

Qigong is a powerful healing system developed in China over many thousands of years. It is one of the components of the holistic system of Traditional Chinese Medicine. 'Qigong' (pronounced Chi-Kung) is a new term that has been used over the last 50 years to describe all of the Chinese energy techniques.

The word 'Qigong' is made up of two Chinese characters, 'Qi' refers to the energy of life, the vital energy which flows through the network of meridians in the body and connects with the energy or 'Qi' of the universe. In Japan and Korea it's known as 'Ki' and if studying Yoga the term 'Prana' is used. Most cultures have a similar terminology for life energy. 'Gong' is a term which translates to work, mastery and training. Qigong therefore translates to 'energy work', 'working with the energy of life' or 'mastering the energy of life'.

There are thousands of different styles and systems of Qigong, using different static postures, movements, breathing techniques, mental training and visualisation methods, either done standing, moving, walking, sitting or lying. Traditionally Qigong is used to train the Qi energy for martial, medical or spiritual purposes.

### Benefits of Qigong

If the flow of Qi becomes blocked, stagnant or disturbed, it can cause illness (both physical and emotional) and can decrease your quality of life. With regular practise Qigong can help stimulate this powerful energy, helping release stress, increase health and vitality as well as develop spiritual perception, serenity and awareness. It helps the individual take more responsibility for his or her own energy, helping improve quality of life.

*"Too much color, the eyes cannot enjoy.*

*Too much noise, the ears cannot receive, and music cannot be heard or appreciated.*

*Too complicated, too prepared, or too processed food causes the tongue to lose its taste.*

*Too much rushing around, hunting and searching, maddens the mind.*

*Too much interest in hard-to-obtain goods distorts one's behaviour.*

*The wise one likes to maintain one's inner essence, and thus is not enslaved by sensory pleasure.*

*Sensory pleasures and the outer search for material goods create burdens and cause one's life to become scattered."*

Lao Tzu, Dao De Jing, Chapter 12



Xiyuan Hospital



With Master Cheng



September 2010 with Dr. Xu

### Sixth World Conference on Medical Qigong

I had great privilege to attend the Sixth World Conference on Medical Qigong held in Beijing during June 2010. I have attended many conferences conducted by the World Academic Society of Medical Qigong, which is accredited by the Chinese Government and which places great importance on these conferences as a way of spreading and fostering Traditional Chinese Medicine and Chinese culture.

It was good to meet up with old friends and colleagues. The conference marked the 20 year anniversary of the foundation of the Society; I gave a talk and presentation about the work I have been doing in leading specialist training groups to China to learn from Masters at the source. I also gave a 30 minute workshop and demonstration on Guigen Qigong. I was honoured to be granted the Dedication Award for my initiative to improve the life quality of people and development of Medical Qigong.

While in Beijing I took my good friend Dr Gaspar Garcia from Spain to the Xiyuan Hospital to meet Dr Xu Hongtao at the Qigong Department. We practised Guigen Qigong and meditation together and discussed our common goals of spreading the healing benefits of Qigong.

s that were asked; we also had lunch with her and the other nuns of the monastery.

Our tour finished in Shanghai where we visited the healing clinic of the Shanghai Qigong Research Institute and the museum at the Shanghai University of Traditional Chinese Medicine; there was also time for some famous Shanghai shopping. Overall we had five high level meetings with Masters of Qigong, Chinese Medicine, Buddhism and Daoism.

### **Workshops/Retreats**

Many successful weekend and one day workshops were conducted throughout Queensland, NSW, and Victoria and for the first time in Tasmania. If you are interested in helping organise a workshop in your area please don't hesitate to contact me. We have a new venue for weekend retreats at the beautiful Kangaroo Valley, two hours drive south of Sydney. We had a great weekend there in July, but it was a bit too cold and next year we will have weekend retreats in April, September and November when the weather will be a bit kinder to us. These retreats are held in conjunction with my good friends from the Medicine Hill Retreat Centre.

Four day residential Wild Goose Retreats were also held in Queensland and Victoria and more are being organised for 2011.



With Master Chen



With Master Yi Yin



Launceston October 2010