



Qigong for Neurological Disorders

How Neurological Conditions Affect Your Body and Mind

Haola! Welcome. I am Master Mingtong Gu, the founder of The Chi Center.

And I know that when you're experiencing, or you have experienced, neurological conditions such as stroke, epilepsy, migraine, MS, or Parkinson's disease, for example, that this is 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 muscle paralysis or weakness, uncontrollable shaking, seizures, problems with alertness, unexplained pain, or sensory disturbances - which can be very distressing. It's stressful for your body, but it's also mentally and emotionally stressful too. And not only for you - also for the people around you. Especially for people who care about you the most.

Using Conventional medicine, There is a huge range of treatment options for specific neurological conditions, including rehabilitation, treatment of symptoms, protective treatment, electrical brain stimulation, and re-construction treatment. But these treatment protocols are often focused only on trying to "fix" the brain and nervous system,

when in fact your brain function is dependent on the function of your entire body - your vital organs, your posture and breathing patterns, even your emotional and mental state. And in many cases, the best currently available medications can do only very little to help with the deterioration of motor functions and sensory functions. Additionally, these therapies can be a very stressful and frustrating experience to go through.

But imagine if there was something you could do to change that. Imagine if, instead of a future full of suffering, stress, and fear, you felt calmness, confidence, and had an experience of steady improvement... if instead of

struggling to fight, overcome, or cope with severe physical symptoms, you were able to reduce the cause of those symptoms at their source.

If you knew you had a vibrant and happy life to look forward to, what would you do differently right now?

Would you begin to make the life plans that you've been putting off?

Would you travel the world and see all the sights you always wanted to see?

Would you spend more time with your friends and family?

What would you do if you had more energy and had your health back? Even your life back?

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 foundation, and the grandmother of traditional Chinese medicine, acupuncture, many martial arts, a wide range of energy healing modalities, and more -- 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 expand and transcend the paradigm of conventional medicine, which treats your body as a biological machine that's separate from your mind. Wisdom Healing Qigong not only brings beneficial focus, balance and strength to the mind, brain and body but also trains students to build their own abilities to heal from aging, illness and injury.

How Wisdom Healing Qigong Works

Qigong is an ancient technology and revitalized science of energy healing, that has developed through more than 5 millenia 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 are released and transformed, we reconnect with the universal source energy and bring new and vital energy streams into 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, the Neurological system, Pain response, immune system and all bodily systems are restored to optimal well-being for the entire body system. Then true healing takes place.

More energy, more health, greater happiness.

How does WHQ address the main cause of diseases: stress?

The ultimate cause of all disease, especially chronic disease, is stress, from the present moment and from the past. And that includes not just physical stress and environmental stress, but emotional and mental stress too. It includes trauma as well as the cumulative stress of life, decades of stress.

Your entire body, your muscles, your nervous system, your brain, and also your mind, all carry this stress, whether you are aware of it or not. But if you try to stop the stress, try to fight it, to get rid of the stressful feelings and fears, you're only contracting your energy more, because you're trying to hold something back. And contraction of the senses and of the muscles actually triggers those same symptoms you were trying to avoid.

If instead of fighting to suppress the stress, if you open yourself to experience that emotion, if you do Qigong practice, you let go of that energy contraction and let it flow... Then the energy is freed to give you its healing effects. The energy of the fear is the same energy as the energy of healing, you just have to set it free.

A Holistic, Energetic Approach to Healing

No matter what originally led to your *neurological challenges*, whatever the diagnosis is, the ultimate cause of what you're going through now is a contraction of energy. The contraction of the chi in your body, heart and mind is causing the disfunction, causing the disease. So by reconnecting to the chi and nurturing it, the contraction stops. It doesn't only stop, it can be reversed, giving you expanding energy levels and increasing your capacity to heal. The functioning of your body depends on energy, so the more the energy opens up, the more you experience physical, emotional, and mental well-being. You're not only releasing the contraction, you're also reprogramming your system to respond to life in the healthiest way.

**It is really important to take the holistic approach. This means acknowledging and treating the body as a whole. In dealing with neurological conditions, the greatest challenge is lack of proper communication between the brain and the rest of the body - the different elements of the nervous system and other organs and systems. Without that communication, your body feels like it's out of control -*

and so you experience more muscle tremors, shaking, sensory disruption, and so on. By opening up blocked energy channels, you you create new pathways for your brain and nerve system, new capacity for whole body communication and you feel more empowered, with greater energy and vitality.

