

QI GONG  
for  
TRAVELERS

**Enhance Vitality Using Travel Time**

**DR. AIHAN KUHN**

Master, Tai Chi & Qi Gong

## DESCRIPTION

This book provides preventive tips and information on how to avoid sickness from traveling. We live in a fast-paced society. Many times we rely on travel for work, for visiting family and friends, and for sightseeing. We often sit in a plane or car for many hours, feeling congested, cramped, and finding it difficult to breathe. We sometimes get sick from poor air, germs, or the inability to move adequately for many hours. The feeling of stagnation of *Qi* (vital energy) in our body makes us feel tired, develops aches in the body, and causes the body to become imbalanced.

Dr. Aihan Kuhn, with a lifetime of experience in natural healing and prevention, created this valuable exercise manual ideally to help prevent sickness from flights or long car rides. While traveling, we can stay in balance, maintain normal immune function, and maximize our ability for work and life wherever we go. We can practice *Qi Gong* exercises when we fly, sit in the car (not while driving), and even while confined in a cramped space behind a desk. This manual is a unique set of exercises for travel, for work, and for use in a limited amount of space. Here you will find many important preventive, healthy travel tips that can help you to achieve maximum health benefits—no matter where you are or what you do.

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ISBN: 0615699332

ISBN 13: 9780615699332

## ABOUT THE AUTHOR

Dr. Aihan Kuhn is a graduate of Hunan Medical University, Changsha, China. Trained in both Western and Eastern medicine, along with a lifetime experience of preventive medicine, Dr. Kuhn is an expert in natural healing and prevention. She has a special ability in Qi Gong healing and remarkable skill in treating patients with natural methods at her clinics in Holliston and Boston, Massachusetts. She provides natural health and healing education programs nationwide. These programs have changed the lives of many people.

With previous experience as an OB/GYN, Dr. Kuhn is able to combine her Western medical knowledge with Eastern methods, making her healing techniques surprisingly effective, while remaining all natural. She has extensive knowledge and experience in women's health, children's health, cancer prevention and healing, brain health for children and adults, and anti-aging education. Her patients have seen numerous doctors—finding no relief—but feel better after her natural hands-on therapies. She has earned the reputation of being “a miracle worker” and “the best teacher,” along with having “a therapeutic touch” and patients who feel “we're so lucky to have her.”

Dr. Aihan Kuhn is the founder of Chinese Medicine for Health and New England School of Tai Chi in Holliston, Massachusetts. She is President of Tai Chi & Qi Gong Healing Institute ([TQHI.org](http://TQHI.org)), a nonprofit organization. She has published numerous books. *Simple Chinese Medicine* was awarded third place by Living Now Award in the alternative medicine category. Other books, *Natural Healing with Qi Gong*, and *True Brain Fitness* are well rated

by readers. Her ethical standard: ***Quality, Truth, Natural, and Effective.***

Dr. Aihan Kuhn lives with her husband in Milford and in Boston, Massachusetts. She has a daughter, Sharon Kuhn, and a son, Peter Kuhn.

**For more information, please visit:**

[www.ChineseMedicineforHealth.com](http://www.ChineseMedicineforHealth.com) and  
[www.DrAihanKuhn.com](http://www.DrAihanKuhn.com)

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## DEDICATION

With love to my husband, Gerry Kuhn; my daughter, Sharon Kuhn; and my son, Peter Kuhn

## ACKNOWLEDGEMENTS

Being native Chinese and a US citizen for more than twenty years, I still struggle with my English. It took a great deal of time and effort to figure out how to say things correctly and how to put sentences into the right order. The most difficult part of writing is the grammar; it is not easy to be consistent. The second difficult part is the use of the little words: *the, a, at, on, in, as, upon*, and so on. In Chinese, we speak and write in the opposite order from English. My writing very often does the same thing. From the cultural difference, I often find that I am writing in “Chinglish.” To finish this book, fortunately, I had much help from my students, my patients, and friends. And of course, I had help from my dear husband.

I would like to take this opportunity to thank all the people who reviewed this book, made corrections for me, and gave me positive feedback and encouragement.

I would like to thank Marsha Wintringham, my dear long time friend, who did the first review, and Larry O’Sullivan who did further revision and gave me valuable suggestions.

I would like to thank Ellen Kirsten, the one who triggered my ambition to finish this book. I started to write this book ten years ago. I did not have the confidence to finish, because I did not believe there was a market for this topic. After a casual conversation, Ellen convinced me that it would be very beneficial to travelers who are into natural health. I hesitated, but thought I’d give it another try.

I want to thank my students, who were the first to experience my Qi Gong exercises and gave me valuable feedback. Their positive feedback encouraged me to continue my work.

My job is to guide you to a better quality of life through natural methods and to help people enhance their energy and immunity for work, creativity, and the enjoyment of life. I hope you find some benefits from reading this book, and use the techniques while you are in the air, in a car, on a train, or working at your desk.

Aihan Kuhn

## CHAPTER I

### What Do We Need in Modern Life?

#### What do we need?

Some say, "I need a job;" others say, "I need a million dollars." Some say, "I need friendship;" others say, "I need happiness." Some say, "I need a big house;" others say, "I need good health." Some say, "I need a secure retirement;" others say, "I need peace." Some say, "I need a diamond ring;" others say, "I need a true love with whom I can share my life."

In my experience, I feel what I really need are a balanced life and good health.

In our fast-paced world, we are busier and busier every year. It seems like the time is going by faster and faster, and we never have enough time to get things done. Most people today carry excessive amounts of stress. There is the stress that comes from raising a family, work, being overloaded with bills, worrying about losing our jobs, medical issues, being unable to express ourselves, emotional events, driving, and traveling. There is stress from being overloaded with activities, sickness of family members or friends, lost family members or friends, constantly looking for a job, feeling insecure, carrying fear, worrying about children, worrying about our spouse...the list goes on and on. Some people manage stress by using food or alcohol, or they just focus on their work like a "workaholic." Some go to the gym, some do daily meditation; some practice Tai Chi and Qi Gong,

some do Yoga or other mind/body exercises. Some are able to apply ancient wisdom and just let the stress go and refocus. But others are haunted by stress until it seriously affects their health.

Stress can hurt our health. It can cause many health issues. Stress causes us to become imbalanced, to lose focus, and to bring on early aging as well. When we finally get sick or get diagnosed with some “diseases,” we are given the doctor’s prescription for these diseases. We take prescribed medications, feel somewhat better, but still are feeling just okay, not terrific. When the side effects from the medication cause us other discomfort, we then make appointments to see other doctors or specialists. This can go on and on in a circle.

We have what many consider the best health care in the world, but we are not as healthy as we would expect. No matter how much we pay insurance companies for our health care, our health is not being sustained the way we expected. We may get by or be able to function daily, but not to the point that we feel happy. Not because we don’t have good doctors; it is because we don’t have the mindset for a preventive approach. We usually receive medical care when we are sick or for a routine check-up. We can be tested to see if we have cancer or polyps, check to see if we have an abnormal blood count, or test our bones for density. Tests and checkups are not always enough for us to keep fit. We sometimes feel tired, exhausted of brain power, or feel imbalanced, and we don’t know why.

Our bodies sometimes tell us we need something more for our health than conventional medicine, a gym facility, walking, eating well, supplements, daily meditation, and lifting weights can offer.

