



## **Qigong for Chronic Pain and Fatigue**

How Chronic Pain and Fatigue Affect Your Body and Mind

Haola! Welcome. I am Master Mingtong Gu, the founder of The Chi Center. And today I want to share with you a message of hope and healing if you've suffered with chronic pain or fatigue.

Many different types of illnesses and injuries can lead to chronic pain syndrome and chronic fatigue syndrome. For example, chronic pain can happen because of nerve damage, Fibromyalgia, back injury, arthritis, migraine, multiple sclerosis, or shingles. Infections, food allergies, anemia, depression, Fibromyalgia, underactive thyroid, or even heart disease can cause chronic fatigue.

So many possible sources of chronic pain and fatigue! These conditions are a big challenge, not only to your body but also to your emotional and spiritual health, as well as your perspective on life. You've probably experienced symptoms or side effects that can be very distressing - from feeling too exhausted to get out of bed, to being unable to cope with the level of pain.

You may feel profoundly stuck, emotionally depleted, anxious, or disconnected from life -- as if joy, passion, and vitality are fading away from you.

You may have waited years for an accurate diagnosis, or still be waiting for confirmation, while wondering what is happening to you and why you feel these unexplained symptoms.

And even when you have a diagnosis, the healing options you're offered may be very limited, because chronic pain and fatigue are still poorly understood by medical science. It's a stressful experience, and not just physically - it's mentally and emotionally stressful too, for you and for the people who care about you.

But today I'm going to share with you how you can change that towards more health and healing.

Instead of fearing a future full of pain, exhaustion, and stress, you can be calm and confident no matter what life brings.

Instead of struggling to overcome severe physical symptoms, you can address and reduce those symptoms at their source.

Your diagnosis does not have to mean that your life will never be vibrant, relaxed and happy. In fact, you have the power within you to generate healing and renew your engagement with all aspects of your life. So don't put off making plans, don't become trapped by your symptoms into a life you don't fully enjoy. You can still do all those things on your dream list, and have time to spend with the people you love - all without your symptoms getting in the way.

### The Path to Recovery with Wisdom Healing Qigong

To give yourself the opportunity for healing, I invite you to explore the practice of Wisdom Healing Qigong - a 5000-year-old healing art that is the grandmother of traditional Chinese medicine, acupuncture, many martial arts, and a wide range of energy healing modalities -- an ancient system of timeliness principles that perfectly aligns with today's modern science, medicine, and quantum physics. 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 to heal from within.

The practice of Qigong makes it possible for all of us to extend and transcend the paradigm of conventional medicine, which treats your body as a biological machine that's separate from your mind. Wisdom Healing Qigong trains students to tap into the natural, deep wisdom and energy within you and the universe, and to build your own abilities to heal from aging, illness and injury.

### How Wisdom Healing Qigong Works

Qigong is an ancient technology and science of energy healing that has been developed over thousands of years of Chinese history. Qi means "life energy", and gong means "cultivation and its benefits"

Through gentle movement, visualization, sound and breathing practices, and conscious intention, the practice of Qigong dynamically restores the life energy and creative power within.

As the underlying causes of life's challenges, including stress, are released and transformed, we reconnect with the universal source energy and bring new and vital energy streams into the connection of mind, body and heart, and into the flow of life.

By practicing Wisdom Healing Qigong you reintegrate your body and mind, reconnecting with the chi, and that reconnects you with your own healing capacity.

So this internal energy medicine of Wisdom Healing Qigong empowers you to practice this energetic self-care and self-healing of your mind, body, and heart.

The simple, gentle practices teach us to relax, move, and shift the energetic conditions of the body and mind. In the process, all the bodily systems are restored to optimal well being for the entire body. Then healing takes place.

### How to Heal Chronic Pain and Fatigue

The Qigong perspective is that all bodily systems are interconnected... and that to treat one system, we must attend to the whole -- the physical as well as the non-physical inner and psychological being.

Through the energetic practices of Qigong, we directly address the root causes of chronic pain and fatigue as well as the health of the whole person.

### What are the main causes of chronic pain and fatigue?

Chronic pain is a problem of miscommunication inside your body. Nerve impulses, which are little bursts of electrical energy inside your nervous system, keep telling your brain that you're injured. That message, when your nerves say, "Hello brain, this is an emergency - the body's tissues are damaged and we need to react immediately"... That message is what we experience as pain.

What has gone wrong in the case of chronic pain is that the nerve impulses keep on sending that message to the brain even when there is no physical injury or illness to report. The nerves are sending the wrong message. What's really interesting is that these wrong messages are also connected with our emotions - when we dwell on emotions like anger, sadness or anxiety, the emotional stress can make the physical symptoms worse.

In chronic fatigue, just like with chronic pain, there are many possible causes. It can have a genetic origin, or it may be due to environmental stresses or psychological stresses. Medical science has not yet solved the question of why and how chronic fatigue happens. But we do know that it can be triggered by a natural life event like pregnancy, a physical crisis such as serious injury or surgery, or a traumatic emotional event.

