



## **Qigong for Wellness and Vitality**

Haola! Welcome. I am Master Mingtong Gu, the founder of The Chi Center. And today I'm sharing with you a very personal message of hope and healing truth, that you absolutely can experience a life filled with wellbeing and joy.

### **Beyond Health to Total Wellbeing**

I understand what it's like to be on a search for greater wellness and enjoyment of life. Looking not only to be healthy but to be happy, to continue feeling the energy of youth, to enjoy life and find meaning and purpose. I set out on that same search myself many years ago, and I'm very happy to be able to tell you that wellness and joy are within your reach.

If you've been suffering from wellness issues such as depression, hormonal imbalances, tiredness, lack of enjoyment, or a shortage of energy and mental clarity, I know how much that can affect your life, your body and mind. It's a big challenge not only to your physical health in many cases, but also to your emotional and spiritual health, and to your perspective on life.

You may have spent years trying to reach a medical diagnosis that would explain everything you're feeling and experiencing, while all the time you're wondering what is happening to you and why you have these unexplained problems that prevent you from living a full life.

And in many cases, there will be no conclusive diagnosis - you'll be told that you're just tired, or stressed, or not eating and exercising well enough, or that you're simply aging, and that "You should look after yourself better." Which is true, of course, but just telling you that without offering any guidance or support is not at all helpful! Even if you've received a diagnosis and are able to move forward, conventional Western medicine offers a limited range of treatment options. And the side effects of treatment may be unpleasant, too.

Regardless of whether you have a diagnosed medical condition or not, the suffering that you're experiencing is physically, mentally and emotionally stressful, not just for you, but also for the people who care about you. And I want to help you change that.

So this isn't a message simply about health. This is about my mission, to help you improve your overall experience and quality of life, so that you feel more joy and peace on a daily basis. Today I'm going to share with you how you can accomplish that. So that, instead of fearing a future full of stress and sadness, you can be calm and confident no matter what life brings.

You have the power within you to regenerate and renew your engagement with all aspects of your life. So don't put off making plans, don't feel trapped in a life you don't fully enjoy. Think of what your life might look like, five or ten years from now. Will you still be feeling weak, tired and lacking the energy for joyful living? Or will you be vibrantly healthy, looking forward to each day and making time to enjoy life, to travel, to learn, to be with family and friends? You have the power to make that choice for yourself.

### **The Path to Wellness with Wisdom Healing Qigong**

To give yourself the opportunity for health, healing and more energy, I invite you to explore the 5,000 year old traditions of Chinese medicine, and a practice of healing wisdom that aligns perfectly with modern science as well as ancient principles.

Wisdom Healing Qigong makes use of the energy within all life, which is called chi. Learning to nurture and work with this energy empowers you from within to tap into the natural, deep wisdom of the universe. It involves gentle movements, visualizations, meditations and sound healing practices that awaken the mind to sense and guide the chi, to generate the benefits of wellness and balance for your whole being.

By practicing Wisdom Healing Qigong you reintegrate your body and mind, reconnecting with the chi, the energy flow, and that reconnects you with your own deeper ability to let go of your stress or trauma, to heal yourself from the inside. That is called internal energy medicine and that is what Wisdom Healing Qigong empowers you to do, to practice this energetic self-care and self-healing of your mind, body and heart.

And you don't need to have a diagnosed medical condition to benefit from Wisdom Healing Qigong's powerful healing benefits! It's also an excellent way to improve your general wellness, energy, hormonal and emotional balance.

### **How Wisdom Healing Qigong Works?**

Qigong addresses issues of energy and vitality, whether that's caused by illness or aging or by a general feeling of angst and disengagement with life. Our bodies are not just biological machines, and if you're feeling a lack of energy that doesn't mean that the life energy is gone - the chi is always there, it's everywhere, all the time! The problem is that you have lost your full connection to the flow, you're blocking the flow, and so you feel depleted.

Your mind, body and heart function and react based on old patterns learned in the past, so consistent Qigong practice trains them in new patterns to behave in a different way, to remain open and maintain a state of mindfulness even when there are challenges, the usual stressful conditions of everyday life. So that connection is re-established, the flow is no longer blocked, and you feel more energized and revitalized.

