

THE EIGHT EXTRAORDINARY MERIDIANS QIGONG

James MacRitchie

What's in a name?

Qigong, Chi Kung, Chee Gung...

'Qi' is also at times written as 'Chi',
but is pronounced 'Chee'.

'Gong' is also written as 'Kung'
and 'Gung'.

'Qi' means Energy, Vitality or Life.

'Gong' means Working, Developing or Cultivating.

So, Qigong can mean

'Working with Energy'

'Developing Vitality'

or

'Cultivating Life'

The author's preferred term,
and the titles of his books, is Chi Kung

- however -

Qigong is used in this document because it is
now the predominant term in use internationally.



Hello, and Welcome to this document on Qigong.

I hope this information is as valuable to you
as it has been to me, and many others.

Qigong increases the energy and life
inside you.

Try it, and find out for yourself.

Jim MacRitchie

About This Document

This document is a PDF files, which means that the pages are fixed, as if they were photocopies, and cannot be changed. The page design and layout is important to illustrating and understanding the information.

It has been designed to be used in a number of ways.

- You can just read it off the computer.
- You can print out on your own printer - section by section, or as one complete document.
- It can be sent by email, or downloaded and taken to a photocopy or printshop who will print and bind it.
- It can be printed out as a complete double-sided book.
- It is designed with odd numbered pages on the right side, and even numbered pages on the left, so that double-page spreads face each other, therefore there are some blank pages in places. Please set your computer display to show it this way.
- You can also send it to anybody, anywhere, over the internet, the world wide web, as it is condensed into a very small file size of just over 1 megabyte, about the size of an average photograph. It can be sent as a simple 'attachment'.
- An audio version is available, where the practices are led as if you were in a class. Details are in the Afterword section.

This material is copyrighted, but there is no charge or cost. If you are reading this it belongs to you, and you can pass it on or give it away to whoever else you think would benefit from learning about Qigong and doing these most valuable practices.

Good Wishes.

Part I

AN INTRODUCTION TO QIGONG

Part II

THE EIGHT EXTRAORDINARY MERIDIANS

TRAINING PROGRAM

Book Review

QIGONG FEVER

Body, Science and Utopia in China

David A. Palmer

AN INTRODUCTION TO QIGONG

Preface

- What Is Qigong?
- Your Energy System
- How It Works
- A Language Of Energy
- Applications
- Qigong In Everyday Life
- The Environment and Ecology
- The Future Of Qigong
- Summary
- Practices To Experience Your Own Qi

Afterword

PREFACE

It is strange to say that if you are a 'Westerner' you may be reading about Qigong for the first time, but if you are an 'Easterner' this will be as familiar as breathing, eating and walking.

How can this be, that part of the world knows about Qigong since earliest pre-history, and another major part of the world is now hearing about it for the first time?

Being a Westerner myself I asked that question, and came up with some remarkable answers.

But, before proceeding, I should state that by 'West' and 'East' I do not mean geographical locations. These terms are used in the way they have commonly come to describe the cultures that developed from Greco-Roman tradition, and those that originated from China - they are used here in that general sense.

The three most surprising answers were:

First, this knowledge has been held in secrecy in China and the East - reserved for the aristocracy, monks, doctors, martial artists and the most privileged. It was taught by word of mouth. Everybody knew about it, but only the elite few knew how to do it. This was one of their most precious possessions, and a source of power and authority, and they guarded it jealously.

Secondly, there is no knowledge or understanding of the human Energy System in the West, there is no tradition or history - for a variety of questionable reasons. There is no equivalence to Acupuncture and the energetics of Oriental medicine, which forms the basis of Eastern health care, fitness and spirituality. There is nothing to compare it to in the West.

Thirdly, the organization and architecture of the mind and thought is different. The language and writing is different. Quite simply, the East and the West think differently. And therefore the two traditions experience themselves, and their relationship to the world and nature, in different ways.

In fact, it may be that the understanding of Qi/Energy is the primary difference between East and West.

There are, no doubt, many other reasons why the West has not known about Qigong, but in the observation and experience of this author these are some of the main ones.

However, with the opening up of the world over the last century, and now instant global communication and the Internet, this information can be spread and shared in a way never before possible. The first book this author wrote on the topic, which is embedded in this document, had to be written, designed and printed on paper, sailed across oceans in ships, trucked in lorries to warehouses, to eventually be unpacked from boxes and placed on shelves in bookstores, in the hope that somebody would buy it - usually to cover the cost of the above procedure. This was in 1993 - just 15 years ago.

Now, if you are reading this document it is yours. It belongs to you, right now. You own it. And you can send it to anybody you wish, anywhere in the world, at the touch of a button.

The most important and closely guarded secrets of one of the world's oldest cultures have now become instantly available for free.

Why Free?

- Because the world needs this knowledge now.
- If I tried to sell it, you may not get it... or be able to afford it.
- It is copyrighted through GNU Free Documentation License, but there is no charge or cost for its use.
- And because Qigong has important personal, social and global consequences.

On a personal level it is about health and well-being, relief from pain, suffering and illness, aging well, clarity of mind, and promoting peace, happiness and long life.

On a social level it is about understanding more of your relationship with the energy of the community, society and culture around you, and how they effect and interact with you - and vice versa.

On a Global level it is about correct function and management of your own energy system, to maximize its operation and efficiency, and minimize the need and use of external energy sources and the environment. It addresses 50% of the Global Energy Crisis - our own personal energy.

It is about understanding what we truly are, and how we really work, and what we can do about it. It is about emotional, psychological and spiritual health. It is about each person being at their best.

Qigong is the missing piece of Western civilization.

But it has not been much available in China itself either, for a variety of reasons.

China is complex, and quite different from the West. The Chinese are justly proud of their long history and accomplishments, and their new status as a world leader. But they do things differently than in the West. China was ruled by Emperors for the whole of its 2,000+ year history, until the last century. It has never been a democracy. Power has always been from the top down, not the bottom up - it has never been any other way. This has recently caused considerable misunderstanding and friction with the West in the areas of human rights and freedom.

The simple truth is that the Chinese authorities just don't 'get' Democracy. They do not understand it because they have never experienced it. It makes no sense to them - for them the leaders lead, and the people do what they are told. Their social system is Authoritarian, and it has always been that way.

The story of Qigong in China over the last 60 years and its interaction with Governmental Authority is fascinating, and is described in the excellent book 'Qigong Fever - Body, Science and Utopia in China' by David Palmer who looked at it all from a sociologist's point of view. It tells the whole story of what happened, from the 'discovery' by the Communist troops in

World War II, through the wide-spread popularity as a 'mass movement', the scientific research and the opening of Qigong hospitals and clinics in the 1970s and '80s, to the crack down in the '90s. What happened may be best summarized in the following quote:

"The Qigong Movement was born during the Mao era, reached its zenith in the post-Mao reform years of Deng Xiaoping, and imploded under Jiang Zemin".