And here's the thing that's most interesting of all: Both conditions, chronic pain and chronic fatigue, are strongly influenced by our perceptions of the condition and the symptoms. If we withdraw from the pain and stop participating fully in life, then the symptoms get worse. If we stay in bed and dwell on how exhausted we already feel, then the symptoms get worse. If we see it as an inescapable illness that will always be hanging over our heads, then that's exactly what it becomes.

Wisdom Healing Qigong empowers you to break that cycle of negativity, to engage with your life and rebalance your body, to release stress and connect with infinite energy, and to generate healing from the inside out.

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

At this stage of scientific development, adequate instrumentation to directly measure levels of chi has yet to be developed. Therefore chi, or life energy, is measured through its effects on biological systems and processes.

There is a huge amount of scientific evidence for the healing effects of Qigong in cases of chronic pain. In multiple studies by researchers at Harvard Medical School, Tufts University, University of California at Los Angeles, and other respected schools of medicine, Qigong has been shown to reduce muscular and skeletal pains, back pain, neck pain, arthritis, headaches and other forms of chronic pain.

Judith Prins, PhD, is a professor of medical psychology at Radboud Expert Centre for Psychology & Medicine, who has conducted many studies of chronic fatigue throughout her career. After reviewing as much evidence as possible, her team of researchers has concluded that our thoughts and perceptions play a very strong role in determining how well and how quickly we heal - in fact, your perceptions and mindset are more important than your level of physical fitness or exercise!

The researchers identified three thought patterns that make chronic fatigue last longer and feel worse:

1. The first is the mindset that fatigue is a bad thing and difficult to change
2. The second is focusing on the fatigue instead of on the rest of life
3. The third is the fear that being active will create more fatigue

When you change these thought patterns, your healing is more powerful, more effective, and it also happens faster.

### My Healing Story and Mission

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

I was born in a small village in China, and from my earliest memory, I suffered from severe asthma and scoliosis, and 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 mathematics and visual arts, which were both conceptual skills of the mind ... that helped me to take the focus away from the pain in my body.

While I was in the US, a friend invited me to join her at my first Wisdom Healing Qigong class. Then, her teacher connected me with an amazing man, Dr. Pang Ming.

Dr. Pang is a doctor in both Western Medicine and Chinese Medicine. He started to experiment using Qigong techniques for his patients' healing, gradually prescribing less and less medicine.

He saw great results, and so he established the Zhineng Qigong Center in China - similar to a hospital - where Wisdom Healing Qigong was the primary healing modality. It quickly grew to a large scale, with more than 5,000 practitioners in residence. Healing outcomes demonstrated effective improvements for his patients across many serious medical conditions.

And as a Chinese person, I was eligible to live at the Center to focus on my own healing. It was challenging at first, and very uncomfortable ... After two weeks of extreme coughing, I released a lot of energy blockages. Then I was able to recover memories of a traumatic experience -- falling into a pit latrine as a small child. Then 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. Then, finally my scoliosis symptoms -- that doctors said could never be healed -- also went away.

Finally free of the long-term chronic conditions that I suffered since childhood, I went back to America. 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 the ancient healing wisdom and its scientifically proven effectiveness to more people around the world.

My mission now is to help support the healing of the many thousands of people who suffer from chronic conditions like autoimmune disease, neurological disorders, cancers, that are causing chronic pain and fatigue... 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, now I am here to share my experience with you, as well as the ancient teachings and practices of Qigong that were 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 through your own direct experience you can FEEL the truth that I am sharing with you, when you connect with your own mind, body, and heart.

Healing from Chronic Pain and Fatigue: A Qigong Student's Story

For an example of how this looks in real life, consider my student Vivienne, who is now also a teacher at The Chi Center. Vivienne came to us at the age of 60, after 20 years of struggling with the debilitating effects of chronic Lyme Disease and the pain and fatigue that caused. She was suffering from joint pain, recurring bronchitis that lasted months at a time, and itchy, sensitive skin flare-ups. And her health was rapidly getting worse; some days she couldn't get out of bed any more.

After seeing a friend heal her chronic fatigue through Wisdom Healing Qigong, Vivienne decided to try the same approach. And over a period of regular practice, her symptoms began to improve - physically, mentally, emotionally, and spiritually. She now has more energy, no exhaustion or pain anymore, and she told us, "It takes a bit of training but a healthier, more abundant, loving, and peaceful life certainly is worth the effort to me."

-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 consistent practice of the slow movement, meditations, sounds and vibrations of Wisdom Healing Qigong.

Any journey starts with first step, from intention to action. Your desire to heal, to have better health and more energy is the beginning ... but your commitment to the first step is the key.

Since you are watching this video, your inner desire to restore and optimize your health is beginning to surface. Now, you can rediscover, embody, and directly experience the wisdom and medicine already within you -- your own body, mind, and heart.

My team and I have created an online training program, that is designed with all the key principles, methods, demonstrations, and guidance you need to begin your healing practice -- to rejuvenate your body, mind, and heart as one unified energy system.

~Haola