

Win an UNLEASHED DVD package! 



Nov/Dec
2005

KUNGFU

Tai Chi

**THE BIG
DRAGON**
with Magic FISTS
Grandmaster Cai Longyun

3 Key Principles of
Ngo Cho Kune

Natural Laws of
Combat

**Qigong
Botox**

**Building Muscle
without Weights**

**Son of the
Iron Crotch**

Display Until Jan. 1st 2006

\$3.99US \$5.99CAN

12>



0 74470 02035 6

Qigong

B

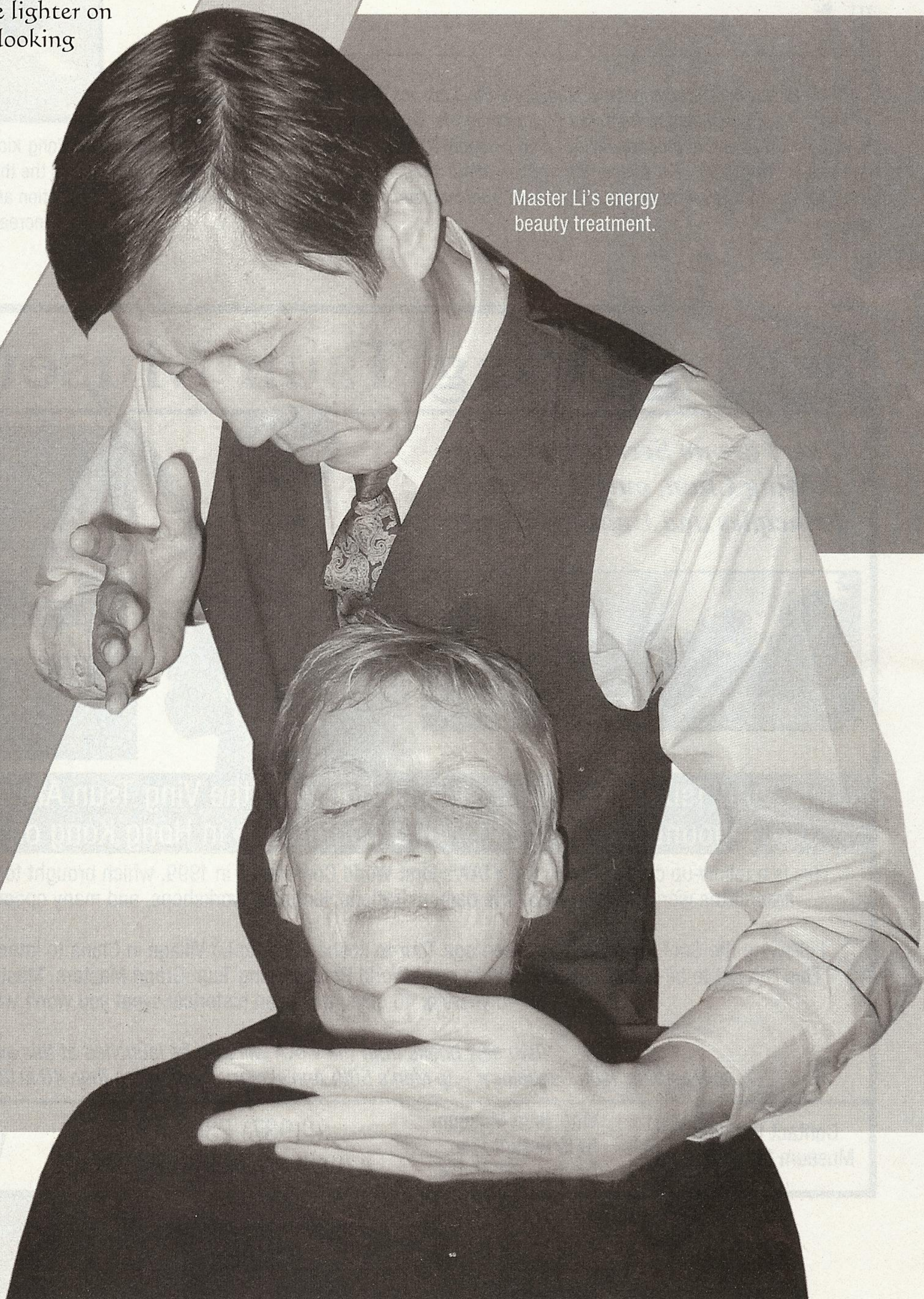
By Helen A. Buckett

During the Seventh World Congress on Qigong, chaired by Dr. Effie Poy Yew Chow, many seekers gathered in San Francisco to discuss ideas and meet other people interested in qigong. In the midst of the congress, a lady walked around showing off the wonderful effects of her facial qigong treatment. Samantha Vessel of Maui, Hawaii, had just finished a session with Master Li Jixing 李紀星. Master Li only worked on one side of her face and everyone could see that the facial muscles were visibly tighter and the wrinkles were lighter on that side, giving an overall younger looking appearance than the other side.

Barbara Matsuura, a student of Master Li who resides in Tokyo, Japan, took a moment during the Congress to explain Master Li's qigong. Matsuura originally went to Master Li with back pain and has been learning from the master since. She recalled that after a few sessions, her back pain was gone, but it returned soon after she stopped going. Master Li told her that just getting therapy for the back was not enough. She had to change the lifestyle that had brought on the back pain or else it would surely come back. He likened it to people going

on a retreat to lose weight. While they could easily shed a few pounds, they needed to change their lifestyles when they left in order to keep the weight off. Otherwise, they would return to being overweight as soon after they returned home. Matsuura served as a translator for Master Li in all his quotations below.

Master Li's energy
beauty treatment.



DOTTOOX

Face Lift by Projected *Qi*

Master Li practices one of the most controversial fields of qigong – projecting or emitting *qi*. Qi emitters advocate this highly unique skill for healing, usually in conjunction with the patient's own qigong practice. For many, it's similar to faith healings and greeted with much skepticism. But the effects of Master Li's treatments are as clear as the noses on his patient's faces. "Aging is related closely with basic energy," states Master Li in mandarin. "Changes in the energy field of each cell