What if we change our way of thinking?

We have the power to introduce more into our self-care. We have the power to change our diet and make the right choices

for our food and drink; we have the power to moderate our activities, do a daily walk, or exercise; we have the power to tell ourselves not to let things trouble our minds and to open our minds to try a different approach; we have the power to tell ourselves to move our bodies no matter where we are; we have the power to grow our awareness to keep our bodies, minds, and spirits strong. These powers become what I call “preventive common sense medicine.” This can help us to prevent diseases and restore our body’s equilibrium. We can, from now on, learn “preventive common sense medicine.” We learn to listen to ourselves and follow our own feelings. We can try to understand what is right and what is not right for ourselves. If things are not right, we must do something to change it to make things right. If the changes we made did not help, we must try something else. Experience is a great way of learning. Life is about learning; it is about finding techniques that work best for us to feel well.

I once traveled often. Long trips made me sick for many days. I finally decided to make a change, so I developed a sequence of exercises for my long rides on the plane. I used these exercises on the plane to China and to parts of the United States. It made a big difference in my energy level. One huge benefit was that I did not get sick after traveling, which happened many times on my previous trips.

My experience demonstrates that if we pay attention to what we need, we can find the answer. In modern times, our lives are so busy that we lose the wisdom to search for what we really need. We may spend time searching on the Internet for medical information about health and disease. Sometimes we find something valuable, but sometimes we feel it is just wasted time. What we really need is to discover or activate our own wisdom to find what we need to live a balanced, happy, and healthy life.



Fig 1 and 2: Practice Qi Gong in Nature

## Disease and Modern Lifestyle

We now live in a very different world—a cyber world. We don't move our bodies as much anymore. Most of our work is sitting, working at a desk, and using a computer for practically everything. Our energy is blocked, our blood circulation is poor, our breathing is shallow, and we don't take in enough oxygen daily. We live in the richest country but not the healthiest country. Even many of our children start to lose their good health and social common sense. But they are super smart with a phone, computer, and other technology. I can't say this is good or bad, but I know for sure there will be less balance and more health problems in their lives.

It is fine to live in a cyber world as long as we find a way to balance our lives. This way we continue to know how to communicate with each other, how to maintain energy levels and immune function, how to work efficiently, and how to restore the harmony of life. We can follow common sense to take a break after using a computer for a long period of time. We must move our bodies and practice breathing exercises daily to keep our energy flowing. We must keep moving during each day, and with weekly exercises, we will keep our muscles and hearts fit as well as keep our brains fit. Daily walking helps poor circulation; daily Qi Gong helps get our energy flowing; daily practice of common sense preventive medicine helps to keep our body, mind, and spirit healthy. All these need one thing—your intention.

## The Hazard from Travel

Many people travel frequently for work, family visits, or personal leisure. Quite often people get sick after travel from the germs everyone carries and releases into the stagnant air of the plane. Additionally, their bodies are held still for a long time, which causes poor circulation in blood and energy systems. The con-



sequences of poor circulation are fatigue, imbalanced digestion and absorption, low metabolism, and decreased immune function.

We cannot change the facts, but we can use some techniques to strengthen our immune system and energy flow. We can keep our energy flowing smoothly, which helps blood circulation, and then make ourselves balanced in order to maintain optimum health.

In the past, I became sick every time I visited family in China. I either got a cold or flu or extremely low energy for a long time. Sometimes short trips affected my energy too. This is why I started to do Qi Gong exercises on the plane. I completed twenty minutes of Qi Gong exercises, every two to three hours unless I fell asleep (it takes fourteen hours to fly to China). Surprisingly, I came back without sickness, only jetlag. I was happy to discover these benefits, so I decided to share my experience.

## CHAPTER II

### What is Qi Gong?

Even though Qi Gong has existed over four thousand years, many people are still not aware of its existence. Most people have heard of Tai Chi, and many of those have tried Tai Chi. The truth is that both Tai Chi and Qi Gong are mind/body exercise for internal energy practice, but Qi Gong is much easier. Qi Gong is good for beginners and a great way to experience a natural way of maintaining a sense of well-being.

#### What is Qi Gong?

The word *Qigong* is made up of two words: *Qi* and *Gong*. The word “Qi” has many meanings in Chinese. “Qi” is: air, breath, smell, weather, manner, spirit, make angry, get angry, be bullied, and vital energy. As you see, none of the above are visible, but all are related to the air or oxygen and mental activity. Here, “Qi” refers to vital energy or life force.

Qi refers to the various types of bio-energy associated with human health and vitality. Qi is associated with the lungs through breathing. The lungs extract external energy and oxygen from the air and blend it in the bloodstream with the internal energy and oxygen extracted from the digestion of food and water. The resulting blend is the basis for human energy, metabolism, and immune function. Qi is present internally and externally and controls the functions of all parts of the body.

Qi affects spirit, and spirit affects Qi. If your Qi is poor, you would have a hard time lifting your spirit. If your spirit is poor or down, then comes low energy. Qi also affects mental clarity, and mental activities affect Qi too. This makes it easy to understand how a person can feel tired when undergoing chronic stress.

When a person has stronger Qi, his or her voice is strong, muscles are strong, endurance is strong, and immune function is strong. When a person has weaker Qi, all of the above are weaker. If a person has strong Qi, it does not mean it will last for his or her lifetime. Qi can be reduced for many reasons, and chronic stress is the biggest reason. Qi can be strengthened from Qi Gong practice, internal martial art practice, balanced lifestyle, and positive attitude.

Qi needs to be strong and balanced in order to maintain good health. If Qi is just strong but not balanced, it can create health issues. For example, if you are a body builder but lack proper sleep, you will soon lose your Qi. On the other hand, if Qi is balanced but not strong, it can also create health issues. For example, if a person feels good and healthy, works long hours, and doesn't feel the need for exercise, he or she soon will lose the Qi. In order to have strong and balanced Qi, one must practice Qi Gong on a regular basis.

The word "Gong" translates as: "practice," "workout," "skill," "achievement," and "merit." So "Qi Gong" conveys the meaning of "internal energy practice," "energy workout," or "practice to gain skill." The use of Qi Gong to improve and maintain health was first mentioned in the *Yellow Emperor's Classic of Internal Medicine*, written in about 200 BC. It is now becoming more popular in China than ever. The word "Gong" means not just a simple workout, but also a dedicated workout; it has to be internal. In internal practice your mind needs to be focused with intent. In Chinese, we use the word *Yi*. You have the same root word in

*Gong Fu* or *Kung Fu* (same thing, different spelling). It is similar in that it requires a long-term and disciplined practice. When you develop mind intention and focus, you practice your "Gong" right; when you practice "Gong" right, you feel your "Qi;" when you feel your "Qi," it makes your "Gong" go deeper. "Qi" can be enhanced from continuous practicing of "Gong." That is why we call it "Qi Gong."

"Qi Gong" is called "Internal Energy Practice." I also call it "Mind Body Breath Exercise to cultivate internal energy." It can be also called "Self-cultivation Practice." For centuries, countless Chinese have practiced this ancient healing art for health, healing, recovery from injury, strengthening of mind and body, and prevention of illness.

