

Chi Gong – Energy Work

Foundation of Youth

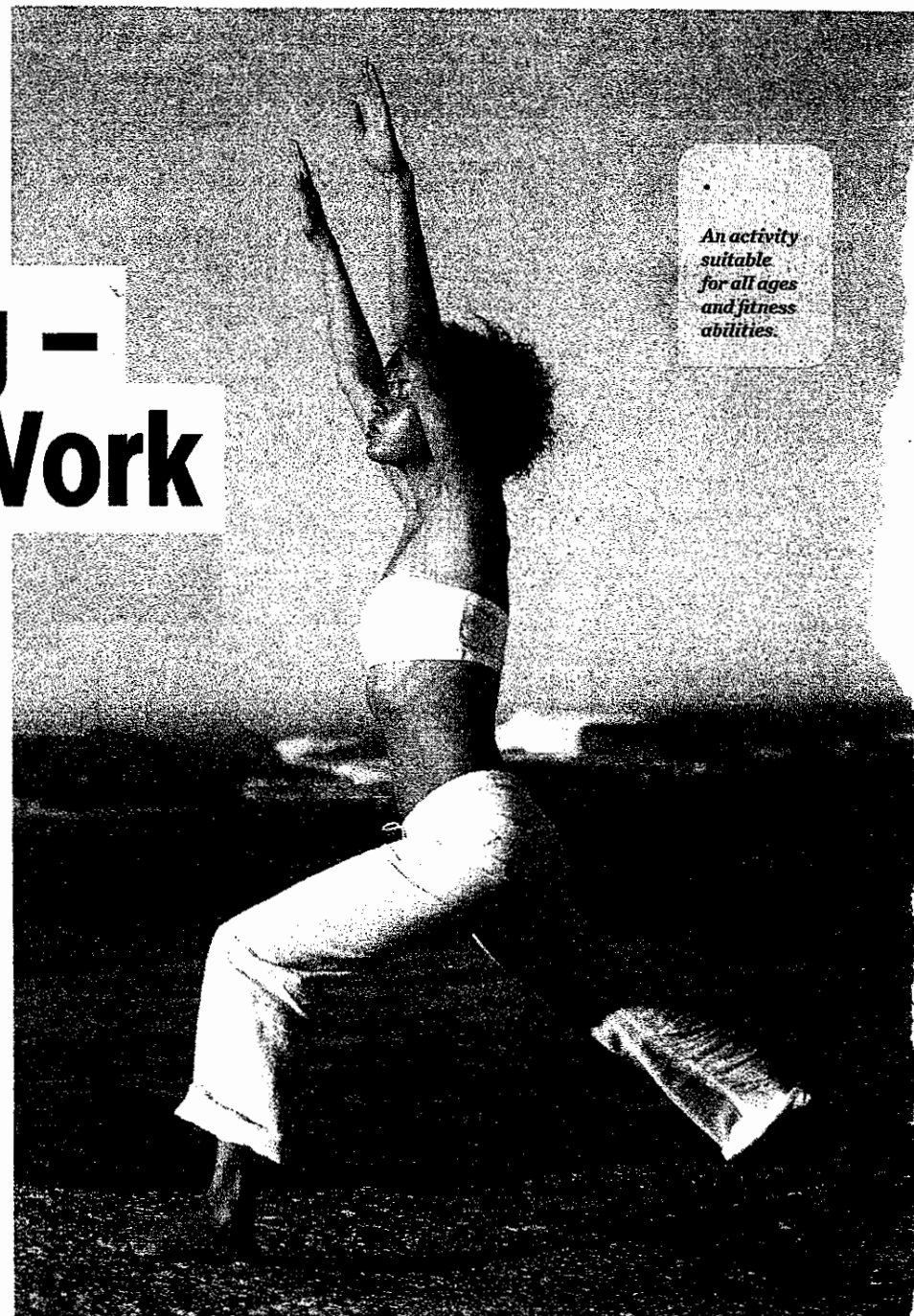
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Chi or “Qi” means energy. The Chinese call the life force energy – Chi. For instance, when you are tired or sick, you are low in energy or low in Chi. Chi is the power source behind the circulatory system that carries oxygen and blood throughout the body.

