong & all the PMA Qi tools & wisdom you taught us

Lots Good News too -

How would you like an Oscar award nominee movie producer to interview you for his next project? - The Secret of Happiness Wonder what God's timing will be? Oh - just yesterday got More Good News -A comatose near deathbed elderly father - With life support pulled & death certificate signed

Thanks to the Qi points, tools, massage, PMA, etc YOU taught us, & Love of his loved ones He miraculously woke yesterday, albeit still paralyzed unable to move or talk - clearly doing his best to come back to life. Am praying praying Praying that God grants you too, more & happier times, with us here on this Earth too - pain & dis-ease FREE

Thanks to Love, and Qi; and all the Loving Qi you gave us -I don't think a day goes by, that I don't use or teach or practice something you taught us Fudge - Gotta get back on the road How can we be here now, for you? Yes - We'll of course do our very best to carry on your work, for your dreams to come true - for a more Qi filled world for each and everyone...

For now - Would it be possible to come see you at the hospice? Love & Prayers Love LOVE LOVE YOU xoxo Nadia Linda Hole MD

Grace Hom

I am a part of Daisy Lee's FB group and I like to offer you a complementary energy healing session to support you in any way. As a medical intuitive and energy healer, I have helped many in pain. I would be happy to connect with you via zoom or phone.

Please let me know how best to support you. This is given in gratitude for your contribution to complementary medicine. Thank you for your contributions to all future generations of complementary healers. Grateful for you and your gifts. - With Wild **JOY!**

Rose Hong

In loving memory of Dr. Effie Chow: I would like to pay tribute to a very special kind soul, an indulgent loving heart, and a brilliant mind — the most precious person in my life: Dr. Effie Chow. Dr. Chow was truly extraordinary. So was our decade long friendship. I Between the two of us, we have traveled the world and cruised Mediterranean Sea and touched so many people's lives.

Dr. Chow has truly lived a celebrated life! Trained as a nurse, she became a world-renowned Qigong Grandmaster Energy Healer, acupuncturist, author, speaker and visionary. For thee past 40 years, she has worked to integrate Qigong and TCM with Western medicine. She was appointed by President Clinton to the original White House Commission on Complementary and Alternative Medicine board.

In 2018, Global Dragon TV partnered with Dr. Chow and organized for the FIRST TIME, Chow Qigong Healing Retreat on Celebrity Cruise, one of the best rated luxury cruise lines. Cruising through Rome, Nice, Florence and Naples, Dr. Chow trained and healed students coming from all over the US and abroad.

Her life was filled with healing miracles. Her purpose in life was to heal and love others! She healed people who are rich and poor because she always used her Qi healing power to make them better again.

Our last collaboration was just two months ago organizing the 22nd World Congress. At the age of 89, her energy level and sharp mind enabled her to continue her legacy for over 20 years! During her final days, we assumed her that we will continue her legacy and will organize the 23rd World Congress next year to honor her life-time accomplishments. She smiled... It was her bright smile and loving Qi that impacted me and hundreds and thousands of people over the years.



I will remember her smile in this picture forever and she will be remembered, loved and honored by ALL of us because Dr. Chow has impacted our lives profoundly!

Lori Hops

I dedicated my Tip a Day for Wellness and Inspiration today to Grandmaster Doctor Effie Chow. Thank you for including me in your stories from the heart. as we honor her life and legacy.

Day 957 Passing of a Timeline Shifter

Moving atoms, mountains, minds with rounds of cloud hands, dissolving obstacles with gentle push hands, diving to recover truth with snake creeps down, toe tip to top, top to toe tip, tiptoeing opening heaven's door as earth gives birth to timeline shifter, paradigm buster, miracle maker, heart opener, physically bound to the ground no more. Lighter than air, rainbow streaming, heart cloud passing of doctor grand master: Effie Chow. Her stage now is the universe's universes. As she goes, love her glow. With gratitude,

Cynthia Huertas

Dearest teacher, friend, Master Dr. Chow:

I want you to know that I sent healing your way this evening at about 5 PM. I hope it was well received. Know you are in my thoughts and prayers.

I have no idea what is in store for you, but I do know you to be a miraculous being and nothing would surprise me.

Dearest Master Dr Chow, I want you to know that I send the energy of a heart to heart hug and 3 deep hearty belly laughs.

My dearest teacher, I realize I have been absent from your presence, please know that you and your teachings are with me every moment of every day.

I truly treasure the times we spent together. It was an honor to assist, serve and learn from you.

I learned so much from you! Most importantly, the power of our words. I will never forget that lesson! I learned to expect miracles as we worked on the paralyzed stroke patient and you facilitated his independent movement with both his legs. It was amazing and you taught the hand placement and process to elicit such a miraculous thing. I was so amazed and humbled those times I was privileged to be your helpmate.

You saw the healer in me and told me so. Thank you so much.

I am humbled and honored to know such a person as you, who has led a life of service to humanity! You influenced laws, you healed so many and touched so many lives that surely, where ever go and whatever you do you will continue to be a force for good, a force of nature, spirit and incredible energy. I have found myself asking, what would Master Dr Chow do, say or think - I really do invoke you from time to time - such an impression you made. I have never met a person so capable, determined and amazing.

Dearest Master Dr Chow, please know this, though we have been physically apart these last few years, you and your teachings have been and will be present and walking with me for the rest of my days. God Bless you oh illustrious one, may all your days be blessed, past, present and future. Thank you for the gifts you have imparted. With love,

Dr. Roger Jahnke Institute of Integral Qigong and Tai Chi

A HERO OF WELLBEING HAS PASSED.

Grateful to have known her as a Good Friend in Qi!

Dr Effie Chow, a huge contributor to the evolution of integrative medicine, Chinese medicine and especially Qigong, has slipped into the eternal. Thank You Effie for your contributions! Wow! What a relief to know that such a good friend in Qi has ascended safely to wind, skies, stars and boundlessness.

For a Beloved Wizard and Immortal.....

I easily recognized the unique and intriguing relevance of Dr Effie Chow when we met and collaborated in the 1980s. I presented at many of the World Congresses where luminaries of Qi Energy gathered at Effie's behest. She made incredible contributions to the evolution of medicine based in supporting the maximization of inherent functional capacity. She was among those selected to assist presidents of this nation in their deliberations in developing profoundly important policies and laws. Mostly though, she was an exemplar of the good – inspired, compassionate, serviceful. If only the world was populated by a majority of people like her!

Eliana Jantz

Blessings upon her journey into the stars!

Karen Jorgensen

Dear Dr. Chow, ALWAYS I am in love with you. From the moment I first heard your voice on the phone, and came for the first private consultationI recognized I had stepped into GRACE. On one occasion you had flown to the midwest to a clinic for therapy for pain. You called meand the force of delight and pleasure being communicated through your voice was remarkable. I was transported into a bliss.....feeling your exquisite freedom.

Many years ago I shared with you the movie **When Harry Meets Sally**. Sally in the restaurant with her boyfriend Harry.....and she fakes an orgasm while talking in their banter. A woman sitting at a table across watched Sally.....and then said "I'll have what she's having." Your powerful and exquisite qi.is what I aspire to. Practice Practice Practice as you say.

Thank you Dr. Chow. I am forever grateful.. it is beyond words. I have been extraordinarily blessed to have received your exquisite qi, lessons, instruction, and LOVE. I wish we could play together forever.....sipping tea and having important conversations. and everything else. I remember when I was with you at the hospital when you had your artery procedure near your throat. I was crying and saying that I couldn't bear to not have you present here alive. You were so loving and said that you would always be with me. Now that we are at the moment of you moving into a greater happiness.....I feel that to be trueyou will always be with me. Such great heartbreak. .. with such great gratitude. May joy and sublimity pervade you all the more. I love you... always.

Joanne Kaneshiro

Subject: Hugs and belly laughs

I've had the privilege of being part of Your "Angel Team" for many years, but due to my caregiving responsibilities in Hawaii since November 2020, have not been in San Francisco to be able to regularly see you. These pictures were taken in January 2020 during our New Year celebration. Even though distance seems to have separated us, you've taught us that we are All connected no matter where we are, so despite this separation, I still hear your voice and feel your presence, with you teaching, lovingly correcting, disciplining, and laughing every day. Thank you and your family for sharing the information about your declining health and decision to accept hospice care as you prepare to transition. I wasn't surprised to learn that you defied your doctor's original prognosis of 8 months by extending that time to 18 months, since your "Angel Team" watched as you used your Chow Qigong practice to defy the doctors who never expected you to talk or walk when we first met at Peninsula Del Rey.

I will mourn the loss of your physical presence when your transition happens, but will be comforted in knowing you will no longer be suffering from your physical decline and that your energetic soul will continue on towards it's next adventure! Daisy was right when she said the song "Girl on Fire", sung by Alicia Keys is about You!

With sincere gratitude and love from your forever student (until my transition),

Niaresh Kumar

Sad to hear the latest on Dr Chow. I wish her all the best to her and her dear ones. She lived her life fully helping lot of people on the way. I met with her for a very brief time in October 2019. May God give her Aatma peace.

John Kyle

Dear Dr. Chow, You light up my life and you are truly a star that will always shine bright. Before I met you my life was lived in the shadow of what appeared to be an incurable case of hepatitis. Your Qi burned clear through the darkness and the disease faded. Cancer too was able to resist your Qi and love. I will hold you in my heart forever. Thank you. In loving Qi,

*We are each of us angels with only one wing, and we can only fly by
embracing one another. - Luciano de Crescenzo*

Kay Lahdenpera

How I Met My Dear Friend Dr. Effie Poy Yew Chow:

50 years ago a special two year grant was written by the University of Alaska Anchorage School of Nursing to spend 2 weekends for 2 years at Aleyeska Ski Resort with renown world speakers for 50 AK Nurse Leaders. The Nurse Leaders were split into 2 groups, which attended weekend sessions at the resort over the 2 year period. A few of these speakers were Dr. Effie Poy Yew Chow, RN, PhD, Acupuncturist, whose initial demonstrations on Qigong & Positive Energy awakened my curiosity and convinced me I needed to meet her; Dr. Elizabeth Kubler-Ross (Death & Dying) my church + a local mortuary invited her several times as a lecturer; Virginia Satir (Mother of Family Therapy) a psychotherapist & author People Making; and University of CA-San Francisco, Psych Dept Director were some of the speakers I especially remembered.

I invited Dr. Chow & Virginia Satir to visit & share their presentations with my staff at the Municipal of Anchorage/DHHS/Region X Title X Family Planning & Women's Health Clinic, which they did when they would come to AK. I did meet with Dr. Chow and discovered we had similar nursing backgrounds = public health and psych. She went on to receive her doctorate in higher education & developed a deep interest in Integrative Health Care. She worked as a research consultant in this area with National Center for Complementary & Alternative Medicine (NCCAM) under NIH for 30 years. I completed my Masters in Public Health mid 1980's. I continued to work 35+ years at the Health Department the first 5 years as a public health nurse and then 30 years as Program Manager of the clinics retiring in 1999. We discovered we knew many of the same federal people in public health. I was able to write grants to bring Effie back to AK often and she was known to the nursing community of the state as all nurses were invited when she was in town. (The Alaska Nurses Assoc had a newspaper The Alaska Nurse, that went out to all RNs and her visits were announced). My experiences as a 3rd generation AK, I experienced encounters with clients of different cultures, religions, etc. where there are various integrative health care concepts, especially with the AK Native population. That maybe why I was so attracted to Dr. Chow's demonstrations and her discussion on integrative health. It seemed so natural, holistic, spiritual and logical to me. Public Health is big in AK! It is a USPHS (United States Public Health Service) + CDC (Center for Disease Control) sites. They have representatives that do research on arctic health conditions.

