

# Qi Dao



Qi = vital energy, link of yin-yang; Dao = law behind everything

May 2006

*Qi Dao*, the monthly E-newsletter of World Institute for Self Healing, Inc. (WISH: <http://www.wishus.org>), promotes philosophy and methods of human self-healing and mind power, and shares knowledge and experiences with those who are interested in human self-healing and consciousness power and their applications in health and healing. It is FREE to WISH members, and to those who are interested in the subjects. All contributions are welcome.

## From the Editor...

If you have been watching the Amazing Race on TV, you could see that BJ and Tyler who won the race had the resolve and the intention to win the race no matter the challenge. Eric and Jeremy (2<sup>nd</sup> place) wanted to win the race but their intention was to delay or stop the other teams. This simple difference of where one puts their intention can change the outcome.

In 1982 I transferred to AT&T in Piscataway NJ from downtown Chicago where I had lived for many years in a high rise with 30 feet of windows facing Lake Michigan. I could easily walk the two miles to work and enjoy the night life of Chicago. When I got to NJ I lived in a very nice apartment in North Brunswick, but I hated it. After almost two years I chose not to renew the lease. I had 7 weeks to find a new place to live. For 5 of those weeks I read ads, looked at other apartments and nothing turned me on. One night just two weeks before I had to leave my apartment, I was talking to my friend Lawrence. He said "Joy, you have no vision, you don't know what you want. You have no intention." We talked a few minutes and I knew he was absolutely right.

Later that evening I sat down and dealt out my Tarot cards (yes, I'm into this too) and found the sun as my primary card. I lit a candle and sat down cross-legged on a cushion and started to meditate. It felt great to just breathe. All of a sudden, there it was! I wanted "a cottage in downtown Princeton". I knew what I wanted. I knew what to intend.

The next morning I decided to call some Princeton realtors. The very first call I made was to Henderson Realty. I told her I was looking for a place to rent, a place where I could set up my loom and weave and not bother others. She said she had the perfect place, "a cottage in downtown Princeton". She used those exact words. That afternoon I went to see it. It was exactly what I wanted. Three days later I signed the lease. All it took was the power of intention.

The World Institute for Self-Healing (WISH) is a non-profit organization dedicated to promoting self-healing and mind power through medical qigong via research, education, exploration of new frontiers and practical applications. We would like to work closely with all those who are interested in human self-healing and mind power and its applications in health and healing to form a self-healing movement.

Welcome to the *Qi Dao* newsletter! We wish you a growing experience of self-healing. If you like what you read, please share *Qi Dao* with others. You are also welcome to contribute your wisdom or something you have read to this newsletter.

## In This Issue...

- Research Updates
- From the Master (Benhui He)
- Ask Dr. Ken
- East West Perspective
- Methods of Self-Healing
  - Biofeedback
- Power of the Mind
- Citation of the Month
- Food as Medicine
- A Comedy Moment
- What's New at WISH

- You are welcome to share *Qi Dao* with your friends.
- To subscribe to *Qi Dao*, send an email to [Qi\\_Dao-subscribe@yahoogroups.com](mailto:Qi_Dao-subscribe@yahoogroups.com).
- To contribute to *Qi Dao* or contact us, please email to [WISH\\_Qidao@yahoo.com](mailto:WISH_Qidao@yahoo.com).

## [Research Updates]

## Summary of Scientific Research of Qigong in the U.S.

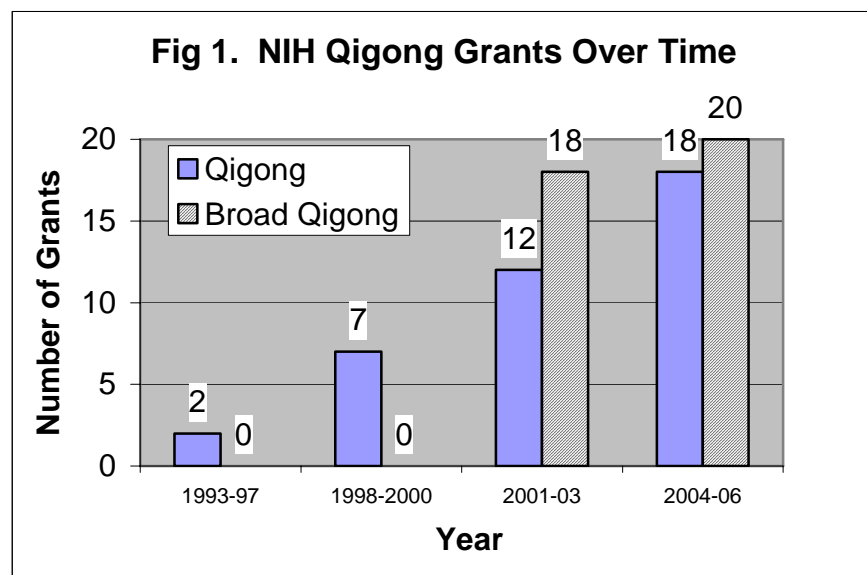
Kevin W Chen, Ph.D. MPH

It is very difficult to give an objective description or a complete picture of the current state or progress of scientific research of Qigong as a healing tool or a treatment modality in the U.S. since there is no central place in the U.S. for such a purpose. A summary of published studies may be one way to get such a general picture; and the Qigong Institute has tried to do so in the past decade by putting together the “Qigong and Energy Medicine Database” (Sancier, 2001), which currently includes 4000+ entries or abstracts, mostly qigong studies. There are some literature reviews on Qigong and Reiki studies as well (Sancier 1996; Miles & True 2003). However, as we point out below, many funded scientific studies of Qigong did not generate a scientific publication for various reasons. Therefore, I decided to summarize the NIH-funded grants in this area to offer a relatively objective picture on the current state of scientific study of Qigong therapy in the U.S.

The major NIH web sites (NCCAM, Clinicaltrial.gov and CRISP) were searched thoroughly for a history of grants funded for the scientific study of Qigong or related mind-body energy therapies. The earliest NIH grant we could find was back in 1993: NIH funded one pilot clinical study of external Qigong therapy for late stage reflex sympathetic dystrophy by Dr. Wu at UMDNJ (randomized trial with placebo control), and in the same year NIH funded another pilot study on Tai Chi for balance disorders by Dr. Hain at Northwestern University. Both investigators are medical doctors (MD), and both studies reported some significant positive improvement in patients under Qigong treatment. Dr. Wu published his results in 1999 (in *ATHM*), and Dr. Hain did not. As of 2005, there have been a total of 39 NIH grants for the study of Qigong in the narrow sense (Qigong, Tai Chi and Reiki), and another 39 grants for Qigong in the broad sense (Yoga & meditations). Figure 1 presents the number of grants funded in different time periods.