Everything on the earth involves energy. Everything we do involves energy. Without energy there would be no life. In war-time, there was a great deal of death and sickness. As the society and economy became stronger, human energy became stronger. As we enter the cyber world with a more stationary lifestyle, human energy becomes weaker—even stagnated. This is why many people feel tired, stuck, and unable to focus, among other symptoms.

Once we realize things are not like what we expect, our energy changes again. Put it this way: if we have an unhealthy life or more illness, we try to find ways to stay healthy. If medicine has side effects that make us sick, we stop using this medicine. This is part of the cycle of human nature. Eventually, we will figure out how to maintain strong and balanced Qi. This has to be from understanding natural energy, the way of life (Dao), and the daily practice of Qi Gong.

Good Qi or balanced Qi makes you feel healthy mentally and physically. You feel good and have a lot of energy. You feel balanced, less sick in flu season, and more productive. There is

more joy in life too. Good Qi helps everything and makes things go smoothly. If you have poor Qi or stagnated Qi, you do not feel well. You feel tired, headachy, stressed out, depressed, overweight, emotionally imbalanced, have aches and pains, and have an inability to handle life changes. You become sick more often and can feel sad or angry. You feel out of balance, not really enjoying life. The symptoms can be both mental and physical and vary from person to person. When you go to the doctor, you most likely get a name of a “dis-ease” for your symptoms. Your doctors’ job is to use medication to treat your “dis-ease;” sometimes you feel better, and sometimes you feel worse.

Qi cannot be seen but can be felt. Good mental Qi enhances physical Qi. If you have poor mental Qi with good physical Qi, you soon may start to fall apart physically and have physical problems later in life. Your mental Qi has to be balanced in order to have good physical Qi. If you have poor physical Qi, sooner or later it will affect mental Qi. Just think of it this way: if you get sick often or have colds that do not go away for a long time, you can become frustrated and then depressed. Qi Gong exercise balances mental Qi and physical Qi, therefore strengthening the whole body, balancing the immune system, promoting healing, and leading to longevity.



**Fig3: Qi  
Gong in the  
Garden**

## Qi and Positive Attitude

Isn't it true that you get a good feeling when you talk to a pleasant person who has a positive attitude and good energy? Don't you feel drained when you have to deal with a person who has a negative attitude and poor mental energy? In my practice, I have seen people who were negative about everything. Maybe it is from their childhood experience or some other reason. These people are not likely to improve if they don't work on their mental energy—if they don't work on how to live with a positive attitude toward things. People who are positive, in many cases, heal themselves or improve their health and feel happier. Everything has two sides. People who are positive always look into the positive part of the situation. Therefore, their Qi goes with the positive flow; their healing also goes with the positive flow. On the other hand, a negative attitude leads Qi to a negative flow, which is an obstacle to healing.

Several years ago I had a friend who had suffered from depression and was on medication for many years. I tried to help her find her healing path, but I finally had to give up. Her worst problem was being negative about everything and being unwilling to change. She always focused on the negative part of everything. Her Qi was so poor that it affected her everyday life. She had physical problems from head to toe. When I realized it had depleted my energy, I decided to let go.

Healing comes from the inside. It comes from your own mind and effort. If you just rely on other people, and not on yourself, the healing doesn't work and will never work. If you really want to get better, you will find a way to get better.

If you want to practice mental Qi, I recommend you start to practice giving, loving, selflessness, openness, and being welcoming to all. Physically, I recommend the daily practice of Qi Gong and Tai Chi. Spiritually, I recommend you read *Dao De Jing*

(in some books, it is spelled *Tao Te Ching*) and follow the Daoist practice. Believe it or not, it may change your life.

*“Physical strength can never permanently withstand the impact of spiritual force.”*

—Franklin D. Roosevelt

## Various Qi (Energy) in Your Body

For Westerners, Qi is a strange word; even “energy in the body” may be strange to some people. But if you just keep reading, think about everything you learn, and then organize your thoughts, you will find it makes a lot of sense. There are various types of energy in the body that help to maintain the body’s normal function.

- **Primary Energy (*Yuan Qi*):** We are all born with primary Qi. It originates from the kidneys and includes kidney *Yang* and kidney *Yin*. It is the motor of all organ function. It flows through the meridian system. When a baby is born, the first cry is a sign of this energy. As the baby grows, the energy becomes stronger every year. Sometimes we say, “I wish I had energy like that child.” We say that because we observe that the child has high energy and never seems to get tired. As the child becomes an adult, he or she starts to deal with more and more stress in life. If he or she doesn’t know how to deal with these stresses, his or her energy will decline. The person will feel tired easily and eventually get sick. If the individual knows how to deal with stress, he or she will be able to maintain his or her kidney energy and stay strong. As the adult continues to grow to age fifty and beyond, his or her energy starts to dwindle. Qi Gong and other exercises can help to strengthen kidney energy. Traditional Chinese medicine can also help to strengthen kidney energy.

- **Ancestral Energy (*Zhong Qi*):** This energy is related to ‘lung energy’ and comes from breathing and oxygen. A baby before birth has no *Zhong Qi*. At birth, with the first cry, the baby gets its *Zhong Qi*—but it is very weak. It gets stronger as the baby grows. *Zhong Qi* controls breathing. *Zhong Qi* is reflected in the strength of breaths and in the voice. In Qi Gong practice, it is the *Zhong Qi* that improves first; other improvements follow. If you have poor lung function or poor lung energy, it is a sign of the weakness of your *Zhong Qi*. *Zhong Qi* is highly active in human growth and development as well as in physiological activity and metabolism. These all are manifestations of the action of Qi. *Zhong Qi* also has the functions of warming, transforming, and containing.

Efficient *Zhong Qi* helps singing. Singers need to have good *Zhong Qi*; vice versa, the singing can strengthen the *Zhong Qi*. If a singer is sick or gets a cold, he or she will not sing well because his or her *Zhong Qi* is reduced from the cold. With frequent singing, the singer gets plenty of practice in *Zhong Qi*. That is why most singers stay healthy.

- **Defensive Energy (*Wei Qi*):** *Wei Qi* is also called ‘protective energy,’ which you get after birth. *Wei Qi* flows on the surface of the body and protects you from various diseases. It can be compared to the immune system in Western thinking. When a child is born, he or she has very limited immune function, which has passed from the mother. If we feed this baby with the mother’s milk, the baby can have a better immune system or “defensive energy.” The mother’s milk will give the child stronger *Wei Qi* than cow’s milk.

Children get sick more often than adults because they have lower *Wei Qi* (defensive energy) than adults. As a child grows older, he or she develops stronger defensive energy that will protect him or her from sickness. This defensive

energy can be strengthened by various exercises including Tai Chi and Qi Gong as well as other Western exercise. Many things—such as childhood stress, poor diet or overeating, no physical exercise, excessive homework, or poor parental support—can also weaken this energy. If a child has poor primary energy, he or she will be likely to have poor defensive energy too.