To let go of emotional pain, we must realize that your mind is following an old story, old conditioning. So we train the mind to awaken, to open to new possibility, a new paradigm, and ultimately a new habit. If instead of fighting to suppress your feelings of stress or unhappiness, if you open yourself to experience that emotion, you do your Qigong practice, you let go of that energy and let it flow... Then the energy is freed to give you its healing effects.

So in everyday experience and everyday practice, you focus on making the right choices, choosing what is more wise, more beneficial for you. You learn to discern what are old limiting habits, and what are the new possibilities. That is how you energize this new pattern, the new programming. This is ongoing training, always developing further and going deeper. It takes time to reinforce the new pattern to form a new habit.

The energy of fear and stress is the same as the energy of healing, you just have to set it free. The more the energy opens up, the more you experience physical, emotional, and mental well-being. So we free up that energy and let it flow, and at the same time we change the message, change the programming, change the behaviour from a stress or trauma reaction, a contraction of energy, to an openness that allows relief and healing to happen. You're not only releasing the stress, you're also reprogramming yourself, inside and out, to respond to life in the healthiest way. Plus every day practice recharges your life, just like food for your mind and heart as well as your body, continuously nurturing you as you expand your capabilities and potential.

### **Science Confirms Wisdom Healing Qigong's Effects**

Modern scientific studies now show that using Wisdom Healing Qigong to release stresses and energy blockages has deep positive and lasting healthy effects on the mind, brain and body, including mental clarity, energy levels and vibrancy, depression and anxiety, hormonal or emotional imbalances, and overall wellbeing.

One study at Massachusetts General Hospital calculated that stress-reducing therapies could reduce the need for health care services by 43%. And researchers at Harvard Medical School have even concluded that regular mindfulness and integrative mind-body practice like Wisdom Healing Qigong is more beneficial in the long term than going on vacation!

Here at The Chi Center we've also conducted our own rigorous studies, which have confirmed that students at our Wisdom Healing Qigong Healing Intensive Retreats experience strong positive effects such as increased well-being, lowered distress, less depression, less anxiety and reduced pain after attending the in-person retreat. Our data was scored by an outside research organization, and demonstrated that 94% of retreat participants improved in terms of wellbeing and distress levels (including depression and anxiety) and 89% improved significantly.

Now, in case you are new to me or to Wisdom Healing Qigong, I want to briefly share my own healing story with you...

### **My Healing Story and Mission**

I was born in a small village in China, and from my earliest memory, I suffered from severe asthma and scoliosis, a lot of pain and stiffness. My family tried Western and Chinese medicine, but nothing worked and so I simply had to live with these chronic conditions. When I grew older, I moved to the United States to study. I was a mathematician and later a visual artist, both conceptual skills that helped me to take the focus away from the pain in my body.

Then a friend invited me to join her at a Wisdom Healing Qigong class, and her teacher connected me with an amazing man, Dr. Pang Ming. He was a doctor both in Western Medicine and Chinese Medicine, and he had started to experiment with using these qigong techniques for his patients' healing, gradually prescribing less and less medicine. He had seen great results, and so he established the Zhineng Qigong Center, which is kind of like a hospital where Wisdom Healing Qigong as the primary treatment modality. It quickly grew to a large scale, with more than 5,000 practitioners, and demonstrated effective improvements for its patients across multiple serious medical conditions.

And as a Chinese person, I was eligible to live at the Center to go through my own healing. It was challenging at first, and uncomfortable... but after two weeks and a lot of coughing, as well as rediscovering a traumatic memory of falling into a pit latrine as a small child, finally my asthma symptoms disappeared. I continued to practice Qigong intensively at the Center, opening myself to the healing energy, learning from Dr. Pang and other teachers there, and finally my scoliosis symptoms also went away.