The majority of the NIH grants for mind-body energy therapies have been very recent, since 2001, and have been funded by the newly formed National Center on Complementary and Alternative Medicine (NCCAM) at NIH<sup>1</sup>. In general, there has long been a lack of resources or interest in supporting scientific exploration of Qigong and other mind-body energy therapies from the western medical research community, although NCCAM expressed some interest in the study of this area and had a specific call for a developmental center in bio-field study in 2001 (two such centers

were funded). NCCAM had an annual budget of over \$100 million in the past two years, which is about 0.5% of the total NIH budget, and they have to use the limited budget to support the scientific studies of all CAM therapies and healing modalities, including herbal, botanicals, homeopathic medicine, acupuncture, biofeedback, manipulative and body-based practices, and all other unconventional medicine and therapies. Qigong and mind-body energy therapy is really a very small part of the NCCAM-sponsored projects. The competition for grant money is very high and the



<sup>1</sup> NCCAM was started in 1993 as OAM, the Office of Alternative Medicine, and it started giving out grants then, but became a full Institute within NIH, and got the name change to NCCAM in 2001.

availability of funds is very limited. Following is the summary of these existent NIH-funded projects on Qigong and related mind-body energy therapies:

- ❑ Half of these grants (49%) were exploratory and development grants (R21) with a small budget (\$250K or less); about 23% were normal NIH grants (R01), 13% were part of the center grants (P or M), and the remaining 17% were training or career awards.
- ❑ The majority of these NIH-funded research projects were clinical studies (86%), only two (3%) were laboratory studies, and nine were educational or training grants.
- ❑ Among the twelve NIH grants with Qigong as one of the therapies, eight of them were using external qi therapy, and all projects of Reiki (n=9) were also considered external bio-energy therapy. It seems that NCCAM was extremely interested in verification of the effect of external bio-energy in the past few years, even though the essence of Qigong therapy is self-care or self practice.
- ❑ In terms of type of disease targeted in clinical studies of mind-body energy therapies, Table 2 offers a quick summary: Chronic pain attracted the highest number of energy-medicine grants (18.1%); cardiovascular disease and cancer (number one and number two human killers) were the next (13.9% each).

**Table 2. Types of Diseases Targeted in Clinical Studies of NIH-funded Energy Medicine Projects**

<i>Types of Diseases</i>	<b>Qigong</b>	<b>Broad Qigong</b>	<b>Total</b>	
			<b>N</b>	<b>%</b>
Chronic pain	6	7	13	18.1%
Cardiovascular diseases	5	5	10	13.9%
Cancer and tumors	6	4	10	13.9%
Ethno-medicine	4	4	8	11.1%
HIV/AIDS	2	3	5	6.9%
Immune modulation/enhancement	2	3	5	6.9%
Obesity/metabolic Syndrome	3	5	8	11.1%
Respiratory disease	0	1	1	1.4%
Neurological disorder	5	1	6	8.3%
Psychiatric disorders (Anxiety, depression, addiction & sleeping disorder)	2	4	6	8.3%
<b>Total</b>	<b>35</b>	<b>37</b>	<b>72</b>	<b>100%</b>

Although there are only a very small number of scientific studies in Qigong and energy medicine in comparison with other established disciplines, this is a very exciting and significant start at the highest institutions of scientific research. It signals the beginning of the new era in which the traditional concept of qi or mind-body medicine has formally been put under the microscope of modern science, and indicates the start of a joint effort between conventional western medicine and CAM therapies for better human health and more effective healing. When we recruited subjects for our NCCAM-funded project, Qigong therapy for osteoarthritis of the knees, we got multiple phone calls which asked if this study was actually a hoax, and many people could not believe that a medical school was seriously conducting a randomized clinical trial to test this ancient therapy.

Following are brief summaries of the findings from some published NIH-funded studies:

- A randomized controlled trial found that three times per week, 6 month Tai Chi program is effective in decreasing the number of falls, the risk for falling, and the fear of falling, and it improves functional balance and physical performance in physically inactive persons aged 70 years or older (Li et al. 2005).
- A study of patients who underwent 12 weeks of Tai Chi training vs. usual care found that the intervention group demonstrated improved quality-of-life scores, six-minute walk distance, and serum B-type natriuretic peptide level compared to controls (Yeh et al. 2004).

- Wu et al (1999) examined the effect of external *qigong* therapy on late-stage complex regional pain syndrome in a randomized placebo-controlled trial, and found that 91% of the genuine *qigong* group reported less pain after the treatment, compared to 36% of the sham *qigong* group ( $p < .01$ ).
- Irwin et al (2003) reported that administration of Tai Chi Chih (a form of *qigong*) for 15 weeks led to an increase in Varicella-zoster virus specific cell-mediated immunity. Gains in health functioning were also found in participants who received TCC and were most marked in those older adults who had the greatest impairments of health status.
- A randomized clinical trial examined Tai Chi's effects on psychosocial variables in individuals with various stages of HIV disease. The findings indicated that Tai Chi intervention may account for clinically meaningful improvements in psychosocial functioning (Robin et al. 2006).
- In a prospective 12-week placebo-controlled study (Reiki, mimic Reiki, or usual care), both Reiki and mimic-Reiki therapy decreased pain perception and improved walking distance in subjects with painful diabetic neuropathy, but there is no significant difference in outcome between real and mimic Reiki (Gillespie et al. 2004).

However, the outcomes of the NIH-funded studies are not all positive or confirmative of the therapies under investigation. Among the completed studies funded by NIH (about half of the studies in the list), we located published articles for only one third of them after a thorough internet search, which suggests that quite a few studies may not have produced the expected positive results, or could be what we call a negative study. The future of scientific study of energy medicine may not be as optimistic as most of us would expect since the NCCAM is under tremendous pressure to produce positive findings for these therapies with the taxpayers' money, while funded studies have not done so consistently. Following is a summary of the major problems in the current scientific study of Qigong and energy therapies.

#### Major problems of Qigong research in the U.S.

1. Lack of theoretical guidance and systematic planning – most researchers did Qigong or mind-body therapy studies because of their personal interest, their own practice, or the healer's specialty. For example, the reason I applied for a grant to study Qigong therapy for osteoarthritis was that the Qigong healer with whom I was working had the confidence that he could produce the most positive result with that disease. I knew nothing about osteoarthritis at all at that moment. It took me more than four years to get that grant. But it took me only two years to get the second NIH grant to study Qigong therapy for addiction, as it is my normal field of research. There is an urgent need for a planned future of scientific exploration and systematic examination in human subtle energy and mind-body therapies.
2. There is more research interest in external qi than in the self-help nature of Qigong exercise and that may be misleading or a misperception of what Qigong is supposed to be. NCCAM has been encouraging the scientific exploration of bio-field (something like external qi or Reiki therapy) for a period of time, even though there are not many Qigong healers or Reiki masters who are capable of producing measurable results in laboratory and clinical settings. Even with capable healers, if the researchers do not understand the critical differences between mind-body energy therapies and other conventional therapies, it could still be difficult to produce measurable and repeatable outcomes (Yount et al. 2004). More importantly, when the study of external qi does not produce the expected outcomes, people might forget that the key of Qigong therapy is actually self-healing and self-practice.
3. Methodological challenges in randomized control trials (RCT) and in repeatability – especially how to verify the existence of bio-energy in clinical studies. It took some serious collaboration between dedicated researchers and capable healers to produce some preliminary outcomes; it takes more effort to replicate the previously reported positive outcomes. There has been no successful replication of positive outcomes in the study of Qigong and mind-body energy therapies in the U.S., which is very troublesome for the researchers involved, and for the funding agents (examples will be given if time permits).
4. Problems in compliance issues in the study of self practice of Qigong. Most of the previously published studies of Qigong practice did not involve a randomization process; instead, patients self selected themselves into a

Qigong group. However, it becomes problematic when a randomization process is involved in clinical study since some patients would simply not follow the instruction or protocol to do the Qigong exercises. In one NIH-funded study of Tapas acupressure and Qigong therapy for losing weight, the researchers reported that “Qigong proved too difficult for participants to practice and they regained more than the self-directed support group” (Mist et al. 2005). In my own study of applying Qigong practice as part of treatment for drug addiction, I had the same problem in motivating the clients to follow the instruction for Qigong practice. I had to classify the clients of the Qigong group into non-compliant and compliant subgroups in data analysis so as to make meaning out of the treatment outcomes. It will be a great challenge for researchers to develop easy-to-follow protocols in Qigong practice in order to achieve measurable and consistent outcomes.