Seems like we always found ways to get together! She invited me to come to San Francisco when I retired to assist her with organizing her World Qigong Congresses, which I did for several years through 8th Congress. She was on President Bill Clinton's White House Commission on Complementary Health and Alternative Health Policy (WHCCAMP), I attended/participated in meeting in Seattle, WA for several days. Effie was a dear friend! I so enjoyed and felt welcomed by her family members, especially Vi, whom we worked the Congresses together. God sent his blessing through you! And you Effie sent your blessing through so many of us! Your Spirit is with Us! With Love V. Kay Lahdenpera, MPH, BSN, FCN 11/30/22

Phillip Lai

I just heard that Dr. Chow (www.eastwestacademyofhealingarts.com) passed away last Friday. She was one of my great Qi gong teachers. I took her 100 hours Qi gong Training Course and helped to teach Chow Qigong at the Ottawa Chow Qigong Wednesdays 6:00-7:30 PM class for several years. I also taught Chow Qigong in Ottawa for many years before I set up LAMAS

Qi Gong and Philip Lai Qi Gong Association.

I will organize an Online Chow Qigong practice and Tribute to Dr. Chow this coming Saturday from 8:45 am to 10:00 am I will share how she inspired us and promoted Qigong in Ottawa and the western world. It's a free event. **Please let me know by email if you can join us by Thursday**, and I will email the Google Meet link to join our event. Cheers and all the best, **Philip Lai, 黎大虎, CPA, CMA, President and Founder of Philip Lai Qi Gong Association**

Deborah Lamb

Dr. Chow has been welcomed to the stars and will live on through her students.

I recently started using some of the techniques I had learned from her to help a friend having terrible physical discomfort. He was able to relax and sleep better and better each night after I worked on him. Thank you, Dr. Chow. You are dearly loved.

Fatima Lau

Hello Dr. Chow, I received news from Kary regarding your condition and wanted to express my love to a very special lady that has taught me the healing power of Qi and living life to the fullest. You are that special person living your life with passion and love - I thank you for that!! I looked back at the time we had together with the Angel team and remembered my first World Congress (17th World Congress at the Whitcomb Hotel September 2016). I had so much fun. Elvia and I shared a room together at the Whitcomb Hotel so that we didn't have to drive back and forth. The time with you and the group were full of laughter and love. Lots of eating, talking, and learning Qigong of the healing arts. Thank you, Dr. Chow, for being the champion of this healing art and I will always cherish our friendship. God bless you Dr. Chow! ... I thank you for that!! I looked back at the time we had together with the Angel team and remembered my first World Congress (17th World Congress at the Whitcomb Hotel September 2016). I had so much fun. Elvia and I shared a room together at the Whitcomb Hotel so that we didn't have to drive back and forth. The time with you and the group were full of laughter and love. Lots of eating, talking, and learning Qigong of the healing arts. Thank you, Dr. Chow, for being the champion of this healing art and I will always cherish our friendship. God bless you Dr. Chow!



Betty Lee

I first met Dr. Chow and Ann Colichidas when they were giving Qigong lessons at the Sports basement in S.F. many years ago. Then she organized the very successful Asian Heritage Fair

each year downtown, that attracted tens of thousands attendees. She had 3 booths, and allowed me to have some space to give Light energy. This is a positive energy that revitalizes Spirit, mind, and body. She felt this was very much aligned with Qigong. This was a reason why she took the Spiritual Development Course over a weekend, with Kevin Stratmann, S.F. center director who is a good lecturer. She also liked both of us.

She had a great sense of humor and although being very wise, also had a childlike demeanor that endeared others to her. She relied on hard working volunteers, including Mary Jo Bulbrook, Rose Hong, Kay Lahdepera, and most importantly Dr. Charlene Ossler who helped her put on the spectacular 22nd World Congress Sept. 24-27, 2022! Janiece did a great job with her website. Dr. Chow would often work into the wee hours of night, organizing the details for 100+ presenters. This event was right before her 89th Birthday on Sept. 28. Ann Colichidas and I feated her with a Chinese banquet of dishes which were brought to her home, for a party of 10 people. This included her dear neighbors Dan Newmark and his family, and Kris Wong. Dr. Chow was very fond of Dan's daughter Madeleine, who performed on the piano for a segment of the 22nd World Congress.

Dr. Chow did her weeklong Level 1 training which I took, with other students a few years ago. Before we started class, we would join hands and she would ask people to tell their "News and Good", to put everyone in a good mood to start the day. She taught us '**Empty Force**', which she is famous for. At the annual World Tai Chi Day with Bill Douglas, she had a line of people who weighed total a few hundred pounds. She would push against them, and they wouldn't budge. However, when she used her Qi, they all fell backwards! This was to the amazement of sturdy men in the group, as well as the audience.

She taught us Chow Qigong brushing, Qi pressure points, Chow Qigong Eye and Ear massage, Hand and Foot massage. Also energy testing. She had us demonstrate that negative words could not only bring ourselves down, but also other people around us. Even with hand signals thumbs up or down behind a student's back, had this effect of bringing our energy up or down. She taught **PMASA** (Positive Mental Attitude, Speech and Action). She helped a student make a big shift in her relationship with her mother and other family members, so they got along better afterwards. How to glide like a model, with good posture and breath, which are fundamental. And other subjects. Then we would close with a meditation, when she would ask us to visualize positive images and put into our mental 'Treasure box'. Later I also took her half day 'Belly slimming' class using Qi, which immediately reduced the waistlines of her students by a couple of inches!

She counseled me and others by asking "What is going on in your life?" Then people would open up to her, and she had saved many relationships, even marriages when the husband and wife were estranged.

For me, this brought closure with my late husband who passed away in 2010, so I could move on. She asked me to write out all my good points, so I can refer to them, if I felt down. Later on, she wrote emails trying to match make me with people in her circle, or lecturers in conferences she watched avidly. Many TV shows and conferences sought her out to be a keynote speaker, because she is famous for being the 'Mother of Qigong' in North America and worldwide. She spoke very knowledgeably and easily extemporaneously. She had 2 weekly TV shows with Awake TV. She would ask me to be a model she could demonstrate on.

Then she was valiant during 18 months of suffering from severe nerve pain of Trigeminal neuralgia. This was a terrible pain like a sharp knife jabbing into her jaw! She could hardly eat

nor sleep, and any lesser person would have already perished. She sought different therapies, including neurosurgery with the chief surgeon at UCSF. However, when 2 operations failed, she was hospitalized for about 2 months. Ann was by her side through it all. This ordeal left her muscles so weak that she required a 24/7 caregiver in August through December 2021. Then I stayed and cared for her 3 weeks out of each month during January to May 2022. During this time, she showed me how to make delicious vegetable soups. Then add other ingredients or noodles, and they would taste totally different. She had taught Chinese cuisine on TV many years ago.

She also taught me how to make Roast duck in her recipe 'Duck a la Chow'. This recipe is also good for chicken and beef roasts. We would share the ducks with her neighbor Dan, his wife Teresa and Madeleine. They were close like family to her. Both did not put up a fence like the other 16 townhomes, during a major renovation a few years back. They had an open shared deck where both neighbors could entertain their guests. I remember a home cooked Chinese banquet made by Ivan Kwok, who served 8 people on this deck. She also made me laugh, and we had fun times together.

After this health challenge was remediated by a medicine, disaster struck her health again! She was diagnosed with cancer in her blood and Dr. Dunavin the hematology oncologist gave her 8 months to live. With her indomitable spirit, she outlived his prediction. Masters Chun Yi Lin, Amalia, and Daisy Lee also faithfully sent their long-distance healing consistently. She kept her spirits up with the 8 month planning for the 22nd World Congress. She refused to be cowed by her prognosis, even though she had to go get weekly blood lab tests at UCSF, and sometimes she would need a transfusion. During the first of these trips, with my inexperience, I bumped her wheelchair 7 times! She taught me to think of spatial distance, and fortunately I did not bump her again. She also taught me to drive better a few years earlier, when I would stomp on my brakes when I saw a red traffic light. She taught me to anticipate the changing of traffic lights from a distance, so I would not give her a jerky ride. This was when I drove her to give Qigong lessons every 2 weeks at Alma Via, an assisted living facility. She would cheer up residents some in wheelchairs, or in their '90s, and they were happy to see her and do gentle exercises.

Back to during the 5 months I was caring for her in 2022, she used Chow Qigong to rehabilitate herself. I admired her spirit in at first cautiously, then more readily climb up and down stairs in her tri-level townhome. This has Spectacular views of San Francisco during the day, and many lights shining at night. She returned to independent living by herself on June 1, when I returned home to Reno where I moved from S.F. in May 2021. For my housewarming gift, she asked Terry Luk, one of the Top 10 calligraphers from China, to write me a beautiful scroll. This has 2 characters on it, 'Beauty and Kindness' and I'm very grateful. So I talked to Terry Luk who is also a printer in S.F. and he offered to make an E-book, from all the emails that family, friends, associates, and students have written to laud her virtues and accomplishments! Ann and Charlene are compiling these. He gratefully remembers that about 20 years ago, Dr. Chow used Chow Qigong to 'brush' away his shoulder pain once. (Chow Qigong is this powerful, and she has cases in her 'Miracle Healing from China' book). He will also write a beautiful calligraphy for the cover of this E-book.

Dr. Chow's spirit and memories will live on in our minds and hearts.

Betty Lee, her grateful student and good friend.

Daisy Lee

I am so sorry to hear this, yet I have prayed for Effie's soul to be at peace, knowing what a

feisty, courageous and unrelenting fighter she has been. She has earned her rest and led a most triumphant life.

May peace and many joyful memories be with her on her journey home. I have continued to light incense for her and wanted to share that yesterday, a beautiful hawk hovered over me in the sky, as if to say hello...or perhaps it was goodbye...as it looked down at me for some time and then flew off. I had thought of Effie in that moment as she always had a keen way of seeing into everyone she met.

I am honored to have known Effie as a dear friend for 25+ years, and though we lost touch for a while in the midst of our busy lives, we re-ignited our friendship in the last few years and became even closer. She is and will always be an inspiration to me, and my only regret is that we didn't have a chance to meet again in person to share a Qi-filled meal as we both love to eat and had both changed our lives in profound ways because of immense loss that had brought us to Qigong.

I imagine all of us who loved and appreciated Effie for her magnificent spirit are deeply saddened. For now, I am sending infinite love and hugs to Effie, and peace and condolences to her family and friends as she prepares for an easeful and peaceful transition to unite with the light of all the loved ones who came before her, especially her dear father who inspired her throughout her life. With All My Love,



Photo: A few recent photos for Effie - one cloud shot from my travels 2 weeks ago as a reminder of her radiant light, daily peace prayer with incense for Effie in front of Kuan Yin, and sharing a very delicious salad with air-fried grouper and homemade cilantro lime dressing - all to remind Effie she has been in my heart and mind through these many days.

Joanne Lee and Family

Dear Auntie Effie, I am thinking of you and hope that you can feel the love I am sending you. You've always been an inspiration to me -- your kindness, generosity, brilliance, energy, and wonder. I've always loved catching up with you at our family events and hearing about your travels, your incredible work with patients, and your tireless work to educate people about the healing powers of qi qong. I know that you've changed the life of many people. And

you've always cared about my life and my family, inquiring not only about what we've been doing, but how we're doing. You've always shown great attention and love when we've spoken, your warmth radiated brightly. I'll miss you Auntie Effie. Know that you are in my heart and I hope that your qi qong energy will carry me forward. Wishing you peace and comfort.

Vivian O. Lee Retired Founding Director of the first Federal Regional Office on Women's Health for the US Public Health Service. Alaska, Washington, Oregon and Idaho are in Region X

My heart is saddened by the passing of our beloved Dr. Effie Chow. I first met her when a member of our Northwest regional Public Health advisory group, Kay Lahdenpera, recommended that we bring Dr. Chow to our annual meeting to teach us more about Eastern health care and practices. Effie was brought to Seattle on a federal consultation contract and the session she planned and implemented was astonishingly informative. She gave us much more time than was planned or paid under her contract. Our contract was questioned by federal administrators at national level who ended up being extremely impressed when they received Dr. Effie Chows' Curriculum Vitae and viewed her outstanding academic skills and credentials, her experience, her publications, presentations and research. Dr. Chow was an international expert who commanded respect for the breath and depth of her work. Effie became a regular consultant and friend; even joining the Wild Wonderful Women when we formed this informal group of dedicated, knowledgeable health care professionals. Thank you for informing us of the opportunity to celebrate her life and legacy. I am forever grateful to have known Dr. Effie Chow as a friend and colleague.

