

Circulating Energy

The Qi Gong Way

Discover how a mind-body connection is achieved by mentally focusing on the breath to lead the *qi* along the body's energy channels, as you move your hands and legs.

Qi Gong is a highly recommended exercise for increasing energy levels because it focuses on a very important key breathing. Yes, breathing – the correct way. Many of us are not doing it right – restricting the level of oxygen and nutrients to fuel our blood cells.

Breathing is the controller for blood circulation and flow of lymph fluid. It fully oxygenates your body and stimulates the electrical process of each and every cell. The cells take what they need, i.e oxygen and nutrients and excrete toxins. Toxic materials are removed by the lymph system which act as the body's sewage system. The lymph system drains off the large toxic materials via the lymph nodes, where dead cells and other poisons are neutralised and destroyed.

Qi Gong advocates breathing from the diaphragm. 'When one breathes from the diaphragm, oxygen intake increases as much as three times compared with normal breathing through the chest. This creates relaxation and triggers para-symphathetic nervous system. Blood and heat flow will be stimulated and self-healing will automatically take place,' explains Master Anthony Wee, the 'sifu' for the Malaysian Healing Chi Association.

Via diaphragmatic breathing and certain body movements, Qi Gong also helps the body use energy to constantly get rid of toxins which humans are constantly putting into the body (when they eat, drink and breathe). The correct breathing

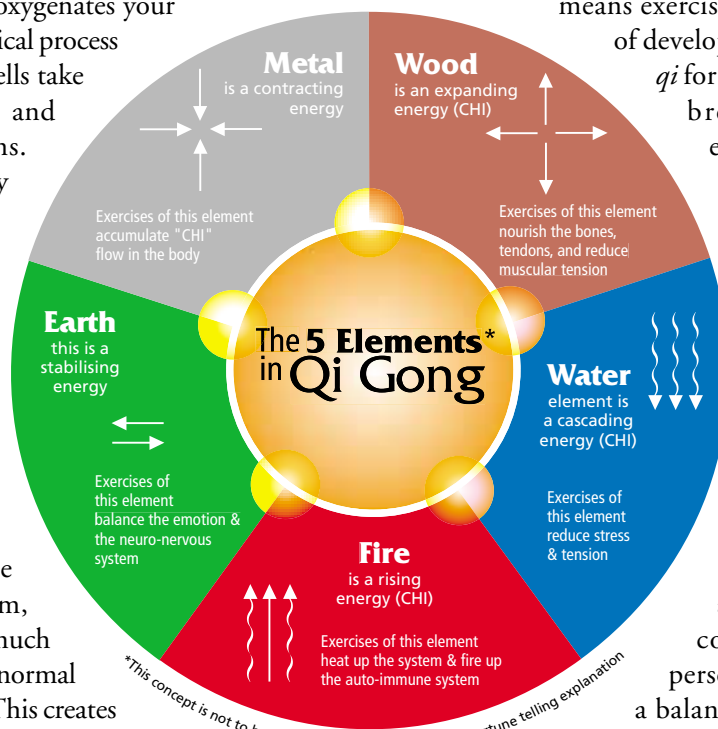
method combined with hand and leg movements will help move the lymphatic system to dispose toxins and wastes.

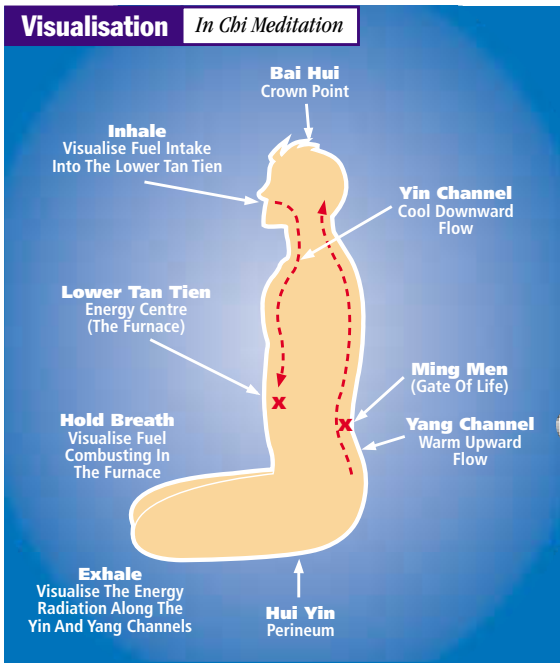
Master Wee adds that Qi Gong exercises also work towards balancing the qi in every human body. In Chinese, *Qi* is the body's internal energy and the subtle force that flows along the energy channels of the body. *Gong* means exercise. *Qi Gong* is therefore the art of developing, circulating and balancing

qi for health and well-being. Various breathing techniques and exercises are formulated in Qi Gong to regulate the flow of *qi* within the body. A mind-body connection is achieved by mentally focusing on the breath to lead the *qi* along the body's energy channels.

Master Wee explains that in traditional and mainstream Qi Gong, the five elements of metal, wood, water, fire (see chart) and earth make up the concept of qi or energy in a person. A healthy person will have a balance of the five elements. If any element is deficient, the person has a health problem.

The exercises in Qi Gong therefore have great significance and meaning to energy and balance for good health. The Healing Chi Association of Malaysia has selected five exercises to introduce to *iSmile* readers which serve as a good introduction to Qi Gong. These are done indoors, lying flat on the floor or mat. Each exercise can be done for five minutes, totalling 25 minutes.





