

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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Dao Yuan Schule für Qigong | Edith Guba | Herrenstr. 8 | 37444 St. Andreasberg | Germany
+491749676598 | info@qigong-daoyuan.net | <https://qigong-daoyuan.net>

SOME PHOTOS DURING PRACTICE OF
FAN TENG GONG AND NEI JING GONG



REPORT OF A CANCER OPERATED STUDENT

After surgery because of colon cancer and autoimmune hepatitis, with start of chemotherapy. I was completely exhausted and I wanted to do something for myself. But what? My attending doctor brought me to qigong.

The explanations of the author's experiences inserted below refer exclusively to the theory of qigong on possible reactions during practice. These kinds of reactions (such as pain during practice, etc.) are called "disease reactions". They arise when Qi works on energetic blockages in the body during practice. They'll disappear when the blockades are cleared.

However, it can never be ruled out that certain phenomena are based on causes that must be clarified by a doctor or alternative practitioner! Qigong cannot replace medical diagnoses and treatments!

Our observation may be interesting for doctors and alternative practitioners that the diagnosis of disease reactions often gives a very unclear picture: e.g. inflammatory phenomena without an inflammation in the blood can be detected; pain that does not result in a disease pattern, etc.

Excerpts from my diary:

15 Dec 03

The first hour of qigong, 1st block of chemotherapy. I've been sick for days, I'm tired and flabby, I have no energy. I want to go to qigong, but I'm so tired that my husband has to drive me there. Edith shows me the basic exercise from Fan Teng Gong. It's fascinating. Why do I bounce and shake like this? It's not that exhausting - and if it is, it's only in the legs. The shaking continues for a while, then peace returns to my body. After 9 minutes I finish the exercise. I am soaking wet, have slightly wobbly legs and am really awake. One more pass, then I put on dry clothes and sit in the warm car. I'm boiling hot, my feet are boiling, I'm excited and no longer tired and flabby.

Shaking reactions, especially at the beginning of the practice, are normal: the position of the Fan Teng Gong makes it possible for the Qi to circulate more intensively. Where it encounters blockages or tensions, it tries to dissolve them. If this is not possible immediately, trembling and shaking reactions occur.

Sweating: the increased Qi circulation also causes an increased blood circulation. When the blood circulates strongly, you sweat.

While practicing I get a slight headache, I get very warm, the sweat runs down me in brooks and also the shaking starts again, now even more extreme. Help me, if anyone could see this, no one would believe me. When I go to the toilet after practicing, my urine is very dark, almost brown. After that, I have a headache.

Toxins are excreted in the urine. The headache after practicing is probably related to the fact that the termination has not yet been properly practiced.

Dec 22nd 03

I don't feel well. In the afternoon I do Qigong, that helps something, gives me warmth and strength. I get a severe sore throat for 10 minutes practicing. The headaches I always get after practicing become less, I don't have so much thirst anymore and my urine isn't so frighteningly dark anymore.

Pain that occurs during practice is a sign that energetic blockages are being worked on in the areas concerned. When the blocks are dissolved, the pain disappears.

Jan 1, 04

I sweat more, I'm so wet I feel like I showered. In addition, emotional problems arise while practicing, current but also long forgotten ones from childhood. Anger mixes with grief, sweat with my tears. It only happens to me during Qigong - little therapy sessions?

In the theory of Chinese medicine emotions are connected with energetic processes in certain organs. Anger is the emotion that belongs to the liver, grief corresponds to the lungs. This experience report comes from a participant who had colon cancer. According to the theory of Chinese medicine, colon and lung are connected in the "metal transformation phase". The feelings of grief rising up during practice indicate that something is regulated in this functional circle. Anger refers to regulatory processes in the "wood transformation phase" to which the liver and gallbladder belong (autoimmune hepatitis of the author, see above).

2nd Jan 04

I hardly sweat, have only slightly damp skin, my hands and feet are warm, otherwise I have rather a cold, chilly feeling, quite different today. I also notice my ovaries and my uterus very strongly. It pulls and hurts. After practicing, the pain stops immediately.

The coldness perceived during practice refers to processes of the elimination of used, diseased Qi: Now the author of this report has reached a state through her practice that makes it possible to eliminate diseased Qi. Sometimes this happens right at the beginning, sometimes it is necessary for the body to reach a certain stability through practice: these exercises always work according to the individual energetic situation.

12 Jan 04

I sweat a little and have no more severe pain, but I still react very emotionally while practicing and suddenly burst into tears. The legs tingling and the palms radiate much warmth. My legs don't tremble anymore, now and then another tremble comes from the "belly". In the right half of the abdomen, the operated side, I have slight pain, a push and pull.

When the body has become accustomed to the increased Qi circulation while practicing, sweating becomes less.

You can send out a lot of qi through the palms of your hands. In Fan Teng Gong, they are held to various energy (acupuncture) points to develop the Qi. If they already radiate a lot of heat, it means that qi has already reached a certain strength. - It should be added here that Fan Teng Gong does not develop energy as strongly as Nei Jing Gong does. Fan Teng Gong does not develop the ability to emit Qi!