Finally healed of those long-term chronic conditions that I had suffered since childhood, I went back to America. And the whole time I was thinking, we need a Center for Wisdom Healing Qigong here in the USA! So I founded The Chi Center to bring that ancient healing wisdom and scientifically proven effectiveness to more people, around the world. My mission now is to help and support the healing of the many thousands of people who suffer from chronic conditions like autoimmune disease, neurological disorders, and cancers... and also to help tens of thousands - even hundreds of thousands - of people to improve their overall level of energy, health, wellness and happiness through Wisdom Healing Qigong.

So I am here to share my experience with you, as well as this ancient teaching and practice that was once a Chinese secret unknown to conventional medical science. Today, not only has new science started to discover the same principles and validate these teachings and practices, but your own direct experience can FEEL the truth that I am sharing with you, when you connect with your own mind, body and heart.

### **How I Found Wellness and Vitality: A Wisdom Healing Qigong Student's Story**

If you're reaching for a path to greater mental clarity, youthful energy and vibrancy, or a release from depression, anxiety or hormone imbalances... we have seen what many people would call "miraculous" transformations in our students' enjoyment of life.

As an example, let's look at the story of my student Jay Bunker. Jay is a doctor of chiropractic, and he had a lot of very good reasons for feeling depressed and having low energy, because Jay had been diagnosed with Stage Four head and neck cancer. He was searching for a way to ease his physical symptoms when he attended one of our in-person Wisdom Healing Qigong retreats to learn and practice Qigong immersively.

The transformation Jay experienced in his body and mind after beginning and maintaining consistent Qigong practice was extensive. He felt happier, more energetic, more excited to wake up and get out of bed each day. He finally felt a deep spiritual connection to the universal oneness, in a way that he had always wanted to experience.

And this connectedness and sense of meaning was so important to him that it was almost as a side note when he told us that after attending the Healing Intensive Retreat, Jay's PET-CT scan showed a 50% reduction in his tumors compared to the previous scan results only 3 months before.

- A medical doctor I know uses Qigong practice to manage his stress, enhance his energy level and sustain his well being and help other health care professionals to manage and prevent burn-out.
- Many elders I know, at the age of 70 or 80 or even 90, use Qigong to enhance their health and recover from the limitations of age-related disease.
- It empowers them to live a more healthy and happy life. Some of these elders even teach Qigong to others.
- One lady I know from retreats in Israel started Qigong when she was 81. That was six years ago but she looks and feels younger every year!
- A meditation teacher I know brought her energy and life back after more than 20 years of chronic fatigue and autoimmune diseases. Finally she can have a full time teaching schedule and fulfill her life mission again.
- One high school teacher was diagnosed symptom free of Parkinson's disease after 3 years of diligent practice of Qigong and gradually reduced medicine.
- From examples like these, you can see how powerfully Qigong can help people to improve their health, wellbeing, and happiness.

### **How to Take Your First Steps with Wisdom Healing Qigong**

You can take the first steps onto your healing path today. Start by finding a teacher, a class or an online course for learning and practicing the simple, slow movements of Wisdom Healing Qigong, which are specifically designed to open up energy blockages. Visualizing the energy that connects your mind, body and heart to the universe around us, you will learn to progress through layer upon layer of energy - cleansing and rebalancing from within.

Just moving your body and focusing your mind is beneficial for your overall sense of wellness - with Wisdom Healing Qigong you practice gentle, energetic movements and meditations that help you to let go of tension and stress. In this way, you enhance the function and communication of your whole body systems, and enhance your mental capacity. Then you'll go deeper to strengthen your awareness of the connection and continuous interaction between mind and body, reintegrating their capacities to balance and heal.

Feel the integrated wholeness of your being, tap into your body's own deeper wisdom for wellbeing, and empower yourself to live a richer, revitalized, more joyful life. You'll gain greater energy for movement, thought and creativity! So you truly have nothing to lose by trying Qigong, and many, many benefits to gain.

If you or someone you love has a specific condition that you want to heal, I have created special video reports focused on healing neurological disorders, chronic pain, autoimmune disease, cancer, depression and anxiety - and you can learn more about healing these conditions by clicking into the video image below.

You may think you have tried everything, all kinds of drugs, supplements, different therapies, but you have not tried yourSELF - Qigong allows you to rediscover yourSELF and reconnect with the healing energy within you.