

Medical Qigong's Healing Efficacy – why?

By Ming Kit (Klotz) Kwan

The belief that energy is sought by and absorbed in the body and this energy is responsible in a significant way for maintaining good health is a prime concept that has been around for centuries in ancient China and other parts of the world. Ancient Chinese medical qigong practitioners knew that we are spiritual beings as well as biological machines and discovered that the human body is filled with and sustained by an energetic life force of the Universe. They called this force: "qi". Qi energy is present and flows in literally everything – animate and inanimate. Chinese medical qigong practitioners have been using medical qigong (qigong means working with energy) to prevent illnesses, to self heal, and to heal others. Well trained and highly practiced medical qigong practitioners have developed clairvoyant abilities by expanding and refining this healing art. They are able to discern energy lines (meridians) and energy points or centers (acupuncture points) and even subtle energies and physical structures inside the human body, and are also able to use energies from certain plants to rebalance the body's energies that are out of balance to restore good health. These various phenomena were studied and modified for centuries and were finally integrated about 3,000 years ago into the Traditional Chinese Medicine (TCM) system. The TCM system embraces herbal medicine, massage and acupuncture. But, medical qigong and its healing art were still mostly practiced in secrecy until after the Chinese Cultural Revolution in 1970s. The Chinese government forced medical qigong to be opened to the public, after proving and verifying its multitudinous health benefits by contemporary scientists and medical researchers who confirm resoundingly that medical qigong is effective. The existence of qi has undergone in-depth studies and research in China; it has been demonstrated, verified, duplicated and quantified by scientific instruments.

Qigong has a strong body of experimental and clinical evidence behind it. Since 1982, medical qigong healing became a standard treatment technique used in hospitals and clinics in China. Recently, China introduced dedicated medical qigong hospitals into its medical system, where specially monitored and trained medical qigong healers use their skills to help heal all kinds of illnesses including cancer, immune system disorders as well as life-threatening conditions in conjunction with western medicine. Currently, China is the only country that has integrated both the western (physical) medical system and the traditional Chinese (energetic) medical system in their healthcare system.

Every cell in our body is filled with subtle energies that have escaped detection from existing Western scientific instruments. Recently, reports in the Western scientific literature have stated that some energy lines can be observed. Quantum scientists are talking about "dancing of energies in the universe and in the body cells". Western science is realizing that the world is not just made of liquids or solids, but also of intangible energies and forces. What we experience as matter is, in actuality, energy moving in stable and predictable patterns. Sometimes these forces express themselves in material form, but more often they remain outside the realm of our five senses. When Western medicine was developed, they separated the physical body from the other levels of the emotional, the mental and the spiritual body and adopted the mechanistic approach of treating the physical symptoms only without consideration of other levels. In TCM, the physical, emotional, mental and spiritual levels are recognized as inter-connected and inter-dependent.

In the West, the number of ill patients is on the rise and waiting lists for treatment are already very long. The number of chronic diseases that conventional medicine fails to treat seems to become lengthier each year, and the huge amount of money put into medical and scientific research does little to improve the rate of cure for many of these diseases. Using modern equipment and tests, diseases can be diagnosed quickly and accurately. Acute diseases, such as heart attacks, ruptured appendix, etc., can be treated rapidly and successfully, however many chronic illnesses remain a major dilemma and large concern. According to TCM, the reason is that chronic illnesses have their root and cause in the body's energetic system being out of proper balance. If the imbalances are not corrected in a timely manner, physical symptoms will ensue. During a recent interview conducted by Dr. David Suzuki with a leading conventional doctor at Toronto's University Hospital in the CBC documentation film 'Alternative Medicine', this professor and researcher admitted that conventional medicine only treated 10% of diseases successfully and these are primarily acute conditions.

With my background and medical knowledge as a trained medical laboratory technologist and an advanced medical qigong practitioner, I have blended the TCM and the modern western medical concepts to come up with a new, clearer explanation of the theory of how and why energy healing can eliminate symptoms and illnesses for the vast majority of chronic disease. Because there is nothing to see, and in many cases nothing to feel, the public at large is still skeptical of energy healing work and will only reluctantly accept it as an alternative healing modality. These people, unfortunately, do not know about the existence of subtle energies in their bodies. Until now, this subject was not taught in schools and was generally ignored by the scientific community and medical professionals. But, things are starting to change slowly. I am receiving more and more patients who have tried different conventional modalities for years that have failed to bring relief to their pain and chronic conditions, and I am able to quickly bring relief to their problems in over 70% of the cases. In order to treat a disease successfully, the real root energetic cause must be treated and eliminated. Over 70% of human diseases have their root problem in energetic imbalance. When we are able to eliminate these energetic core causes, all the problems down the chain begin to simultaneously clear up. This is the direct path of healing on all levels; physically, energetically and emotionally. Thus, treating physical symptoms alone will not eliminate these so-called chronic diseases.