Neuroscience Confirms Wisdom Healing Qigong's Effects

Modern neuroscience has confirmed that the brain's neuroplasticity, *its ability to change its shape and function according to need and reinforcement*, is a powerful potential ability that exists throughout your whole lifetime. Focus and repetition allow us to directly influence the neural pathways of the brain. According to the respected neuropsychologist Rick Hanson, "What happens in your mind changes your brain, both temporarily and in lasting ways."

It makes sense, because neurons work by transmitting and receiving subtle energy - and Qigong empowers your mind and body to regulate and balance those transmissions. The new science of neuroplasticity is a practical indication of how our minds, our thoughts, and our behavior choices can change the brain's physical structure and functioning. Wisdom Healing Qigong practice is an integrative way to address the communication of whole body system, mind, body and heart connection.

Many studies have shown improvement in the symptoms of neurological conditions with consistent practice of holistic mind-body therapies like Wisdom Healing Qigong. The Scientific evidence points with confidence to positive effects on symptoms such as muscle tremors and muscle weakness, hand-eye coordination and whole body coordination, balance and posture... Qigong has also been demonstrated to boost the effectiveness of drug therapy and rehabilitation therapy, improve your overall state of health, and give you a better quality of life.

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 learned 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 realized 95% effective rate for more than 200 diseases.

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 one year of practice, I had 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 toilet as deep as 5 foot, 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.

In this process, my life was changed. I completed two years of master training program which is an only kind in the field of Qigong. I came 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.

We have supported the healing of many thousands of people who suffer from chronic conditions like autoimmune disease, neurological disorders, chronic pain, and cancers... And many more tens of thousands to improve their overall health, wellness, and happiness through Wisdom Healing Qigong.

My mission now is to bring healing to everyone, including all ages, all health conditions, and all walks of life

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 Parkinson's Disease: A Qigong Student's Story

For example, one of my students, Bianca, she was a middle school teacher who loved her job, but it was getting more difficult because she was struggling to focus. Eventually, she was diagnosed as suffering from Parkinson's disease.

Even though she took multiple medications, with doses several times a day, the drug treatment wasn't working well and had started to become less effective. Bianca was experiencing muscle tremors, problems with balance and walking, and she was very fatigued and in a lot of pain. And her handwriting became unreadable, which is a big problem for a middle school teacher.

When Bianca started practicing Wisdom Healing Qigong, she built up to practice for up to three hours per day. One year later, she no longer needed to take medications to ease her symptoms. And after two years of Wisdom Healing Qigong, she was declared symptom-free. This is a powerful practice with real-world results.

****Five Steps to Heal Chronic Disease, Enhance Well-being, and Enjoy Radiant Health**

1. Movement to create Mind-Body Connection
2. Sound Healing for Emotional Clearing and wellbeing
3. Meditation to calm your mind and reduce stress
4. Connecting energy for optimum mind, body, heart function as one system
5. Experience oneness in everyday life

How to Take Your First Steps with Wisdom Healing Qigong

You can take the first steps onto your healing path today. Start with an online course for learning and Begin practicing the simple, slow movements, sounds, and visualizations of Wisdom Healing Qigong, which are specifically designed to open up energy blockages.

Don't try to force your body to "behave." Instead, relax your attempts to control your physical symptoms or discomfort and just envision flowing energy -- releasing blockages, releasing the stress and muscle tension, just letting it flow freely.

Keeping your body moving is beneficial for most neurological disorders . With Wisdom Healing Qigong you practice gentle, energetic movements that help you to let go of tension and contraction. In this way, you enhance the function and communication of your nervous system, and enhance your mental capacity too.

Feel the integrated wholeness of your being -- tap into your body's own deeper wisdom for healing -- and empower yourself to live a more abundant life with more health and greater joy.

Any journey starts with the 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, you have begun to feel your inner desire. Now, you can rediscover, embody, and directly experience the wisdom and medicine already within you -- your own body, mind, and heart.

How to learn

Now we have an online training program, that is designed with all the key principles, methods, demonstrations, and guidance you need to begin your healing practice -- to heal your chronic conditions, enhance your well-being, and enjoy radiant health.

The only known side effect of Wisdom Healing Qigong is that it 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.