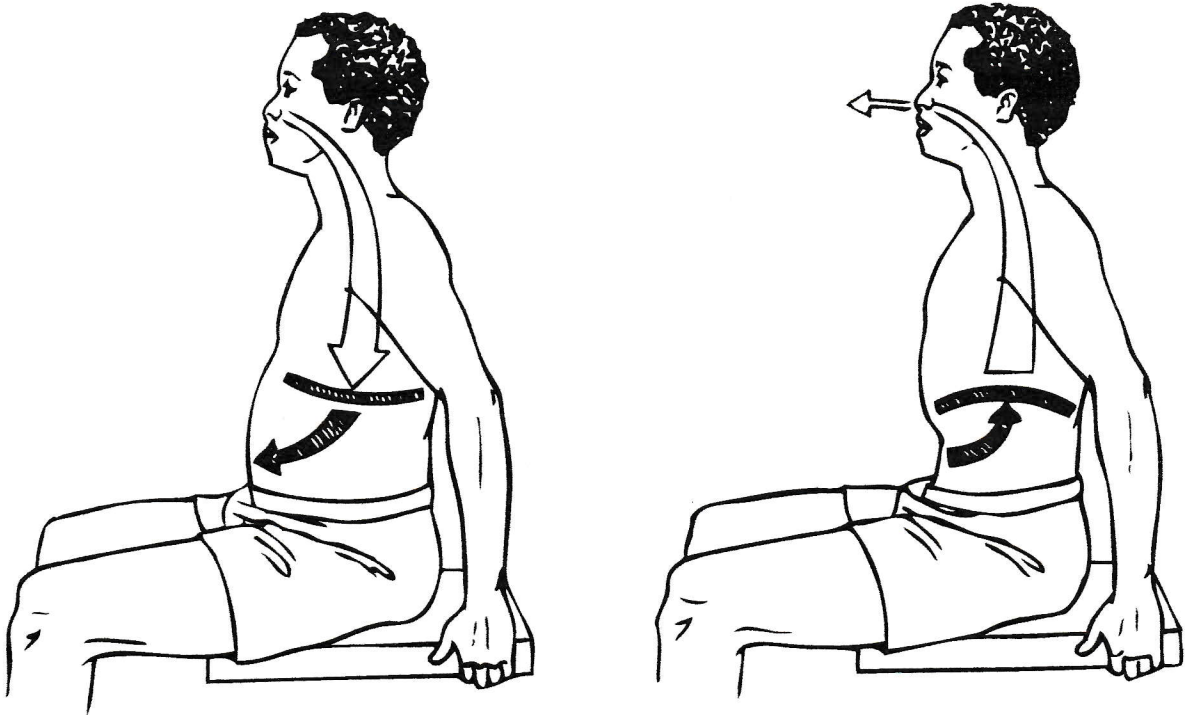
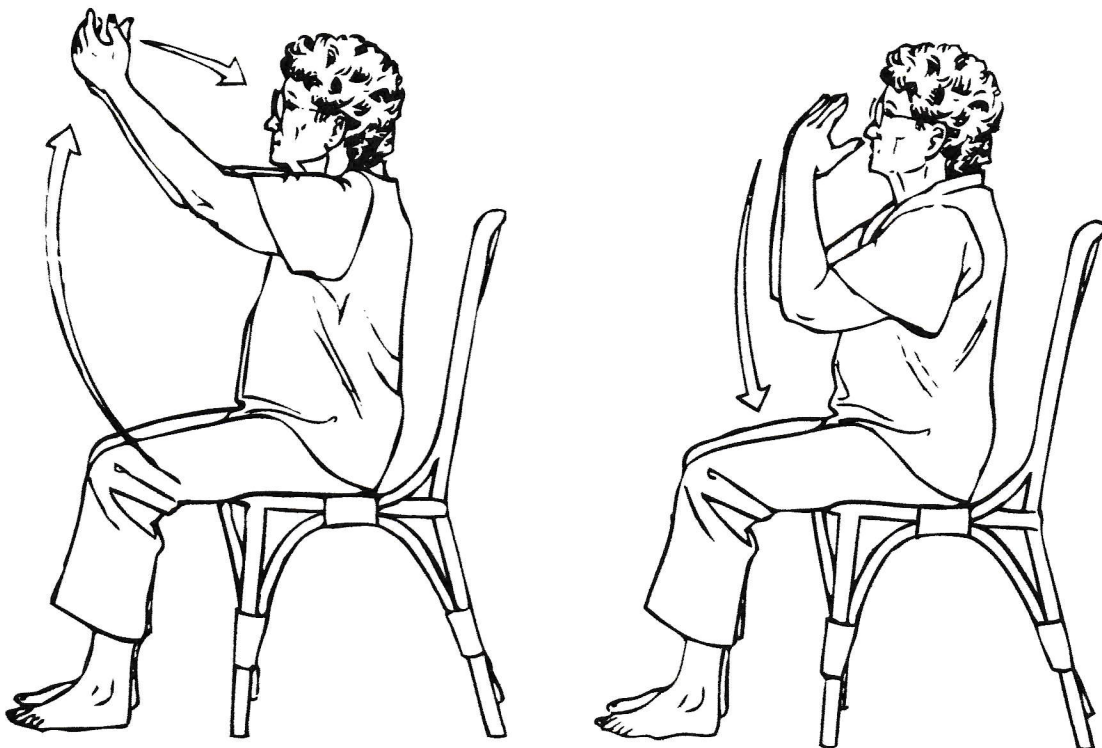


