



Over 5000 years ago Masters of Healing in China came to understand the process of how the Universe and the body work together. These masters understood that everything is "ONE" in reality. That all matter and energy are part of the interconnectedness of all things in existence with the energy that produces motion called Qi (pronounced "chee"). They believed that the oceans and the forests are filled with Qi. Plankton dies in the oceans, leaves fall from trees and frogs jump from lily pad to lily pad because of Qi. Even

Qi and Healing in the Orient Keys to Healing from Ancient Texts

death does not extinguish Qi it only changes. This is the symbolic flow for life, causing the Universe and the body to also flow.

Physics have only recently explained in scientific terms how this works. That matter cannot be destroyed, it only changes from energy to matter and back again. Einstein's theory of relativity proved this with $E=MC^2$. Quantum physics now shows that everything is energy. That even the chemistry in our brain creates energy and that means our thoughts are also energy.

Nothing is static in the Universe, everything is always moving, from one place to another as the stars move through the sky and comets zoom through the Universe. So it is with our body. Matter is always moving. Take a look at an atom and you see electrons flying around the nucleus and quarks moving at the speed of light. The early Great Masters of the Far East knew beyond a doubt that Qi filled the void of the Universe, that this energy of Yin and Yang fills even the black holes in space.

The Masters of the Far East knew that harmony in the body and in the world was sustained by the flow of Qi. That too little Qi produced disease and that stagnation of Qi also produced disease. When we start to lose our Qi we start to die and it is this vital energy that keeps us alive and thriving.

Acupuncturists and Qigong Masters work with these flows of energy in the body. These flows produce swirling patterns of energy within the organs and moving rivers of energy called meridians that channel energy from one place

to another.

Qigong Masters (*Pronounced Chee-gung*) and Acupuncturists know that even our thoughts are important to the flow of energy in the body. Cynical thinking, lethargy, negativity and lack of ambition stop the flow of energy.

They knew that the spiritual side of man is not separate, spirit is important in the process of healing; our spirit also flows with vibrating flows of energy. Spirit is manifest in the aura surrounding man in many layers, vibrating with flows of energy colored with emotion.

This is why visualization and belief are so important to Qigong. Movement, breathwork and visualizing the flow of energy from the Universe to the body are crucial to Qigong, thus creating movement in areas of stagnation and depletion restores health.

In China almost 100 million people practice Qigong. There are even hospitals for Qigong medicine and healing clinics specializing in Qigong throughout the country.