- **Digestive Energy (*Shui Gu Qi*):** This energy is called ‘nourishing energy,’ which you have at birth. It is also called in Chinese “water and grain Qi.” It flows through the meridian system in the body and is related to spleen and stomach energy. It is one of the most important organ energies and plays an important role throughout life. When a baby is born, its digestive system is weak; that is why we feed the infant baby food rather than adult food. As the baby grows, his or her digestive energy gets stronger. If his or her primary energy is poor from birth, he or she tends to have poor digestive energy too. In Chinese theory, the digestive energy is very important and should not be ignored. In the United States, many people don’t pay attention to protecting digestive energy in childhood, adulthood, or both. Overeating is a big problem, and this trend seems to be increasing. The average person eats 50 percent more than what he or she should. Many people have indigestion, IBS (Irritable Bowel Syndrome), and other intestinal illnesses. The rate of colon cancer and breast cancer is higher in the US; part of the reason is the eating issue. Some people eat the wrong food all the time. If we would pay more attention to our digestive systems, our health would be much better.

Digestive energy is fundamental to other energy too. If you have poor digestive energy, you feel tired all the time; some people feel bloated or heavy and have diarrhea or constipation. Sooner or later, your other energy—such as Yuan

Qi, Zhong Qi, or Wei Qi—will decline. In this case, you need to have a TCM doctor or practitioner correct the problem. You can also strengthen the digestive energy (*Shui Gu Qi*) by practicing Qi Gong exercise, doing self-massage, and taking some herbal medicine prescribed by a TCM doctor.

Improving digestive energy does not mean solely to boost one’s appetite. It means to bring about a balanced appetite, optimum digestion, absorption, and metabolism. Most Qi Gong masters have very good digestive energy; they seldom overeat or under eat.

- **Internal Organ Energy (*Zang Fu Qi*):** Our organs are formed before birth, but they are weak. This energy gets stronger as we grow. Each organ has different energy that plays a different role in the body. Though the names are the same, these are not exactly the same as the organs in Western anatomy. For instance, heart energy is related to the mind and spirit besides being directly related to pumping blood. In Western anatomy, the liver is the place where chemical production, reaction, and breakdown take place. In Chinese medicine, the liver is thought of as storing the blood and is related to mood and emotion. All organ energy is interrelated. If one organ has a problem, sooner or later it affects other organs—just like dominos. That is why we need to anticipate small problems to avoid bigger problems later.

### What Affects Energy (Qi) in the Body?

There are many things that can affect our energy; that is why we feel tired even though there is nothing wrong with our health. If we develop our intuition about our health and happiness, we will be able to make adjustments. Here are things we may be able to adjust to change our health:

## 1. *Poor Diet*

Many times I asked my patients, “How is your diet?” Many of them replied, “I eat well.” But when I asked them how well, I discovered that many people don’t understand what “eating well” really means. I try to understand the cultural difference: that is how they were brought up, what they were taught, and what they experienced.

Eating well includes the size of the portions you eat, the choice of foods you eat (quality and quantity), and the times you eat. Just think about how you feel after eating a big meal. How do you feel after celebrating at a Thanksgiving dinner? Do you feel sleepy and tired? Is it difficult to move your body around after eating a big meal? Overeating causes a blockage of stomach Qi that also affects lung Qi and spleen Qi. Eventually it affects the Qi of other organs as well. Eating the wrong foods can also cause blockages of stomach Qi. Too much fried food, raw food, meat, or dairy can also cause problems. It takes a significant amount of energy to digest these foods and this exhausts or depletes our stomach Qi. Too much sugar can cause many health issues as well. Too much sugar contributes to: higher instances of heart disease, diabetes, high cholesterol, weight issues, blood pressure issues, and more.

Our digestive Qi affects many organs, such as the lung, spleen, liver, kidney, and heart. If we eat smaller portions and the right foods, it takes the body less energy to digest the food, and so it preserves our energy for healing, daily working performance, and daily activities. Those who eat wisely, live healthier and longer lives.

We all eat big portions once in a while at holidays and other celebrations. Sometimes we eat the wrong foods that are loaded with calories. If you eat the wrong foods or

large portions one day, the next day you can eat lighter and smaller portions. This way you are able to restore your balance. Never eat poorly two days in a row.

## 2. *Irregular and Imbalanced Exercise*

Many people have told me that they exercise regularly but still have physical problems and high stress. Regular exercise is important, but the appropriate exercise is more important. If you only work out with one type of exercise, you only receive partial benefits, and only certain parts of the body are exercised. If you add diversified exercises such as those in Eastern exercise, you will benefit more, because Eastern exercise works on different parts of the body, including your brain. Therefore, you get total body benefits. If you have a certain weakness in your body, you need to know the appropriate exercise that is right for you. For instance, if you have a high stress job, I recommend using Tai Chi, Qi Gong, or Yoga to calm down your stress hormones. If you have arthritis or fibromyalgia, use alternate power walks and Qi Gong to get your blood circulation and energy circulation going. People come to our clinic for many different reasons. Some of them have physical issues, some have emotional issues, some have energy issues, and some have stress-related issues. Practitioners guide patients to the right set of exercises. With multiple approaches, our patients get great results. Many of them experience a reduction in the use of medication. Some of these patients had been using these medications for a long time and over the course of time developed side effects.

No matter what exercise you choose, you need to be consistent. If you exercise for several days, weeks, or even months and then stop, you will lose some of the benefits you have gained. If you start to exercise, you need to continue

to do these exercises regularly, so that you can really experience maximum benefits.

There are many benefits from Qi Gong or Tai Chi practice. Practice helps you to reduce stress and improve energy circulation, balance, immune function, metabolism, mental focus, muscle resilience, tone and flexibility, and breathing. Consistent practice will help improve digestive function and balance body chemistry. Tai Chi and Qi Gong bring harmony into your life and help to keep you well-adjusted and happy.

### 3. *Excessive Sex*

Chinese medical theory states that excessive sexual activity can impair kidney energy (especially for men), which is a fundamental energy in our body. Refer to *Natural Healing With Qi Gong* for more on this topic. Kidney energy in Chinese medicine is related to your brain, memory, bone and bone marrow, joints, teeth, hair, and hearing. If kidney energy is weakened, it affects all organ energy and shortens life. Certain signs that indicate a weakness of kidney energy could be: low energy, memory loss, gray hair appearing at an earlier age, arthritis, hearing loss, bone spurs, and poor immune function. Chinese Qi Gong masters do well to protect kidney energy in their lifetime—especially as they become older.

### 4. *High Stress*

High stress can cause imbalances of liver energy and heart energy. These imbalances affect mood, emotion, sleeping, and many other symptoms. These other symptoms could be: anxiety, depression, anger, memory loss, low energy, insomnia, palpitation, hypertension, overeating, constipation or

diarrhea, and mental fog. Even cancer has a close relation to stress. In the United States, a majority of doctors' office visits are for diseases related to stress.

China has a long history of knowing how to deal with stress in response to its long history of warfare, oppressive government, and economic instability. People work hard to search for inner peace. People practice "Tao" without even knowing how. Partly, it is from intuition—trying to find sensible ways to live in harmony.

The solution to minimizing your stress is learning. Learn to meditate daily, to do Tai Chi, Qi Gong, and other varied exercises regularly. Learn to let go of stress and to eliminate unnecessary tasks. Learn to create balance in your life, to take a moment off, to realize the cause of stress, and to remove the cause. If you cannot remove the cause, deal with it using a positive attitude. This wisdom works.