Nick Lewin

Dr Chow, just to wish you all the best and lots of love. Blessings to you.

Violet Li

To dream the impossible dream – in memory of Dr. Effie Chow

Posted on [November 23, 2022](#) by violet.li@tadi.com

Dr. Effie Chow was a dreamer and doer. She dreamed big and acted bravely. She was a visionary and pioneer. She relentlessly promoted Tai Chi, Qigong, and TCM to the world even at her death bed with her last breath. Born in China, grew up in Canada, lived her adult life in San Francisco, California, she was known as Mother of Qigong in the West. Dame Dr. Effie Chow, co-founder of [the World Congress of Tai Chi, Qigong and Traditional Chinese Medicine \(TCM\)](#), a Qigong grandmaster, and founder of [East West Academy of Healing Arts](#) transformed into another world around 8:50 pm on Friday Nov. 18, 2022 peacefully at age 89. She was my inspiration and big sister and helped me grow on my journey of the learning and practicing of the healing arts.

I started to write about Tai Chi and Qigong for examiner.com in 2009 for the local St. Louis (MO) market. Even though people around the world could access my writings via Internet, I was a new kid on the block. But with the popularity of the topic, I was elevated to write for the [national site](#) July 2010. In early 2010, I got an email from Dr. Effie Chow and then a phone call. She was well known in the world already for her accomplishments and had served as the Chairperson at then National Center for Complementary & Alternative Medicine (NCCAM or

now National Center for Complementary and Integrated Health NCCIH) and an advisor at a White House Committee for Alternative Medicine under President Bill Clinton. Nevertheless, she was humble and invited me to attend the 2010 World Congress of Tai Chi, Qigong and TCM so I could have a better understanding of the depth and breadth of the healing arts. It was incredible that she assembled a group of world class scientists, Tai Chi/Qigong masters, and healers to present various topics. I was blown away by the plethora of information put forward. Since then, I followed Dr. Chow's career.

Dr. Chow had remarkable achievements as a medical professional as well as a medical educator. She began her career as a public health and psychiatric registered nurse with a focus on stress management facilitated by Qigong exercises. But she found out that the western medicine is like a revolving door, patients seldom fully recover but go from one department to another due to side effects or not being cured. Growing up in a Chinese family in Canada with parents fluent in Chinese medicine, she witnessed the effectiveness of TCM. She decided to combine the eastern treatment with the western medicine. She became a Certified Acupuncturist in California. Actually, it was through her unwavering determination and effort that California passed a state law recognizing acupuncture as a legitimate medical treatment in 1976. Other states followed suit to approve acupuncture for healing. She got a Ph. D degree in education, which enabled her as a great educator and advocate for the healing arts.

She practiced and taught Qigong, acupuncture, and TCM for more than 50 years and trained thousands to be self-healers and medical professionals to treat others. As an acupuncturist, Qigong master and TCM doctor, Dr. Chow cured thousands of patients. Personally, I witnessed some of her miracle healing cases. She co-authored "[Miracle Healing From China – Qigong](#)" with [Charles T. McGee, MD](#). She combined the essence of the traditional Chinese Qigong with western medicine and created "Chow Integrated Healing System – Qigong Exercise".

In 1973, she founded East West Academy of Healing Arts and dedicated it to providing training, clinical treatment, and the dissemination of information on Qigong and Complementary and Alternative Medicine. Its core philosophy and practice has always been to combine the TCM with western medicine. Dr. Chow trained and spoke worldwide to almost half million people. She gave seminars, lectures and motivational and training sessions to more than 350 corporations, hospitals, public agencies, educational institutions, and professional organizations.

It was her vision that she invited Dr. [Rustum Roy](#), a prominent scientist and advocate of integrating science, medicine, and spirituality, to co-found the World Congress of Tai Chi, Qigong, and TCM in 1990. Each year the Congress invites at least two dozen outstanding Tai Chi and Qigong masters along with distinguished scientists to present, teach, and demonstrate the arts. There were discussions among the experts and participants on the most important subjects of the time. Soon, the Congress became a global phenomenon and brought the awareness of the health benefits of Tai Chi, Qigong, and TCM up in the world. She made the

Congress successful and most of it was held in San Francisco, but it was also conducted in Canada and other countries. There were sprung-off events in Europe (held in Italy) and Japan to reach larger audiences, who could not afford to travel. The Congress has grown organically and expanded its scope; therefore, its name was updated to The Congress of Tai Chi, Qigong, Traditional Chinese Medicine, and Natural Healing three years ago.



Dr. Chow (left) treated patient with tinnitus

One of Dr. Effie's mottos was three belly laughs every day. It did not matter how busy she was or how tense the situation might be, she tried to use humor and jokes to energize the crowd. She worked tirelessly to get the best presenters for the Congress. She also remembered to include the excellent entertainers to showcase Chinese music and martial arts in the event gala. She laid out all details and made sure that everything goes smoothly and everyone has a good time. Unlike large corporations, she was only one person and supported by an assistant and a few volunteers. Regardless how well it was planned and executed, large events like the Congress might still have unexpected or uncontrollable glitches. She had to take care of them in a timely fashion and never minded how late it was. I remember it was mid-night when I was interviewing her in her hotel room during the Congress while she was trouble shooting. I asked whether she was tired and wanted to rest. She said no with determination shining in her eyes. Sometimes, I feel that Dr. Chow put the priority of the community work way ahead of her personal life and health.

As I was tracking her endeavors, she was taking notes of my progress. A few years later, she invited me to teach at the Congress. I was overwhelmed and scared by this kind request. I humbly declined the offer. She was extremely sincere and encouraged me to be assertive. With her blessing, I presented at the Congress a few times and was proud of myself. I was not alone. She paid attention to numerous up and coming teachers and gave them a stage to grow and shine. Dr. Chow was never married. We were just like her children – even though age wise we might not be so far apart and we are all in debt to her.

Due to issues with our medical system, Dr. Chow had three near death experiences in 2015. With Qigong treatments after discharge from the hospital, her health recovered but not to the full capacity. She was weak but still helped John Kyle with his hepatitis as well as other

patients. June last year, her doctor gave her 8 months to live due to a blood disease but she beat the odds with Qigong and care from her friends and doctors. Even with the serious health challenges, she never gave up on her friends. In May this year, after I sent out a notification about my coming Tai Chi training program, I got an email,

“You are so lovely dear Violet. Looking forward to when we can personally meet. Loving Qi for excellent health of spirit, mind, and body – Effie”

On Nov. 3, she responded to my announcement about a retreat in Mexico, “Dear, dear Violet...Looks wonderful, good luck...I am forwarding to my people to help you publicize! I”

I keep both messages and my eyes moist every time I read them.

Dr. Chow’s health declined rapidly in the past four weeks. On Nov. 16, Dr. Chow and her family had a meeting with her doctor. It was decided that she should move into a hospice even though her mind was still sharp. She agreed to be interviewed by John Travis, MD on his project of “An Oral History of Wellness (and More)” on the same day. You can watch the [video](https://tinyurl.com/OHxWellness) on YouTube, <https://tinyurl.com/OHxWellness>. She was bravely facing her death and continued to promote the healing arts with her last breaths during the interview. In the next two days, her friends kept her company, sang in her room, read email and letters from friends and fans wishing Effie the best and thanking her for her healing treatments. Dr. Chow would nod or smile and rest for the most part. One hour before her passing, Dr. [Anita Chen Marshall](#) called and exchanged the last message with Effie: “continue to dream the impossible dream.”

There was a spontaneous memorial the following day via Zoom on Nov. 19. The announcement only went out to a few. 30 some people attended from the U.S. and abroad. Some people said that they felt Dr. Chow’s presence. One person claimed that Dr. Chow was sending us a sign so all of a sudden, the Sun peeked through the dark clouds and the clouds made a heart emblem. With the love and effort Dr. Chow showered the world with, I have the faith that the Impossible Dream of combining the eastern and western medicine will come true sooner than later.



Som Lin

Dear Dr. Chow, I want to send you personally a get well miracle coming from you with all your mighty Qi healing power, joining in with others' more abundant healing Qi and loves from around the planet earth and beyond. You looked amazing on the 22nd World Congress on Qigong/Tai Chi/Traditional Chinese Medicine/Natural Healing four days conference. As usually, you were energetic and enthusiastic about setting future goals for the World Congress to pursue. Your leadership and dedication shine through remarkably.

I am grateful to you to be so willing to teach the Chow medical Qigong course if I helped you to organize it. You have expanded our learning horizon by sharing your invaluable expertise and knowledge with your students. I value your lifelong dedication toward Qigong, Tai Chi, Traditional Chinese Medicine pursuits in this country and worldwide. I will be interested in volunteering with World Congress on Qigong/Tai Chi/Traditional Chinese Medicine/Natural Healing for any future conference and committee task. You will be in my thoughts for healing during my regular practices of Qigong, Tai Chi and meditation. Many healing hugs Dr. Chow

Joanne and Hugh Ma

Dearest Effie, Hugh and I send our warmest 9 hugs and QIGONG energy and peace to you. Our friendship has spanned a lifetime of loving admiration and awe of being together in our youth in Toronto. And a wonderful reunion in Rome. And now in our senior years. You made a big impact on my knee health and our belief in Qigong and meditation. Effie. We love you and are sending you a gentle prayer of gratitude and joy in having our cherished friendship. with love and hugs,

Anita Chen Marshall, DAOM, Pharm.D, L.Ac

I am despondent to know our dearest Effie passed away last night. No words can express my profound sadness and console you during this time of sorrow for losing your beloved aunt Effie.

However, I am very grateful that I could have a FaceTime call with her via her neighbor, Dan's iPhone, last night around 7 pm (PST) last evening. She looked tired and weak. Dan said she could hear and understood me but couldn't respond. I knew the end was near but didn't realize it would be so soon. She passed away peacefully in her sleep an hour or so later.

I joined the zoom memorial gathering hosted by Mary Jo this afternoon and shared our memories of Effie. It was very comforting that Effie had touched so many lives and helped so many people.

I am also relating a sincere condolence message to you from my friend, Joseph Chav, the real estate agent who helped Effie organize and stage her house in Diamond Heights in SF to be put on the market for sale back in 2015 after she suffered from a life-threatening hospitalization. She had a lot of difficulties walking and climbing stairs after she was discharged from the hospital, and living in a 3-level house alone seemed like a difficult and dangerous situation for her at that time. Selling her house and moving into a skilled nursing home seemed like a logical solution for her condition back then. However, she changed her

mind at the last minute and decided to move back into her beloved house. I admired Effie's strong will and energy to move back into her 3-level place and live independently with various help from her students, friends, and family for seven more years. More power to her!

I have known Effie since 2003 and accompanied her to Chengdu, China, for a Yangsheng (Cultivate Health and Wellness) Conference in Jun 2013. It was a fabulous and adventurous trip that allowed me to have an intimate time with her and get to know her better. We worked together during the preparations for many World Congress and other worthwhile projects to promote TCM and Qigong. I admire her extraordinary talent and ability to get people to work together and contribute to many projects she spearheaded. It's not an easy task to organize and have so many world-renowned Qigong Masters and TCM scholars/researchers work together under one roof during the 22 years of the World Congress events. However, she was a master in encouraging and connecting people to work toward a common goal to promote TCM, Qigong, Taichi, and Natural medicine. She inspired the TCM and Qigong/Taichi communities to work together; it's quite an accomplishment!

I met so many wonderful people and built a fabulous community through her connections. Over the years of working closely together, Effie adopted me as her younger sister. We laughed, sang songs, and danced as we worked hard through the wee hours. To reciprocate her great teachings and wise, loving advice, I helped her translate many documents from English to Chinese and vice versa. I also gave her acupuncture treatments and ordered herbal supplements for her when in need.