'Qigong Fever' is fascinating reading and should be read by anybody seriously interested in understanding what actually happened in recent years to Qigong in China itself. There is a review of this book by myself, which is attached at the end of this document for those people interested.

Hopefully the following 'Introduction to Qigong' and the accompanying 'Eight Extraordinary Meridians Qigong Training Program' will give you an overview to what you can do to enable you to practice Qigong yourself, as it already has for hundreds of students. It is the product of 30 years practice as a Classical Acupuncturist, 25 years teaching Qigong, and two trips to China. It is the condensed version of three books on the topic. It is the result of creating the National Qigong (Chi Kung) Association USA, attending multiple international conferences, studying with numerous teachers, and being as widely exposed as possible. It is the author's life's work to date.

For whatever it is worth to you, and whatever sense it makes to you or questions it answers, it is given in respect and gratitude for having learned this work from my various teachers and the lineage of the tradition.

And it is given in the spirit of a personal gift to whoever may receive it, to pass on to you the most important thing that was ever given to me, one of the greatest secrets of energy and life - Qigong.

James MacRitchie

Boulder, Colorado.
Summer 2008.

WHAT IS QIGONG?

氣功

In translating from Chinese into English there is not a single equivalence of one word into another. There are often multiple interpretations. Qigong does not have a singular exact meaning, not least because there is no equivalent or comparison in the West.

'Qi' means Energy, Vitality or Life.

'Gong' means Working With, Developing or Cultivating.

So, Qigong can mean

- Working with Energy,
- Developing Vitality, or
- Cultivating Life.

It is a collective name given to a vast array of practices that have been developed over 2,500 years, by one of the world's oldest cultures. At the time of writing it is not the year 2008 in China, but 4706.

There are different styles, traditions, systems, schools, teachers... all with their own unique way of doing it.

There are hundreds, some say thousands, of forms of Qigong. The comparison could be with music or dance. How many ways are there to play the piano or move to music?

Most Qigong are external forms of movement and exercise, which are known as 'Wei Gong'. Others are internal, similar to meditation, and these are known as 'Nei Gong'.

Nei Gong is the basis of the accompanying set of practices called Eight Extraordinary Meridian Qigong.

However, all of the styles of Qigong have one thing in common, one fundamental basis that they all share - the human energy system. They all operate and function in terms of the anatomy and physiology of the energy system, its structure and function, which follows as exact and specific principles and rules as all of the other human biological systems.

Following is an brief overview of this energy system.

YOUR ENERGY SYSTEM

The energy system according to Qigong is most familiar through Acupuncture. However, it should be noted that 'Acupuncture' is not the name this practice is called in China - there it is called Zhen Jou, which translates simply into Needle and Heat.

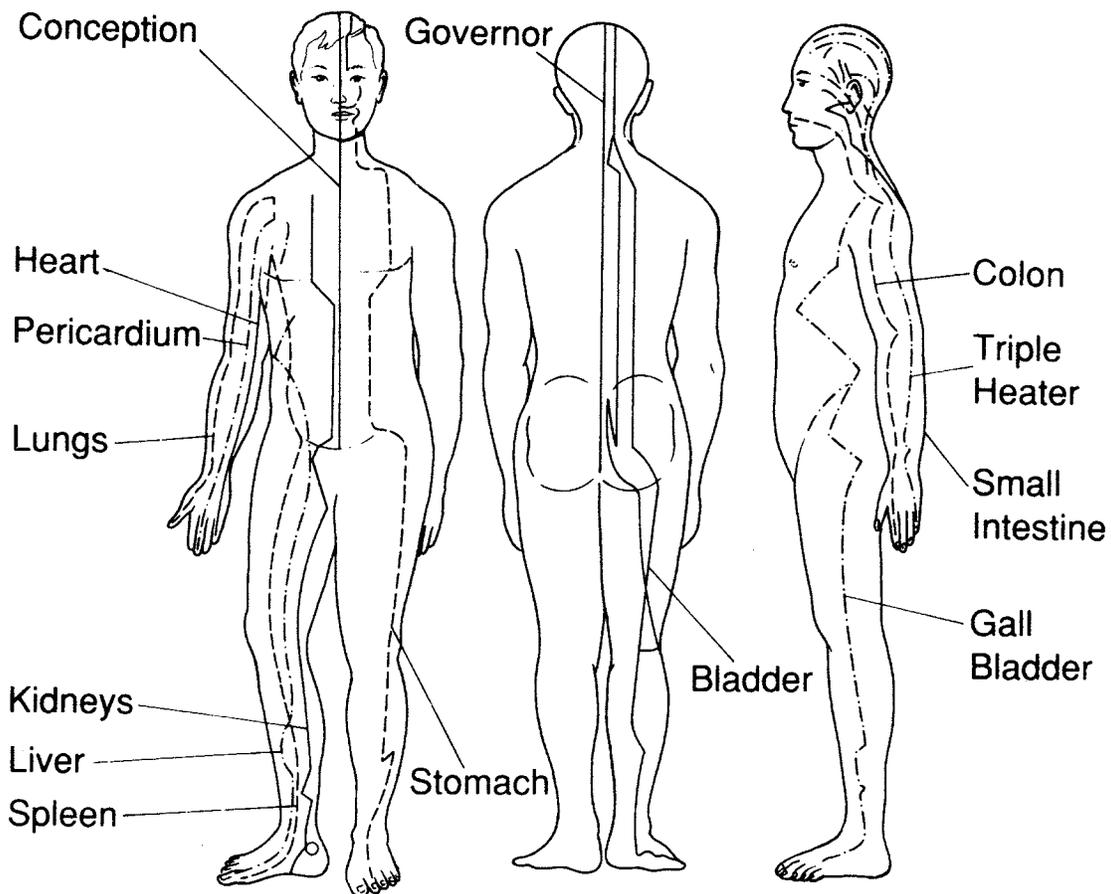
The name Acupuncture was apparently invented by a Jesuit priest when he saw it being performed in China in the 11th century. It has now become mainstream in Western cultures and can be found anywhere. Acupuncture has been a virtual revolution in health care in the West in the past 50 years. When the author began his Acupuncture practice in Boulder, Colorado, a city of 100,000 people, just over 25 years ago/a mere quarter of a century, he was the only registered practitioner in the town - now there are over 100 practitioners fully licensed by the State, and two schools. The reason for this is very simple and straightforward - it works, because it works with the Energy System that is the control system or blueprint for everything else.

Qigong does the same, except that you do it yourself. It is going to be a similar revolution as Acupuncture, but in Self Care.