In short, there has been an increased interest in understanding qi healing and Qigong therapy in the U.S., and an increasing number of research projects have been funded by NIH in this area. However, as the focus of these funding is mostly on external qi and bio-energy, no consistent positive findings have been reported so far. It is important to remind all researchers that Qigong was not created for external use, even though the study of external qi will help us understand this subtle human energy within. We have very limited resources involved in the study of Qigong, and we have very few qualified Qigong healers who can effectively emit qi in a laboratory situation. Therefore, it is my hope that we will use our resources more carefully and effectively. May more studies of Qigong therapy achieve both measurable and positive results!

---



[From the Master]

## My View on the Effects of Qigong Therapy and Faith

Master Binhui He

While traveling around China publicizing the miraculous effects of his *qigong* therapy in the early 1980's, a *qigong* master stated that *qigong* therapy is "effective if the patient has faith in it and ineffective if the patient has no faith in it". Since then, many *qigong* quacks have used this statement to deceive people. If their *qigong* treatment is effective, they say it is primarily due to their super *gongli* (*Qigong power*), and secondarily to the faith of the patient. But if their *qigong* treatment is ineffective, they say it is due to lack of faith on the part of the patient.

How did this *qigong* master define "faith"? In his *qigong* treatment lectures, he repeatedly stressed that if patients are asked about how they feel after receiving *qigong* treatment, they should always reply, "My diseases are gone!", regardless of the actual effects. The *qigong* master told his patients that this kind of faith would bring about desirable effects; and even if the *qigong* treatment failed to cure their diseases instantly, the faithfulness of patients would help to have their diseases cured in due course. In other words, if the patient answered, "I feel a little bit better," his health would improve a little bit. And if the patients said, "There is no effect on me," the patient would never be cured because this showed that they were not faithful or savvy enough.

Under the *qigong* master's guidance, many anxious patients became so "smart" that they would shout, "I am recovered! I am fully recovered!" even before the *qigong* master started his *qigong* treatment. As a result, wherever the *qigong* master went, he would work wonders in the midst of crowds spontaneously shouting "My diseases are gone". In this way an omnipotent "living Jigong (a legendary Chinese bonze, about 1150~1209)" was reborn.

The secret of success of this *qigong* master was soon learned by others, and numerous *qigong* quacks with titles such as "*qigong* grand master" and "living Buddha" came into being, making *qigong* frauds rampant in China.

To develop *qigong* wholesomely and help other countries such as the US avoid repeating the same mistakes, we should analyze the problems of Chinese *qigong* development and work out ways to correct them.

*Qigong* is one of the gems in the treasure-house of China's cultural heritage and its long history of 5,000 years in China is a convincing proof of its value. It has the unique functions of cultivating one's moral character and temperament, preventing and curing diseases, and strengthening health and prolonging life. I have practiced *qigong* for over 40 years and have done considerable theoretical and clinical studies on *qigong* therapy. I think it is necessary to clarify the chaotic confusions caused by the erroneous idea that *qigong* therapy is "effective if the patient has faith in it and ineffective if the patient has no faith in it", and set *qigong* therapy to the right path so that it can be accepted by scientists, medical professionals, as well as patients and ultimately bring benefits to mankind.

Qigong cultivation and practice emphasizes the role of consciousness. It belongs to the field of "Xin Shen" (mind and spirit), and it is totally different from modern science, which requires proof. Thus, modern science currently cannot explain many phenomena pertaining to *qigong*. However, the *qigong* effects produced by a *qigong* master or individual's cultivation and practice are objective, for they can be verified

by modern scientific equipment. Therefore, the statement that *qigong* therapy is “effective if the patient has faith in it and ineffective if the patient has no faith in it” is unjustified.

Next, I would like to analyze the invalidity of the statement that “effective if the patient has faith in it and ineffective if the patient has no faith in it” from two aspects: that of a Qigong master’s “Fa Gong”(qi emission), and that of personal cultivation and practice.

## 1. Qigong “Fa Gong” should be effective even if the patient has no faith in it

### 1.1. Theoretical Perspective

A *qigong* master, especially someone considered as a grand master, should be a successful *qigong* practitioner and possess superb *gongli* (the amount of vital-*qi* accumulated in the body of the *qigong* practitioner) and *gongneng* (the extraordinary capabilities possessed by the *qigong* practitioner). Thus, a genuine *qigong* master should be able to use his *gongli* (and *gongneng*) on a patient with no *gongli* using certain techniques. It should produce certain treatment effects on the patient whether that patient has faith in it or not. If an “omnipotent” *qigong* master fails to produce any *qigong* effect on an ordinary patient because the latter is lacking faith or comprehension, it only shows that he does not possess real skills since his *gongli* is the same as an ordinary patient.

Like other therapies, the effective treatment of illness with Fa Gong from a *qigong* master needs the cooperation of the patient. However, cooperation and faith are two totally different concepts.

The so-called “faith” is blind trust or unquestioning belief on the part of the patient. It becomes unfaithful as long as you have a little bit of doubt.

The cooperation on the part of the patient means that the patient should abide by the laws of *qigong* therapy during the “Fa Gong” process. For instance, the patient should follow such instructions of the *qigong* master as closing the eyes, relaxing the body or concentrating the mind on a specific part of the body. So long as the patient follows the *qigong* master’s directions, he should have good effects no matter whether he believes it or not.

### 1.2. Empirical Perspective

Personally, I am good at emitting strong external *qi* to treat such exceptional diseases as intractable pains caused by trauma, diseases pertaining to lumbar, thoracic and cervical vertebra, lumbago, and leg pain, especially knee joint damage or inflammation. Up to now I have treated several thousand patients with desirable curative effects, regardless of their faith. In spite of the fact that some patients were uncooperative in one way or another, my external *qi* did produce certain, though less effective, effects on them. So far I have not yet found a single patient who has failed to be affected by my external *qi* because of his lack of faith or cooperation.

Over the past decade, I conducted a series of experiments on *qigong* in collaboration with some scientists and professors at Sun Yat-sen University, Sun Yat-sen Medical University, Tumor Research Institute, New Jersey Medical School, and Pennsylvania State University. The experiments included using mind power to change the pH value of pure water, using *qigong* effects to inhibit the growth rate of transplanted hepatocarcinoma in mice, using mind power to hypnotize mice, using mind power to change the genes of breast cancer, and using *qigong* effects to change the bio-molecular structure of proteins. These successful laboratory experiments have proved that *qigong* effects of my “Fa Gong” are objective, because pure water,

mice, hepatocarcinoma, the genes of breast cancer, and the bio-molecular structure of proteins have nothing to do with faith.