When she fell and was hospitalized back in March 2015, she had terrible reactions to several medications the doctors gave her. She had high blood pressure, felt dizzy and tired with blurred vision, and had hoarseness in her voice. She also had a bad allergic reaction to the IV antibiotic, and her left arm was red and swollen. Since I have been a registered pharmacist and a TCM practitioner for over 20+ years, she asked me to review the medications she was given. I made a table of the medications she was on, along with the side effects of the medication; it clearly showed that multiple drug interactions were causing all the side effects she was experiencing. I told her to show the table I made with the side effects of her medications to her doctor, and her doctors discontinued all her drugs and switched to another antibiotic that she was not allergic to. Her extreme fatigue and dizziness went away, and her BP came down a few days later, except her voice's hoarseness lingered for quite a while.

Because this potentially life-threatening episode was averted by timely intervention, Effie was especially keen on encouraging me to finish writing my book on "Herb-Food-Drug Interactions and Safety: An Overview and Case Studies." She said I could use her case as an example of the dangerous drug interactions of polypharmacy, and she would help promote my book at the World Congress. I am sad to say that I haven't finished the book for various reasons.

Effie loved the song "The Impossible Dream" from the Man of La Mancha musical. She was a fighter like Don Quixote, the noble knight in the musical. She was one of the founding members of the TCM community to help legalize acupuncture in California and the U.S. She tirelessly pushed through many obstacles to promote what she believed to be the best way to promote health and wellness through decades of dedicated hard work.

She asked me to sing "The Impossible Dream" as the theme song for the World Congress, and I was very honored to do a recording of it with my sister, Dr. Elizabeth Christenson's harp accompaniment. It will be played at the upcoming memorial service, as Effie requested. I genuinely admire her courageous spirit for daring to dream the impossible dream of fighting our broken medical system and promoting TCM, Qigong, Taichi, and Natural Medicine into allopathic medicine.

https://drive.google.com/file/d/1Izd6M3xmEK_hRFLKnCJWvKGp1vqecWPI/view?usp=sharing

Since Effie was very passionate about using music to promote healing, she was especially fond of the Medical Musical Group Choral and Symphony Orchestra, to which my brother, sisters, and I belong. The goal and philosophy of the MMG were very much in-lined with Effie's vision. She admired the accomplishments of the MMG in using music to heal the nation and honoring the Veterans. She was hoping to collaborate with the MMG for future World Congress. Effie and the 22nd World Congress awarded Dr. Wahby and the Medical Musical Group the Humane Orchestra of the year, 2022. I printed out the award certificate, put it in a nice frame, and presented it, together with Rose Hong, to Dr. Wahby, the director and conductor, Elizabeth Nunan, his wife, and the MMG organizer, during the rehearsal for the MMG Veterans concert at the Grand Ole Opry in Nashville, on Nov. 9, 2022. All the MMG members were excited and grateful for this prestigious recognition.

<https://medicalmusical.com/wp2/who-we-are/>



I am also very honored and extremely grateful to receive the Pharmacist, Herbalist, and Acupuncturist of the Year Award during the 22nd World Congress on Sept. 25, 2022. I thank Effie from the bottom of my heart for recognizing the hard work I have put in all these years through my private practice and teaching to help bridge the gap between eastern and western medicine alongside her. This award warmed my heart deeply and is incredibly precious to me now, realizing that this is her last award to be given to me. I will treasure it forever!

Effie was a great model, mentor, dear friend, and a big sister to me. I will always cherish her excellent sense of humor, cheerful spirit, love of life, and all the good times and memories I

have shared with her over the years. She will be missed dearly by the TCM/Qigong communities and all who had the blessing to have known her. I know Effie is in a better place now; she is free from her physical ailments and pain. I can close my eyes and see her smiling, dancing, and waving at us somewhere up there. Her loving memories and uplifting spirit will be with us forever! Rest in Peace, dearest Effie! May God be with you and grant you Peace and Eternal Love in heaven! With profound love and sadness,

Bett Martinez

Will you kindly pass on to Effie Chow that I and colleagues are sending whatever Ch'i we can for a peaceful passage. As my ex-husband said, lamenting over so many deaths of friends in the past few years, "There's a Mexican saying: comes time when there are more going than coming."

Kindly pass on warmth and all my/our best to Dame Effie, for all the good things she's done since I met her, mid-90's, brought Dayan teachers/students. warm feelings also to Alex Feng, for his treatments/guidance. Now only teaching "myself". Most difficult student ● bett lujan Martinez Executive Director The Possible Society of California 501©3
www.possiblesociety.org <<http://www.possiblesociety.org>>

Karen Matsuda

Our WWW group sends its love and sympathies on the passing of our dear friend, Effie Chow. Effie was a member of our Wild Wonderful Women's Group since its inception in the 1980s. We are all women who have worked together in women's health and women's reproductive health across the U.S. We met yearly when possible in cities on the west coast like San Francisco, Seattle, Portland, Cannon Beach, and Las Vegas to celebrate each other by sharing meals, shopping, and gifts to commemorate our friendship and common work in promoting the health of women and their families.

Effie hosted our last reunion in San Francisco, so it is with great sadness that we hear of her death. Here is the list of the members of our WWW group. I have copied the members, as they may wish to send in their memories of Effie. On Behalf of the Wild Wonderful Women's Group,

Vivian Lee, Kent, WA
Judy Harlick, Bellevue, WA
Kay Lahdenpera, St Petersburg, Florida
Eliane Dao, Seattle, WA
Vivien Hanson, Seattle, WA
Dorothy Mann, Seattle, WA
Sharon Black, Beaverton, OR
Wendy Sheldon, Portland, OR
JoEllen Miller, Portland, OR
Jackie Wells-Little, Modesto, CA
Cathy Wiley, LA, CA
Bobbie Wunch, San Anselmo, CA
Mitzi Cooper, NY, NY

Lynn May

Hello Dame Dr. Effie Chow, I would like to send you a gentle virtual heart-to-heart hug from the UK. I listened to you at the 2018 Qigong World Summit hosted by Sharron Rose and was completely in love with your heart-to-heart hugs and have been giving and receiving them with everyone I know since then. It is a beautiful way to connect to family, and friends, old and new.

I wish you much love on your journey and will continue to spread heart hugs and belly laughs and tell everyone how inspired and loved you made me feel. Lots of love and heart hugs 🍷😊 from Lynn May in the UK xx

Medical Music Group – Dr. Victor Wahby and Elizabeth Nunan

Very sorry to hear, Anita. Although I was not fortunate enough to know Dr. Chow personally, I learned about her amazing accomplishments through you, Rose, and others. And, of course, all of us in MMG were quite touched by the award you bestowed on us. Please accept Elizabeth's, MMG's, and my own sincere condolences and heartfelt empathy. With warm personal regards, Elizabeth and Victor

Joelle Meijer

Dear family of Dr. Chow, dear Dr. Ossler, Please receive my deepest sympathy. Dr Chow was for sure a bright light in the world of Qigong. I had the chance to join the Ottawa Chow Qigong Association about 8 years ago and to meet Dr. Chow in person in March 2020 when I took the course in Ottawa to become a Chow Qigong instructor. During the course of 2020, at one point we were throwing Qi balls to each other, and I received a Qi ball from Dr. Chow and I could feel how strong that ball of energy was. What an experience! Unfortunately, we were able to have only 3 days out of 7 together because everything was shutting down with the beginning of the pandemic. Dr. Chow had to go back to the U.S. Thanks to Zoom, we were able to continue our course in June.

I live in a village South of Ottawa and I am teaching Chow Qigong about once a week at the moment. I think that for us teachers, it's our turn to carry Dr. Chow's light.

In May 2020, my husband and I learned that he had to have open heart surgery to repair 3 valves and have two bypasses. We spent June and July going to the Heart Institute of Ottawa for tests in preparation for this surgery, it was a very stressful time. My husband enjoys the Chow Qigong exercises very much but the meditation was not his cup of tea. But on the morning of his operation while he was waiting to be wheeled in the operating room, he felt the presence of many people surrounding him...that was the fellow students of the Chow Qigong course meditating and sending good energy to support him through this long and risky operation. He shared his experience with the group and he could see the benefits of meditation.

For the Chow Qigong course, we had to do a special project; I chose to grow seeds in two containers and I was giving Qi to only one container with seeds and see if there was a

difference. With another student, I was also working on an animation project to teach Chow Qigong to younger children. Unfortunately, I was not able to finish this project because I had to take care of my husband and everything at home for about six months. I am very sorry that I was not able to finish this project, but it stayed in my mind (and in my computer) all the time. There are two reasons for which I was unable to finish this project when my husband started getting better. The first one is that I regularly publish projects for educators and children on my two websites and it's time consuming. The second reason is that while I started the Chow Qigong course in 2020, I also started a Bowen Therapy course at the same time. That course was also cancelled.

Finally, this year, I was able to resume the Bowen Therapy course and I also started an Anatomy course (needed for the Bowen Therapy). I will have my Bowen Therapy exam in January and hopefully I will finish the Anatomy course by June. So I hope that I will be able to resume working on these animations during the Summer of 2023. Dr. Chow saw the 4 first animations (in attachment) in 2020. These animations will help (young children) the next generation to learn chow Qigong and to carry Dr. Chow's light for a long long time. Please let me know with whom I should be in contact for those projects.

Lyn McMahon

Chow Qigong Toronto and I are saddened by Dr. Chow's transition.

Dr. Chow had been a great part of my life and Toronto's. We are so thankful that she made it to Toronto and imparted Qigong into our lives which help so many of us to maintain good health and a brilliant outlook of life. We'll miss her deeply and sadly.

Blessings, Love and Hugs,

Sara Mokone

I write with a heavy heart and also with many, many fond memories of time spent with Effie Chow. If it had not been for her, how would the world of miracles be? It's always hard to say 🙏 goodbyes from far away. I will continue to wear the energy bracelet she gave me in June 2022, when we sat on her balcony with John and Ann, hosted by her carer for that week, her good friend Betty. Like so many people and students, we, who personally attended many of the World Qigong conferences, both as presenters and participants in organizations she set up and influenced, I must share the joy she spread and commit to continuing with this path.

Marisa Vocca visited me in London this year and sitting in the beauty of Alexander Palace Park, we celebrated our good fortunes and health sending distant healing energy to our sister Effie. We would not have these links if it was not for her. I personally would never have met the bundle of joy and hidden 🙏 strengths, which Ann Colichidas exudes.

Effie we will all miss you Much love As i write this from a farm in a part of Gauteng South Africa, I can truly say that thanks to the 'acceptable ' marvels of energy connection...like Zooming via the internet, we will all meet soon. Qigong teacher and co-spirit.

Reed Montague

To the Chow Family and Friends, I wish to pass along my deepest condolences for your loss. I admired Dr. Chow for her ability to see and create new ways of doing things and for her ability to uplift and heal people. I first met her at a conference many years ago put on by Dr. Rustum Roy, with whom I was very close, and who became a dear friend of hers. During her presentation, I watched her move multiple people across the room and was intrigued.

Years later, I applied to study with her in San Francisco and flew in regularly for a series of classes on medical Chow Qi Gong. At that time, I got to know her better and was struck by her sense of humor, her ability to elevate and inspire others as well as for her wisdom and understanding of how to heal others. She epitomized her favorite song, "Live the Impossible Dream" as she regularly turned what seemed insurmountable into reality; and was able to make real miracles happen in the lives of others. I think one of her greatest talents was inspiring others to reach higher and strive for more as she brought group after group together for a common mission with her tireless energy.

I last saw her in 2018 when she was in Washington, D.C. to speak at a conference, where she was as gracious and generous as always. I appreciate the time I spent with her there and that last opportunity to see her in person.

