

Restoring Natural Harmony - Book/DVD No3

How can Guigen Qigong treat disease?

The name ‘Guigen’ translates as ‘returning to the source or root’. The six sections of Guigen Qigong help regulate the meridian system, encompassing the ancient Taoist understanding of **Restoring Natural Harmony**. Combined with Traditional Chinese Medicine practice, it brings harmony to the mind, body and spirit. The dynamic forms and stillness meditation are prescribed to both in- and out-patients at the Xiyuan Hospital as a part of their therapy.

According to Dr Xu, there are three different types of medicine, **structural, functional and energetic**. We seek treatment for various conditions relating to these types. If we have a fractured arm, we need the structure to be set and to allow the natural healing process to take place. Similarly, if we have a problem with our internal organs, we need herbs or other medications to adjust their function. Qigong works on the Qi or energy level, with the building blocks that help maintain the structure and function of the body.

When asked to describe how Guigen Qigong and meditation treat disease, Dr Xu answers:

“In different medical systems, the meaning of the term ‘disease’ is different. But Qigong has an effect on most chronic diseases to some degree. According to conventional medical theory, this would suggest that one Qigong system should include not just six but thousands of sections, each addressing one of many different ‘diseases’, which would be impossible.

“Instead, Qigong is a truly holistic healing knowledge system. Our body has a complex diagnostic and healing system that I call the ‘internal hospital’, a hospital called Nothingness, all inclusive. Critical to genuine Qigong healing is the understanding that Qigong does not work at the structural level (anatomy), but at the Qi level, or Qi based knowledge system or framework, even beyond the Qi dimension. Your question was about what kinds of diseases can be treated by Qigong, or which section applies to which disease.

“Disease is a term based on sensational knowing, but to practise Qigong effectively, the first step is to put aside all sensations. For example, for a doctor to give someone a diagnosis of gastric ulcer, he first needs to know the patient’s symptoms, such as “pain in upper abdomen” or “tender in the local area” and then carry out an examination. These initial procedures, based on sensation, give the doctor clues about the cause of the problem – gastritis, gastric ulcer or tumour, for example. Next, he may prescribe an investigation by gastroscop, a visual examination perhaps indicating some structural abnormality. He may perform a biopsy under the microscope – another visual technique – to determine whether an ulcer or inflammation is benign or malignant.

“TCM and Qigong practitioners, however, work on Qi, not on diseases. They treat the Qi stagnations and make them flow smoothly and easily. When the Qi system is genuinely

fixed or repaired, the problems in the structural dimension (diseases) will be healed very quickly. This is why we emphasise, “Nothingness is the best prescription.” If your internal diagnostic system scans your Qi system and finds nothing, it means that there is no stagnation in your Qi dimension, and your Qi-body is normal. The Qi-body is the root or source of the structure-body. Qigong cures the ‘diseases’ in the body through repairing Qi.

“Although I don’t list diseases such as cancers (of the breast, prostate, uterus, stomach, intestines), chronic inflammations (mostly caused by viruses, bacteria, physical and chemical factors, autoimmune factors), emotional and mental problems, metabolic diseases (overweight, diabetes, coronary heart disease and rest enosis) or insomnia, most chronic diseases are included. To obtain a better result, the following conditions should be met. First, the patient should be very willing and open to resolving their problems through Qigong practice. Second, the patient must have the energy and ability for daily practice. These two are the basic requirements for Qigong self-healing. The first is more important than the second. If the patient’s practice abides by the general principles of Qigong, good results will appear naturally.”

Thank you

Yours,

Dr Xu

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