energy back to its most favorable condition. So, after the treatment, the patient will feel their entire body has been rejuvenated."

Master Li stresses that your body has to be completely relaxed and all your meridians must be open to allow nature's energy to come in. This natural energy will come to you like flowing water because you are nature's energy. If your muscles are all tense, the energy won't be able to come into your body. In order to help students learn not to tense their muscles and let energy from their



Qi emitters advocate this highly unique skill for healing, usually in conjunction with the patient's own qigong practice.

will affect the body. Human energy is a part of nature's energy. Changes in your smallest cells will end with energy changes and be influenced by the changes in nature's energy.

"When I perform the facial qigong on Sam," continued Li, "first, I try to sense if her energy field's structure has any changes, especially negative changes. Then, I proceed to adjust them to more desirable conditions. The length of the treatment is around forty-five minutes. Sometimes it takes longer, depending upon the person's age, physical and mental conditions such as stress level, state of restfulness, skin turgor, and so on. Sometimes I need to show an instant result in a short period of time. It will take a lot of my concentration and energy like those performances during a TV interview. Some of my patients have more time. They come in once or twice a week for a period of three months. The changes are more gradual, but last longer. When I perform the facial qigong, even though the emphasis is on reducing facial wrinkles, the entire body will get the beneficial effect. I am trying to adjust the whole body's cellular

surroundings enter them, the basic exercise is based on a simple stance with arms extended. Most people cannot keep their arms extended for a long period of time because they fill their arms up with strength. If you just relax without tensing up your muscles, you don't have to do anything. Your arms just stay there. They can just float there for an hour. However, if you are consciously thinking that you are holding your arms up with your muscles, then keeping your arms extended becomes much more difficult. You have to have a blend of inner and external energy that flows through the body.