I am grateful for the wisdom regarding Chow Qi Gong, Chinese medicine and life in general that she shared with so many of us and for allowing me to meet so many wonderful and amazing people through her work. She planted wonderful seeds of inspiration in each one of us that have continued to flourish through the years, enriching us all. I believe she is now looking down on us from up above still cheering us on and inspiring each of us to becoming the shining stars here on earth that she knew we could be. I am richer for having known her and will miss her. Warmest regards

Cathy Mu

Master Mu is sending Dr. Chow her love and blessings for a peaceful transcending.



Teresa, Dan, & Madeleine Newmark

We (Teresa and Dan Newmark) moved next door to Dr. Chow in 2013, and our daughter Madeleine was born that year. Dr. Chow became a part of our family, we often cooked dinner for each other, enjoyed many dim sums together, and visited each other's houses for parties or just spontaneous get togethers. During the pandemic, we even took down the front patio divider between our condos and held our celebrations outside together.

As Dr. Chow said in her final interviews, "Live like you'll die tomorrow, but plan like you'll live forever." Dr. Chow was literally daily living proof for my family of the power of positive thought. Several times Dr. Chow's medical conditions were so severe that most people would have begun thinking negatively - but Dr. Chow always talked about the future in the affirmative as a reality, and she managed to get many more active quality years on earth as a result. Dr. Chow also asked for help on many occasions, and we were grateful for the opportunity to do good, and happy to be of assistance to such a wonderful neighbor.

Each morning I would pull back the curtain to my daughter's room, which has a window across from Dr. Chow's office, as in my mind that way they could keep each other company. Now when I pull back the curtain, I can still hear Dr. Chow's contagious laugh. Every time I hug someone, I now go heart-to-heart, and we seek out those deep belly laughs Dr. Chow prescribed. We were so blessed to have her in our lives, and in so many ways in our house and in our hearts, Dr. Chow lives on. Moments of us enjoying dim sum and other celebrations



NCCAOM

Effie Poy Yew Chow PhD, RN, LAc, NCCAOM was an incredible and amazing energy healer, and a dear friend whose skills I deeply respect! We had the pleasure of serving on a committee together, the National Certification Center of Energy Practitioners. Effie skills are renowned world wide! Effie, I and countless others miss your countenance, counsel, and advice. I so miss you my dear friend! Hugs, Brian Dailey MD, FACEP, FACFE, Chair NCCOEP

Dr. Justin Ngui

Qigong Master Effie Chow was an instrumental part of our [Ngui Family] journey into mastery of energy arts, mindfulness, love and happiness. She was a very big influence to us as she was to many who had the privilege of knowing and training with her. Her spirit was unmatched and her generous healing nature was impossible not to be felt deep within your soul. We would all do well to honor her wonderful life and do as she always prescribed for all her students and patients: have at least 3 bellyaching laughs per day". Sifu Justin Ngui

Sir Dr. Stanley Ngui

We are so sorry to hear. Dr. Chow is in a very good and happy place now.

Joyce Nunn

I wanted to share with you the marvelous results from your dedicated work with my son Michael. You treated him 20 plus years ago and from that we started a small Qigong group in Waterloo. It was an amazing part of our lives although we didn't stay with the practice. I think of all the times we spent together and feel blessed that I learned from such a leader in healing medicine. Michael is married and had a baby boy last month. It is truly a miracle stemming from your work with him.

Gigi Oh & Gene Ching

Dr. Effie Chow was a pioneer for Qigong in the United States. Her list of achievements in the field are way too long to cover in this short memoriam. Most everyone cites when President Clinton appointed her to the 15-member White House Commission on Complementary and Alternative Medicine Policy as one of her most outstanding moments. Today, this must be put into perspective. That appointment was in July 2000 and stands as one of the very first official acknowledgements of Qigong and Traditional Chinese Medicine (TCM) by the United States government. How far we've come since then, thanks to Dr. Chow.

Dr. Effie Poy Yew Chow (周佩瑶), Ph.D, RN, Dipl.Ac. was one of those people who held an astounding number of degrees and certifications. Her Ph.D. was in higher education and her M.S. was in behavioral sciences and communication. She was also a registered public health and psychiatric nurse, as well as one of the very first California-licensed acupuncturists. That was because acupuncture licenses didn't exist in the U.S.A. prior to her. She served as a consultant to Senator George Moscone (then the mayor of San Francisco) in the early development of acupuncture license law. Chow worked tirelessly to get recognition of Qigong and TCM by government agencies, serving as an advisor to the U.S. Department of Health

and Human Services and was appointed to the first Ad Hoc Advisory Panel of the Congress-mandated Office of Alternative Medicine, which eventually became the National Center for Complementary and Integrative Health.

Chow founded her school, the East West Academy of Healing Arts, in San Francisco in 1973. This was her headquarters for the American Qigong Association and the World Qigong Federation, both founded by Chow. It served as a launching pad for her annual gathering, the World Congress on Qigong and Traditional Chinese Medicine. In 1994, Dr. Chow co-authored *Miracle Healing From China Qigong* with Charles T. McGee, MD. Remembrances from Gigi Oh and Gene Ching

Qigong in the United States would not be where it is now if not for Dr Effie Chow. In June 1993, Pioneer Interstate Inc. (dba. Tiger Claw) acquired Pacific Publishing, Inc. including its several publications: *Masters*, *Wushu Kungfu*, and *Wushu Qigong*. Soon after, TC Media, Intl., which was known as TC Media Inc. back then, was established to handle all the business other than the original martial arts wholesale distribution business Tiger Claw has been offering. Dr. Effie Chow was on the Summer 1993 cover of the *Wushu Qigong Magazine*. Ultimately these titles were merged to form *Kung Fu Tai Chi*.

At the end of 1993, TC Media built a professional studio with the intention of producing instructional martial arts videos. In December 1996, Dr. Effie Chow approached us to produce two instructional videos. She is one of the most professional and perfectionist qigong grandmasters that I've met in the 30 years of my publishing career. She brought her own video director, Garri Garripoli (aka Francesco Garri Garripoli, an Emmy Award-winning producer) and her own stylist. The TC Media video crew learned so much from her and her professional group from producing her videos. Until today, I always grateful and thankful for this opportunity. [The The Chow Qigong System - Volume 1: Qigong Basics & Exercises and Volume 2: Qi Pressure 2](#) was completed to everyone's satisfaction on March 27, 1997. These tapes were a great hit for The Second World Congress on Qigong and The First National American Qigong Conference hosted by Effie and her East West Academy of Healing Arts, held in Golden Gateway Holiday Inn in Nov. 21-23 1997. TC Media supported and becoming a prominent sponsor for the Congress thereafter.

During the last 25 years. I've attended most of the Congress gatherings. I got to know Effie better and develop a close friendship with her. I helped her to bridge out to the Qigong, Taiji and the martial arts masters of the event as she concentrated on the healing arts. Putting up the Congress is a humongous job. Before the pandemic, it used to hold in-person events in one of the prestigious hotels in San Francisco. The Congress normally started from Friday evening and ended in late Sunday afternoon. There were also pre- and post-Congress workshops and seminars. Since I live in South Bay and was busy with my own daily work, I always volunteered on Saturdays. I'd grab my big helper, my sister Joan Chien, to help Effie on managing the Saturday banquet show and the award ceremony. I even co-hosted the Saturday evening banquet on stage for the last two in-person gatherings.

I will miss Effie's never-ending enthusiasm for whatever she was doing. I always admired her persistence and her drive to reach her goals. Ann Colichidas, Effie's student friend, told me that Effie worked until her last breath. She was very sharp and clear of mind. She answered the invitation to attend the 6th World Conference on Integrative Medicine scheduled for

December this year, just the day before passing. She will be missed by everyone at Kung Fu Magazine and Tiger Claw, especially me. She often referred me as her one of her sisters and I will miss her as such.

Gigi Oh, Publisher Emeritus, *Kung Fu Tai Chi*



“Effie was someone I thought would live forever. She always had that vivacious glint in her eyes, full of what we in the *wulin* call ‘*jing qi shen*.’ The way she moved through space, on top of her overall presence, made everyone underestimate her age by decades. Her energy level was effervescent, just like you’d expect from a grandmaster of qigong. Whenever her World Congress came around, she was by the office a lot. Gigi was an avid participant and did whatever she could to support the event. Qigong masters and various complementary health advocates from around the world came to share and a ticket gave you complete access to all their presentations and classes. I only went once. Due to my position, I was obligated to help with production, which I did as a volunteer, so I couldn’t focus on attending the event that much because I was also looking for interesting masters to cover. It was more work for me, but I could see how the attendees and participants enjoyed it. And Effie was the belle of the ball, constantly flitting about here and there to make sure everything was going well and that everyone was having a good experience. It was an overwhelming amount of work, and Effie gave her all to it.

When our print magazine *Kung Fu Tai Chi*, folded, Effie was one of the first to reach out to me personally with a job offer. She wasn't exactly sure what that job would be. She just wanted to help and we discussed some possibilities. In the end, it didn't work out, but I was grateful for her effort. We ended our discussion on a friendly note. I thanked her profusely for thinking of me while the pandemic raged on and everyone was thinking about themselves, and wished her well with her continued efforts to promote Qigong and TCM. The pandemic affected her World Congress, just like it did with our Tiger Claw Elite Championships. Now I recognize that it was the last time we ever spoke." Gene Ching, Publisher, KungFuMagazine.com <https://www.kungfumagazine.com/ezine/article.php?article=1662>



Kelland and Doris Ong

Hi Auntie Effie, I smile, thinking about so many of the wonderful times that we've shared. Like our times behind the ski boat in Hawaii. You took me water skiing for my first time. It was so much fun and you were great at it too! You have always been so much fun to be with. We have had so many great times together. Riding around in the early days when you had that black MG midget was a blast too! My Dad ended up with that car, then me, then Lance. This was the car I learned to drive a stick in. My Dad sat in the passenger seat reading a newspaper while I struggled through the gears trying to work my way around the school parking lot. I still do that acupressure thing between the thumb and index finger too! Hardly any headaches thanks to you!

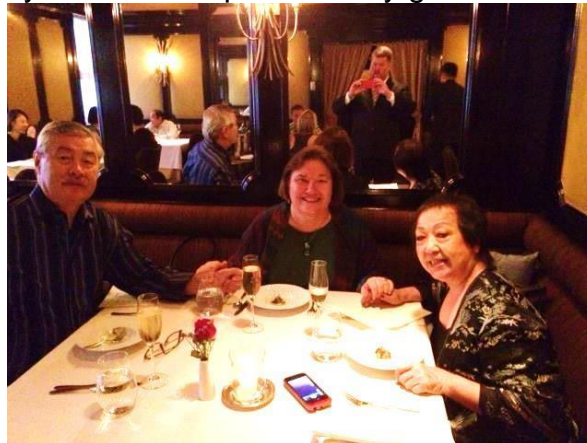
My Mom and I have talked a lot about you and she wishes so much that she could come down to visit you, to be with you. Know that she loves you very very much. She feels that the bond between the both of you is so special. Doris and I are so thankful that you were willing to visit with us when we were in town. That visit made our trip complete. We had heard that you were not seeing anyone at that point in time due to covid. We took a chance and dropped in and you took a chance seeing us and we ended up having a great visit that I will always remember.

I really do not know how to close a letter like this other than to say that we love you and that you made this world a much better place with how you touched everyone around you. Smile Aunty! You deserve to feel good about all the good that you have brought into this world! We love you!

Charlene Ossler

The morning after your transition, the wind blows strongly
Stirring the multi-colored leaves – swirling like your indomitable energy
All foliage smiles to feel your touch – still inspiring, still healing

How blessed we all are to have had you grace our lives
Magical, strong, insistent on love and laughter
Unwavering in commitment to humanity, to the health of humanity
Complex and pioneering in your leadership – so many gifts!



We will continue, holding your spirit and lessons
Close in our hearts, motivated to be our Best
To honor you, to share your love that is undiminished
Each sunrise, sunset, the breeze, you are with us.
11/19/2022

Elvia Perez

Today I received the update letter from you niece Kary. Your love of life is so apparent even as you are letting go so gracefully.