Thus, we can see the statement that “*qigong* therapy is effective if the patient has faith in it, and ineffective if the patient has no faith in it” is only an excuse used by some *qigong* quacks.

What kinds of diseases can a genuine *qigong* master treat with *gongli*?

Based on my personal *qigong* clinical experience, I believe that Fa Gong from a genuine *qigong* master with considerable *gongli* and experience can have some positive effects on all kinds of diseases without any side effects. But having some positive effects does not mean *qigong* therapy can heal all kinds of diseases. This is because the causes of most chronic diseases are related to long-standing harmful emotions or unwholesome temperament. External *qi* treatment can alleviate the local symptoms of the patient, but it cannot eliminate the emotional and temperamental factors that cause the diseases. To effectively cure chronic diseases, it is necessary for patients to select a proper medical *qigong* style and practice it on their own to purify the internal (psychological and physiological) environment that caused pathological changes, and activate the self-healing power in the human body.

## 2. Personal *Qigong* Practice: effective with or without faith

### 2.1. Effective with faith

Undoubtedly, faith is important to *qigong* practice, because part of *qigong* practice is the cultivation of one's moral character and temperament and making the *qigong* practitioner become nonchalant and void without seeking anything doggedly. *Qigong* practice requires determination, perseverance and confidence, which are all related to faith. The practitioner cannot learn *qigong* well if he is whimsical or irresolute. Over the past decade, some patients with cancers at an advanced stage came from remote rural areas to attend my *qigong* anti-cancer training classes. Although they were almost illiterate and hardly knew anything about the theory of my Taiji Five-Element *Qigong*, they diligently practiced Taiji Five-Element *Qigong* with firm faith in me and my *qigong* therapy, and finally had their cancers cured. Their cases show that although there was considerable blindness in their *qigong* practice, what they did accidentally complied with the principle of *qigong* practice: the practitioner should be nonchalant, void, and spontaneous.

Thus we can see that faith is of great benefit to *qigong* practice.

### 2.2. Effective without faith

In medical *qigong* practice, the practitioner can have disbelief and doubt, but he should abide by the laws of *qigong* practice. If he lacks faith in *qigong*, and violates the laws of *qigong* practice as well, the practitioner will certainly fail to attain his goal. In reality, we should follow the laws of nature in doing everything. If we violate the laws, there wouldn't be any good results. The *qigong* practice is the same.

Most trainees of my intensive *qigong* anti-cancer training classes over the past decade are patients with cancers at an advanced stage. As neither western medicine nor traditional Chinese medicine could cure them, they became disheartened and pessimistic. They came to the training center only because their family members, relatives and friends obliged them to do so, thus at first they were quite skeptical of the effects of Taiji Five-Element *Qigong*.

These patients had no faith in having their cancers cured by practicing *qigong* themselves, and their only hope was that my Fa Gong could alleviate their pains or save their lives.

However, their outlook changed dramatically after they came to understand the mechanism of Taiji Five-Element *Qigong* and the laws of anti-cancer *qigong* therapy, and above all heard that some other patients in the training course completely recuperated in spite of the fact that they had been regarded as incurable or terminal by major hospitals. Changing from seeking external help to seeking internal help, these patients made great efforts to correct their unwholesome temperament and improper behavior. In the process of intensive *qigong* training, the “entangled knots” in their mind became unraveled and the mental burdens were removed. With an attitude of nonchalance and empty-mind without desire, these patients became recovered in due course. Although they initially had no faith in *qigong* therapy, they followed the laws of *qigong* practice and anti-cancer *qigong* therapy, and ultimately achieved desirable results.

### 2.3. Ineffective even with faith

In contrast, some cancer patients had unquestioning faith in *qigong* therapy, particularly in the removal of cancer by means of “Fa Gong” treatment, and thus repeatedly asked the *qigong* master to give them individual treatment. Although they spent almost equal amount of time practicing *qigong* as other trainees did, they had great difficulty in having their diseases cured. The moment they closed their eyes, their mind was full of stray thoughts and worries of their disease. While practicing *qigong*, they anxiously sought instant *qi* sensation and curative effects; and if they failed to do so, they would be on pins and needles. As they could not follow the basic principle of *qigong* practice that the practitioner should be nonchalant, void, and spontaneous, their “unquestioning faith” could hardly help them achieve desirable curative effects.

In short, the effects of medical *qigong* practice mainly depend on the practitioner’s observance to its laws rather than having faith in it.

=====

Master Binhui He is founder of the Taiji Five-Element Medical Qigong and the lineage holder of a secret Daoism tradition. He is the honorary president of Jiutian Daoism Temple at Luofu Mountain (sacred Daoism site). His first book has been translated into English; this essay is part of Chapter 1, entitled “On Correct Dao.” For more information about master He, go to: <http://www.wishus.org/masterhe.asp>

### [Citation of the Month]

Impasses and achievements in life, advancement and withdrawal in status, success and failure in society, safety and danger in position---these are changes of mind.

The Book of Balance and Harmony---Li Daoqun

- You are welcome to share *Qi Dao* with your friends.
- To subscribe to *Qi Dao*, send an email to [Qi\\_Dao-subscribe@yahoogroups.com](mailto:Qi_Dao-subscribe@yahoogroups.com).
- To contribute to *Qi Dao* or contact us, please email to [WISH\\_Qidao@yahoo.com](mailto:WISH_Qidao@yahoo.com).

[Ask Dr. Ken]

## Taiji Five Element Qigong Health Questions and Answers

Q: I suffer from Irritable Bowel Syndrome. I often experience stomach pains when I eat, have trouble digesting food, and am frequently constipated. How can TJFEQ help me?

A: That's an important question being that so many people suffer from IBS. Before we talk about the specifics of IBS and how TJFEQ can help, please keep in mind this saying.

“Ultimately, there is only one disease. Ultimately, there is only one cure.”

What this saying means is that all disease can be traced to a lack of harmony in the flow of qi throughout your body. Thus there is really only one disease. The second part of this saying is that since the only disease is the lack of harmonious qi flow, the only cure is the restoration of harmony within your body's qi field.

TJFEQ has this foundational cure of disease at it's core...the restoration of harmonious qi flow in your body. This form of qigong corrects imbalances in your body's qi and restores it to it's natural state. This is the reason why the practice of TJFEQ is so effective at treating a wide range of disease from IBS to asthma to depression to fibromyalgia and so on.

On a side note I remember when people would call my acupuncture mentor and ask him if he treated various conditions such as shoulder pain, heart disease, cancer, etc. His answer to each question was always the same, “I don't treat anything, I just balance people.” This is one of the hallmarks of a good healer or healing method, the treatment of the person and not just the disease.

Now I'd like to give a quick explanation of how IBS is viewed in Traditional Chinese Medicine and how TJFEQ can help.

The digestive system is viewed as the earth element in TCM. The earth element corresponds to the color yellow, the planet Jupiter, and the area of the spleen under the left side of your ribs. During the part of the classical meditation where you breathe in the color yellow through your skin and into your spleen, you are bringing zheng (correct) qi to that area and thus strengthening the digestive system.

