

# Guigen Qigong

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Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). It has a very long proud history of over five thousand years. Qigong (pronounced Chi-Kung) is a new term that has been used over the last fifty years to describe all 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, movement, breathing techniques, mental training and visualisation methods, either done standing, moving, walking, sitting or lying. Traditionally Qigong is used for training of the Qi energy for martial, medical or spiritual purposes.

**Guigen Qigong** is a Medical style of Qigong developed by Dr Xu Hongtao a specialist doctor from the Qigong and Tuina department at the Xiyuan Hospital in Beijing. There are six sections in the Guigen Qigong method, section one we call Holistic Regulating which redistributes the stagnation of Qi in the upper body and deficiency of Qi in the lower body helping to re-root the unbalanced Qi. Section two to six relates to the Five Elements and their corresponding Zang and Fu organs. Section two Earth Element, regulating the Spleen and stomach channels. Section three relating to the Metal Element, regulating the Lung and Large Intestine channels. Section Four relates to the Water Element, regulating the Kidney and Urinary Bladder Channels. Section five relating to the Wood Element, regulating the Liver and Gall Bladder channels followed by section six relating to the Fire Element, regulating the Heart and Small Intestine.

Guigen translates to returning to the root or source, returning to the primordial energy from which everything emerges. The six sections of the dynamic Guigen Qigong are followed by the stillness meditation section helping to restore natural harmony, cure diseases and improve the human races quality of life. The dynamic forms and stillness meditation are prescribed to both in- and out-patients at the Xiyuan Hospital in Beijing as a part of their therapy.

According to Dr Xu, there are three different types of medicine, **structural, functional and energetic**. We seek treatment for various conditions relating to these types. If we have a fractured arm, we need the structure to be set and allow the natural healing process to take place. Similarly, if we have a problem with our internal organs, we will need herbs or other medications to adjust their function. Qigong works on the Qi or energy level, stimulating and strengthening with the building blocks that help maintain the

structure and function of the body, furthermore achieving the balance in Qi dimension or beyond.

To treat diseases, Traditional Chinese Medicine (TCM) and Qigong practitioners, work on Qi, not on diseases. They treat the Qi stagnations and make them flow smoothly and easily. When the Qi system is genuinely fixed or repaired, the problems in the structural dimension (diseases) will be healed very quickly. This is why we emphasise, “Nothingness is the best prescription.” If your internal diagnostic system scans your Qi system and finds nothing, it means that there is no stagnation in your Qi dimension, and your Qi-body is normal. The Qi-body is the root or source of the structure-body. Qigong cures the ‘diseases’ in the body through repairing Qi.

To obtain a better result, the following conditions should be met. First, the patient should be very willing and open to resolving their problems through Qigong practice. Second, the patient must have the energy and ability for daily practice. These two are the basic requirements for Qigong self-healing. The first is more important than the second. If the patient’s practice abides by the general principles of Qigong, good results will appear naturally.

Qigong Master Simon Blow from Australia is the author of numerous books, DVDs and CDs about this ancient healing art and has been helping to spread the healing benefits of Guigen Qigong through out the world. He has been organizing specialist training groups of Qigong teachers and natural therapist from Australia the US, UK and Europe to study with different masters in Beijing, Wuhan and other areas of China. These tours combine study and cultural activities allowing health professional as well as Qigong enthusiast a deeper insight into ancient Chinese culture and the healing benefits of Qigong. Simon has been a full time professional Qigong teacher since 1992 and conducts many seminars, workshops and classes though out Australia and other countries.

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