We first met in 2009 when you so freely gave help to my brother Virg who was suffering with cancer and severe effects of chemo treatment. You helped ease his pain and helped him prepare for what he wanted to do at his stage in life. His family and I will forever be so grateful for what you did for him.

I was tutored and mentored by you in learning Chow Qigong. I completed the Level One class early in 2010. I spent a whole year from the end of 2015 to the end of 2016 being your assistant at your home. We led so many classes, and I learned so much. On July 2016 at SFGH and Laguna Honda Wellness Centers I started to teach Chow Qigong exercises and meditation classes. Due to COVID classes were stopped at Laguna Honda March 2020. At SFGH Wellness Center I still continue teaching via ZOOM. I want you to know that I teach Qigong "a la" Effie Chow way. I am glad you will be in hospice which will help make it more comfortable for you. You are surrounded by so much love and support. All my love and many hugs,

Rosa Persis

So touched by sadness to hear this news.. My condolences to you and all her students and those whose lives she touched so gently and positively. May she rest in peace and joy in the higher realms she so deserves. I was following her in classes in Ottawa public library, and the Mc Nabb Centre long ago when I moved to Ottawa from Vancouver, looking for tai chi groups to join, etc. That was how I got to know Master Lai later on; the last time I saw her, in fact, was in one of your public events..... She had such graceful strong, wise presence.

Dr. CJ Rhoads

I am so very sorry to hear about your situation. Although it breaks my heart that you will not be able to do next year's World Congress, I wanted to take a moment to let you know how much your influence and leadership has meant to me.

Although you met me in Boston in 2019, I have known you since the 90's when I heard about some of the wonderful work that you were doing in Qigong. Then, in 2012 I called you on the phone one time to discuss a project that was on your website, and I remember being surprised when you personally answered the phone. So I have always known what a wonderful soul you have – and that you were generous with your time, even with people you didn't know.

Then, in 2019 I met you at the IMTQA conference. You offered to let me stay with you so that we could testify at the Massachusetts Legislature. Your generous nature was confirmed yet again. Your knowledge and expertise is well-known, and I counted myself lucky to have known you. Your solid support and determination in keeping the World Congress going is admirable. I will do everything I can to ensure that it continues. Please do take some time to watch the videos on 2021 World Congress that I sent you, as well as the World Tai Chi Day videos I added to the drive. **Please know that long after you are gone from this realm, your loving essence will still be felt in this realm for all time. Your legacy is strong, and will always remain so.**

David Robinson – Australia

Let's hope her work and conferences continue internationally. She was an amazing lady, I met Effie in 1999 and stayed in the US for 9 months or so only returning to Australia due to my father becoming unwell. Her greatest achievement to me was getting qigong onto the US

health system, and i remember together we spoke about forming an international aspect and body to the world congress and east west qigong that people overseas could access freely to keep in touch with events, information, and refer to each other. I last emailed Effie about a month ago... we were talking about healing, and she said my work was invaluable to the planet, as she often called me an "earth healer",... I will miss her, our emails, conversations and I hope we can continue her legacy globally.

Tom Rogers, The Qigong Institute

Dr Effie Chow was a true trailblazer in the Qigong community. From originating the World Congresses on Qigong which later expanded to include Tai Chi and TCM to serving on the White House Commission on Complementary and Alternative Medicine Policy, she brought her inexhaustible supply of organizational skill and enthusiasm to promoting Qigong to the world.

The Qigong Institute is especially grateful for Effie's assistance in helping Dr. Ken Sancier found the organization. I always enjoyed our lively conversations and how she was forever planning new ways to introduce people to Qigong and improve their health. She would always be sure to remind me to get my six hugs per day. Effie's love of Qigong was obvious and boundless. She will be missed, but her legacy endures.

Tom Rogers, President, and the Qigong Institute Board of Directors.

David Dorian Ross

Oh no! She was the dearest person I know.

Barbara Rowe

May she rest in Love 🙏

Janiece Rustin

I am saddened to see this news and glad to know our beloved Effie is surrounded by love during this time. Lovingly

Pepper Sarnoff

So many touched by her practice.

Kathryn Sandberg

She provided me a beautiful and well-grounded introductory practice in Qigong. Thank you

Effie! 🙏❤️

Thammavong Schule

Andreas Kühne, GQA Klassische Chinesische Medizin, Qigong und Kung Fu

My condolences from all of us here in Neustrelitz, Germany. We will never forget the influence she had on our life. Lots of love, Andreas

Syndi Seid

I do wish Effie well in joining Ron in heaven and having fun shining back upon us who are still here on earth.

Michael Shaman

So much love and gratitude ...
you have a special place in my heart Effie.
I will continue to let my memories of your encouragement, leadership, healing, love ... to inspire me

Keith Sharp

Dame Dr. Effie Chow It is an honour to have linked with Dr. Effie in recent years.

Her passing to the Grand Architect of the Universe leaves a legacy of wonderful achievements to many thousands of Qigong participants. I now have the added honour to send condolences to Effie’s family, friends and colleagues on behalf of the 1,000 strong Tai Chi and Qigong Union for GB.

In love and respect, Keith Sharp An Honorary President of the TCUGB



Tai Chi & Qigong Union for Great Britain
TAI CHI & QIGONG UNION FOR GREAT BRITAIN

Wendy Shelden

So sorry. Effie is truly a treasure. All my best to you all.

Dr. Bernie Siegel

You made a difference Bernie Siegel, MD

Beverly Stern

I’m sorry to hear of Aunty Effie’s passing. I know it has been challenging at times to keep her healthy and safe. She lived such a big and adventurous life. Now she is resting peacefully and no longer suffering. She was always kind to everyone in my family. And had a smart sense of humor. So sorry for your loss of your dear aunt.

Janny Tam

Dame Dr. Effie Chow, a trailblazer in Alternative mind/body medicine who had bridged the great divide of eastern and western healing modalities since the 1970's, a qigong master, a loving friend who had brought beauty, joy and laughter to so many, had changed from form to formless Qi and one with the Universe. She had lived a life of passion and intentions just as the Alicia Keyes's song "Girl on Fire" (her favorite song), bringing Traditional Chinese Medicine and Qigong to the west. She had opened doors for the west to understand the ancient Chinese wisdom of Qi . The planet is dimmer without her.



Ian and Wai-Lin Terry

We are sending you love from Toronto. Ian and I are part of the Chow qigong group here. We thank you for being an qigong pioneer & for introducing Chow Qigong to our lives. It has lent new dimensions to our lives & greatly enhanced our quality and joy of living, as it must have done for many people around the globe. Because of Chow Qigong, we've discovered a community of kindred spirits. It's a blessed legacy, and a blessing in the lives of countless others. Thank you. 🙏🙏,

Jan Thoren

I saw something I had never seen before that day that Dame Dr. Effie Chow passed. I saw a jet go straight up in the air as far as the eye could see and I thought of it as a sign that Dr Effie Chow went straight to the highest place in heaven with the most highly evolved spirits who I am sure are all gathering around her!

Hoang Tran

Dr. Effie Chow is now with the stars A lifelong champion of our profession. She became the face of the resistance against the imprisonment of Chinese Medicine practitioners in the 70's on charges of practicing medicine without a license in California.

During the Clinton years, she was appointed by the President to the White House Committee on Complementary and Alternative Medicine Policy. Her advocacy paved the way for federal recognition of our profession and the creation of what is now NCCIH. Her prescription for life "8 hugs and 3 belly aching laughs a day" 🟡

LiMing Tseng, MAcOM, LicAc., Dipl OM (NCCAOM)

Thank you to you and your family and friends for keeping us informed on how you're doing. I have shared the message with some of the acupuncture community.

I want to thank you for coming here to Vermont. I don't remember who through the University of Vermont invited you to come, but I treasure that experience. While the qigong class was wonderful, I really love bringing you to Mrs. Fong's restaurant for dinner. It was so fun.

Honestly, I don't generally get to use my Cantonese in Vermont.

That was when I really got a sense of your hard work and the value it brought to you. At that dinner, I remember thinking what a hard worker you are. I think I was intimidated by that, in thinking if I could or would be able to do as much public service as you. Well, 16 years later, I can tell you that I have been doing that for the acupuncture profession, and I will continue to.

You are an inspiration! You are a beloved member of our community! Even acupuncturists who never met you, when I told them you were on hospice, were very concerned and tried to send you some love.

Zhuangzi, while he was saddened by the loss of his wife, but afterward he celebrated by banging pots and pans to honor her passing onto her new journey. While we certainly want you around in our realm for a lot longer, it seems you are ready to enter your new adventure. We will do our best not to cling on or be attached. However, your energy will always be connected to us. Your light will always shine brightly within all of us who had the pleasure of knowing you, or better yet, having received an original Effie Chow Hug! Thank you for all you have done and continue to do! I am cheering you on, for your next adventure ahead! Big hugs!!

Gloria Untermann

Dearest Dr. Chow, I want you to know I am thinking of you with tender heart and honoring the years of our beautiful connection and friendship at East West Academy.

I want you to know how meaningful and instrumental you have been in my life. I thank you for your gift of caring heart, Chow Qigong teachings and being the example of mastery for living a full, dynamic and quality life. As I walk down memory lane and reminisce about our shared times of spreading the lessons of Chow Qigong, I am eternally grateful for the honor of having

you in my life. Your kind heart and loving spirit will always be with me. May beauty always surround you. There are no words adequate to express my loving appreciation and gratitude for all your exceptional and generous gifts and teachings on how to live a full, balanced and happy life. I love you. Thank you for you.

I am eternally grateful for the beautiful visit with your Auntie Effie. It was such an honor to be in her presence of her energy for uninterrupted two hours privately. I felt like angels were in the room protecting time and space so we could peacefully and lovingly connect. My thoughts are with you and your family.

Dearest Bobboo, Kary and Wendy, Thinking of you today with heartfelt condolences for the passing of your dear Auntie Effie. Sending my love to each of you. May peace and grace be with you. Thank you for being such a warm, loving and beautiful support to her all the way to the end. Take care. With loving honor



Marisa Vocca

Hello my great friend and guide! ♥

Hi, for those of you who met her before, ... Just found out that the Dr. ssa Effie Chow is no more with us. ♥

After the end of her 22nd Qigong World Congress, which I attended in September, she passed away after a long resistance to the disease that struck her over a year and a half ago. Here she is on her 89th birthday, a few days after Congress.

She has been a guide and a great friend for me over the last 15 years! She loved to call me "my little sister".

She has been an important figure in the world of qigong and Chinese medicine, from her participation in the American Congress for the recognition of traditional medicines and qigong, and their gradual inclusion in therapies They are integrated into the USA. ♥



Marisa Vocca and Dr. Effie Chow

AmaLia Wai Ching

Dearest Elder SiSTAR Effie ,





With immense Gratitude and Love that I bow to you to say Thank you so very much for your SoulLight embodied as "Effie Chow" this lifetime. We knew we had met many times before in the Starstreams and on planet Earth. One more time this time around, we dance together to weave in HeART Healing to Humanity , and to evolve the Magic of Medicine in the field of HealthCare.

Know that I am here, as with others, to serve your legacy and to continue the Mission. You can count on me, Commander. We come from the Stars and we return to the Stars. To gather once again!! Remember to send me a couple of winks and air hugs when you are floating up in the Light Space free and in the incredible Lightness of Being. Bless us with your Grace and Wisdom, Your mortal self has passed through so many cycles of trials and happy times that you.... with your tenacity, good will and knowledge of the secret ancient arts of transformation have time and again.... arisen like the Phoenix to soar above ordinary beings. You in your Quan Yin Essence have looked in benevolence upon us to teach and to guide. You have paved the etheric matrix for many like me. I thank you with sadness of not being able to hug your beautiful physical chalice but we know you are Eternal.