### 5. *Overwork*

Many people are physically, mentally, and emotionally overworked. Just think about what happens if you overuse your car. What happens if you drive a car over two hundred miles every day? How long before your car needs maintenance? Even with proper care, it will not be very long before problems begin. The body is the same way. If the body is overworked over a long period of time, the body will soon have problems. Appropriate work and rest bring balance to life and rejuvenate vital energy so you can be more focused and more productive. Appropriate health maintenance work is important and can be done by searching for alternative therapies. If you do have an extensive workload, you can still take breaks. No one can work 24-7, 365 days a year.

## 6. *Physical Pain or Disease*

Any kind of pain or disease can drain your energy and make you feel exhausted both mentally and physically. Pain is a sign of an abnormality in a certain part of your body. Pain tells you that you need to find the cause of pain, and then find answers to remove it. It is important not to just take pain medication. Medication can relieve the pain temporarily but cannot remove the cause of pain. Acupuncture is a very good therapy for pain reduction as well as for promoting healing in the area of the pain. Qi Gong can also reduce pain by promoting Qi and blood circulation.

Diseases have names given to physical and emotional problems and are used by doctors. Unfortunately, many people are mentally locked into the “box” of “a disease” which causes them to become anxious and depressed. Then their physical pain becomes more dominant. Emotional pain can cause physical pain, and your physical pain can cause emotional pain as well. It is like the chicken and the egg, and which came first. This is why I started a special program: “Qi Gong Healing Retreat.” This retreat is designed to help people remove emotional pain and physical pain at the same time and to learn healing wisdom.

## 7. *Irregular Lifestyle*

The body has a natural “timer.” Our bodies tells us when it’s time to go to bed and when it’s time to start work. The body’s timer follows nature’s timer. This is how we keep normal function and maintain good energy level. If we don’t listen to our timer, our energy becomes chaotic and imbalanced and then arrives at the consequence of illness. In China, many people keep the tradition of a mid-day nap because the body has a downward slope of energy. In the early years, one did

not often hear people in China saying, “I am tired.” But here in the United States, we often hear people say, “I am tired.” China now has changed become more Westernized, and has lost some of its traditions. These traditions have value and support living a healthy life, and it is my hope that all over the world this value is rediscovered.

## 8. *Negative thinking*

Negative thinking creates negative life experiences. Negative thinking makes you feel unhappy, depressed, and tired, and prohibits you from doing things you may want to do or experience. In addition, it makes people who live with you or work with you uncomfortable. A negative mind makes your life difficult. It leads to loss of social position, introversion, divorce, and a general lack of enjoyment in life. It is harmful to human health and can lead to heart disease, ulcers, muscle pain, depression, violence, and loss of self-esteem. Negative thinking can contribute to cancer growth.

Many years ago, one of my patients lost her life to cancer. Throughout the healing process, she kept her negativity and wouldn’t let go of her personal issues. She was still fighting with her daughter even during the few weeks before she died. Her liver Qi was so stagnated that I knew it was not going to be an easy case. I also have had patients who had been living for many years with cancer. The biggest difference in these patients is the positive thinking that allows them to heal. Some of them have been practicing Qi Gong regularly. I believe Qi Gong is an important healing remedy for cancer. Not only does Qi Gong improve the energy flow in the body, it eliminates stagnation and changes the energy from negative to positive, therefore allowing the healing to begin.



## 9. *Travel*

Travel can affect our energy either in a plane, train, or car. Travel breaks life's routines and makes daily life irregular. From travel, you stray from regular eating and sleeping habits, and this affects your energy. On the plane, the air is stagnated, your breath is shallow, and your energy and blood circulation is poor. Everyone carries germs. These germs are contained in the air and may cause health problems. Very often, people cough without covering their mouths, or they cover their mouths and then touch everything you touch. It sounds gross, right? But it is true...and we wonder why people get sick after they fly.

If you sit in the car and are not driving, you can certainly use these exercise to help yourself. This is what I do when my husband is driving. I used to have a hard time getting out of the car without difficulty, but I am much better now from doing these exercises in the car. If I am the driver, I use the mini time when I am stuck in traffic or stopped at a red light. It helps, and it makes my life less boring—especially while waiting.

### **Benefits of Doing Qi Gong**

In the Chinese healing system, your mind and your body cannot be separated. Your body can affect your mind, and your mind can affect your body. The energy pathways that go through your body also go through your brain and affect all parts of the brain including the neurochemicals. Your energy changes can affect your mind too. Therefore, Qi Gong can be called “Mind Body Healing Exercise.”

Both Tai Chi and Qi Gong work on internal energy. Internal energy brings harmony to the organ system. The harmonious organ system helps to balance biochemistry, hormones, and metabolism in the body. This is how your healing ability is

enhanced. When you have surgery, your wound may be healed in days, weeks, or even months. It all depends on your level of healing ability. When you catch a cold, you may recover in days, weeks, or months; this also depends on your healing ability. If your healing ability is strong, you can heal any illness. (I know some people don't believe this, especially medical people—I was one of them.) If your healing ability is poor or weak, your chance of healing is poor. It might take longer to heal, or you could even lose your life. Here are the benefits you may get from Qi Gong practice:

### **Cardiovascular Support**

The slow and meditative movements of Qi Gong help to smooth the flow of the energy. Practicing Qi Gong can stimulate the vagus nerve, which is part of the autonomic nervous system (described later). The vagus nerve has a big effect on reducing stress, reducing blood pressure, and preventing heart disease. As we discussed previously, Qi is the motor of the body. Just like a car, a bigger car with a bigger motor will go faster and have more power; a smaller car will go slower and have less power. If Qi in the body is strong and balanced, your body stamina and circulation system is strong and you are less likely to develop circulatory and vascular diseases. For many years in China, the rates of heart disease and hypertension have been low. One of the reasons for this is that people pay attention to improving their bodies' Qi circulation. They also maintain a healthy diet, have a balanced and active social life, and often walk from place to place.

### **Respiratory Support**

When doing Qi Gong, one of the most important benefits is increased oxygen level in the blood and organ system. This is a concept most westerners understand. Both Tai Chi and Qi Gong require deep breathing. With each slow and deep breath, you bring more oxygen to your lungs and your organ system. With a

well-nourished body and with a good oxygen level in the body, you feel good on a daily basis. Qi Gong not only increases the oxygen in the body but also increases its usage by organs and tissue. That is why Qi Gong is considered a natural antioxidant. This also contributes to delaying the aging process.

Qi Gong practice strengthens respiratory immune function and helps to prevent respiratory infection, cold, flu, or any kind of lung disease. In our lungs, there are special antibodies called IgA (immunoglobulin). IgA protects us from respiratory infection. Theoretically, Qi Gong practice increases the IgA in both quantity and quality. In Chinese medical theory, Qi Gong practice improves your defensive energy, which is also called protective energy.

### **Gastrointestinal Support**

Qi Gong practice improves the autonomic nervous system, including both the sympathetic nervous system and the parasympathetic nervous system. The parasympathetic nerves are responsible for internal organs—especially the digestive system. With improved blood circulation, more oxygen gets to the organs; with improved parasympathetic nerve function, your digestive enzymes and the mobility of the digestive track and other digestive chemicals are more likely to stay at healthy levels. When intestine mobility is normal, you have natural cleansing and detoxification.