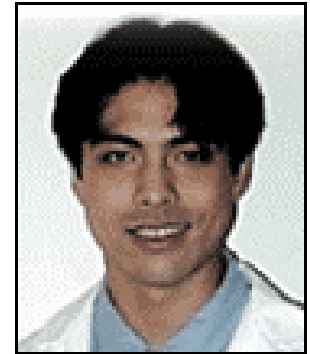
Another way IBS is helped is through the deep, diaphragmatic breathing (qigong breathing) contained in TJFEQ. The practice of qigong breathing detoxifies the internal organs by stimulating the lymphatic system, it relaxes the intestines and improves peristalsis, and helps correct constipation and stomach pain.

A final way that this qigong helps IBS is that TJFEQ helps you relax and deal with stress. Because of the link between the stomach and the emotions, IBS is often caused or exacerbated by emotional stress. As an excellent form of meditation, TJFEQ will help you counteract the negative effects of stress and allow your body to heal.

Q: Can you offer any other tips for dealing with IBS?

A: Yes, here's a few that I use in my acupuncture practice for treating IBS.

1. Avoid raw or uncooked foods. Eat only cooked foods and liquids that are at least room temperature.



Have you ever noticed that there is no cold or raw food in Chinese restaurants? There are several reasons for this. The main one being that cold foods are harder to digest and require more effort from your body. Anything that you put into your stomach must be heated to body temperature anyway, it makes no sense to force your body to waste energy by “cooking” the food when you could do that anyway. Try eating only cooked and warm foods for one week and I think you’ll notice a great improvement in your IBS.

## 2. Chew your food well.

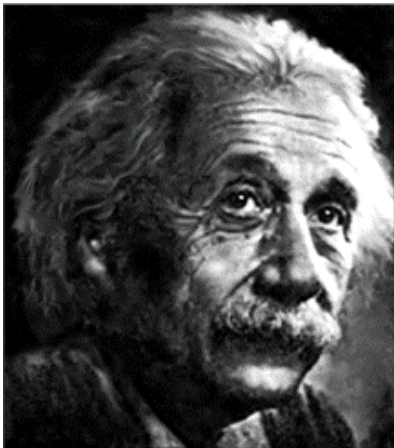
Remember that the process of digestion begins in the mouth with mastication. I’ve noticed that in many of my IBS patients they report that they rush through meals while doing other things such as work, reading, or even driving. If you don’t chew your food well it only forces your digestive system to work unnecessarily hard. Try slowly chewing each bite of food until it is liquid in your mouth before swallowing. This is an easy method for getting more nutrients from the food you eat, aiding your digestion, and becoming healthier overall.

## 3. Stop eating when you are half full.

At the end of your meal, your stomach should be filled with 50% food, 25% water, and 25% air (qi). It is important to leave the last 25% empty to allow the process of digestion to take place. Many IBS patients eat until they are very full and this places a great strain upon the digestive system. Stop eating when you are half full and you will have more energy and better digestion.

[Dr. Ken Andes, L.Ac, D.Ac. (RI) is a licensed acupuncturist, board certified herbalist, and medical qigong instructor. Dr. Andes serves as vice-president of WISH and runs a private medical practice in Suffern, NY.]

---



*A human being is part of the whole called by us universe ... We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive.*

*- Albert Einstein*

[East-West Perspective]

## Further Discussion – Cultural Differences in Self-Healing Practice and Attitudes

Patrick Pujda

This is the third article in a series of articles started by Judy to address the question of why it appears that Master He has more success with his method in China than he does in North America. I co-authored the last article with Judy. I wrote the Western Perspective.

If you disagree with what I wrote in the second article, then please give us your opinion as to why you think that it appears that Master He's method is more successful in China than in North America. That is what we are trying to discuss.

I guess the first issue is whether Master He has more success with his method in China than in North America. I say yes, he does have more success in China because I've met the Liuzhou group. You've met them too if you have viewed some of the video tapes from WISH. If go on the 2006 China retreat this October/November, you'll get to meet some of them in person.

Both Judy and I went on the China retreat in 2004. We met the members of the Liuzhou group. One after one after one, they got up in front of us and proudly told their story. Each one was essentially the same. They had been given up for dead by their doctors. Somehow they hooked up with the Liuzhou group and learned Master He's method (then it was known as taiji five element qigong). Now they are cancer free and several had been for more than ten years (in 2004).

Now, if I had written what I really wanted to write in the last article...I confess that the last article would've been rather short. I attribute the apparent difference in success-I'll just come out and say it-to a lack of devotion on the part of us "Western Perspectivees" to the practice, myself included. Now, before everybody gets their knickers in an uproar...what do I mean by that. Please notice I said practice this time and not method. You can't just study it or think about it, you actually have to do it to get any benefit from it.

Lack of devotion...In the first article, Judy basically said that we have more choices in the west. I agree. We are the land of plenty. When I want to verbally express the same thought I usually say, "they don't have cable (TV)." I tried to illustrate this idea with my comments in the four headings of the second article. I assure you that my comments were then, and are now, serious. Many of my comments in the article are still true of my own practice. So what! And they are true of countless numbers of people who attend Master He's intensives. Master He says that when he tells students in China to practice 8 hours per day, they practice 10. When I attended the intensive in May 2004 in New Jersey, a gentleman who was obviously part of the western perspective asked what the minimum amount of time was that he had to practice. Do you get my point? I have attended 3 intensives so far (plus 2 retreats) and at each one I have seen students act out those things that I voiced, with the most recent intensive being last week in Canada.

When someone learns Master He's method (especially someone with a potentially fatal illness), practices it, gains improvement with it, and then goes back to their old ways or doesn't fully embrace it...what is the reason for that?

If you wish to comment and I do encourage your comments, keep to the point. It would be even better if you practice Master He's method, for how can you comment on the question if you don't practice the method yourself? Remember: the question is, "Why does it appear that Master He has more success with his method in China than he does in North America?"

### Feedback from Marcy Tavernier (04/24/2006)

I feel compelled to defend WP. I realize the writer is frustrated and her desire is to understand how more people can be helped. However, I feel that the WP portrayed lacks an understanding of rich traditions in western history -- as well as new global findings in neurobiology and quantum physics. The WP responses seem more technocentric than western, and more from an external perspective. As a yoga teacher, I see more and more ordinary people interested in mind-body approaches. I think most people today are open to new ideas. However, they ask for scientific evidence before making significant changes in their lifestyles and activities. In particular, I believe that Five Element Qigong has a wonderful future. It produces verifiable results in healing the physical body and rewards practitioners with energy for achieving their higher calling -- the nicest medical side-effect I know.

### Note from Judy Xu

The column was setup to discuss whether the differences in Eastern and Western Perspectives may contribute to the different results of practicing TFEQ. Based on the comments from the editor and others, I decided to cancel the column because it seems there is no clear distinction between Eastern and Western perspectives on this issue. However, readers are still encouraged to share your own perspective from your personal experience on practicing TFEQ. It doesn't matter whether your perspective is Eastern, Western or Mixed perspective. Hopefully, the real experience sharing will give us more clues on the issue.