Know that I will be reaching out to Dr Steven Greer and others for a panel of Contact and Disclosure, and Quantum Medicine as Qi Gong is . I know you wanted him on one of the panels and perhaps we will, in the coming years. We your galactic team on Earth will do our best to carry on your legacy of Light. It was in 1992, earth time in San Francisco that I was informed of the well respected Effie Chow and then to finally meet you in 2017 to bring in the 11.11 frequency galactivation to establish the new matrix of medicine, and for the veterans at the Centre for Tai Chi in Oakland, with fellow humans Will , Alex and Charlene. It was a joy to stay with you in your lovely home,(blowing bubbles outside on the porch) It was fun to do push hands and choreograph our swordplay in Golden Gate Park as we were being filmed for Quantum Qi. Also remembering our many happy meals as we love to eat with gusto, lunch at the City Club, Dim Sum with Cathy. We will indeed share our favorite duck recipes.

It is my humble duty that you called upon me to support you in your healing and to allow witness and celebration of your conscious and graceful passage. We will be with you as you enter the crystal chambers of remembrance as you look back with Joy and Contentment of what you have achieved. We, and the ones who have gone before us, will be there hugging

you and with belly laughs and tears of Knowingness, as we celebrate and dance your Light and your Love. I cannot help but allow the tears to flow for it is what makes us beautifully human too.

Opening the channel of Light for your Journey Home with SoulSongs of ancient StarLight Languages. Your SiSTAR in Loving Qi and Qi Love, Wai Ching    Until we meet again.


Yvonne Walston

Dear Effie, You are such an inspiration to me and my colleague, Dr. Elene Gusch, when we “met” you on October 23rd at the Acupuncture and Herbal Medicine Day webinar. Thank you for paving the way for us and for sharing your story in the webinar. I pray that you continue to find peace and comfort and that your passing into your next world is very loving. Blessings to you and yours!

Love, [Dr. Yvonne W. Walston, MSOM, Dipl OM, DOM, CMI](#) President NMSAAM
New Mexico Society of Acupuncture and Asian Medicine Albuquerque, NM 87109

Ginger Wei

It feels like only yesterday when I brought her a red velvet cake on her last birthday. She was vibrant, witty and energetic as she has always been. I was so pleased to see her that day and told her I would take her out for dim sum after I return from my travels at the end of this month!

Dr. Chow is one of the most special people I have met in my life. Not just because her extraordinary healing power, but also because how she dedicated her life to a mission that she wholeheartedly believed in. She brought love and light into everyone’s life.

As one of her humble students, I feel privileged to have met her and benefited tremendously from her teachings. What she taught me is far beyond Chow Qi Gong exercises. It is about healthy attitude in life and the understanding of the inter-connections in the world.

Sorry that I am still overseas and won’t be able to attend the meeting today. I remember Dr. Chow once told me, “I much prefer to die on a stage!” I think she certainly accomplished that. At the last Congress she organized, we all witnessed her fabulous performance and will always remember her with great admirations!

My deepest condolences to the family. And a shining gold star to Dr Chow wherever you might be. I wish you a good journey, and I will always remember you with fond memories! Love,

Jan Wennes

Thank you so much for letting me know this sad news. Dr. Chow was a wonderful teacher.

Elizabeth Wiggins It saddens me to learn of Dr. Chow's passing but I am happy she has passed with dignity and tons of love surrounding her. I met Effie in Ottawa about 15-17 years ago when she came to teach us for a weekend in healing. She was definitely a master in healing and her heart shone with love for all of us. I loved following her and her school and I hope those of you who have worked closely with her, will continue her beautiful work. With sympathy and love, Elizabeth

Michael Winn

Dear Effie, You have been such an enormous blessing to the unfolding of Qigong in the West. Attending the first World Congress in 1997 greatly changed my life, learning Primordial Qigong from Zhu Hui. You will have a glorious next phase of Life Journey, returning to taiyi. I have not been able to reach Madame Wang Yan. If you have her current email or phone, please share it. Blessings on Our Creative and Loving Way, Michael Winn 1st 2-term president, National Qigong Association

Kris Wong

I met Effie in 1992 when I moved into our present condo association. She immediately made me feel welcome by inviting me to function at the City Club. We lost touch for awhile - both focused on work. I feel privileged to have been in her company these last four years. She held a workshop at my Unit and we all had a delicious cake from the "best" bakery in the area. We traveled to Japan for the 2019 World Congress (pre-Covid) where she was feted and celebrated. From there we traveled to Vancouver where she visited family. And, she had wonderful reunion with her sister contestants in the Miss Vancouver Chinatown contest, some of whom she hadn't seen in 50 years. I am thankful for her helping me in many ways, both physically and spiritually.

Rest In Peace Dear Effie; you have made a difference in this world!

Russell Wong

I'm very sad to learn that our good friend, Dr. Chow had passed away. My wife, Lilian was a student, and clinical assistant, to Dr. Chow. She had traveled to China, Neustriltz, Germany, Romania, etc. with Dr. Chow. She was her Qigong Grandmaster, mentor, and, friend. We will miss her.

Brian Seraiah Wood

Legend she is! Prayers and sympathies with you and her family

Dr. Qin Xinping

Dear all family members and friends of Dr. Effie Chow, I would like to extend my sincere condolences to all of you for the loss of my dear friend Dr. Effie Chow. It is with my greatest sadness to receive the news of her passing and I find it difficult to believe that she is no longer with us. I vividly remember meeting Dr. Chow for the first time in 2005 during the 8th World Chinese Medicine and Qigong Conference in San Francisco. Since then our paths crossed in many parts of the world including Tokyo, Toronto, Rome and Los Angeles. Dr. Chow and I both worked hard to contribute to the health and well-being of people around the world and supported each other in our works. Dr. Chow was always my role model as a great educator and leader with such a positive attitude and kindness and warmth to everyone around her. Even after she was diagnosed with cancer in 2018, she amazed me by generously participating our World's Conference in Tokyo in 2019. Even the COVID pandemic didn't deter her determination of leading the online Chinese Medicine International Conference. I am ever so grateful for all she's done to show us what one great human being can do to make the world a better place. Please know that Dr. Chow has many admirers in Japan and around the world,

who will remember and celebrate her legacy and never forget what she taught us...always learn and try to improve ourselves. Thank you, Dr. Chow.

Sincerely yours, 秦西平 Qin Xinping 全日本少林寺気功協会会長 President, All Japan Shaolin Temple Qigong Association Tokyo, Japan



About Chow Qigong

Basic concepts of the Chow Integrated Healing System for maintaining balance of mind, body, spirit:-

- Get at least eight hugs a day
- Get at least three Belly-Aching-Laugh-A-Day
- Maintain PMASA: Positive Mental Attitude, Speech and Action
- Maintain proper posture and breathe with the diaphragm
- Meditate daily
- Good nutrition, supplements, and perhaps herbs
- Practice the Chow Qigong exercises
- Be at peace with yourself and others
- Live the Qi energy concept
- Give and receive lots of love

In Remembrance of Dr. Effie Chow

We are all saddened that Dr. Chow has left us in November. She is dearly missed.

Dr. Chow is loving and kind. Her compassion is gracious and inclusive. She was generous with her knowledge and expertise in her lifelong work that has benefited millions. She inspired people to take positive actions on a path to health, wellbeing and harmony of the body and the mind. She also motivated generations to join in her noble mission.

At her advanced age this last September, though physically weak, she still immersed herself in the work of the 22nd World Congress in full force. Her dedication and indelible contributions in promoting human welfare call for the highest honor.

We first met Dr. Chow when she invited Shaolin Temple USA to present a Shaolin program at the 2008 World Qigong Congress. Since then in every Congress, we participated by way of performances, demonstrations and workshop.

We are grateful for Dr. Chow's support of our mission and our work. She often joined our events and had shared many happy moments with us—the Shifus, students and our extended Shaolin family.

Shaolin Temple USA will continue to support Dr. Chow's cause and future World Congresses.

Good bye Dr. Chow. Thank you for all that you have done for this world.
Your wisdom and spirit will always be with us!

Amitabha!

Yanran
Executive Director, Shaolin Temple USA
December 17, 2022



Happy Moments

We shared with Dr. Effie Chow



Dr. Chow and honorees at 17th World Congress
on Qigong and Traditional Chinese Medicine • 2016, San Francisco



Shaolin Temple Day Celebration
Shaolin Temple USA Culture Center • March 2010, San Francisco





Dr. Effie Chow - Honored Guest at Opening Ceremony
 Health Qigong @ Union Square • 9/23/2017
 2017 Health Qigong San Francisco Forum • 9/22-9/26
 San Francisco • Stanford University • Fremont • Union City

• Shaolin Temple USA 10th Anniversary Celebration •
2017 Health Qigong San Francisco Forum
健身气功旧金山论坛
 "Let me teach you Health Qigong 我来教你练健身气功"

Chinese Health Qigong

Time-tested health enhancing exercises for body & mind
 健身气功—源自中国的古老养生之道

Fri. 9/22 - 12 noon
 Shaolin Kung Fu & Health Qigong Performances 少林功夫及健身气功展演
 @ Stanford University 斯坦福大学

Sat. 9/23 - 10 am - 3 pm
 Health Qigong at Union Square

- Health Qigong Demonstration by Qigong Masters from China 中国健身气功专家功法演示
- Shaolin Kung Fu Performance 少林功夫表演
- 500 People Group Qigong 500人集体健身气功演练
- Exhibit: 5,000 years of Chinese Health Qigong 展览《中国健身气功五千年》
- Consultation: Ask a Chinese Master 健身气功咨询

Sun. 9/24 - 10 am - 4 pm
 Academic Forum: Health Qigong & Scientific Health Building

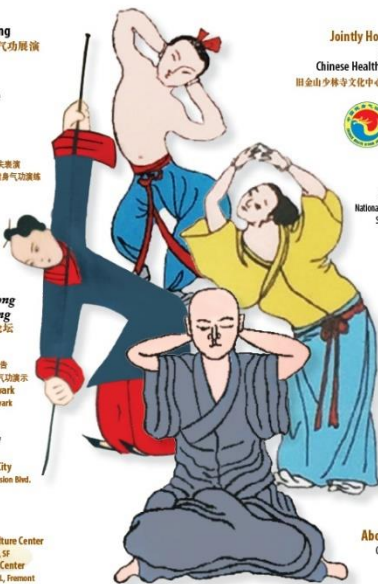
- 健身气功与科学健身 学术论坛
- Reports by Chinese Masters & US Health Sciences Experts 中国健身气功及美国健康科学专家学术报告
- Health Qigong Demonstration 健身气功演示

Mon. 9/25 - 10:30 am
 Health Qigong & Longevity

- 《健身气功与长寿》讲座
- Masonic Homes Auditorium, Union City 联合市 Masonic 剧院之音乐厅 - 34000 Mission Blvd.

Tue. 9/26 - 6 - 9 pm
 Health Qigong Workshops

- 健身气功骨干培训
- @ Shaolin Temple USA San Francisco Culture Center 旧金山少林文化中心 - 5509 Geary Blvd., SF
- @ Shaolin Temple USA Fremont Culture Center 佛利蒙少林文化中心 - 4343 Perata Blvd., Fremont



Jointly Hosted by 联合主办:
 Shaolin Temple USA
 Chinese Health Qigong Association
 旧金山少林文化中心 • 中国健身气功协会



Sponsors 协办:
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 National Tai Chi Wellness Foundation
 San Francisco Recreation & Park Department
 国际健身气功联合会
 美国太极拳基金会
 旧金山 Recreation 局



Event info 活动信息:
 Shaolin Temple USA
 www.ShaolinUSA.us
 415-666-9966

About 有关健身气功:
 Chinese Health Qigong
 www.chqigong.org/en
 www.chqigong.cn



22nd World Congress on Qigong and Traditional Chinese Medicine/Natural Healing Virtual on Zoom • September 2022



*Growing Up
Shaolin*



Dr. Chow commenting on our video presentation

Grace Chew Yip

Dear Effie My dear bridesmaid and single-days room mate. You tried to move back to Vancouver earlier this year to room with me again....unfortunately you could not get medical coverage here ...sad...we would have had a blast againWas waiting for a photo of you on your new RED LUGGI Scooting around San Francisco!!! My blessings and love

Cheryl Yonker

Dear Dr. Effie Chow ..so much gratitude for all the gifts you've brought to this world. Your unceasing care and encouragement for humanity has been profound. I'd been so looking forward to visiting soon... now I find you in heart and all through these days. You will be honored and missed while your work lives on.