You know you don't feel well if you cannot go to the bathroom for several days. Maintaining good digestive energy leads to better digestion and absorption. With these advantages, the food you eat will be properly used and transformed to energy; otherwise, the food you eat will not be transformed to energy and you will feel tired even though you may have eaten well. Some of the movements in Qi Gong involve the whole body, and

the gentle stimulation helps to restore the balance of the digestive organs and prevent digestive disorder.

Many people take various supplements trying to help themselves. The supplements can help you if your digestive system can absorb and use the supplements. If you have imbalance in the digestive system, using supplements is rather wasteful, because your supplements are not absorbed or used well either.

### **Musculoskeletal Support**

Some Qi Gong involves the whole body with flexion, contraction, stretching, and multi-dimensional movements. Your muscles get a well-rounded exercise. This is especially true with “Therapeutic Qi Gong.” Your muscles and joints are in constant motion and receive plenty of oxygen and blood from the gentle workout. This not only keeps you fit, but also keeps your muscles and joints healthy. You will have less muscle tension and stiffness. This helps delay muscles and joints from aging and degeneration and maintains good muscle resiliency and flexibility. Healthy muscles and tendons can also prevent arthritis, fibromyalgia, and tendonitis. Not only will you have fewer aches and pains and less stiffness, but you will also have less chance of a fracture when you fall, because strong and flexible muscles support your bones. Consequently, your body feels younger and so does your mind.

### **Increase Stamina, Daily Energy Level, and Immune Function**

People who practice Qi Gong have less chance of getting infection, cold, flu, and other seasonal diseases. There have been studies that regular Qi Gong practice can bring back T cells, which can also help cancer healing. Our students (in our school) who participate in class regularly, rarely get sick; it has to do with the practice.

Many of our students mention to me that their energy and stamina have improved. This helped their focus and creativity, and they are more productive.

### Effects on the Nervous System

As mentioned above, the movements of Qi Gong can affect the nervous system in positive ways. This includes the central nervous system, peripheral nervous system, and autonomic nervous system. Some Qi Gong forms involve whole-body exercise that incorporates breathing and mental focus, which allows Qi and blood to flow to all parts of the body, including the brain. You feel focused, respond more quickly to learning, think more logically, maintain mental sharpness and alertness, and improve your ability to perform daily tasks with greater ease.

The organ system is controlled by the autonomic nerve system. There are two divisions: the sympathetic division, and parasympathetic division.

The sympathetic division typically functions in actions requiring quick responses. The parasympathetic division functions with actions that do not require immediate reaction. Consider sympathetic as “fight or flight” and parasympathetic as “rest and digest.” Generally, these two systems should be seen as permanently modulating vital functions, in usually antagonistic fashion, to achieve homeostasis.

The autonomic nerve system regulates the iris of the eye and the smooth-muscle action of the heart, blood vessels, glands, lungs, stomach, colon, bladder, and other visceral organs. Therefore, it affects heart rate, digestion, respiration, salivation, perspiration, pupils, urination, bowel movement, and sexual arousal—all responses that seem automatic and outside our conscious control.

Qi Gong regulates autonomic function and balances the autonomic nervous system. Therefore, it promotes normal function of internal organs.

### Balancing the Emotions

Qi Gong balances emotion partially from developing self-awareness, re-focus, positive thinking, and building strong Qi. Emotional balance is very important to prevent brain aging and provides a good physical and mental environment for learning.

### Other Benefits

- Improved metabolism. You rarely see an overweight Qi Gong master or long-time practitioner.
- Improved balance and coordination. Research has shown this help to prevent falls and injuries.
- Improved lifestyle and happiness. This is from becoming well-balanced and open-minded.

Cancer healing. One very important aspect of Qi Gong practice is its ability to assist cancer healing. It helps to prevent the onset of cancer and prevent cancer relapse. This is from the benefits of strengthening the organ system and immune system, and a strong immune system helps to fight cancer as well as infection. Most deaths of cancer patients are not from cancer itself but from infection that weaken the body and organs.

## CHAPTER III

### Qi Gong for Travelers Practice

No one can become skilled without practice. No one can succeed without practice. Practice is like walking on a path to a destination. The good part of this particular exercise is that you have a lot of chances to practice it: sitting in the car, bus, train, or plane, sitting at a desk, waiting for someone while sitting, or any time you have a little free time. All you need to do is be aware of having this kind of mind-ful practice.

When you do these exercise movements in a sitting position while traveling or while taking a break at your desk, you are using time wisely, because you are taking care of yourself without taking up much of your time. Especially when sitting in a car or on a plane, you make the time go by faster. Just follow the instructions listed here and you can have a fun practice session. It is easy to do, and you will surely feel the benefits.

#### Practice Steps:

##### **1. *Breathing exercise: inward breathing***

This is to practice slow and deep breathing in a therapeutic way. When you breathe in, your stomach muscle is contracted inward, which means your abdomen moves in toward your spine. Make sure to relax your body and shoulder muscles when you practice this kind of breathing, because it is easy to become tight, especially in your shoulders and upper back. Do not lift your shoulder

blades. This is not an easy way of breathing, but if you can do it, you are actually massaging your internal organs as well as promoting digestion. With regular practice, it can even help you lose weight.

## 2. Eye exercise

- a. Left–right movement: Without moving your head, look to the left, then to the right, to left then to right. Repeat ten times. If you wish, you may close your eyes while practicing this eye movement.
- b. Up and down movement: Without moving your head, look up and down ten times.
- c. Diagonal movement: Without moving your head, look diagonally. Look up to the left, then move eyes down to the right; repeat for a total of four times. Then change to the opposite diagonal direction. Look up to the right and then down to the left; repeat for a total of four times.
- d. Circle: Circle eyes in one direction four times, then change direction four times.
- e. Moving Qi to eye: Put the center of the palm of your right hand over the right eye without touching your face. With each breath, focus your mind on moving energy to your eye. After four deep slow breaths, repeat with the left palm placed over the left eye for four deep slow breaths.
- f. Self-massage: Gently massage the muscles surrounding your eyes for a few minutes.
- g. Squeeze eye muscles: Close your eyes and squeeze your eye muscles tightly, then open them. Repeat at least four times.

## 3. Neck movement

- a. Left—right movement: Take a deep breath while *slowly* turning your head to the left, and exhale slowly while moving your head back to center; inhale slowly while turning your head to the right, and exhale while moving your head back to center. Repeat at least four times.

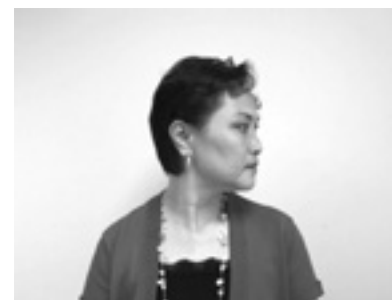


Fig4: Neck Movement a

- b. Up and down movement: Take a deep breath; exhale slowly while moving your head downward; inhale while moving your head upward; exhale slowly while moving your head downward. Repeat at least four times.
- c. Tilt head: Take a deep breath, exhale slowly while tilting your head toward the left shoulder, and hold for one breath; inhale and raise your head upward to center, exhale slowly tilting your head to the right over your right shoulder, and hold for one breath. Repeat eight times.