## Crookedbacked Woman and the Sage

"The Way has its reality and its signs  
but is without action or form.  
You can hand it down but you cannot receive it,  
you can ignore it but you cannot see it.  
It is its own source, its own root.  
Before heaven and earth existed it was there,  
from the ancient times.  
It gave spirituality to the spirits and to God,  
it gave birth to heaven and to earth.  
It exists beyond the highest point,  
and yet you cannot call it lofty;  
it exists beneath the limit of the six directions,  
and yet you cannot call it deep.  
It was born before heaven and earth,  
and yet you cannot say it has been there for long,  
it is earlier than the earliest time,  
and yet you cannot call it old."

- *The Crookedbacked Woman and the Sage*  
Chuang Tzu, Translated by Burton Watson, 1964  
[Crone Taoism](#)

**[Methods of Self Healing]****Biofeedback -- Effective Method of Developing Human Self-Healing Power**

Biofeedback therapy refers to the technique taught to patients to improve their health and performance by responding to signals generated by their own bodies. Biofeedback in its most basic form is a relaxation method whose procedures were developed in the 1940's in experimental laboratories of those involved in rehabilitation medicine and experimental psychology. The subjects of the experiments were trained to change body functions that ordinarily cannot be regulated voluntarily, such as pulse rate, body temperature, blood pressure, muscle tension, brain activity and others. Normally, the autonomic (self-regulating) part of the nervous system controls such processes automatically.

Eastern holy men had claimed for hundreds of years that it was possible through meditation and focus to consciously control their internal body functions. Western scientists have traditionally scoffed at these claims, dismissing them as magician's hocus-pocus or the vulnerability of the uninformed. However by the mid-1960's, experiments in the West demonstrated that such control was indeed possible and the workers coined the word "biofeedback", borrowing the term "feedback" from the electronics field, wherein information of a particular part of a working system is recorded and fed back, via a feedback loop, into the system in order to influence the operations of that system.

Physicians have long recognized that many body disorders can be traced to the individual's emotional health. Included are such psychosomatic conditions as: high blood pressure, bronchial asthma, and peptic ulcers. Biofeedback research has provided new understanding of how the mind can influence the various systems of the body.

It was once believed by most psychologists that internal (visceral) organs could best be taught new responses by the simplest kind of learning called classical conditioning. An example of which is the situation of a person's natural tendency to salivate upon tasting lemon juice. The repeated introduce of another stimulus such as a tone together with the lemon juice, will, in time, result in salivation in the presence of the tone alone. But biofeedback has shown that visceral responses can also be taught by instrumental conditioning, a more advanced learning process that occurs when a laboratory animal learns to push a pedal in order to receive a reward of food. This revelation has stimulated further research into how humans learn.

In the health field, biofeedback is a technique taught to patients to improve their health and performance by responding to signals generated by their own bodies. Biofeedback provides information on the functioning of the particular body process that he or she is attempting to control. For example, while a patient's high blood pressure can be measured, the patient cannot normally detect a change in his blood pressure. Therefore, if his objective were an attempt to consciously lower his blood pressure, he has no way of knowing whether he has succeeded. Applying the biofeedback process, the person is connected to a device that measures the blood pressure on each heartbeat and signals when the pressure falls below a certain level. The subject is therefore made aware of and awarded for his progress, encouraged to repeat the process and, in time, learn to regulate his blood pressure.

**Major Biofeedback Methods and Devices:***Electromyograph (EMG)*

This device measures electrical activities in the muscles, and has been used most commonly to relax tense muscles brought on by stress. During treatment, sensors are positioned over muscles in the forehead, back, or neck in an effort to relieve tension headache, backache, and neck pain. Other stress-related diseases such as asthma and ulcers are similarly treated.

This device has also been used in the rehabilitation of patients suffering from stroke or accidents. Even when a person feels no sensation in a paralyzed limb and is unable to move it voluntarily, EMG often can detect some electrical activity in the muscles within the paralyzed area, whose presence is acknowledged by emitting an audible sound. As the patient becomes aware of the activity, his nervous system may stimulate more muscle activity, resulting in the possible growth of new nerve endings and the regaining of some mobility.

### *Temperature Biofeedback*

This device monitors skin temperature and can be helpful in certain circulatory disorders such as those with Raynaud's disease, where blood vessels suddenly narrow upon exposure to cold or excessive stress, cutting off blood circulation to the extremities of the body, such as fingers and toes. In responding to the readings of the temperature sensors attached to those areas, the patient can learn to increase blood flow to those areas.

### *Electrodermal Response (EDR)*

This biofeedback device measures electrical conductance in the skin, associated with sweat gland activities. (This method in combination with other devices is used in lie detection tests.)

Athletics have used EDR in an effort to improve performance by monitoring pre-game jitters in order to achieve the correct balance between being "up" for competition and excessive anxiety. In addition to being useful to promoting relaxation, this method is also effective in reducing the frequency and severity of migraine headaches.

### *Electroencephalograph Biofeedback (EEG)*

This device monitors brain-wave activity, however because the brain emits many electrical signals of various frequencies, it is difficult to precisely identify those that can be directly tied to specific disorders or mental state, nevertheless, with advancements in the devices, insomniacs are able to learn to control theta waves and epileptics have found relief by monitoring brain waves produced during seizures.

Where EEG Biofeedback, also known as "Neurofeedback", has made great strides in the field of Neurotherapy, a promising treatment for Attention-Deficit/ Hyperactivity Disorder "ADD/ADHD". Current available research indicates that individuals with ADD/ADHD have an imbalance of certain types of brainwave activity in some areas of the brain. Through Neurotherapy an individual is assisted via biofeedback to gain information about his or her brainwave activity and to use that information to produce changes in brainwave activity in order to improve attention, reduce impulsivity, and to control hyperactive behaviors. Researchers report that when brainwave activity is thus changed, or when the brain is trained to work in certain ways, symptoms of ADD/ADHD are usually reduced.

### *Electrocardiograph Biofeedback (ECG)*

The electrocardiogram, or ECG (also known as EKG, abbreviated from the German word), is a surface measurement of the electrical potential generated by electrical activity in cardiac tissue. Current flow, in the form of ions, signals contraction of cardiac muscle fibers leading to the heart's pumping action. ECG has had a much longer history than biofeedback therapy itself, as it has long been important tools for diagnosis in the development of human biology and medicine. However, recent studies of heart rate variability (HRV) with ECG technique have introduced the concept that patient may actually change their HRV through bio-feedback training to achieving therapeutic effects. The psychophysiology lab in our department is using HRV biofeedback to treat patients with asthma, depression or fibromyalgia, and has achieved some positive results.

Other biofeedback devices that monitor blood pressure and heartbeat are helping patients control hypertension.

The following is a description of the application of one of the devices described above- Electromyograph (EMG) in the treatment of an all too common illness-muscle tension: Painless sensors, placed over the muscles to be monitored, pick up electrical signals from the muscles and translates the signals into a recognizable form such as a tone or a flashing light that varies in intensity



according to the tenseness of the muscle. In order for the patient to relax the tense muscles, he must consciously attempt to slow down the flashing or beeping. In time the patient will learn to associate sensations from the muscle with actual levels of tension and be able to develop a more healthy habit of avoiding unnecessary tensing of the muscles. After treatment, individuals are then able to repeat this response at will without being attached to the sensors.