There are many types of energy healers. Some are natural healers that are born with this gift and most of them are at an elementary level of healing. They do not possess an extensive deep knowledge of subtle energies, nor do they understand how energy works and the importance of improving the quantity and quality of the subtle energies in their own bodies. They can contract illnesses from their clients while treating them without knowing it. Patients have no awareness of the effect of energy transfer that can occur during the treatment. If the energy of the healer is pathological or bad, the patient might also contract new problems. I have seen examples of this too. For this reason, energy healers should refrain from giving energy treatments when they are sick. A good energy healer will continually take advanced courses to raise the quantity and quality of their energy level from qualified teachers. This also helps them to open and widen all their own energy channels to become an efficient channel of energy from the universe. This allows the energy healer to treat more difficult diseases successfully and quickly, and also prevents them from becoming exhausted by draining their own vital energy while giving energy treatments.

Our bodies are made up of a physical structure, such as bones, cells, organs, minerals, vitamins, nutrition, etc. As mentioned above, the bulk of each cell is also made up of a large variety of subtle energies that are invisible to the naked eyes and existing scientific instruments. All of these physical and energetic entities are responsible for cellular survival, integrity and functional capabilities including self-repairing and self-recuperating. Physical abnormalities due to structural deficiencies can be remedied by the body absorbing the cellular needs. But, if it is due to energetic deficiencies, it can only be corrected by energetic means, either by infusing the appropriate subtle energies or by eliminating the bad or pathological energies from the diseased body system, or by modifying the bad energy into healthy energies. Normally, our bodies constantly provide vital nutritional energies to all cells to keep the cellular energies at peak performance via the qi system (meridians and qi centers and points). However, if the routes of the vital nutritional energies to the cells are blocked or congested, the target cells will be affected and will start to show deterioration in their survival, integrity or functional capacities, such as decrease organ or cellular function, less efficient self-repairing and self-recuperating. In many cases this manifests as pain.

Holistically, we are multi-dimensional beings having different levels of energy fields, including the physical, mental, emotional and spiritual that inter-penetrates the body's energy centers. Our physical world has subjected humans to various emotional conditions. In these emotional or stressful situations, negative energy can be internalized by transmuting body qi, which reduces the body's core qi reserve. When we are out of balance on one level, it affects us on other levels. An emotionally upset person will not think straight, because the emotional imbalance also affects the mental level. If the imbalance becomes powerful enough and not corrected in time, it eventually manifests as physical and mental disease or sickness. Under conventional approaches, physical symptoms are corrected by introducing physical substances into the body using drugs, surgery, radiation, physical therapy and natural remedies. This will only give some temporary relief in early stages of the diseases, but symptoms will recur and will become even more severe as time passes while the blockages remain and expand. Soon these patients need stronger drugs and eventually they will not work at all. Imaging such as MRI only shows physical abnormalities, but fails to show the real problem of energy blockages or imbalances. We now know that modern medicine is inadequate and ineffective in treating these energy-imbalanced illnesses which are referred to as 'chronic illnesses'.

I will provide a simple explanation of how energy works on energy related diseases. A patient of mine had progressive pain for 10 years after being involved in a car accident; painkillers and even morphine failed to relieve his pain. He underwent 4 surgeries, but they did not get rid of his pain either. He had tried different conventional pain management treatments, even nerve block injections, but his pain was still progressing. Finally, he went for medical qigong treatment. After 3 months, he got his life back to normal and started to go back to work. His pain was attributed to energy blocks in his nerve meridians. Many of the diseases called incurable are primarily due to energy imbalances in the body that can be relieved and treated efficiently. Besides chronic pain, these include emphysema, asthma, allergy, arthritis, fibromyalgia, irritated bowel syndrome, colitis, cancer, tumor, heartburn etc. Numerous testimonials by previous patients can be seen in my website - www.kootenavqigong.com in the testimonial section.

I also have some additional testimonials that might seem quite unbelievable so I haven't displayed them to the public, but these testimonials can be made available upon request.