The energy system consists of pathways or lines of energy which are called Meridians or Channels. Please take note that the terms pathways, meridians and channels are interchangeable, and may appear in different ways in this document. In Chinese, a word commonly used is 'Mo', as in 'Du Mo' or 'Ren Mo'.

There are 20 major channels.

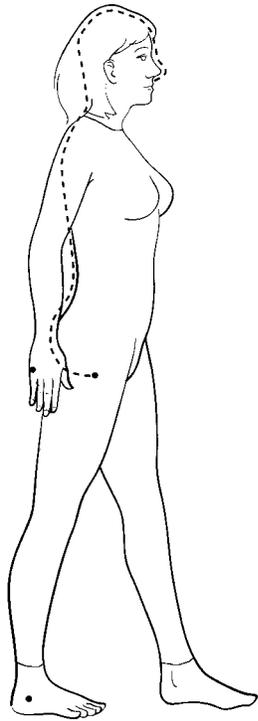
Twelve of these relate to specific internal organs or functions, which are: Heart, Small Intestine, Bladder, Kidneys, Pericardium, Triple Heater, Gall Bladder, Liver, Lungs, Large Intestine, Stomach and Spleen. Along each meridian are 'points' which have very specific functions.



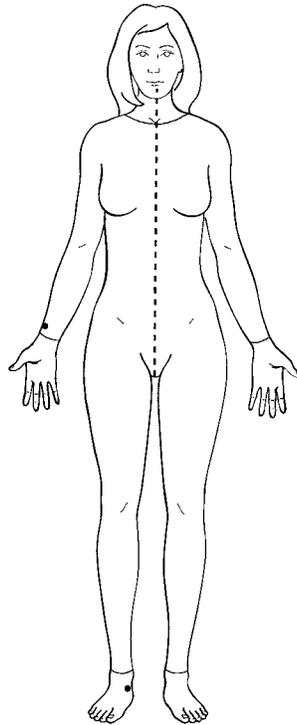
The 14 Main Meridian Channels

Eight of these channels are known as the Extraordinary Meridians. Of these '8 Extras' only two have points of their own - the others leapfrog and criss-cross over the points on the other channels.

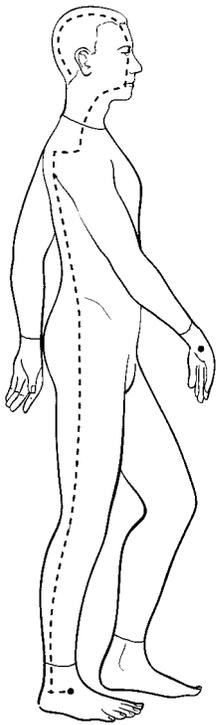
The Eight Extraordinary Meridians



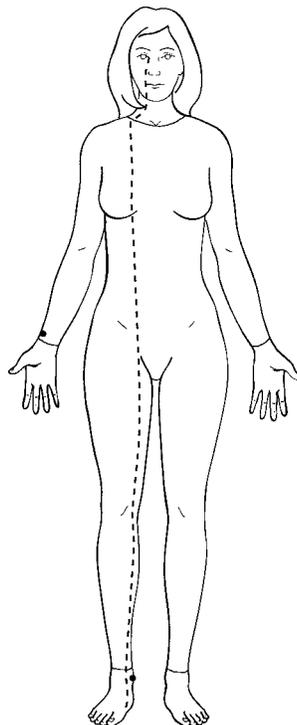
Governor/Du Mo



Conception/Ren Mo

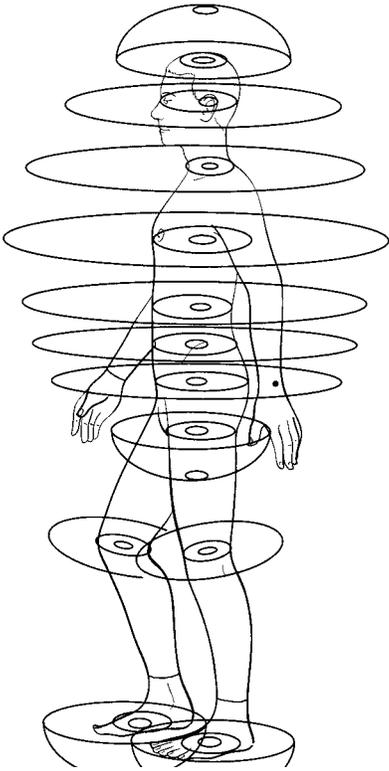


Bridge/Yang Qiao Mo

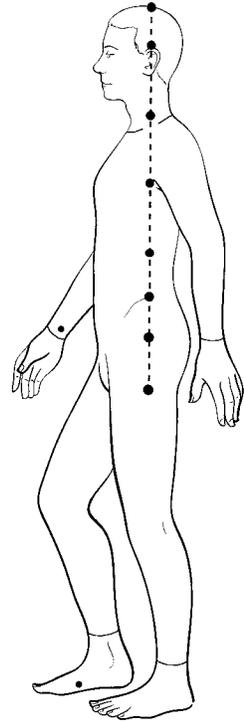


Bridge/Yin Qiao Mo

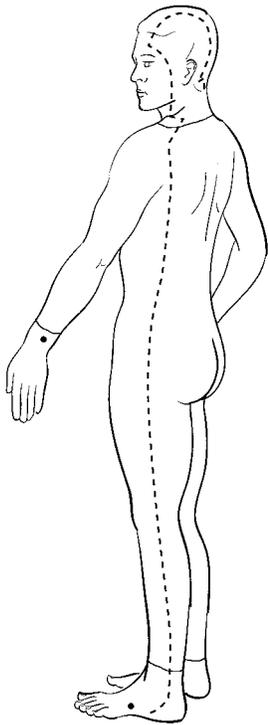
The Eight Extraordinary Meridians



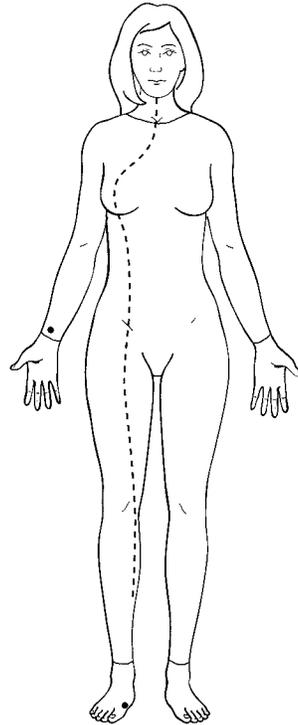
Belt/Dai Mo



Thrusting/Chong Mo



Linking/Yang Wei Mo



Linking/Yin Wei Mo

These 8 Extras are divided into two sets of four each - a primary set and a secondary set.

The four primary ones operate within the torso, and are known as:

- Governor Channel/Du Mo,
- Conception Channel/Ren Mo,
- Belt Channel/Dai Mo, and
- Thrusting Channel/Chong Mo.