Jan 19 04

I dance qigong, because trembling is not quite right anymore, because sometimes only one leg jumps, then the belly is flickering and then it's quiet again. Tones are coming out of my throat. I stay calm and amazed. What's happening?

5 Feb 04

While practicing my stomach and my intestines cause me trouble, they pinch and bloat. I give disgusting steam clouds of me, nobody should dare to come near me. And I need to go to the bathroom. My bladder's about to burst. I'm running.

It can even happen during practice that you have to vomit: this is a sign that used qi is being expelled from the stomach or liver. Suddenly occurring diarrhoea during exercise points to a regulation of the digestive tract, suddenly occurring urge to urinate to a regulation in bladder and kidneys ("transformation phase water"). After practicing these reactions disappear.

15 Feb 04

I practice twice a day, sweat a lot and shake hard. However, it is no longer an even tremor, but almost convulsive large movements accompanied by ejected tones. It looks pretty weird. If I try to defend myself against it, I tense my body to fight against the movement, I get pain and I easily get sick. So I gave up the attempt as soon as possible, because although it looks like my back will break with the rocking, nothing hurts me. After practicing I am no longer so broken and much calmer. I'm a good sleeper. I learn the 3rd exercise and have hellish pain in the right half of my body, luckily only briefly, because otherwise I would have to stop, it is hardly bearable.

Qigong should always be practiced in a state of maximum relaxation so that the exercises can be effective.

Tiredness after practicing indicates that a lot of used qi was drained during the exercise phase. However, when the body has developed the ability to absorb a lot of qi while practicing, you are no longer tired but refreshed. Especially if you have a rather weak health, the pleasant feeling of being refreshed and good blood circulation is always accompanied by pain and discomfort while practicing. - Qigong is not magic, it can't simply replace the "old burdens" with a permanent feeling of well-being: the blockades have to be worked on!

Feb 22nd 04

I'm not shaking anymore. Instead I have short strong movements, which force me into other positions, I stand crooked and bent far forward.

Without changing the palms of my hands I can hardly get out of the position,

only when the hands move on can I straighten up again. A point on the spine is very painful. It always hurted me right after the surgery. I had tried to work with physiotherapy against it, but only after taking cortisone (because of autoimmune hepatitis) the pain was gone.

More superficial blockades are now dissolved, the trembling has (temporarily) disappeared. The stronger Qi now works on the more persistent blockages: it "pushes" on them and can bring the body into changed positions until the blockages are broken. These reactions should be allowed, but within the framework of the actual positions of Fan Teng Gong. As the author writes, this "pushing" subsides as she continues in the exercise. Correct practice is necessary for a good, complete exercise success.

All ailments that have not been completely healed come back during the exercise, until the natural, ideal, healthy state is reached. This is the target of Fan Teng Gong. Whether it can be achieved depends on many factors.

Feb 25, 04.

Fourth exercise, I get a bad headache practicing. Luckily, they disappear after that. My movements are not so jerky anymore, it cracks and crunches in my spine and hip joints. The spot in the back still hurts. I don't sweat so much, but the feeling of warmth and "Qi flows" is there quickly, the pulse rises. I get nosebleeds.

Cracking and crunching in joints and in the spine indicate regulatory processes. - Don't worry: these phenomena only occur when the body is sufficiently prepared by previous practice, so that you can't really dislocate yourself!

Pulse: when the blood circulates much stronger and better, the heart first has to cope with this greater onslaught, and the pulse rate can accelerate - until the heart is regulated accordingly. The nosebleed also points to an increased blood flow, it disappears in the progress of the exercise as well as a temporarily increased pulse.

Please don't forget: The explanations in this article refer exclusively to qigong and its possible reactions. It can never be excluded that certain phenomena are based on causes that must be clarified by a doctor or alternative practitioner! Qigong cannot replace medical diagnoses and treatments!

26 Feb 04

I now have a calm and intense feeling while practicing. Qi flows fast, blood pressure and pulse rise. I move only little, sweat moderately strongly and have a very good feeling, I refuel strength.

20 March 04

I consistently practice 2 times a day. I'm getting warm, sweating sometimes more, sometimes less. In the back is still the point of pain to which my body reactions seem to be directed during qigong. If the pain there is stronger, I bend, stretch and bend strongly, if the pain is weaker, I stand still.

Overall I have become calmer while practicing and the pain in my back does

not radiate as strongly as at the beginning. The feeling of energy: "Qi flows" starts much faster than before and also the heat is there faster and even more intense, even if I am not so sweaty at the end of the exercise.

Compared to other forms of qigong, Fan Teng Gong generates a lot of heat. This can destroy cancer cells. Cancer cells don't withstand heat. Regular and persistent practice are the essential prerequisites for this result, for which there is, however, no guarantee.

