



Medical Qigong: Five Criteria

Provided by Bill Helm, Stuart Watts, Jamie Wu, and Roger Janke (2005)

Updated by Cindy Banker 4/11/13

1. Medical Qigong assessment and treatment is founded on classical Chinese medical theory and philosophy.
2. Medical Qigong emphasizes personal cultivation through the use of internal and external exercises.
3. Medical Qigong emphasizes sensitivity training and cultivation. Medical Qigong has a specific vocabulary unique within its structure. Medical Qigong seeks, addresses and treats emotional and shen (spiritual) balance. Medical Qigong assessment is based upon the four diagnostic methods and palpation of energetic fields.
4. Medical Qigong treatment involves qi projections on and/or off the body, directed qi extension, and the use of specific and non-specific Qigong exercises for healing purposes specific to individual needs.
5. Medical Qigong seeks community cultivation, greater world harmony and peace, along with moral, ethical and health promoting lifestyles.