The Essential Breath



The Gathering Breath



Health Benefits of Healer Within Medical Qigong

Regular practice of Healer Within Medical Qigong triggers key physiological and psychological health benefits:

STRESS RELIEF

Induces a relaxed, meditative state of mind that helps relieve stress.

BALANCE

Emphasis on good posture and shifting of weight from foot to foot improves balance.

HEART HEALTH

Lowers your heart rate, lowers blood pressure and increases circulation by dilating the blood vessels.

IMMUNE BOOST

Gets your lymph flowing, eliminating waste and toxins and carrying specialized immune cells to fight disease.

MENTAL FOCUS

Calms your mind by slowing down brain wave patterns and improves focus and attention. Healer Within Medical Qigong uses the power of healing imagery and affirmation and promotes a positive attitude.

Key Principles of Healer Within Medical Qigong

The intent of the ancient Chinese cultivation practices is a state of “maximized vitality” known as the *Qigong state*. This is the state in which the human body + mind + spirit is “in the flow” or functioning with the least inner physical, mental or emotional restraint.

In Healer Within Medical Qigong, this state of “maximized vitality” fosters and supports the capacity for self-healing, disease prevention, personal growth, intuitive insight and clarity of purpose when guided by these key principles:

1. Do the practices as best you can.

Just a relaxing deep breath, moving the body gently, or just doing some self-applied massage releases the body’s self-healing capacities. Doing the practices as best as you can, in a state of relaxation and enthusiasm, is far better than not doing the practices at all.

2. Remain in your personal comfort zone – safety zone.

Pain triggers stress and tension which neutralizes the inner healing resources. Inner healing resources are activated when you practice without pain or discomfort.

3. Adapt and modify for your body’s needs.

Every person, sick or well, old or young, is unique. While many forms of Qigong and Tai Chi are supposed to be performed consistent with tradition, and not be changed, Healer Within Medical Qigong can be tailored and adapted to your specific needs. Practices that are typically done in a standing posture, may be adapted for people in wheel chairs, hospital beds or at their workplace (sitting or standing).

4. Sustain the Three Intentful Corrections of body, breath, and mind.

- Adjust the posture and movement.
- Focus on the breath.
- Clear the awareness, consciousness, mind with relaxation, meditation, visualization, affirmation.

General Qigong and Tai Chi Practice Guidelines

DO...

Keep it simple and fun.

Start with less and allow more to come, as it is appropriate. If this practice becomes a stressor in your life, it is more of a problem than a solution.

Relax deeply.

Allow the mind to be free of concerns and considerations. In China, this state of mind is sometimes called *cheerful disinterest*.

Practice Qigong daily.

Carefully and correctly implemented, it is safe to practice Qigong many times a day. Make your practice as much a part of your day as you do sleeping, bathing and brushing your teeth.

Make up your own routine.

Feel free to make up your own routine. Tailor the practices to suit your needs, likes and limitations.

Approach each practice with an intention to relax.

Always approach each practice session with an intention to relax. Direct the mind toward *cheerful indifference*.

Regulate the breath.

Regulate the breath so that both the inhalation and exhalation are deep, intentful, and calm

DON'T...

Try too hard.

Qigong is intended to assist you in self-healing and build up your endurance. Take it very easy. Ease helps to mobilize the Qi. Extra effort and trying hard go against the natural benefits in Qigong.

Going too far too fast will cause discomfort and you may say, "This is too much." Then, the profound benefit is lost. Achieve your goal of healing by allowing yourself to be free from the stress and rush that cause the organs, tissues and glands to become deficient.

Be fooled by Qigong's simplicity.

Application of these simple practices mobilizes the body's healing power within you. An ancient Chinese adage says, "That which appears great on the outside is weak on the inside; that which appears to be inconsequential on the outside is great and powerful on the inside."

Do too much.

Bring Qigong into your life deliberately. Too much of such a good thing and you may say, "I don't have time for this." Then the remarkable possibility for self-restoration will be lost.

Expect too much, too soon.

Know that on occasion, extraordinary results occur right away. However, more often, dramatic results come over time with steady practice.

The most important thing to remember is....

Learning any approach to Qigong or Tai Chi can be frustrating, particularly if you are convinced that you "should" perfect the practice or get it "right." Follow the directions the best you can but then surrender to having fun.

People who benefit the most from the vitality cultivation methods create their own favorite practices. So, give yourself permission to invent some things too. Do the practice as it works best for you. The only way to be wrong about your implementation of these practices is to NOT do them.

Thus, the most important rule in Qigong is -- DO IT!