

*Qigong from daoist and buddhist traditions*

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DAO YUAN  
School for Qigong

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[DAO YUAN  
Schule für Qigong]

Edith Guba

Successor of Grandmaster Guo Bingsen, China

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Introductions / Workshops in Melbourne 2019:

19 May, 1:30-3:00pm AACMAC

22 May, 5:15-8:30pm Bargoonga Nganjin

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## Qigong – some possibilities and research results

Until a few decades ago, parts of Qigong in China were subject to secrecy and in public it belonged to the realm of fairy tales and legends. It seems already to be well known in the western world. In China, on the other hand, it is hardly to be found in public any more.

This strange constellation can be explained by the fact that "Qigong" is a generic term, similar to "music" or "sport": The legendary secrets of Qigong are reflected in Kung-Fu movies with flying heroes; the offers subsidized by the health insurance companies in Germany are medical Qigong, for which various studies are currently being undertaken in China; in the Chinese public, on the other hand, one suspects its place somewhere between Ayurveda and hot yoga, charlatanry and senior relaxation.

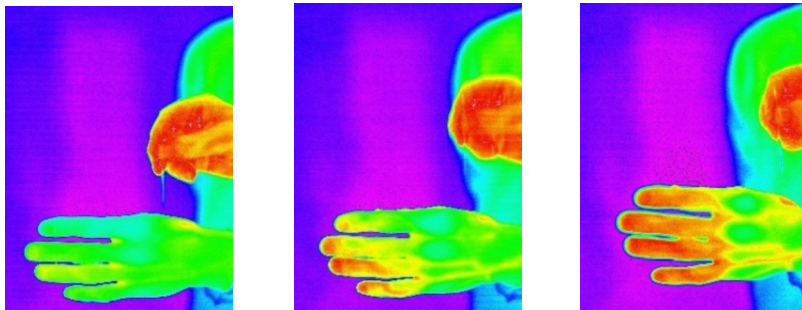
In fact, from the 50's to the 90's of the last century a big Qigong boom developed in China, in the course of which also some of its methods, which had been secretly passed on since 2000 years ago, were welcomed, practiced and researched in public with great expectations. This development was triggered by some generals who had been cured of cancer and other diseases with the help of Qigong and who wanted to make this precious heritage of Chinese culture accessible to the entire people.

In this context, the studies of the nuclear scientist Prof. Lu Zuyin, which he had conducted together with the physician and Qigong master Dr. Yan Xin, achieved particular fame. In their investigations it could be proven that emitted Qi can influence and change organic as well as inorganic matter at close range as well as from great distances.<sup>1</sup>

Besides other qigong masters, also Prof. Guo Bingsen has brought traditional exercises to the West and, within the framework of his school, has put them together into a structured teaching system since about 1997. Mastering these exercises requires years and decades of regular practice. However, from the very beginning, almost all practitioners already have various new perceptions in the first five minutes of their practice; a partly very strong heat development is almost always present.

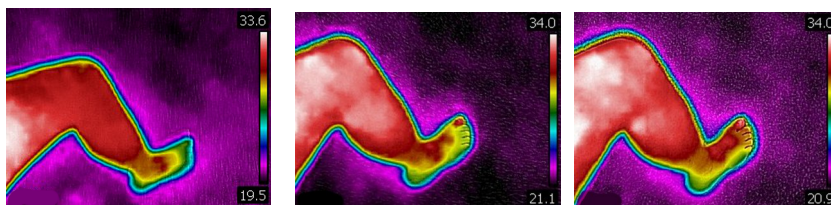
In order to document these warmth developments during the practice of its students and when receiving emitted Qi, the Dao Yuan School has recently resumed its thermographic recordings, which began in 2004, with reproducible results, for example clearly recognizable temperature changes of several degrees.

## Some thermographies when sending Qi



These pictures are from 2003 and show the (red) hand of Master Guo Bingsen sending Qi with a toothpick to the hand of a student.

There are only a few minutes between the first and the last shot, the temperature difference was approx. 6°-7°C.



Here Edith Guba sent Qi from about 1m distance to the point Taichong in 2018. Between the first and the last shot are about 5 minutes, the foot warmed up by about 7°C.

In the Dao Yuan School's teaching program, this type of pictorial representation of Qigong results can only be achieved with the Nei Jing Gong. The resulting images are not always identical to the above. But for us as practitioners it is always astonishing how exactly thermal changes, which we also feel when practicing, can be depicted with thermography.

