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Medical Qigong Therapy: Long Definition

There are numerous forms of Medical Qi Gong being practiced today, each with its own constructs: Chi Gung Tui Na, Medical Chi Gung, External Qi Healing, Chinese Energetic Medicine, Medical Chi Gung Healing, and Chinese Energetic Bodywork, to name a few.

This document is intended as a generalized definition of what Medical Qigong could include.

Over the past two millennia, many doctors of Chinese Medicine, martial arts masters, monks and priests have contributed to the creation and expansion of Chinese Medical Qigong.

The objectives for healing dis-ease with Medical Qigong training may include:

- Eliminate or balance Internal Pathogenic Factors (the accumulation of Excessive emotions such as anger, grief, worry, fear, etc.) as well as External pathogenic factors (the invasion of Cold, Hot, Damp, etc., from the environment) to purify the human body.
- Balance Qi by increasing the client's Qi or decreasing the influences of pathogenic energy as needed to counteract the Deficient or Excess condition within the internal organs and channels.
- Regulate and balance the client's Yin and Yang energy, bringing it back into harmony.
- Balance body and mind...

Focuses also may include:

- Relieving pain
- Detoxification
- Correcting internal organ dysfunctions
- Strengthening bodily resistance
- Promoting circulation of Qi, Blood and Shen
- Adjusting external and internal environments in order to achieve better overall tolerance

Medical Qigong therapy uses a variety of clinical modalities, including but not limited to:

- Distance Qi Emission Therapy (also called Qi Emission) requires the Qigong practitioner to manipulate a client's Qi by focusing on the energetic

- properties of the client's channels, collaterals, and points, as well as internal organs, from a distance of several inches, several feet or even several miles away.
- Self-Regulation Therapy (also called Qigong Prescriptions and Client Homework) is Qigong exercises (postures, movements, sound vibrations, visualizations, etc.) given to clients by a practitioner. Clients can use these Qigong techniques to regulate their own health in support of the treatment, using various lying, sitting, moving and standing postures. The clients may also use meditation techniques or their own spiritual belief system as a healing tool.
 - Qigong Bodywork Therapy, a soft-tissue regulation technique, differs from Anmo or Tuina (Chinese External Bodywork Therapy) in that the practitioner's hand skims the client's body as light as a feather, never exceeding the pressure one would place on an eyeball. The light skimming action is used to dredge the client's external channel Qi, causing energy to be released from the internal channels themselves which serve as pathways for Qi transference.
 - Sound Resonation Therapy can be used in Medical Qigong for breaking up energetic stagnations. It requires the practitioner to project sound vibration deep into the client's tissues. When the resonating sound penetrates the client's body it causes massive chaotic vibrational patterns that disrupt the body's normal energetic flow. This energetic disruption softens and liquefies the client's stagnant Qi and is the primary reason why clients are given healing sound therapy homework prescriptions.
 - Invisible Needle Therapy involves the visualization of imaginary needles of light being inserted into specific points on the client's body. The needles of light are used to stimulate and direct the client's Qi.
 - Shen Gong Therapy offers patients a safe and effective way to rid themselves of years of painful toxic emotions that otherwise can cause mental and physical illness.
 - Dao Yin Therapy combines breathing techniques with physical movement, and creative visualization to improve the patient's health. These specific energetic techniques use the knowledge of the body's internal organ systems as well as internal and external energy fields to:
 - Purge (remove excess conditions, break up stagnations and remove toxins)
 - Tonify (strengthen deficient conditions and weak organs)
 - Regulate (balance and harmonize) the body's Jing, Qi, Blood, Body Fluids, and Shen

Medical Qigong is often combined with other techniques, such as acupuncture and herbal treatments by those licensed and/or certified in these modalities of Chinese Medicine.

Medical Qigong may apply Qigong machine and other devices, which make in accordance with the mechanism of medical qigong. The different rhythms emitted

by the Qigong machine will adjust the excess and deficiency of internal organs to regain the balance.

Medical Qigong also includes Qigong counseling and consulting. Through the conversation, a Qigong practitioner works on clients with his tone, his voice and his energy.

Medical Qigong is not only used for treatment of dis-harmony. It is also useful for longevity and prevention. Preventive treatment is often seen as more important in ancient Chinese philosophy.

Major traditional Chinese medical colleges in China offer comprehensive programs in Medical Qigong therapy. Programs can include classes, labs, and seminars on traditional Chinese medical theory. These studies include: The foundations of Chinese medicine for internal diseases according to the Yellow Emperor's Inner Canon, Spiritual Axis, Essential Questions, and the Canon of Perplexities.

The Medical Qigong classes also include energetic anatomy and physiology, diagnosis and symptomology, energetic psychology, Qigong pathology, Medical Qigong therapy, as well as a survey of other related medical modalities. The other related modalities include: a comprehensive understanding of herbal medicine, acupuncture therapy, Chinese massage and Asian dietary therapy. Classes of Western anatomy and physiology, Western internal diseases, and health and recovery are also required.