



POSTSCRIPT TO THE ENGLISH EDITION

Qigong has been practiced in China for more than four thousand years. It was disseminated beyond China in ancient times during the cultural exchange between China and other countries, but it wasn't until after the 1980s that Qigong became really international. Although the internationalization process has taken place over a short period of 20 years, Qigong therapy has shown a promising and a bright future in the field of health and healing, since it represents a new idea and a new technique in healing with characteristics of active self-care, and voluntary self regulation. This conforms to the current trend of modern medical development as well as being complementary to some of the weaker aspects of modern medicine. At present, there is a tremendous growth of interest in Qigong therapy around the world where it is becoming an important part of the practice of complementary and alternative medicine.

This book is translated and edited from the Chinese edition of Qigong Study in Chinese Medicine published in 2005, which is the first and as yet only approved Qigong textbook used in most Traditional Chinese Medicine Colleges and Universities in China since Qigong was established as an academic discipline in the late 1990s. The translation work started in September 2005, at which time I sought out my like-minded friend Kevin Chen, who then worked in The University of Medicine and Dentistry of New Jersey. I invited him to become the associate editor of the English edition of the book, and he took charge of all the translation work carried out in America. I organized the group of Chinese translators, who translated the first draft of the whole book, and sent it to Kevin from China. It has really been a huge undertaking, and very hard work over a long period. From then until March of this year, when the work was completed, four and half years have passed.

The publication of the English edition by Singing Dragon of the UK is an important event and worth celebrating. In the history of Qigong development, this book is the first English version of a formal Chinese university textbook. Its publication will help scholars and Qigong practitioners to gain more systematic, more accurate and more detailed

knowledge and understanding of Qigong, especially medical Qigong, and enable them to play an active role in popularizing Qigong around the world.

This book is far from perfect in every way. First, Qigong Study in Chinese Medicine is a new discipline in academia, although as a practice it has a long history. It has been only 16 years since the publication of the first university textbook on the subject in 1994, which constituted the rudiments of this book. The period of 16 years is really too short a time in which to sort out and standardize a body of professional knowledge going back more than four thousand years of history from the perspective of modern methodology and terminology. What we can do is just give a broad outline, and survey the field as best we can. Second, this textbook was edited by experts from more than ten universities and research institutes in China. We have had to coordinate various standpoints and respect the opinions of the majority; therefore, some essentials may have been lost in that process.

Moreover, language barriers affect the translation from Chinese into English. The Qigong state is formless and invisible; it is very difficult to understand the description even in Chinese, to say nothing of expressing it in English. Kevin Chen has mentioned this problem in the preface, but I want to stress here that the real difficulties in the translation have come not only from language, but also from the different ways, rooted in different thinking types and cultural backgrounds, of seeing the universe and solving questions. So sometimes the translation must go out of tune. Although the situation has been recognized, it is very difficult to resolve it.

Now this textbook has been published overseas, as the editor in chief, I feel myself growing uneasy. I hope readers will derive useful knowledge from this book, and approach it with the attitude of understanding and tolerating its deficiencies – and will also give us their valuable suggestions.

I would like to extend my special thanks to Kevin Chen from University of Maryland, USA, for his great efforts in raising funds, organizing translators and editors, proofreading, unifying and re-editing the script, as well as contacting the publisher. It would have been impossible to publish the English edition of this textbook without his commitment and professional knowledge.

I also feel lucky to have become acquainted with Jessica Kingsley, who clearly understood the significance of the book, and quickly decided to publish it through her company. I appreciate her capable and experienced work style. Without her help also, it would have been impossible to publish this book. Again, I'm so glad that she is a Qigong enthusiast with a certain level of knowledge in the field. It may be part of the predestined cause of the publication of this book.

I also would like to extend my thanks to all writers, editors, translators, the printer, and the publisher for their great contributions to this book.

Liu Tianjun
Beijing March 10, 2010