The four secondary ones, which back-up or support the primary set and run into the arms and legs, are known as:

- Yang Bridge/Yang Qiao Mo,
- Yin Bridge/Yin Qiao Mo,
- Yang Linking/Yang Wei Mo, and
- Yin Linking/Yin Wei Mo.

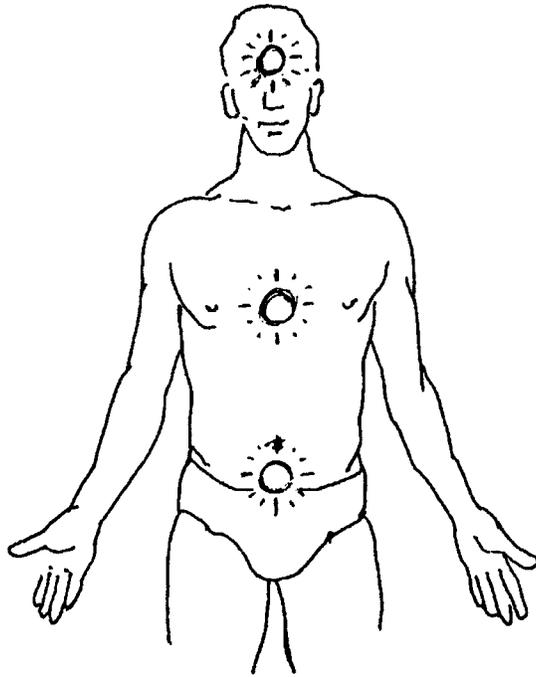
These 8 Extras may be accessed and controlled by a special group of points called the Master and Coupled Points, which are described in detail later.

Together with some sub-branches and connecting channels, these 20 meridians/channels/pathways constitute the full number of channels in the body familiar in Acupuncture. Nobody has any more or less.

However, there is another set of important centers used particularly in Qigong. These are called the Three Tan Tien, which can be translated as The Three Elixir Fields or the Three Energy Centers. These are located in the core of the body along the Chong Mo. They are located in the lower abdomen, the center of the chest and the middle of the head.

The Three Tan Tien contain The Three Treasures, which are known as Jing, Qi and Shen, which can be translated as Essence, Energy and Spirit. The Three Treasures are considered to be the most important possession a person has, and are nurtured, cultivated and protected. See the accompanying illustrations and diagram.

Qigong works by operating and affecting these channels and centers - to increase the volume and heighten the frequency of your energy, and put it under your conscious control.



The Three Tan Tien



The Union Of The Three Treasures
- Jing, Qi, Shen

HOW IT WORKS

There are basic laws and rules by which these pathways work. They are based upon the principles of the The Dao, which can be translated as the Way of Nature.



Daoism is one of the oldest philosophies in China. It predates recorded history. Daoism is concerned with understanding the correct nature of events and how things work. It can be understood as the Chinese equivalent of the Western word, Science. In the same sense, Science can be understood as Western Dao.

There is another aspect of Daoism which became its religious version - there is a Daoist Church, with its own Pope, priests, nuns, temples and rituals, but none of that is described or touched upon here. The Daoism described here is its secular non-religious aspect.

Daoism is described in the well-known books the Dao De Ching - 'The Book Of The Way And Its Virtue', and the I Ching - 'The Book of Changes', amongst many other great classics.

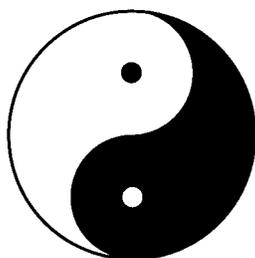
The Dao operates according to specific laws. There are many of these, with levels of subtleties, indeed there are scholars who deal with nothing else. However, the primary ones used here are: Wu Ji, Yin Yang, The Eight Principles, The Five Elements, the Table of Correspondences, The Eight Trigrams and Wu Wei.

Wu Ji

Wu Ji means The Great Nothingness, the ground of all being, that which existed before anything else came into existence.

Yin Yang

Yin Yang is the division into two separate poles, sometimes called positive and negative. This is familiar through the well-known symbol, which is now ubiquitous - from high philosophy to skateboards, medicine to earrings. There are five principles of Yin and Yang: Everything has a Yin and Yang aspect; Every Yin and Yang can be further divided; Yin and Yang create each other; Yin and Yang control each other; Yin and Yang can each transform into the other.



— — YIN

———— YANG

The Eight Principles

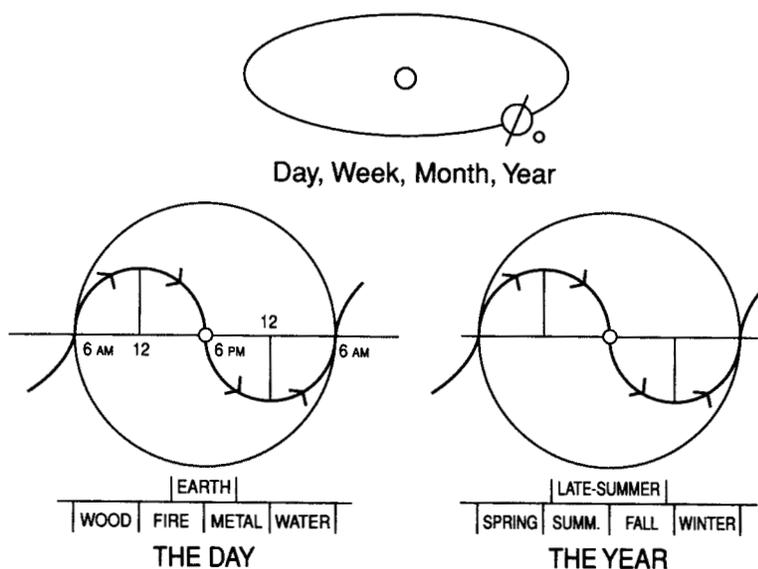
Yin and Yang polarity form the basis in Oriental Medicine of what is known as The Eight Principles. This is a way of understanding and describing the state and condition of the Qi according to eight parameters. There are four pairs of opposites - Yin/Yang, Interior/Exterior, Deficiency/Excess, and Cold/Hot. For instance, a person may have an internal energy condition that could be described as yin, interior, deficient and cold -or- yang, exterior, excessive and hot. In a practical sense this allows for a way of thinking about a specific condition or situation, and therefore to be able to decide on a course of action to take that would resolve the differences and then bring things back into correct balance.

The Five Elements

The Five Elements are known as Wood, Fire, Earth, Metal and Water. This is a way of understanding and describing the nature of things in basic categories according to their inherent qualities. There are many ways in which the Five Elements can interact together, and these differences form the basis for whole schools of thought in Daoism.