Sometimes there are other rather strange results that can also be documented in photos: During the practice of standing exercises, like the Fan Teng Gong and the Nei Jing Gong, you can sometimes sweat a lot. This sweating can sometimes even occur in parts of the body where you usually don't sweat. See the following pictures!

# Special sweating during Fan Teng Gong Practice

## Report of a student



7 years ago I started with the Fan Teng Gong and since now 1.5 years I also practice Nei Jing Gong 1.

I've been sweating a lot since the beginning. Partly only on the forearms and chest, partly on the whole body, so I often had to stand on a towel to avoid standing in a puddle of sweat.

The room temperature played a less important role than one would expect.

Little by little I noticed that the different exercises of Fan Teng Gong had different effects on my sweating. The localization and the feeling are not always the same.

It happens that sweat beads form only in isolated places: around the knee, on the forehead, on the upper side of the fingers or on the forearm.

This may be related to the meridians that run in these areas.

After finishing the exercises the sweating stops immediately and interestingly enough this sweat does not smell at all and does not leave a sticky skin feeling. The difference to sweating during physical exertion or due to high temperatures is enormous and very clear.

What I find most incredible, however, is the phenomenon that hands and forearms often feel as cold as if I were holding them in a refrigerator - and at the same time they are covered with sweat beads. Meanwhile, I am almost sure that these phenomena are healthy drainage processes that can obviously be triggered by the exercises of Fan Teng Gong and Nei Jing Gong 1.

# Nei Jing Gong in its context at the Dao Yuan School

Guo Bingsen

Together with Edith I set up the Dao Yuan School for Qigong. Our school primarily teaches Fan Teng Gong and Nei Jing Gong, but also other forms of Qigong, such as Qigong in lying position or Qigong with trees. The aim of our school is to educate those interested in these disciplines.

As for the Fan Teng Gong, it can develop the ability to prevent disease and support healing processes, even for hard-to-treat health impairments and all cancers. Nei Jing Gong consists of three levels. The first one lays the foundation for the abilities to release Qi to the outside and to absorb external Qi. The second part of Nei Jing Gong is about developing various abilities, such as rotating qi so that it can be emitted over greater distances. Even abilities that change the character of qi can develop, for example transforming warm qi into cool qi. The third part of the Nei Jing Gong contains exercises of the upper level. These can change qi so that it can be emitted in different colours, for example white for the lungs, yellow for the spleen, black for the kidneys and blue-green for the liver.

What good would that do? These colors all correspond to the organs. Someone who suffers from diseases of these organs, can be treated with this type of qi. In addition, the Nei Jing Gong 3 can develop the ability to treat bone fractures. Not only can great abilities develop in this qigong, but after long, regular and often strenuous practice, qi can also be transmitted over long distances of several hundred kilometres. That's pretty special! Our Qigong aims to train the practitioner to develop relatively advanced abilities in a relatively short time, not just to receive a few exercises. I would also like to say something else: Edith was trained by me, she is my master student and successor. She now has the same skills as I do and she can teach anything so that students can develop high skills. So if you want to develop higher abilities in qigong, you can let her train you!

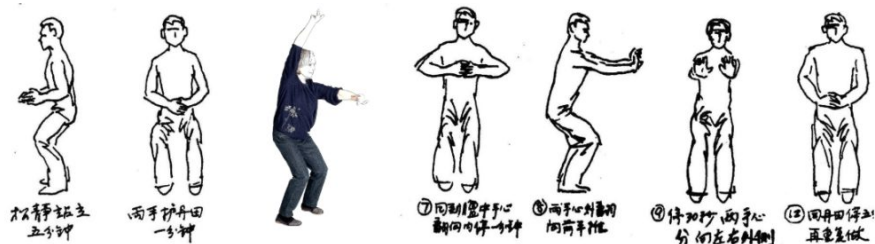
Thank you very much for your attention, I hope you can understand our goals.

Source: [https://daoyuan-fan-teng-gong.net/?attachment\\_id=2679](https://daoyuan-fan-teng-gong.net/?attachment_id=2679)

*Please note: The statements made here correspond to the theory of classical Qigong and certain experiences in practice. However, they have in no way been scientifically researched or proven. The Dao Yuan School would be very interested in meaningful cooperation with scientists to research the truth content of these theories! - But the following always applies: maintain your healthy skepticism and don't just believe everything.*

Come and see, come and feel it! Nei Jing Gong is especially suitable for people in helping and healing professions who want to maintain their inner strength, prevent a burn-out and develop their abilities to support others.

## Dao Yuan Fan Teng Gong



Dao Yuan Fan Teng Gong is a system of qigong comprising 14 standing exercises and a sitting meditation from Chinese Buddhist and Daoist traditions. In the following, this system is explained in accordance with the ancient Chinese qigong traditions from which it comes.