### ***What Kinds of Problems Can Biofeedback Help?***

Through clinical research and application, biofeedback techniques have expanded into widely used procedures that treat an ever-lengthening list of conditions. Some of these include:

- Migraine headaches
- Tension headaches
- Other types of chronic pain
- Disorders of the digestive system
- Incontinence
- High blood pressure
- Cardiac arrhythmias (abnormalities in the rhythm of the heartbeat)
- ADD/ADHD (Attention Deficit Hyperactive Disorder)
- Raynaud's disease (a circulatory disorder that causes uncomfortably cold hands),
- Epilepsy
- Paralysis, spinal cord injury and other movement disorders.

Biofeedback is an effective treatment for migraine and tension headaches among both children and adults. This has been proven by numerous controlled studies with follow-ups of up to 15 years. The American Association for Headache cites biofeedback as an acceptable treatment.

The Agency for Health Care Policy and Research Consensus cites biofeedback as the primary treatment for urinary incontinence, a condition affecting up to 30 percent of elderly people living independently and about 50 percent of patients in long-term care facilities. Illnesses such as multiple sclerosis, muscular dystrophy or lupus, as well as strokes and prostate surgery can cause incontinence. Eighty percent of individuals with essential hypertension who underwent biofeedback training in one study reduced their prescription medications or no longer needed them at all, even after years of taking medication.

More than 700 groups worldwide are using EEG biofeedback (neurofeedback) for treatment of ADD/ADHD (Attention Deficit Hyperactive Disorder). Clinicians have reported that patients who experienced a 60 to 80 percent significant improvement in the condition and a marked reduction in medication requirements.

Biofeedback is usually taught by a qualified healthcare professional possessing the necessary technical expertise who is able to provide advise and encouragement, but once the patient has mastered the ability to monitor and control his symptoms, he can apply that knowledge toward self-treatment.

Although the practice of biofeedback was initially viewed with skepticism, there is now accepted proof that many individuals could alter their involuntary responses by being "fed back" information about what was occurring in their bodies. Studies have also shown that we have more control over what was previously referred to as "involuntary" bodily functions than once thought possible. As a result, biofeedback can arm individuals with techniques for living a healthier and therefore longer life.

[Summarized by Kellogg Wong and Kevin Chen]

Sources: The Association for Applied Psychophysiology and Biofeedback (AAPB) web site (<http://www.aapb.org>), *Family Guide to Natural Medicine*, *World Book Encyclopedia*.

**[Power of the Mind]****The Power of Intention**

Intention is what one directs the mind/body to do or bring about. Perhaps the most well known proponent of the power of intention is Wayne Dyer. In his book [The Power of Intention](#) he states:

- Intention is the force in the universe that allows the act of creation to take place.
- Intention is an energy that you are a part of.
- We are all intended here through the invisible power of intention.
- The world of spirit from which all is intended works in peace and harmony, kindness and abundance, that is where I choose to reside.
- My feeling bad will only ensure that I attract more of feeling bad in life.

The following information points you to some of the other interesting web sites on The Power of Intention. There are so many ways to use this power, whether it be to intend something for our life at home, something for our job/business or something for the world. Knowing what other persons have produced can inspire us to do what we need to do and not hold back in fear.

**For your business:**

Christopher M. Knight, entrepreneur, author, business builder and email/web/internet strategist, has taken Wayne Dyer's inspiration and created the "Top 7 Laws of the Power of Intention and applied them to the business world.

Visit: [http://top7business.com/?Top-7-Laws-of-the-Power-of-Intention-\(Inspired-by-Dr.-Wayne-Dyer\)&id=575](http://top7business.com/?Top-7-Laws-of-the-Power-of-Intention-(Inspired-by-Dr.-Wayne-Dyer)&id=575)

**For your personal life:**

Marcia Wieder, a best-selling author and speaker, writes about defining the intention by looking at your own dreams (what you want to do). She gives you four steps for getting started.

<http://healing.about.com/od/marciawieder/a/powerintention.htm>

**For your perfect job:**

Joel Garfinkle, a career coach, offers his insight to talk about using the power of intention to focus, take risks and move beyond the comfort zone.

<http://www.dreamjobcoaching.com/articles/power-of-intention.html>

**For the scientific view:**

Dr. Robert A. Tiller, Professor Emeritus of Stanford University Department of Materials Science, describes his proof of the power of intention in the article "How the Power of Intention Alters Matter".

<http://www.netmar.com/~maat/archive/mar2/tiller.htm>

---

**[Food as Medicine]****Foods that help relieving health problems**

*JAMA*, 2006; 295:2037-2045.

“The United States has a considerably greater expenditure on medical care (US \$5274 per capita) than in the United Kingdom (\$2164)”

“The US population is less healthy than the equivalent British population for diabetes, hypertension, heart disease, myocardial infarction, stroke, lung disease, and cancer. (Diabetes prevalence is twice as high in the United States!). Conclusion: US residents are much less healthy than their English counterparts.”

Save the earth. It's the only planet with chocolate on it!

**HEADACHE? EAT FISH!**

Eat plenty of fish -- fish oil helps prevent headaches.

So does ginger, which reduces inflammation and pain.

(Stay away from a lot of bottom feeding fish that are high in mercury content)

**HAY FEVER? EAT YOGURT!**

Eat lots of yogurt before pollen season. Also-eat honey from your area (local region) daily.

**TO PREVENT STROKE... DRINK TEA!**

Prevent buildup of fatty deposits on artery walls with regular doses of tea.

(Actually, tea suppresses appetite and keeps the pounds from invading....

Green tea is great for our immune system!)

**INSOMNIA... CAN'T SLEEP? HONEY!**

Use honey as a tranquilizer and sedative.

**ASTHMA? EAT ONIONS!**

Eating onions helps ease constriction of bronchial tubes.

(mothers would make onion packs to place on our chest,

helped the respiratory ailments and actually made us breathe better).

**ARTHRITIS? EAT FISH, TOO!!**

Salmon, tuna, mackerel and sardines actually prevent arthritis.

(Fish has omega oils, good for our immune system.)

**UPSET STOMACH? BANANAS-GINGER!!!!**

Bananas will settle an upset stomach.

Ginger will cure morning sickness and nausea.

**BLADDER INFECTION? DRINK CRANBERRY JUICE!!!!**

High-acid cranberry juice controls harmful bacteria.

**BONE PROBLEMS? EAT PINEAPPLE!!!**

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

**MEMORY PROBLEMS? EAT OYSTERS!**

Oysters help improve your mental functioning by supplying much-needed zinc.

**COLDS? EAT GARLIC!**

Clear up that stuffy head with garlic. (remember, garlic lowers cholesterol, too.)

**COUGHING? USE RED PEPPERS!!**

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

**BREAST CANCER? EAT**

Wheat, bran and cabbage.  
Helps to maintain estrogen at healthy levels.

**LUNG CANCER? EAT DARK GREEN AND ORANGE AND VEGGIES!!!**

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

**ULCERS? EAT CABBAGE ALSO!!!**

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

**DIARRHEA? EAT APPLES!**

Grate an apple with its skin, let it turn brown and eat it to cure this condition.  
(Bananas are good for this ailment.)