It is perhaps easiest to understand the Five Elements in relationship to the seasons of the year. The succession of the seasons is the basic condition under which all life has evolved. This is so fundamental that we tend to not even notice it as being our primary pre-condition; just as if we asked fish what it was like to swim in water, they might answer, incomprehensibly "What's water?".

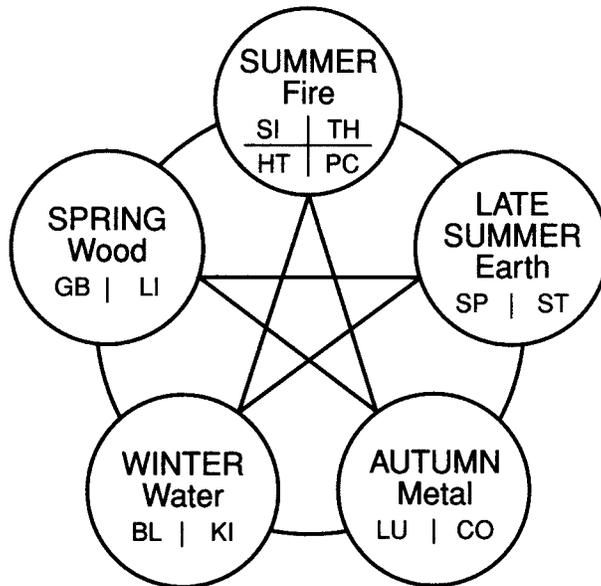
The seasons are based on the rotation of the Earth around the Sun at approximately a 23.5 degree angle off its axis. Some current scientific opinion is that this angle is caused by the gravitation effect of the moon. The seasons always follow the same sequence, always have and always will. They never miss one, or jump one, or go in the opposite direction. They are stable and predictable and provide the basic metronome of life. Although in the West we consider there to be four seasons, in Daoism there are five. The familiar Western sequence is Spring, Summer, Fall and Winter; however, in the Daoist view it is considered that the period of Late-Summer (sometimes called Indian Summer) is a separate and distinct season of its own, the point of balance and harmony.



Each of these seasons has a particular quality to it, which reflects its character and nature. Each of these qualities is described in terms of an Element or Phase. These Five Elements translate as Wood, Fire, Earth, Metal and Water. Wood is the power or force which motivates things to grow in the Spring; Fire is the heat and activity which reaches a peak in Summer; Earth is the ground which provides a foundation for everything, reaching the center point of Late Summer; Metal is the minerals which return to the ground in Fall; Water is the snow and ice of Winter.

The Five Elements and seasons also have corresponding organs related to each one.

- Spring/Wood is the Liver and the Gall Bladder.
- Summer/Fire is the Heart and Small Intestines, and also the Pericardium and Triple Heater.
- Late Summer/Earth is the Spleen-Pancreas and the Stomach.
- Fall/Metal is the Lungs and the Large Intestine.
- Winter/Water is the Kidneys and the Bladder.



The Five Elements

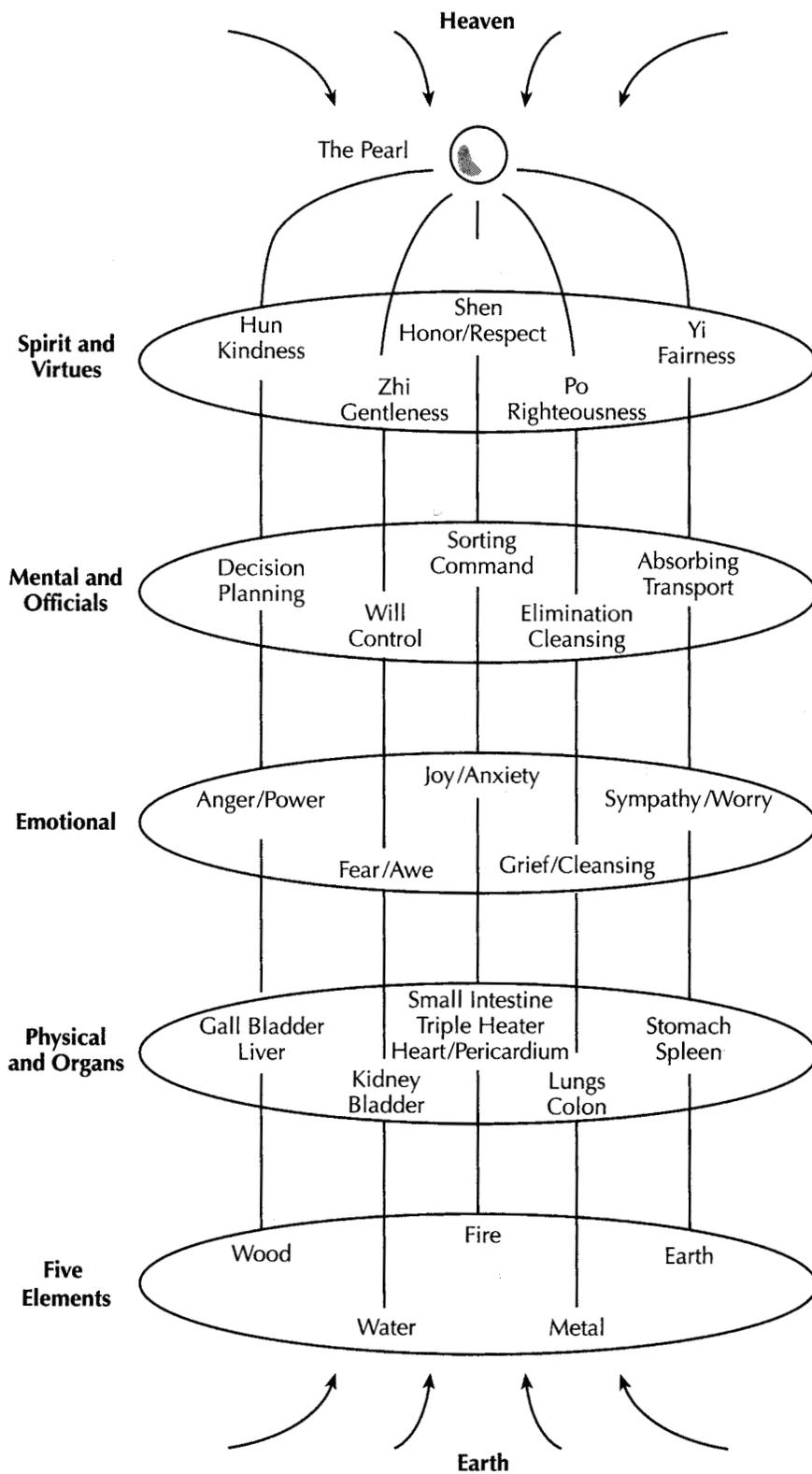
In addition there are many more relationships of the Five Elements, including the emotions, which are illustrated in the following Table of Correspondences.