Dao Yuan Fan Teng Gong has ten main exercises and four supplementary or elemental exercises. These exercises are carried out standing with the hands moving to different energetic points in the regions of the lower abdomen, chest and head. The sitting exercise is taught later once the student has made some progress with the standing exercises.

The workings and benefits of qigong are explained in ancient Chinese qigong traditions as follows. The circulation of qi in the human body is stimulated and strengthened when practising qigong. Through regular practice the benefits of this strengthened circulation of qi may be felt at first in terms of an improvement in well-being.

According to Chinese qigong traditions and traditional Chinese medicine, a body in which qi flows freely is a healthy body. If there are blockages or stagnation in this circulation, this may affect well-being. Strengthening the circulation of qi is understood to dissolve these blockages and stagnation as well as harmonising any imbalances in the circulation of qi. In addition to strengthening the body's qi, qigong is understood to improve the body's capacity to absorb qi. Once this occurs, energy can be conserved and stored and may prolong life.

In Dao Yuan Fan Teng Gong the energy work is achieved by taking up certain postures, rather than using the imagination or intention or special breathing techniques as in other practices. The ten main standing exercises build upon each other stimulating the circulation of qi in the body. The four elemental exercises comprise two exercises to discharge negative energy from the body and two exercises to absorb energy. The sitting exercise uses a hand posture to support the healing impulse of the system.

## Dao Yuan Gua Sha Fa

Gua Sha Fa is a form of Chinese folk massage. It used to be very popular in China as an effective method of self-help in disease prevention.

The historical roots of this method are identical with those of acupuncture: they can both be traced back to ancient times when stone needles were used, from which metal acupuncture needles and the massage plates of Gua Sha Fa were developed.

Gua Sha Fa achieves its results predominantly by discharging ill or spent energy, and thus supporting the process of prevention and recovery. Many books have been published in China about this method. The massage plates used were made of copper, silver, sheep or buffalo horn and were used with sesame or herbal oils, or even simply with water. Today, the massage is often carried out using a small, flat plate made of water-buffalo horn or jade.

In the past decades, the methods of Gua Sha Fa have been combined with the knowledge of the meridians from Chinese medicine by doctors and scientists, and a "Gua Sha Fa of the meridians" has been developed. Gua Sha Fa has proven to be just as effective as acupuncture, but without wounding the skin; bleeding without the blood; massage without direct touch of the hands.

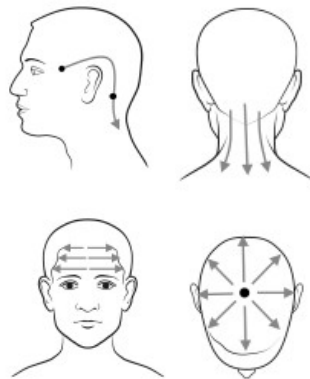
This method was established in recent years in the areas of well-being and relaxation and is at the same time a very old, experience-based method. The systemisation of the treatment in Chinese medicine makes it possible to learn the method quickly and easily. If applied well, it can be very helpful in many areas:

Combined with the ability to send out qi that is developed with the practice of Nei Jing Gong, Gua Sha Fa can have an additional strengthening effect on the persons who receive the massage.

The method allows qigong teachers to soften the reactions their course participants may have to qigong. Qi blockages can be dissolved and discharged without having to work solely with transmissions of qi.

It also enables medical practitioners who wish to use Gua Sha Fa as a method of treatment to be frugal with their own energy resources.

Last but not least, Gua Sha Fa is also a method of maintaining health and "treating diseases that do not yet exist".



## Some teaching contents of the Dao Yuan School

- Dao Yuan Fan Teng Gong · The “Healing Qigong”
- Dao Yuan Nei Jing Gong · Qigong of Inner Strength
- Dao Yuan Gua Sha Fa · Chinese Folk Massage
- Energy-Field
- Shui Gong · Qigong in lying position
- Qigong with Trees
- Qigong for the Eyes
- Sitting Meditation
- and much more

The QIGONG FOR THE EYES comprises exercises developed to maintain and improve the health of the eyes. Participants will learn simple massages as well as qigong exercises from traditions originating in the Emei mountains of China, famous for their Daoist and Buddhist temples.

The massages make use of acupuncture points known in the tradition of Chinese medicine to be beneficial for the health of the eyes. The qigong exercises are carried out standing and sitting down.

They are easy to practice and suitable for beginners and advanced practitioners of qigong.