Learning to Emit *Qi*

Born in Fushun, China in 1956, Master Li started studying martial arts and qigong at age eight. For years, he studied hard under many masterful martial artists and qigong healers, learning *dacheng quan* under Master Wang Xiangzhai (王鄉齋), studying qigong from qigong cancer specialist Guo Lin (郭林) as well as from Tan

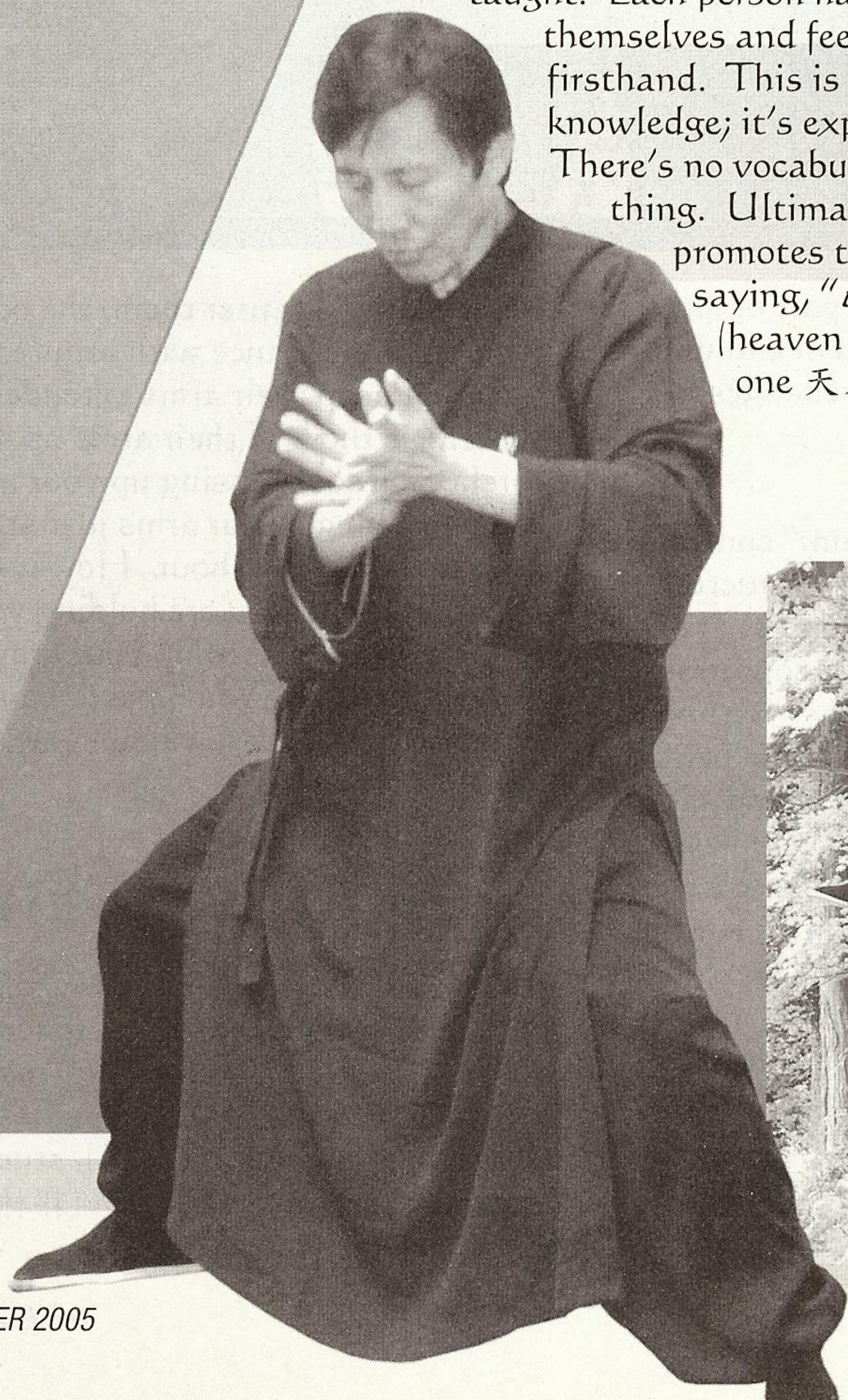


Yaoqing (覃堯卿), advisor to the National Chinese Qigong Science Association, to name just a few. Master Li is licensed as a qigong healer by the Institute of Qigong Science and Research of China and is authorized by that institute to issue qigong certification to others. In 1985, he moved to Japan and opened his own clinic in Tokyo.