The Table Of Correspondences.

This is the classical Chinese way of understanding our holistic nature and the relationship between all of our different parts. These relationships are expanded into many other aspects of life, and provide the basic foundation for this comprehensive and integrated way of looking at, and experiencing, the World. This way of seeing things ties all of the different aspects of ourselves into one integrated and interrelated whole. For example: the physical level of organs, senses, tissues, functions; the emotional level of our basic feelings; the mental level of our abilities of planning, decision making, willpower, differentiation, sorting, control etc; and the various dimensions and levels of our spirit.

The Table of Correspondences also extends into the relationships of colors, sounds, odors, times of day, flavors, etc. It is an understanding of the relationships of all our parts, and therefore is one of the original Holistic views of the world. It is Internal Ecology. It is worthy of our best attention and consideration. It provides a foundation for an integrated view and comprehension of who and what we are, and how we operate and function, which has withstood the most rigorous test and scrutiny of all - the test of time.

THE TABLE OF CORRESPONDENCES & THE FIVE ELEMENTS					
ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
SEASON	Spring	Summer	Late Summer	Autumn	Winter
YANG ORGAN	Gall Bladder	Small Intestine Triple Heater	Stomach	Colon	Bladder
YIN ORGAN	Liver	Heart Pericardium	Spleen	Lungs	Kidneys
EMOTION	Anger	Joy	Sympathy	Grief	Fear
COLOUR	Green	Red	Yellow	White	Blue
SOUND	Shouting	Laughing	Singing	Weeping	Groaning
TASTE	Sour	Bitter	Sweet	Pungent	Salty
SMELL	Rancid	Scorched	Fragrant	Rotten	Putrid
OPENING	Eyes	Tongue	Mouth	Nose	Ears
TISSUE	Tendons	Blood Vessels	Flesh	Skin and Hair	Bones
CLIMATE	Wind	Heat	Damp	Dry	Cold
PROCESS	Birth	Growth	Transformation	Harvest	Storage
DIRECTION	East	South	Centre	West	North



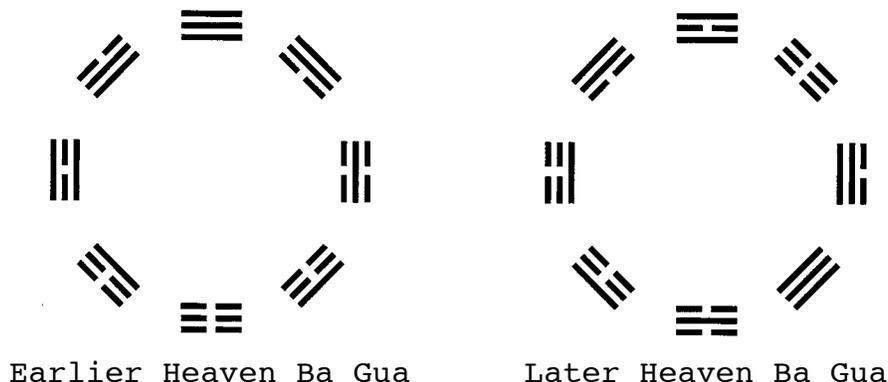
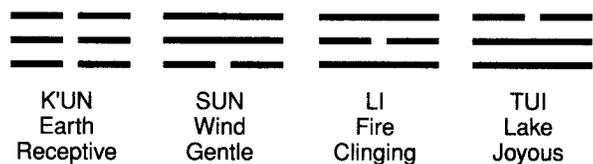
The Five Levels of The Five Elements

The Eight Trigrams

The Eight Trigrams, or 'Ba Gua', is a system of understanding that describes the basic nature of change, how it works, and how to work with it. It is considered by some people to be a diagram of the primary dynamics of reality.

The Trigrams consist of eight sets of three lines. The top line represents Heaven. The bottom line represents Earth. The middle line represents Humankind. These lines can be either Yang which are unbroken, or Yin which are broken. The two primary trigrams are full Yang and full Yin, representing Heaven and Earth. When any of these lines change into their opposite, they create one of six possible permutations - Thunder, Water, Mountain, Wind, Fire, and Lake.

The trigrams can be placed in particular relationships to each other in the form of an eight-sided figure, the Ba Gua. There is an Earlier Heaven (Ho Tu) and a Later Heaven (Lo Shu) arrangement, which corresponds to the pre-natal and post-natal circulations of energy.



Wu Wei

The term Wu Wei describes an attitude to The Dao and life. It is a way of looking at the world and what happens, and acting appropriately. Wu Wei has been translated as 'non-action' or 'non-interference'- however, in the opinion of the author this has often wrongly been understood as meaning 'doing nothing'. On the contrary, it means being in such Harmony with the Dao that everything happens as it should, of its own accord. It may also be described as correctly understanding something in terms of its energy dynamics, and then taking the appropriate action.

This has been called 'The Water Way', because the essential nature of water is to fill whatever it comes to, and then keep on flowing. Sometimes it is indeed appropriate to not interfere, but at other times it is necessary to put every last ounce of effort and resources into something. You do the correct action/non-action in the situation. We all have the experience of doing something exactly right, so that it all went perfectly. This is Wu Wei.

The State of Health

So what is the state of energy-health? How is it measured, assessed, described?

The state of correct functioning of your energy/control-system/blueprint can be described as when it works the way it is designed to, and how it is supposed to. This has five particular and specific characteristics that can be described as being when your energy has:

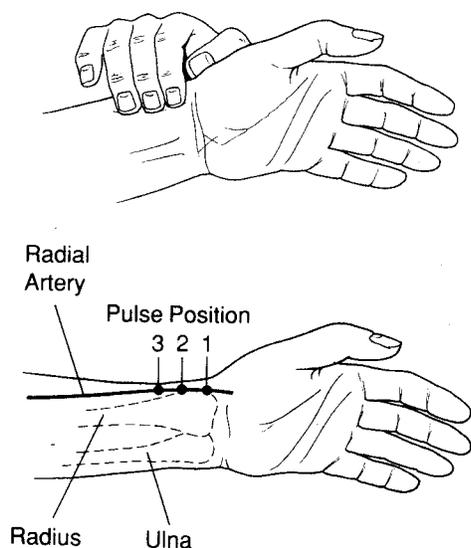
1. BALANCE, and
2. FREE-FLOW, with
3. THE RIGHT QUALITY,
4. GOOD VOLUME, and
5. CORRECT RELATIONSHIPS

When you have these five characteristics then you have the necessary foundation for the state of health and correct function. You give yourself the Best Option.