**CLOGGED ARTERIES? EAT AVOCADO!**

Mono unsaturated fat in avocados lowers cholesterol.

**HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL!**

Olive oil has been shown to lower blood pressure.  
Celery contains a chemical that lowers pressure too.

**BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS!**

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

**Kiwi:** Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. It's Vitamin C content is twice that of an orange.

**Apple:** An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

**Strawberry:** Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protects the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you...they're high in antioxidants and they actually keep us young.....blueberries are the best and very versatile in the health field.....they get rid of all the free-radicals that invade our bodies.)

**Orange:** Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

**Watermelon:** Coolest Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium. (Watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those damaging UV rays.)

**Guava & Papaya:** Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation.

**Papaya:** Rich in carotene, this is good for your eyes. (Also good for gas and indigestion.)

**Tomatoes:** Very good as a preventative measure; for men, keeps those prostate problems from invading their bodies.

**[A Comedy Moment]**

Humor gives us power

Against the assault of laughter, nothing can stand.

--Mark Twain

In laughter we are lifted above our feelings of fear, discouragement and despair. People who can laugh at their setbacks no longer feel sorry for themselves. They feel uplifted, encouraged and empowered.

--Allen Klein

Humor is a very healing tool!

**THE RABBIT, THE FOX, AND THE WOLF -- A FABLE**

One sunny day a rabbit came out of her hole in the ground to enjoy the weather. The day was so nice that she became careless, so a fox sneaked up behind her and caught her.

"I am going to eat you for lunch!", said the fox.

"Wait!", replied the rabbit, "you should at least wait a few days."

"Oh yeah? Why should I wait?"

"Well, I am just finishing my Ph.D. dissertation."

"Ha, that's a stupid excuse. What is the title of your dissertation, anyway?"

"I am writing on 'The Superiority of Rabbits over Foxes and Wolves.'"

"Are you crazy? I should eat you right now! Everybody knows that a fox will always win over a rabbit."

"Not really, according to my research. If you like, you can come to my hole and read it for yourself. If you are not convinced, you can go ahead and have me for lunch."

"You really are crazy!" But since the fox was curious and had nothing to lose, it went with the rabbit. The fox never came back out.

A few days later the rabbit was again taking a break from writing and sure enough, a wolf came out of the bushes and was ready to set upon her.

"Wait!", yelled the rabbit, "you can't eat me right now."

"And why might that be, my furry appetizer?"

"I am almost finished writing my dissertation on 'The Superiority of Rabbits over Foxes and Wolves.'"

The wolf laughed so hard that it almost lost its hold on the rabbit.

"Maybe I shouldn't eat you, you really are sick in the head, you might have something contagious."

"Come and read for yourself, you can eat me after that if you disagree with my conclusions." So the wolf went down into the rabbit's hole and never came out.

The rabbit finished her dissertation and was out celebrating in the lettuce patch. Another rabbit came along and asked,

"What's up? You seem very happy."

"Yup, I just finished my dissertation."

"Congratulations. What's it about?"

"'The Superiority of Rabbits over Foxes and Wolves.'"

"Are you sure? That doesn't sound right."

"Oh yes. Come and read it for yourself."

So together they went down into the rabbit's hole. As they went in, the friend saw a typical graduate student abode, albeit a rather messy one after writing a dissertation. The computer with the controversial work was in one corner, on the right there was a pile of fox bones, on the left was a pile of wolf bones, and in the middle was a large, lip-smacking lion.

The moral of the story:

The title of your dissertation doesn't matter. All that matters is who your advisor is.

**[What's New at WISH]**

- ❖ World Academic Society of Medical Qigong (WASMQ) is going to hold the 5<sup>th</sup> World Conference of Medical Qigong in Beijing, June 26-28, 2006. Dr. Kevin Chen at WISH is authorized by the WASMQ to organize a delegation of Qigong practitioners and researchers from North America to attend the Conference with a discounted registration fee. Those who register for the conference through WISH would pay US\$350, instead of US\$400 for the three-day conference, which includes the conference registration, a reception, airport transportation (two way trip) and a one day tour to the Great Wall & Ming Tombs. Please email Dr. Chen at [chenke@umdnj.edu](mailto:chenke@umdnj.edu) for more detailed information.
  
- ❖ WISH is co-sponsoring two workshops of medical qigong by professor Tim Liu from Beijing University of Chinese Medicine in June. WISH members are encouraged to participate in these activities. Prof. Liu is one of WISH advisers, the director of Qigong research laboratory in Beijing University of Chinese Medicine. He is also the secretary-general of the National Qigong Education and Study Association, Prof. Liu has taught Qigong in the University for 20 years. He is the editor-in-chief of the "Qigong Study in Chinese Medicine," the only official Qigong textbook used in the universities and colleges of TCM in China, and the only professor with the qualification to mentor a Ph.D. candidate of medical Qigong in China. Prof. Liu is considered the authority in academic qigong study, and has often been invited to go abroad to offer medical Qigong training courses. This is Prof. Liu's first visit to the U.S.. There are two dates for his lectures:

Date: **Saturday, June 3, 2006**

Time: 10:00 a.m. – 12 noon

Topic: Introduction to Qigong and Qigong Study in Chinese Medicine

Fee: Free Seminar

Date: **Saturday, June 10, 2006**

Time: 9:30am – 12:30pm

Topic: What real qigong state is and how to reach it in 3 hours

Fee: \$50 advanced registration; \$60 day of the event (WISH members enjoy 10% discount)

Place: Asian American Cultural Center, Rutgers University

49 Joyce Kilmer Ave, Livingston Campus, Piscataway, NJ 08854

Limited Seating: For registration, call WISH office 732-699-0900 or email to [qigong4us@aol.com](mailto:qigong4us@aol.com)  
Call AACC at 732-445-8043 for direction.

---

**Qi Dao Editorial Board:**

**Publisher & Editor:** Kevin W Chen, Ph.D. MPH

**Editor-in-Chief:** Joy Staller, B.A.

**Executive Editors:**

Lily L. Zhong, MA

**Associate Editors:**

Ken Andes, L.Ac. D.Ac.

Andy Rosenfarb, L.Ac.

Lilly Lei, M.D.

Judy Xu, Ph.D.

Patrick A. Pujda

Stuart Greenhouse

Aiguo Han, Ph.D.

Roger Jahnke, OMD, L.Ac.

**Guest Editor:** Kenneth Cohen

- You are welcome to share *Qi Dao* with your friends in its original form.
- To subscribe to *Qi Dao*, send an email to [Qi\\_Dao-subscribe@yahoogroups.com](mailto:Qi_Dao-subscribe@yahoogroups.com).
- To contribute to *Qi Dao* or contact us, please email to [WISH\\_Qidao@yahoo.com](mailto:WISH_Qidao@yahoo.com).

**For more information about WISH, please contact:**

**World Institute for Self Healing, inc.**

501 Hoes Lane, Suite 208, Piscataway, NJ 08854 (USA)

Phone: 732-699-0900 Fax: 732-699-0099

E-mail: [qigong4us@aol.com](mailto:qigong4us@aol.com) Website: <http://www.wishus.org>

For those in Canada, please go to: <http://www.wishcanada.ca>

