



Qigong for Cancer

Haola! Welcome. I am Master Mingtong Gu, the founder of The Chi Center. And today I'd like to share with you a special message, a message of hope that you absolutely can experience a life of wellbeing and joy after a cancer diagnosis such as skin cancer, lung cancer, lymphoma, breast cancer, or prostate cancer, for example.

How Cancer Affects Your Body and Mind

I know that cancer presents a big challenge not only to your body but also to your emotional and spiritual health, and to your perspective on life. You may have difficult and stressful symptoms, such as being short of breath, coughing, digestive problems, sweating at night, aches and pains, or extreme weight loss and loss of appetite, all of which can be very distressing.

Conventional Western medicine offers a limited range of treatment options, which most often come with side effects because when you do something to kill the cancer cells, you usually end up kill many, many healthy cells along with it. The treatment may even, in effect, kill your immune system and leave you highly vulnerable to other diseases. Cancer treatment and its side effects are a very unpleasant experience, it's stressful for your body, and it's mentally and emotionally stressful too, for you and for the people who care about you.

But it doesn't have to be this terrible, unbearable, stressful experience. And you can empower yourself to improve the effectiveness of your treatment protocol, and to help your body to heal and thrive. Then, instead of fearing a future full of pain and stress, you can be calm and confident... instead of struggling with severe physical symptoms; you can resolve those symptoms at their source.

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, starting live fully today and everyday!

The Path to Recovery with Wisdom Healing Qigong

And yes, Wisdom Healing Qigong can be very successful in facilitating and assisting cancer treatment, recovery and prevention. Modern neuroscience tests now show that Qigong has deep positive and lasting healthy effects on the mind, brain and body.

How Wisdom Healing Qigong Works for Healing Cancer

When part of the body behaves in isolation, behaves in a way that's disconnected from or damaging to the system as a whole that is disease. And cancer is one manifestation of that dysfunction as all disease is expression of disconnection. Every single cancer cell started out as a healthy cell that was then changed by the internal environment. So from the internal stresses, the cell that was once healthy becomes defective and destructive.

A tumor or a cancer cell is causing problems for the body because it is no longer behaving normally. And the reason it is not behaving normally is that communication has broken down. The cancer cells are no longer receiving the right communications and instructions, or they are not responding in the normal way, not communicating back in the normal way.

So as I said, we go beyond the conventional, physical medicine paradigm of believing that your cancer is "bad" - that it is not like the rest of your body, and that it needs to be killed or cut out. Instead, the approach of Qigong is one of transformation - of recognizing that cancer is a bodily expression of energy that is not behaving normally. So we free up that energy and let it flow, and at the same time we change the communication, change the programming, change the behavior from a stress or trauma reaction, a contraction of energy, to an openness that allows relief and healing to happen.

How does love relate to immune deficiencies and how can Wisdom Healing Qigong help?

The heart center is opened through specific Qigong practices, especially through Sound Healing. Expanding our capacity to experience feelings of love and well-being opens us to a deeper energetic flow and is a key factor in mental, emotional, and physical healing. Through wisdom healing qigong practice, you open your heart, activate more joy and experience deep love for yourself and others. Love is the medicine and energy is the source of love. Love can reprogram cell behavior including cancer cells and all cells to work together in harmony.

Medical Science Confirms Wisdom Healing Qigong's Effects

After reviewing 20 years' worth of experimental studies, medical researchers have stated that "There is a lot of evidence suggesting that Qigong therapy has an inhibitory effect on cancer growth, and helps patients recover from many different diseases at the same time." Qigong therapy can provide a powerful complement or even an alternative to the current medical protocols used for treating cancer.

By practicing Wisdom Healing Qigong, you're not only helping to resolve the issues with the growth of cancer cells. You're actually training all of your organs, reprogramming all of your cells if they need it. And that capacity for self-healing is the foundation for living in the healthiest way for the long term too. The scientific evidence indicates that Qigong reduces the symptoms of cancer and the side effects of cancer treatment, helps to minimize mood imbalances and inflammatory reactions, and improves overall quality of life.

Healing from Stage IV Cancer: A Qigong Student's Story

As an example of how this works in real life, let's look at the story of my student Jay Bunker. Jay is a doctor of chiropractic, and he had been diagnosed with Stage Four head and neck cancer that was also present in his tongue and throat, and that had already metastasized to his lymph nodes. Searching for a way to ease his symptoms, Jay 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, and a PET-CT scan showed a 50% reduction in his tumors compared to the previous scan results only 3 months before. His doctor also informed him that an unrelated benign tumor on his acoustic nerve, which had created symptoms of ringing in Jay's ears, had shrunk considerably - a very unusual outcome that is only seen in about 8% of such tumors.

Jay has since returned to our in-person retreats to maintain his recovery and wellbeing. He told us that, besides the healing he's experienced, Qigong has opened him up to his true purpose in life and deepened his sense of spiritual connection with the oneness of existence. He is more excited to expand his healing capacity as a chiropractor by enrolling in Wisdom Healing Qigong professional training.

How to Take Your First Steps with Wisdom Healing Qigong

When you accept your cancer as an expression of the energy flow and blockages in your body and mind, you can identify the blocked, contracted energy and free it to flow normally. This is not only the path to healing cancer, but also to reducing the side effects of cancer treatment, and to healing every other aspect of your health! You'll feel the integrated wholeness of your being, tap into your

body's own deeper wisdom for healing, and empower yourself to live a richer, revitalized, more joyful life.

And the only known side effect of Wisdom Healing Qigong is that it also improves healing and wellness in other parts and systems of the body, too, as well as giving you greater energy for movement, thought and creativity! So you truly have nothing to lose by trying Qigong, and many, many benefits to gain.