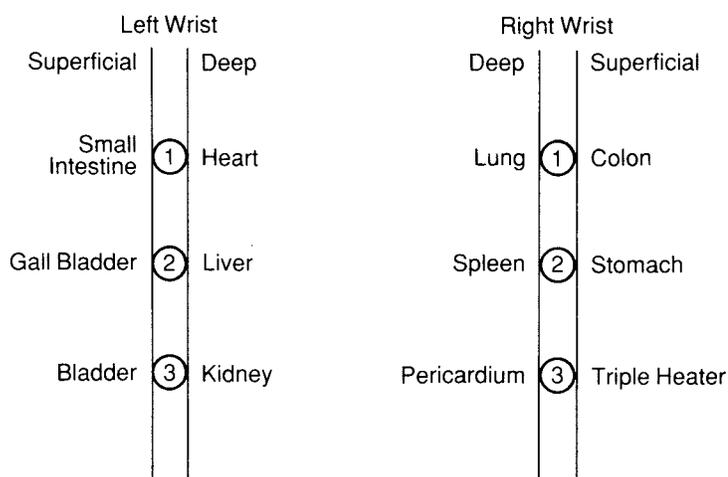
The Pulses

Acupuncturists and Oriental Doctors can technically measure this condition by feeling/palpating 12 separate pulses on the wrists, as well as other indications such as a person's color, the sound of their voice, the spirit in the eyes, the odor, the mannerisms and emotions etc. The pulses are a unique characteristic of the meridian system. They are the basic way in which the Chi in the 12 major meridians, and therefore a person's energy, is read and monitored clinically. Each of the 12 organs/officials has a separate and distinct pulse, which can be felt and "read" by the fingertips of a trained and experienced practitioner. These pulses are located on the radial artery of the wrist, and they may also be felt at the ankle and neck.

There are three positions on each wrist, one at the normal position for feeling the heart-rate pulse, opposite the styloid process, then another a fingertip in front of this, and the third position a fingertip behind. In each position there are two levels – one superficial, the other deep, so therefore there are six positions on each wrist, making a total of 12 pulses altogether. This a most revealing and comprehensive technique, and it is limited only by the skill and experience of the practitioner.



Reading 'The Pulses'



Pulse positions and their Correspondences

A LANGUAGE OF ENERGY

Energy is Life, but a Language of Energy does not exist in the West. To discuss the experience of Qigong we need an 'Energy Language'. Language gives us both a means of expressing and communicating meaning, experience, and sensation, and a way of understanding these things ourselves.

Without an Energy Language we have no way of describing and understanding our energy, or how to work with, control or develop it. Without an Energy Language we are limited to vague, amorphous words and strange gestures, instead of having meaningful, interesting and stimulating dialogues. Without an Energy Language we cannot discuss it with others or compare it with another's experiences.

The way in which someone learns how their energy feels is by first doing a particular practice and then paying attention to the effect, and thereby getting the feedback. In this way you will build-up an Energy Language vocabulary and will slowly and gradually create your own internal library of memories and records of how this feels. Doing the practices, reading the sensations, and remembering and recording them, is the best way to learn. It requires a passive and receptive attitude of mind.

This section proposes an 'Energy Language', to initiate and stimulate a dialogue between teachers, practitioners and others, and to devise a means of talking about energy experiences so that people can discuss them in meaningful ways.

Language, any form of language - movement, sound, images... - is inherent in the structure, the hardware, of our brains; the important issue is how it relates to meaning, which in turn relates to our internal sensations and feelings. A language is a means of expressing and communicating internal feelings and sensations.

Qigong takes this one step further, by looking at how feelings and sensations are based upon our internal energy states. This could be simply described in the following diagram, which operates in both directions:

Language > < Meaning > < Sensations and Feelings > < Energy State

To develop a useable Energy Language in the West we need to describe the meaning of the sensations and feelings of various energy states in simple, common and familiar Western terms.

The following is a proposal for an Energy Language of sensations and feelings, based upon classical Chinese principles of our energy anatomy and physiology, and upon principles the author has found to be true through personal practice and teaching.

The four components of an Energy Language are:

- Yin Yang,
- The Five Elements,
- The Percentage Scale, and
- Volume Control.

Yin Yang

Yin and Yang are the two basic divisions of everything. They are the polarities. Someone mainly knows something by comparing and contrasting it against something else. Although there are numerous ways that this could be defined, the three major categories discussed here are Quality, Movement and Position.

Sensations of Qualities:

<u>YIN</u>	<u>YANG</u>
Light	Heavy
Empty	Full
Weak	Strong
Dull	Tingling
Murky	Clear
Dark	Light

Sensations of Movement:

<u>YIN</u>	<u>YANG</u>
Still	Moving
Sinking	Floating
Falling	Rising
Stuck	Flowing
Contracting	Expanding

Sensations of Position:

<u>YIN</u>	<u>YANG</u>
Bottom	Top
Below	Above
Down	Up
Right	Left
Front	Back
Center	

The above are terms of quality, movement and position which describe something in relationship to its opposite - its Yin and Yang aspect.

The Language Of The 5 Elements

The 5 Elements, which are sometimes also known as the 5 Phases, are basic to the Daoist way of looking at the world. They are a way of understanding the essence of something. They are not in comparison to an opposite, but a description of their own basic irreducible nature.

The following is a description of the 5 Elements and the related organs, temperature, color and direction.

	<u>Wood</u>	<u>Fire</u>	<u>Earth</u>	<u>Metal</u>	<u>Water</u>
Organs:	Liver Gall Bl	Heart Sm. Int Pericardium Triple Heater	Spleen Stomach	Lungs Large Intestine	Kidneys Bladder
Temp:	Warm	Hot	Mild	Cool	Cold
Color:	Green	Red	Yellow	White	BlueBlack
Direction:	Right	Up	Center	Left	Down

The two components of Yin Yang and 5 Elements constitute the foundation of a language for describing your sensations.

For example:

A sensation can feel light, rising, strong, clear, on the right, warm and green.

Or, heavy, sinking, full, at the bottom, murky, cold and blue/black.

Or, flowing, yellow, on the left, mild, smooth and tingling.

Any combination of sensations is possible. It is important to pay attention to the experience of a sensation, and how it could be described in words. When it is put into language, it can be remembered and recalled.

The Percentage Scale

In addition to the above two aspects of classical Daoist thought there is another ability our awareness appears to have which is most important in assessing a sensation or feeling. This is the ability to discern and distinguish relative proportion as a percentage. It is like having an internal "scale" from 0% to 100%.

This is intuitive, but in the experience of the author it is extraordinarily accurate. People know what is going on inside themselves, how much there is of a particular sensation, because it is they themselves who are experiencing it, and although it is subjective there is no other way to assess it. During Qigong practice a person should trust their own intuitive sense of this.

This can most easily be described in units of quarters, with a scale ranging from 0-25%, 25-50%, 50-75%, 75-100%.