While practicing in the group, I suddenly have strong pain in my back, exactly at the said place, about fingernail large, at the spine. I had a feeling someone was burning a piece of meat off me. The pain was strong, but still bearable, because it was only punctual and radiated nowhere. It took about five minutes, then it was over. A little later, my kidneys hurt. After practicing I had an intense feeling of warmth on my back on a piece 30x10 cm above the pain point, as if a hot-water bottle was lying on it. After an hour that was gone too and the back felt "free" again for the first time. The dot still hurt a bit, but the pain didn't radiate anywhere anymore, the shoulders and muscles there were finally relaxed and soft. Later that night, I thought I was gonna break in two. I didn't want to move anymore and went to bed. My impression: One wrong movement and it crashes in the back and I will never be able to move again. The next morning my back was completely relaxed, but the point still hurts. It scares me, I'm thinking metastases.

April 25th 04

My chemotherapy is finally finished and the follow-up examinations are finished. According to the doctors, I tolerated the therapy surprisingly well, my blood values are good and no metastases were found. Because of the pain in my back, I also had a boneCT done. There's nothing to see. Lucky me. I could lower my cortisone further (10mg). I keep practicing twice a day, the reactions are always similar. Sometimes it pinches here, sometimes it pinches there. What can't all hurt you. But I don't want to complain, because I always feel relaxed and recovered after practicing.

Even if cancer can no longer be detected medically, carcinogenic cells remain hidden in the body for a long time. Therefore, it is necessary to practice the Fan Teng Gong regularly even after a positive diagnosis for patients. Our experience shows that students who started the Fan Teng Gong because of cancer and who, after having no medical evidence and feeling healthy and powerful, continue with the Nei Jing Gong, still discharge a lot of cold Qi - more than other participants. Therefore the Fan Teng Gong has to be practiced parallel to the Nei Jing Gong! Also, people who had cancer (from a qigong point of view) should not send qi to others, although the neigong makes it possible. But the Nei Jing Gong can also develop other abilities than the sending of Qi.

May 14th 04

The pain in the back only occurs during practice. Today my ears suddenly go "closed", a feeling like under a big bell. Terrible, I had that for a while about 10 years ago. A nasty feeling. I am overcome by a slight panic, what if this stays longer again and is not immediately gone again. I'm trying to calm down and keep practicing. After 20 minutes the pressure/deafness on the ears disappears. A blessing.

October 05 - one year later

I consistently continued with the Qigong and practiced 2 times a day. Since half a year I started with Nei Jing Gong in addition to Fan Teng Gong.

I feel much better now, qigong gives me strength, energy, but also calmness. Among other things, the strong emotional feelings (or rather volcanic eruptions), which I only had during the first six months of practicing, led to a change in my view of friends and family, and I "sorted" a lot of things there. My feeling is: I see through other people better, can see behind the facades more easily. I couldn't do that before. Qigong helped me to do this. I'm happier than before.

I've never had my menstrual period regular in my life. Sometimes it took 3 or 4 months from one bleed to the next. Now the time has come; instead of chemotherapy messing everything up, I now have a regular and painless cycle with Qigong.

Already on January 2, 2004 (a good week after the beginning of the exercise), the author had noted a pulling pain in the area of the ovaries and the uterus!

I used to have migraines a lot. She's almost gone. Without insoles in my shoes, I used to have a hard time walking. I had thick corneal "balls" under the balls of my feet, which pressed when walking. I had to cut it out every two weeks. The corneas have completely disappeared and my feet are no longer a problem for me. No more colds! Before Qigong I had a cold at least 5 to 6 times a year, a cold, a sore throat and everything else that goes with it. Nothing since the end of 03! My back, with this mean place leaves me for some time in peace, then the place hurts again. I asked several doctors, but there is nothing to be found, although I can show the exact point on the spine. All aftercare examinations have been positive so far, and oh how nice. I was able to lower the cortisone to 5 mg. My blood work's good. I hope in a year or two I'll be able to completely stop cortisone. Will Qigong fix that too? I would have some more "problems" - whether they also probably still disappear? I'm curious.

Not everyone who practices Fan Teng Gong has such violent reactions as those described above.

But this report may show how important it is to persevere in order to have a good result. Now one might ask whether the Fan Teng Gong might be particularly useful for colon cancer or autoimmune hepatitis. The answer is: this qigong works by strengthening the qi and by increasing the circulation of qi. If Qi circulates well in the meridians and is abundant in the organs, in the understanding of Chinese medicine this means that the person concerned is in good health. In the traditional understanding, the production and maintenance of good health are regarded as prerequisites for further development on the path of Qigong. In Daoism it is expressed as follows:

"Xing and Ming, body and mind, are both cultivated equally. To develop the possibilities of Qigong through practice, you need a long, healthy life. However, the results of qigong are not subject to conscious will, but are phenomena of Wu Wei: one practices the exercises, there is no guarantee for the results, they adjust themselves in individually different forms."