

Beginning Qigong Meditation

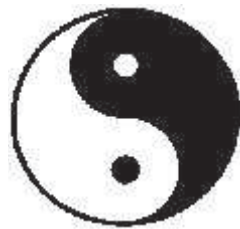
A Path to Inner Vitality



Thomas Calabris

Beginning Qigong Meditation

Home Study Course



by Qigong Instructor
Thomas Calabris
www.InnerVitalityQigong.com

Beginning Qigong Meditation

Publisher : Inner Vitality Systems, LLC
Northeastern Ohio
Telephone : +1-440-678-8CHI (+1-440-678-8244)
Website : www.InnerVitalityQigong.com

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Preface

Thank you for your interest in learning about Qigong. I have studied and practiced various forms of Qigong for over twenty years. Qigong has made a huge difference in my life and I know it can make a big difference in your life. Qigong can help bring balance and harmony to your life. It can increase your energy, reduce the effects of stress and improve your overall health. I hope you will take the time to let Qigong into your life. If you have any questions, please checkout our website at www.InnerVitalityQigong.com and/or contact us directly at +1-440-678-8CHI (+1-440-678-8244). I hope you enjoy this Beginning Qigong Meditation program and find it informative. If you would like to learn more about Qigong, please visit our website for information about our in person classes and our other Qigong home study kits. If you can change your mind, then you can change your life.

Best Qi Wishes,
Qigong Instructor
Thomas Calabris

Introduction

"If you want to be healthy and live to 100, do Qigong."
- Dr. Mehmet Oz M.D.

Welcome to this Beginning Qigong Meditation practice. I am excited to bring you information that can potentially change your health and your life. Don't just take my word for it. Discuss this information with your holistic physician. Practice the Qigong meditations in this program daily to gain insight and experience. Do your own research online and in the library. I hope you will be empowered to take charge of your health and your life. This program will give you an introduction to Qigong meditation. You will learn about the importance of relaxing your body and your mind. There is a corresponding audio program (files or CD) that provides guided instruction for the Qigong Meditations described in this program and can be used for daily practice.

Qigong (Chi Kung), pronounced "*chee gong*", is a great way to reduce the effects of stress and improve your health. An article, published on July 2, 2008 by [washingtonpost.com](http://www.washingtonpost.com), reported that methods of relaxation, such as meditation, prayer and yoga, have an effect on reversing genes that are turned on or off by stress [1]. The Merriam-Webster Dictionary defines stress as "a: a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation. b: a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium." [2]

Keep in mind that some levels of stress are necessary for basic life. However, when stress is chronic and unbalanced, it can lead to hypertension, weaken the immune system, and suppress digestive function and other systems of the body, all of which may lead to a disease state. In the following chapters, we will briefly explore what Qigong is and how it can help to bring balance, improved health and vitality back to your life. Qigong can change your life and all that is needed is an open mind and little bit of effort. Qigong can also be practiced to prevent health issues.

What is Qigong?

"The Doctor of the future will give no medicine, but will involve the patient in the proper use of food, fresh air, and exercise."
- Thomas Edison

Qigong is a system of exercises, meditations and breathing exercises that are practiced for reducing one's stress, improving one's health and increasing one's longevity. It is a three thousand year old technology from China that has its roots in Traditional Chinese Medicine (TCM). Qigong and other TCM branches were originally documented in "Huangdi Neijing" (Yellow Emperor's Inner Cannon) around 2000 years ago [3]. However, scholars speculate that the theories of Qigong are about 5000 years old or older and the teachings were handed down verbally from teacher to student for thousands of years prior to the Neijing. Some scholars and Qigong Masters regard Qigong as the Grandfather to Chinese Medicine.



Figure 1. Map of China. [4]

There are three major areas of Qigong, preventative medicine, therapy (healing) and special functions, like bigu diet form (special functions, like bigu, are beyond the scope of this program). The Qigong meditations described in this program can be used for preventing illness, self healing and stress reduction.

The main objectives of Qigong practice teaches one to detoxify the body and mind, open the

energy channels in the body to smooth out the Qi flow, to receive and build Qi in the body, and to conserve Qi (how not to waste it).

Qigong is just one of the ways to smooth out the flow of Qi in the body. A doctor of Traditional Chinese Medicine (TCM) may also use acupuncture, by inserting very thin needles at specific points on the body (acupoints), to smooth out the flow of Qi in the patient's body. The same doctor may also use herbal remedies to improve the Qi flow. This program will only focus on the use Qigong for smoothing out the flow of Qi.