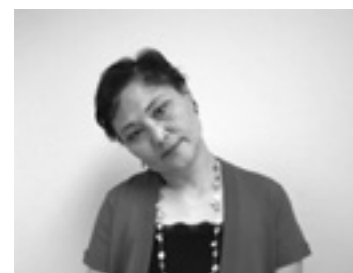


Fig5: Neck Movement c

- d. Press head: Inhale and place your head 45 degrees to the right, place the right hand on the back of your head, and press down as you exhale. Then, hold this position for three breaths. Inhale, and place your head 45 degrees to the left, place the left hand on the back of your head, press down, and exhale. Then hold this position for three breaths.



**Fig6: Neck  
Movement d**

- e. Roll head side to side: Move your head downward, roll your head to the left while inhaling, slowly exhale, and move your head back to the downward position. Roll your head to the right while inhaling, and exhale while moving your head back to the downward position. Repeat eight times.
- f. Neck massage: Put the left hand behind your neck, and massage the neck muscle with your fingers. Then do the same thing with the right hand. Do this for a few minutes.



**Fig7: Neck  
Movement f**

#### 4. *Shoulder and arm movement*

- a. Up and down movement: Slowly inhale while lifting your shoulders; exhale while relaxing your shoulders. Repeat eight times.



**Fig8: Shoulder and Arm  
Movement a**

- b. Alternate up and down: Slowly inhale while lifting the right shoulder, exhale, and relax both shoulders. Inhale while lifting left shoulder, exhale, and relax both shoulders.
- c. Forward–backward movement: Inhale while moving the shoulders forward; exhale while relaxing the shoulders; inhale, moving the shoulders backward; exhale while relaxing the shoulders. Repeat these movements eight times.
- d. Rotate wrist: Along with your slow breath, rotate the left wrist (make a fist) eight times in one direction and eight times in the other direction. Change hands, rotate the right wrist (make a fist) eight times in one direction and eight times in the other direction.
- e. Palm pressing: Inhale, putting your palms together in the front of your chest, five fingers connected on both hands, and fingers pointing upward. Exhale. Move the palms downward. Your palms start to separate, but the fingers are still connected. Inhale, moving the hands upward and the palm

connecting with the other palm in the front of the chest. Repeat eight times.



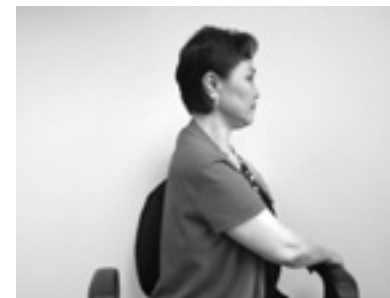
**Fig9: Shoulder and Arm Movement e-1**



**Fig10: Shoulder and Arm Movement e-2**

## 5. Upper back/body movement

- a. Turning body: Take a deep breath, turn your body to the left, and exhale while grabbing the left chair arm with both hands. Your body turns as much as you can, but is not forced. Stay in this position for three deep breaths. Do the same thing with the other side: take a deep breath, turn your body to the right, and exhale while grabbing the right chair arm with both hands. Your body turns as much as you can, but it is not forced. Stay in this position for three deep breaths.



**Fig11: Upper Back and Body Movement a**

- b. Circle body: Circle your upper body in one direction four times. Then circle the upper body in the opposite direction four times.
- c. Upper Chest muscle massage: Massage the muscles underneath the clavicle on your left side with the right fingers for one or two minutes; then massage your right side with the left fingers for one or two minutes.
- d. Push down massage: Inhale. Place overlapped palms on the front of your chest. Exhale. Push downward along the body's center line. Do this four times.



**Fig12: Upper Back and Body Movement d**

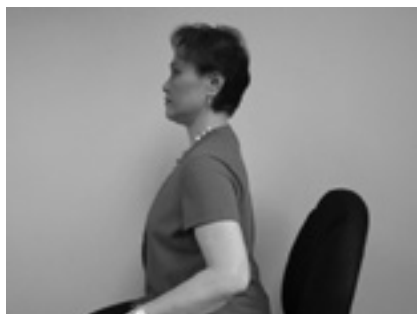
- e. Side chest muscle massage: Cross your arms. Using the opposite fingers, massage the side of your chest one or two minutes.



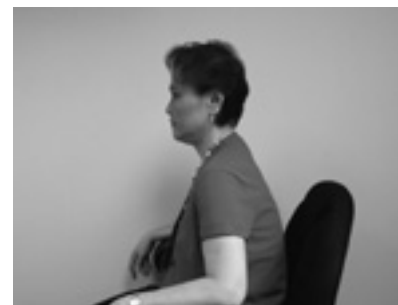
**Fig13: Upper Back and Body Movement e**

## 6. Lower back and hip movement

- a. Wiggle hips: Wiggle hips for one minute. It is a very relaxed movement in which you feel your hip joints loosen up right away.
- b. Lifting body: Put your hands on your legs. Inhale while lifting the body; however, keep your buttocks on the chair. You feel like you are lifting your spine—especially the sacrum area. Exhale while relaxing your spine and sacrum area. Repeat this motion four to eight times.
- c. Move chest and spine: Move the chest and spine forward. Inhale. Then move the chest and spine backward. Exhale. Repeat four to eight times.



**Fig14: Lower Back and Hip Movement c-1**



**Fig15: Lower Back and Hip Movement c-2**

## 7. Leg movement

- a. Move knee forward: Alternating knees, slowly move one knee forward, and then the other. When you move one knee forward, you feel the hip on the other side stretch back. Do this eight times.
- b. Lifting knee: Slowly inhale while lifting your left knee. Slowly exhale while putting your knee down. Inhale while lifting the right knee and exhale while putting the knee down. Repeat eight times.



**Fig16: Leg Movement b**

- c. Circle knee: Slowly lift and circle the left knee outward four times, then change legs. Inhale when you circle the knee up and outward; exhale when you circle the knee down and inward. Do these slowly and smoothly. Do the same for the right knee.
- d. Kick to opposite: Inhale while lifting the left leg. Exhale slowly while lowering your foot to the right, then inhale while lifting again, and



exhale while putting the left foot down. Do the same thing with your right foot. Alternate these movements eight times.



**Fig17: Leg Movement d**

- e. Squeeze knee: Take a deep breath. Exhale and squeeze the knees together; inhale and relax the knees. Exhale and squeeze again. Repeat four to eight times.
- f. Cross leg: Cross the left leg over the right leg. Slowly using the left leg (calf muscle), push against the right leg (knee) as you exhale. Repeat for three breaths. Change legs and cross the right leg over the left leg. Slowly using the right leg (calf muscle), push against the left leg (knee) for a full breath. Repeat three times.



**Fig18: Leg Movement f**

- g. Acupressure: Cross the left leg over the right leg. Put your left elbow or forearm over the left leg on the upper thigh, then apply body weight toward the leg muscle through the arm and elbow. Cross the right leg over the left leg. Put your right elbow or forearm over the right leg, then apply body weight toward the leg muscle through the arm and elbow. You can

leave your elbow or forearm on your leg for a few minutes, depending on your individual need. If you feel pain on your leg while you are doing acupressure, don't panic, because this is a normal sensation. Some of the body's meridians and points are more sensitive than others.



**Fig19: Leg Movement g**

- h. Massage leg muscle: Using your fingers, massage your upper legs; you can use both hands to massage one leg at a time, or use one hand on each leg.