There are many *Qi Gong* Masters and *Qi Gong* Styles. The Healing Chi Association of Malaysia, a non-profit, non-religious association was incorporated in 2000 to teach a style of *Qi Gong* called *Chi Dynamics*. Their Master or *Sifu* is Anthony Wee and his style is based on synthesising the good concepts from three methods, namely

- Northern Shaolin Inner Power Chi System – which forms the basis of breathing system
- Southern Shaolin *Wu Mei Nei Kung* System (Art of the Fighting Nun) - which generates the inner power of *qi*
- Chi Kung Self-Healing Meditation methods – which develops the body's electro-magnetic flow during meditation

Master Wee, based in Perth, Australia is 60 but looks 10 years younger. His interest in *Qi Gong* started with martial arts skills and pugilistic sports. He turned his interest to the healing powers of *Qi Gong* when his father was diagnosed with cancer of the bronchial system and given nine months to live. Master Wee taught his father Qi breathing and meditation to control the pain. Within 10 months, his father's cancer was gone and he lived another 15 years. In 1998, he together with Sir William Keys started the Chi Meditation Cancer Support Foundation WA Inc, now known as The Healing Chi Association of Australia Inc.

The Healing Chi Association of Malaysia is open to all persons over 18. It conducts *Qi Gong* classes at various centres in Kuala Lumpur, Petaling Jaya, Malacca and Kuantan. For more information, please call 03-80248381.

Exercise No. 1: Activating the Qi by Breathing from the Diaphragm

- 1 Lie flat on the floor facing the ceiling.
- 2 Legs can be raised above the level of the heart off the ground. This can be done either by putting pillow(s) under the feet/legs or by bending the knees with the feet flat on the ground.
- 3 Place both palms at the lower *Tan Tien* to enhance the focus of energy
- 4 Breathe in through the nose, expand the lower abdomen and hold to the count of 4.
- 5 Breathe out through the mouth (purse lip) to the count of 6. Contract the lower abdomen.
- 6 After breath is exhaled, hold to the count of 4.
- 7 Repeat the steps above.

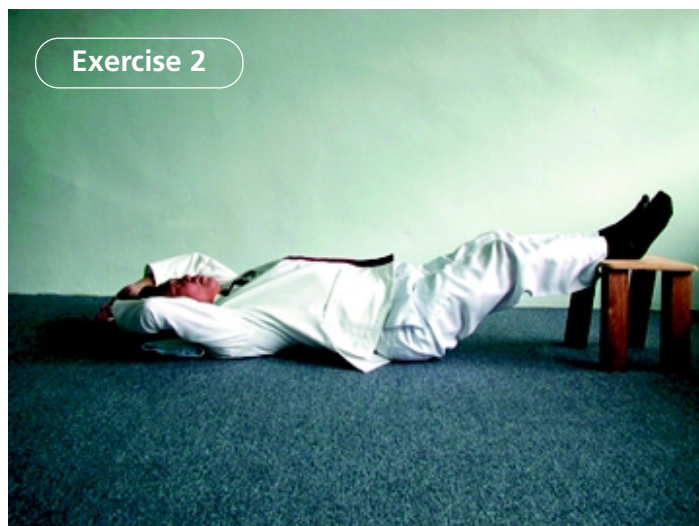
Note: *Imagine heat source from lower Tan Tien moving up into your affected areas as you breathe out.*

Exercise No. 2: Detoxification of Upper Body

- 1 Lie flat on the floor facing the ceiling.
- 2 Breathe in through the nose with palms placed at the lower *Tan Tien*. As you hold to the count of 4, raise your hands over your head.
- 3 As you breathe out through the mouth to the count of 6, bring your hands down simultaneously back to your lower *Tan Tien*.
- 4 Repeat the steps above.

Exercise No. 3: Detoxification of Lower Body

- 1 Lie flat on the floor facing the ceiling.
- 2 Breathe in through the nose with palms on the lower *Tan Tien*. As you hold to the count of 4, lift your right leg and bend at the knee.





Exercise 3



Exercise 3



Exercise 4



Exercise 5



- ③ As you breathe out through the mouth to the count of 6, bring down your leg to touch the floor.
- ④ Repeat using alternative leg.
- ⑤ Repeat the steps above.

Note: *There should not be any pull in the lower back.*

Exercise No. 4: Balancing of the Chi

- ① Lie flat facing the ceiling.
- ② Plug index fingers into both ears.
- ③ Breathe in through your nose (with tongue curled up touching the roof of mouth throughout this exercise). Hold for 4 counts.
- ④ Breathe out through your nose to the count of 6.
- ⑤ Hold for 4 counts and then repeat.

Note: *Chi will flow through the body along the Yang and Ying Channels which are known as Inner Orbit. Closed mouth and ears will seal and balance the chi in the body.*

Exercise No. 5: Meditation

- ① Open both palms at waist level facing each other so as to feel the magnetic connection between the palms.
- ② Breathe in through your nose and hold for 4 counts (with tongue curled up touching the roof of mouth throughout this exercise). Breathe out through the nose to the count of 6. Hold for 4 counts and then repeat by breathing in.
- ③ Do this exercise with tongue curled up all the time.

Note: *Chi flows throughout the body. Also enhances magnetic flow. Magnetic flow can convert to heat flow. 😊*