Your body is like a car and Chi is like the electrical energy and fuel that run the engine. A car needs to be maintained through regular servicing to prevent major breakdowns, lengthen its lifespan and optimize the machinery. By the same token, the practice of Chinese Chi Gong is like the regular maintenance of your body and its cells. Taking care of your body is needed just like the regular upkeep to repair your car from daily use is necessary. The practice of Chinese Chi Gong balances the physical and emotional systems, in addition to being a great medium for spiritual growth.

What makes Chi Gong extraordinary?

Chi Gong (also known as “Qi Gong” in Mandarin) is an art of self-healing energy work from China that dates back 5,000 years. The exquisite forms cultivate Chi energy through exercises that involve breathing, visualization



An activity suitable for all ages and fitness abilities.

and gentle movements.

Chi Gong is like a moving meditation with different forms to connect the body, mind and spirit. Chi Gong is also referred to as “acupuncture without needles.” It requires only 5% of your physical effort to learn Chi Gong, in comparison to that of Tai Chi, and it lengthens your life.

As Chi Gong does not demand much of your physical energy, it is very energizing and makes it easy to replenish your loss of life force energy. Practicing Chi Gong is very suitable

for all ages and fitness abilities.

Individuals who are sick or who have terminal illnesses can practice Chi Gong for improving energy and promoting self-healing. Since the body has a natural intelligence and an ability to heal, when Chi Gong is practiced, the body will flow the Chi to wherever there needs healing. Chi Gong is very simple and easy to practice and is often practiced once to several times a day for 10-15 minutes. The results can be very satisfying. It is very economical as the knowledge of the movements stay with you after you have registered

to learn the movements and you can practice for a life time.

"Medical Chi Gong" refers to the Chi Gong forms used by TCM (traditional Chinese medicine) practitioners. With emphasis on how to use vital energy (Chi) to take control of illnesses or get rid of diseases, there is a focus on prevention and increasing immunity as well. Although Chi Gong is mainly considered to be a self-training discipline, Chi emission from a Master (or external Chi Gong) has always been part of the medical chi gong practice to help others to regain health. Therefore, there are differences between internal Chi Gong training and external Chi Gong therapy in the history and development of Medical Chi Gong.

The Practice of Chi Gong Raises DHEA Levels

DHEA (Dehydroepiandrosterone) is an anti-aging hormone found in the adrenal glands. It is the most abundant steroid in the body and has many beneficial effects including improving immunity. According to a research study by Dr. Eisen in 2011, DHEA levels can be raised by exercise and practicing Chi Gong and meditation to reduce stress. DHEA serves as a precursor to male and female sex hormones, specifically, androgens and estrogens. DHEA levels in the body begin to decrease after age 30. DHEA boosts antibody production, enhances the activity of monocytes, activates natural killer cells, and maximizes the function of T-lymphocytes (Eisen, 2011). In aging laboratory animals, DHEA restores youthful levels of cytokines and reduces the production of auto-antibodies. You will prevent the formation of wrinkles

30 Benefits from Practicing Chi Gong

- 1/**Organic and chemical-free
- 2/**De-stresses
- 3/**Energizing and relaxing
- 4/**Restores life force energy
- 5/**Balances side effects of drugs
- 6/**Improves vision e.g macular degeneration and glaucoma
- 7/**Speeds up healing from surgeries
- 8/**Re-oxygenates the cells
- 9/**Improves blood circulation
- 10/**Improves texture of skin e.g. less breakouts
- 11/**Detoxifies and nourishes the organs
- 12/**Relaxes the muscles and joints
- 13/**Balances PH
- 14/**Reduces all kinds of pain from headaches, migraines, menstrual pain to inflammation
- 15/**Raises testosterone for athletic performance
- 16/**Infertility
- 17/**Balances endocrine system
- 18/**Improves digestion e.g. colitis, IBS
- 19/**Improves breathing and lung capacity e.g asthma
- 20/**Balances the heart, liver, pancreas, lung, kidneys and more
- 21/**Improves metabolism and burns carbs to lose weight
- 22/**Improves metabolism to gain weight
- 23/**Balances emotions and builds confidence
- 24/**Improves quality of sleep
- 25/**Balances blood pressure e.g. increases or decreases blood pressure
- 26/**Improves focus, concentration and endurance
- 27/**Improves health of terminal disease
- 28/**Assists the healing of disease e.g. cancer
- 29/**Body, mind and spirit
- 30/**Chi Gong raises DHEA

by practicing Chi Gong.

The benefits of Chi Gong are enormous and may exceed your expectations. It is easy to learn and people from all walks of life use it to benefit their lives! ■