**Fig20: Massage Leg Muscle h**

## 8. Ankle work

- a. Ankle up and down: Lift both feet off the ground. Alternately flex and extend your feet twenty times.



Fig21: Ankle Work a

- b. Turn ankle: Turn both feet inward then outward twenty times.



Fig22: Ankle Work b-1



Fig23: Ankle Work  
b-2

- c. Rotate ankle: Rotate feet inward ten times; then, rotate feet outward ten times.

- d. Cross ankle: Alternately cross feet twenty times.



Fig24: Ankle  
Work d

## 9. Self massage

- a. Base of head: Use both hands to massage the base of the scalp.



Fig25: Self Massage  
a

- b. Neck massage: Using one hand, massage the back of the neck area: fingers grabbing and kneading the opposite side neck muscle; then using the other hand, massage the neck area: fingers grabbing and kneading the opposite side neck muscle.



Fig26: Self  
Massage b

- c. Shoulder massage: Place your right hand over the left shoulder; massage your left shoulder for one minute. Place the left hand over your right shoulder and massage your right shoulder for one minute.



**Fig27: Self  
Massage c**

- d. Arm massage: Using your right hand, massage the left arm for a minute or two. Then, using the left hand, massage your right arm for a minute or two.



**Fig28: Self Massage d**

**Fig 28:**

- e. Acupressure facial: Place your middle finger or forefinger over your cheeks under the eye, on the area where the depression starts. Apply steady pressure for one breath then let the pressure go; press again. Repeat three times.



**Fig29: Self  
Massage e**

- f. Foot massage: Cross the left foot over your right foot. Massage your left foot with both hands for two to five minutes. Then change sides. Cross the right foot over the left foot. Massage your right foot with both hands for two to five minutes.

## 10. Sooth meridians

- Relax both of your arms and your body.
- Using your right hand, rub the entire left arm from your shoulder toward your fingers. Rub the arm five to ten times; then, change sides.
- Using both palms, push and rub both upper legs five to ten times. You can rub one leg at time or two at the same time. If you feel some tightness on an area, spend a little more time on that area.

When you finish the above practice, you need to sit on the chair for a moment while focusing on deep breathing. You can put your hands on your legs with palms facing up. You may feel very warm in your palms or feel like you are holding hot air. This indicates your hand energy channels are open, the circulation in your arm and hands is good, and you can continue receiving energy from the universe. This indicates you have had an effective practice of Qi. Drink some water after your practice.

I have been offering Qi Gong training for over fifteen years. I have many successful stories from my students and patients. Below is some of the students' feedback after taking my training course.

## Testimonials

*I teach Yoga at two senior centers on Tuesdays. My classes are good size—fifteen to twenty people ranging from sixty to eighty-eight years in age. I've incorporated several of the Qi Gong movements into the practice. The response has been amazing, and we have been talking about a possible Qi Gong class in the fall.*

*On Thursday of each week I teach at a different nursing home and know that the Qi Gong movements have triggered mental memories. Lots of participation and alertness. Namaste.*

—Pat B. (Yoga Teacher) from NJ

*I am doing the practice almost daily and feel more relaxed, more deeply centered, and balanced in my body. It feels so good to just walk down the street, and a hip/knee arthritis flare-up has disappeared. My massage work also feels more flowing and effortless—I have more energy and creativity. It is quite a wonder. Qi Gong feels like a healing dance to me, and I look forward to exploring, developing, and growing through it forever!*

—Liz C. (LMT) from NC

*I am so excited about the shift in my life since the training. I have so much more energy!!*

*Thank you, Dr. Kuhn, for sharing your wealth of knowledge and gifts. I have been practicing daily and have felt a tremen-*

*dous shift in my energy. My partner and a couple friends tell me I look different.*

*The work is already giving me more clarity about changes in my life and decisions I need to make. It is amazing how much has occurred in such a short time! I look forward to seeing what unfolds in the future.*

*Thank you so much for sharing your wonderful energy!*

*All the best to everyone!*

—Roberta W. (LMT) from VT

*The first couple of days out of the class I felt I needed to do the practice twice a day and boy, has my energy shot up! I am so happy that my vibrant health is returning. I also found it easier to let the stresses of everyday life roll off of me much easier.*

*Thank you very much!*

—Victoria M. (PT) from FL

*My life now is in major transition as my husband is taking a different path after many long years. The first day of class, Mary tuned right into it, and I must say it is amazing how much the weekend helped my frame of mind.*

*After returning home, I'm happy to say I, too, have been doing the practice at least once a day, learning bit by bit. Yesterday, while at work, during a long day, I started to head toward a mini-meltdown and was able to go outside, stand next to my vehicle, and do the practice (to the best of my ability without watching the video)—it was truly fantastic how my mood changed and got me through the rest of the day effortlessly.*

*It's my stress reliever for sure. Thank you so much, Dr. Kuhn, for sharing your precious gifts and each and every one of you for making the weekend such an enjoyable life-changing experience.*

—Leslie O. (LMT) from ME

*Many thanks to all for a great weekend of learning, healing, and sharing—especially to Dr. Kuhn.*

*I am safely back in Virginia and am happy to report that I performed the entire form 2.5 times today. I felt so good! Doing my homework continuously.*

—Maria N. (Martial art instructor) from VA

### **Other books from Dr. Aihan Kuhn**

- *Natural Healing with Qi Gong*\_(published by YMAA Publication)
- *Simple Chinese Medicine* (award winning book, published by YMAA Publication)
- *True Brain Fitness* (Published by i Universe)
- *True Brain Fitness Practice Guide*\_(Published by Instant Publishing)
- *Tai Chi for Depression* (By Chinese Medicine for Health)
- *Tai Chi Student Hand Book* (By Chinese Medicine for Health)

### **DVDs from Dr. Aihan Kuhn**

- *Therapeutic Qi Gong*
  - *Eight Brocade Qi Gong*
  - *Twelve Minutes Qi Gong for Computer Users*
  - *Meridian Qi Gong*
  - *Circle Energy Qi Gong*
  - *Tai Chi Basics*
  - *Tai Chi 24 Steps (Yang Style)*
  - *Tai Chi 42 Steps (Combined Style)*
  - *Tai Chi 24 Steps (Chen style)*
  - *Tai Chi 16 Steps (Healing form)*
  - *Tai Chi Fan (Single Fan)*
- and MORE*

**Professional Training Programs from Dr. Aihan Kuhn****Tui Na (Chinese Massage)**

Wellness Tui Na (Chinese Massage) Course Certification

Authentic Cupping Techniques

Tui Na for Back Therapy

Tui Na for Neck Therapy

Tui Na for Infants & Children

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Tai Chi Instructor Training and Certification Program Part II

Tai Chi Refresher Course

Tai Chi Sword Training

Tia Chi Martial Art Application Workshop

Tai Chi Push Hands

Qi Gong Instructor Training and Certification Program

Advanced Qi Gong Instructor Training

Qi Gong Refresher Course

Qi Gong Healing Retreat

**Wellness Workshops**

Chinese Herbal Medicine

Mindful Eating & Cooking

Cancer Healing & Prevention

Exercise Therapy for Back, Neck & Shoulders

Emotional Balance Techniques

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