The effectiveness of Master Li's qigong healing has attracted both scholarly and popular attention. In the past decade, prominent researchers from Japanese universities and

government institutes have conducted several scientific experiments to measure the power of his qi and to evaluate remarkable results from his healing and rejuvenation programs. Japanese television stations such as NHK (Japan National Broadcasting), Asahi, Fuji, Tokyo, and Nihon Television, have telecast many of these experiments. Li's work and exercises were featured in dozens of widely circulated Japanese magazines. Additionally, Li is the author of a 1998 Japanese bestseller, *The Power of Qigong*, published by the PHP Institute of Japan.

Li's extraordinary qi-emitting demonstrations are simple. At the congress, he showed some basic movements, but spoke very little. Most of the time, he demonstrated in silence. Curious participants were just standing there to feel the energy. According to Master Li, the more you do, the more the energy teaches you. It's the kind of experiential process that cannot be taught. Each person has to do the training themselves and feel the changes firsthand. This is not an intellectual knowledge; it's experiential wisdom. There's no vocabulary for such a thing. Ultimately, Master Li promotes the ancient Chinese saying, "*tian ren he yi*" (heaven and humans equal one 天人合一).



Master Li and Barbara Matsuura practice qigong near a Japanese shrine.



The human connection to the divine is essential to Master Li's world view. This connection is expressed in holy shrines all around the world. Shrines are the focal point where heaven and humans meet. "In Japan, shrines are protected by strict laws," notes Li. "The shrine buildings and surroundings must be kept in their original state. It cannot be altered or painted. That would destroy its natural environment. As a result, such shrines have astonishing natural energy. Shrines are the best places to go and practice qigong and meditation."

Accordingly, Master Li endorses a deeper relationship with nature. When someone looks at a tree, it appears not to move. But by staying by the tree, by relaxing and opening up to it, that person and the tree just come together. Li tells his students to place their feet on the ground, relax, open their pores and feel the earth's energy bubbling up. Without relaxation, the energy rising up from the ground cannot be felt. He believes that the earth's energy is *yin* and the sun's energy is *yang*. They want to come together because *yin* and *yang* naturally compliment and change each other to create a balanced greater *qi* or *da qi* (大氣).

Tapping Nature's Energy for a Better World

For Master Li, nature provides the panacea for a weary world. "Our minds can close up our selves and squeeze energy inside of us, like our blood, organs, and tissue," reflects Li. "Mentally, we tend to put up blocks, but we still are sensitive human beings. We feel emotion towards each other, but when we feel something emotionally painful, we tend to protect ourselves by squeezing painful emotions inside. Then, what can be

done? What is needed is a trip into nature. We have to open up and allow light come in and energize ourselves. If you relax inside, you will allow your cells to get more air, expand the cell membranes, and therefore, store more energy. This energy will go deep into all cells. This energy can destroy the bad cells or repair the bad cells and make them strong. You have to create an image and you have to concentrate on this image in your mind. Imagination is not real but the image in your mind is. Some people can't do this and continue thinking that the image in their mind is not real. It's very difficult, but you just have to be in the center of the image you create. You create the image and in turn it becomes reality."

"At the present time, I am working with few scientists and qigong masters about how to save the environment we live in. The world's ecosystems have been so affected and unbalanced that disasters – both man-created and natural reactions – of major proportions are taking place. These events include the tsunami of 2004, an increasing number of earthquakes worldwide, extreme weather, terrorism, antibiotic-resistant bacteria, global warming, and so on. Over the centuries, our neglect towards the environment has resulted in repercussions not only for us but for much of the wildlife and vegetation that we coexist with in this ecosystem. We must create awareness and educate others to work together and make a change." ☺

Master Li Jixing co-authored his first English book in June 2005, *Dancing in the Tao: Connecting With Universal Energy to Transform Your Health and Life* with Yinong Chong, PhD. The book explains how the universe is a unified grand energy field consisting of a complex network of energy systems; each human being is one of these energy systems capable of using our conscious mind to interface and exchange energy with higher energy systems for enhanced well-being. For more information, check out his websites at www.dancinginthetao.com and www.naturalhealingcenter.com/creative/jixingli.htm. Helen A. Buckett is a freelance writer from San Rafael, CA.