Sunao & Haruko Yoshida

I remember you as a positive and loving person for all of us. My husband and I attended at your World Congress with Xiping QIN, Ryo Eguchi and Ayako Kuroda for several times. I remember you were taking class of Xiping QIN several years ago. All these memories are in my heart and will be there! Let's celebrate sept 2023 for your 90th birthday and 50th anniversary of the establishment of East West Academy of Healing Arts!

Isa Zayas – Lisa

I received the email from your family just now. I have so much I want to say to you and share with you. I will say a few things now and will again shortly. I wish to know what is on your heart and on your mind. I wish to share in this with you. To be part of this with you and I am a part of you always. You are the most important person in my life, including my parents and siblings. You have made it possible for me to heal and live and become so strong after my own Stage IV cancer diagnosis. I continue to be cancer free to this day! I learned everything about healing from you. I owe my life to you.

I have been so heads down on my book lately, the one that you have been waiting for, as I want nothing more than for you to read all the amazing things I say about you! You are a big star in this book but even a bigger star in my life and the lives of so many. I wanted to get it done so I could get it to you and as you know with these things it takes time. I was just about to reach out to you to give you an update and see if we could chat. I know you will be so proud of everything that I say in this book and it's a testament to your impact on my life and the lives of so many and all the things you have taught me. I have been so excited for you to see all the things that I gleaned from you, so many huge and so many seemingly small that are also huge. I am dedicating this book to you. That is one thing I wanted to let you know in our chat! Your wisdom will reach many as a result of your work with me. Know that I captured everything you ever said to me and it's part of my cells now.

I think of you daily. I pray for you daily. I send love to you daily. You are the first person who I think of when I need to figure out something, when I'm having a tough time and when I'm having a good time. I think of what you would say to me. So even though you aren't in my day to day every single day, you actually are! You have no idea how much you mean to me perhaps but I hope this can share a tiny fraction of that. I love you so very much that words can simply not express the kind of love that I have for you.

I know you may not want visitors and it's ok if that is the case. I would love to come by and share love with you if that is comfortable to you and if not, that is also ok. I would love to bring peace, love, and a grounded energy that is full of light, to your surroundings. You have taught me this and how to be a better human. You would be very proud of how well you have done! All my love to you and your family

Mary Zelmer, Qi Gong Connection, Minnesota

I met Dr. Chow ten years ago at a Qigong Conference in Minnesota. I remember how excited I was to meet her; I had a feeling it was destiny. After we met, I traveled to California for one of her conferences. Her presence was amazing, and she inspired me to put more of my focus into community. I went home and started a non-profit known as the Qigong Connection.

I then received a strong calling to create a Qigong conference for Planetary Healing. Because of her power, I knew she was the perfect person to hold the energy and lead the conference. She did not know till later, that I had never done anything like this before and that I had to borrow money to put it on. It was stressful, but I really trusted the guidance I was receiving, I trusted her and she must have trusted me. She kept me positive and moving forward.

I thought I was creating a conference but what was really happening was I was being trained about energy throughout the creative process and implementation of the event. We talked almost everyday for three months, and what I learned from her was life changing. The conference was amazing.

Dr. Chow can be a tough teacher, sometimes people had a hard time with that. But under it all there was a deep love for all, the kind of universal love Quan Yin holds for us. I will miss my teacher and friend, mostly I feel such deep gratitude to her. She always told me that Qigong is not a practice, it is a way to live. I hope I can carry her wisdom forward and honor her legacy.

Dearest Dr. Chow, Amazing does little to describe you and how you have affected my life. It feels like my heart is holding the entire universe which is filled with love and honor for you. You are one of my toughest teachers and because of that I am so grateful. Your teachings stretched me so far and now here I am at a place of peace, love and power, wanting to use all of these energies for the greater good. A place you modelled for me.

I thank you from every cell in my body. when I think of you, I always think of you at the top of the mountain, healthy, happy, skiing down with vitality! (and I always will) Qigong is not a practice, it is a way to live. Your words live on in my life.

Dear Dr. Chow, This is my third email to you in the last couple days. This will be my last one. Everything in three. Thank you for offering us this opportunity to continue to learn from you. I wrote to you yesterday that I could feel your spirit, warm and alive, teaching. Always teaching.

I remember when I came to California for a conference, during that conference you taught a class on grieving. There was a couple in the class who had lost their daughter. They were heavy with grief. Through muscle testing you showed them how their thoughts and beliefs on death were affecting their ability to see clearly and to allow joy back into their lives. Instead of grieving their daughter's death you helped them to celebrate her life. It was very powerful to witness the transformation that this had on them, emotionally, physically and spiritually, and also on the class.

Your niece emailed me last night that you were resting, I could feel the peace where you were resting. I could see the colors. I asked that if there is something for me to learn please teach me, in the deepest night. You did. You showed me that dying came in three stages, first peace and presence in your body. It may be uncomfortable at this time, but so is climbing a mountain. It is uncomfortable but yet there is peace, and each step brings you to a different place, allowing you to let go of all that is not needed and receive what is.

The next step you showed me is like what a balloon experiences when it is freed from whatever is holding it down. It soars upward. It feels like what it feels to be on the top of a mountain. There is only space all around, an infinite place filled with powerful beauty and endless freedom.

Then you reminded me that at some point the balloon needs to shed its thin layer of outer skin, much like our pericardium, the balloon pops, and the air is free. I could feel how this frees our heart. Like the air, there are no boundaries or barriers. Our hearts are free. Never to have to climb down the mountain again. There is a famous climber that said, reaching the top is optional, getting down is mandatory. This is true except for that one final climb. This summer I climbed my first mountains, celebrating 63 years of life, fourteen thousand feet in the sky, one step at a time. Now, I understand why. The peak is not the end. Someday, I will also climb that last mountain and take that last ride, into the sky. Thank you for your teaching. Your compassion is eternal. I will honorably share this teaching with our Qigong Community. Love you lots.

Lorna Zilba

Dear Effie: I received an email from Dr. Elizabeth Christenson regarding the current stage of your life journey. What a grand feat you accomplished to produce the conference in October with exceptional energy and inspired creativity.

I have always admired your strength of will, succeeding in America as an Asian woman, living the wisdom of your convictions and the depth of your belief in the powers of Chi to heal the self and the planet. Such a remarkable path for others to follow and such clarity of vision that one woman, on a universal mission, will continue to inspire a timeless truth. As you embrace life's new adventure, here is a smile for your spirit and fond photos from my collection of the many delights of Effie Chow and The Three MUSEkateers! With Great Care-



Looking forward:

East West Academy of Healing Arts – stay connected
www.eastwestacademyofhealingarts.com

Plan on the 23rd World Congress in 2023 – watch the website – Volunteer!

email [congressevents@gmail](mailto:congressevents@gmail.com)

support with donations to EWHA through the website

Life Map Analysis of Dr. Effie Chow with intro by Dr. Chow in 2017

“My passion, my belief in Qigong/TCM and it as being a saving entity for our planet's chaos and problems keeps my vim and vigor through all challenges, even having had 4 near death experiences (NDE) in 2015.

We are here on earth for a purpose. And of course, with family, wonderful people and friends like you and Anita rejuvenates the life force! I want to be an inspiration to all people of all ages that being elderly is a powerful position and a disability is a blessing to learn more and do better

Attached is my life analysis from the most famous fengshui master in China (who will be at the opening in XuZhou also.) who has served most of the high-ranking officials in China. He read me when we had our Congress in Japan. So my mission is not completed yet here on earth. God and Buddha both have equal influence on my philosophical being.”

life map analysis for Effie CHOW

周佩瑶命理分析:

君是瑶池一支莲	You are one of the lotus in the Yao Pond (Heavenly mother's pond)
迎风绽放已千年	You have been blooming for one thousand years,
玉母寿诞众仙贺	All heavenly beings went to Heavenly mother's birthday.
观音大士法力无边	Guan Yin Bodhisattva has supreme magical power.
众仙瑶池赏荷花	While the heavenly beings were enjoying the lotus flowers,
一支独秀灵光现	one lotus stood out with super spiritual light.
玉母摘下以赠观音	the Heavenly Mother picked it + gave to Guan Yin
此花有缘下凡间	saying this flower has the connection with the human world
观音大士大慈悲	the great compassionate Guan Yin
广周之地有人间	put the flower to the human world
回五湖四海众生救	to help all the suffering beings
此花同往归仙班	and she'll return to heaven as a heavenly being when the job is done.

Life Map Analysis of Effie Chow
(Translated by G. Wei on 08/07/2018)

A lotus in Yao Pond
 Blossoming in the breeze for thousands of years
 The immortals assemble around the Queen Mother to celebrate her birth
 Guan Yin Bodhisattva displays her illustrious power
 The Celestial host enjoys the lotuses in the pond
 One flower shines among them all
 Queen Mother picks it out and gifts it to Guan Yin
 The flower has the karma to descend to earth
 The great compassionate Guan Yin
 Bestows the flower on the human world
 To help all the suffering souls
 The lotus shall return to Heaven as an immortal
 when she completes her appointed task.

Celebration of Life: Dame Dr. Effie Chow

Saturday Dec 17 at 3:00 - 4:00 pm Pacific time zone. Zhi Dao Guan, The Taoist Center

Da Bei Zhou 大悲咒 (The Great Compassion Mantra) and Jasmine Flower
Dr. Elizabeth Chen Christenson, MD, LAc, on harp

Blessing and remembrances of their 50 Years with Effie and her magical life
Dr. Alex Feng and Dr. Charlene Ossler, Zhi Dao Guan, The Taoist Center

Chow Family eulogy

Tribute

Ann Colichidas and John Kyle

Video 1 Sharron Rose Producer/Director Quantum Qi President, Sacred Mysteries Productions

Blessing

Kevin Stratmann, Director, SF Center of Centers For Spiritual Development at Sukyo Mahikari

Video 2 Sharron Rose Producer/Director Quantum Qi President, Sacred Mysteries Productions

Tribute

Betty Lee

Video 3 Sharron Rose Producer/Director Quantum Qi President, Sacred Mysteries Productions

The Impossible Dream

Dr. Anita Chen Marshall, DAOM, Pharm.D, L.Ac.and Dr. Elizabeth Christenson, MD, LAc

Hawaiian Ceremonial Prayer

Dr. Terry Shintani, MD, JD, MPH MD, JD, MPH, Chair, International Holistic Therapy Association, and Vice Chair and Sr. Clergy of the Elder's Council of Traditional Hawaiian Healers.

Nine Bows for Revered Person at the Altar

Dr. Alex Feng and Dr. Charlene Ossler, Zhi Dao Guan, The Taoist Center

"I Did It My Way"

With deep bows and appreciation to

Terry Luk for the printing and calligraphy of this booklet

Scott Gelfand, Sam Rosen, and Preston Davis for the technical production of the Zoom Webinar Celebration

Zhi Dao Guan students Jose Miranda, Jillian Gibbons, and Elisabeth Hermens for assistance

Chow Qigong students Dr. Julie Griffith for flowers, Dr. Sonia Gaemi for edibles and Rumi, Kent Shew for booklet delivery and Betty Lee for the idea of the e-Memory Book



Heaven and earth is my coffin.
The sun and the moon are my jade ornaments.
The stars are my pearls and
the ten thousand things are my sepulture feast.
Death is just like changing of seasons.
Don't mourn because death is natural alteration.

Zhuangzi

Created in love for Dame Dr. Effie Chow as a momentary acknowledgement of her love for all of us, reflected back on her. She truly will be forever in our hearts.

Charlene Ossler, Zhi Dao Guan The Taoist Center

worldcongressevents@gmail.com