However, it is also easily possible to assess it in finer distinctions - 15%, 37%, 62% etc.

A person can "read" the amount of energy or sensation in any given place with their mind. They can then divide it up and hold it, using their mind, in different places for different percentages e.g. put 25% of your attention in the hands, 25% in the feet and 50% in the navel. Now divide it equally in thirds, and put one third of our concentration into each of our Three Tan Tien!

In Qigong we can decide what level of attention to direct to any given area, and how long to maintain it there.

Volume Control

We all have the natural ability to change the volume and intensity - the power - with which we do something. Just as it is possible to touch so lightly that its difficult to discern if we actually touched at all, it also possible to use maximum force and power - touch "as light as a feather" or "like a sledgehammer". Try this yourself, now. Because the mind moves the energy, a person is able to instantaneously decide and modulate the intensity with which they do something.

This is important because when someone begins to do Qigong practices it is best to do them lightly and quietly at first. Too much volume or intensity and it may be too much to easily handle, or create undesired side effects. If this happens then turn down the volume, 'back off', decrease the intensity. Later, slowly increase it step-by-step, staying within the limits of comfort and capacity, until the desired or appropriate level is reached.

So, combining Yin and Yang, The 5 Elements, The Percentage Scale and Volume Control provides a basis for a language of energy.

A person learns what a particular internal sensation feels like by doing the practices, and putting it into words. In this way they can build a vocabulary and lexicon of energy, and begin to learn its grammar. They begin to learn the language of energy. Try thinking in these terms and discuss your experiences with others. The questions then become "What kind of Energy?", "Where is it?", "What is it doing?", "What is the difference between one kind of energy and another?"

The foregoing are working notes on ways in which a Western Energy Language can be proposed and developed. If we can develop such a language we can talk and learn and share together about one of the most important and fundamental parts of ourselves - our energy - to everybody's benefit.

APPLICATIONS

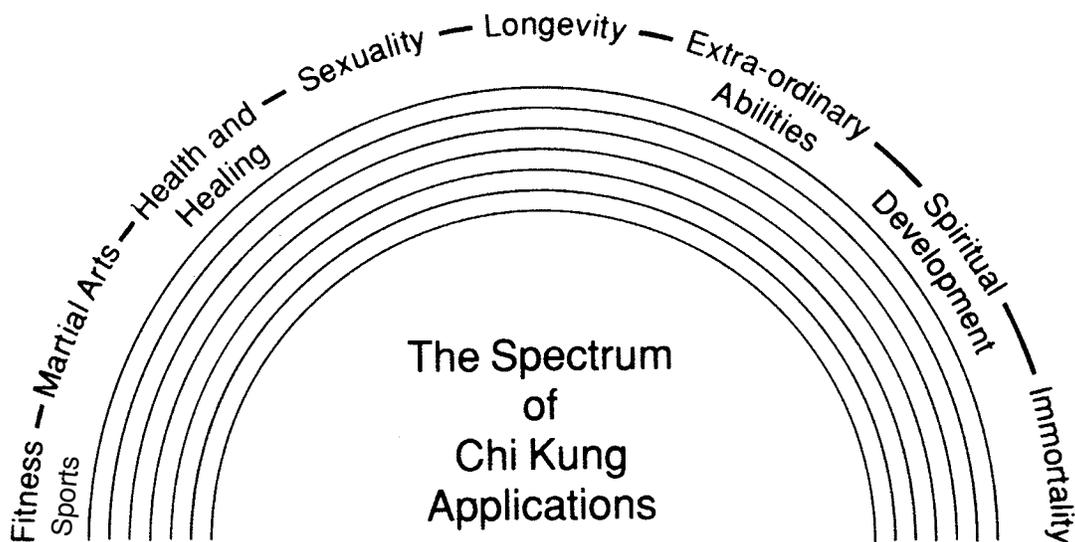
A Complete Toolbox

Qigong can be used for many purposes and all kinds of reasons. It is like a toolbox in which there are many different tools, all with different applications. Some of them are simple and straightforward, while others are so complicated that you need specialized instruction from someone who is trained and experienced. It is as important to pick the right tool as it is to understand the method of using it.

Generally, the more simple and broad-based something is, then the more people who are able to do it; the more refined and specialized it is, then the fewer people who are interested in it or who can gain access to it. Millions of people can do simple standing postures which require minimal instruction, while only the very select few are initiated into the higher levels of Inner Alchemy in the monastic tradition of spiritual cultivation.

A Compendium Of Applications

The following is a compendium of the applications of Qigong. Some of them may seem so obvious or mundane that you may question why they are being stated; other things may seem quite fantastic, leading you to you wonder how they can be possible.



Fitness

There are many applications of Qigong for fitness. Saying that you are using Qi for fitness in China is like saying you use muscles for exercise in the West – it is nonsensical to try to separate the two. Long established in the East at all levels of society, from morning “stretches” to full workouts, this form of exercise is swiftly entering the mainstream in the West. There are classic sets for health and fitness – self-massage, The Eight Pieces of Brocade (Ba Duan Jin), The Five Animal Frolics (Wu Qin Xi), Wild Goose Qigong, Flying Crane Qigong, Swimming Dragon Qigong – specific exercise sequences each with its own purpose and benefits.

Sports

There seems to be little history of competitive sports in China, but in recent years this has mushroomed, especially with the 2008 Olympic Games in Beijing. Qigong will become widespread in the fields of sports and athletics in the West because the energy system underlies everything – strength, power, flexibility, stamina, endurance and speed. In the arena of professional sports such attributes are the very currency of exchange. The ‘Best’ win the prizes. Every newspaper has a sports section, and sports reports appear on every TV news broadcast. For some people it is the very purpose of their lives. So, it would hardly be a surprise if Qigong, which improves every aspect of physical performance, suddenly appeared everywhere. After all, it would only take one Gold Medal/World Cup Winner, or one Super Star or Head Coach, to attribute their excellence and success to this strange Oriental movement and meditation stuff, for everyone to start doing it... with their kids.

Martial Arts

The martial arts are particular to the East. Although all other cultures have fighting forms, in China they have been elevated to a national preoccupation. Following the arrival of the Buddhist monk Ta Mo from India, around 500 C.E., at the Shaolin monastery, the monks began to cultivate physical strength through the Muscle and Tendon Changing Training and Bone Marrow Washing practice (which uses methods to clean accumulated fat from the center of the bones and thereby produce plentiful clean, fresh blood cells—one of the “secrets” of longevity.) They also developed

Iron Shirt training, in order to be able to withstand hard blows without damaging essential internal organs. Practitioners demonstrate remarkable feats of strength and ability. Another application is in Tai Chi Chuan, the flowing "shadow boxing," which was used for combat and fighting.

Health and Healing

Of the many applications of Qigong, this may eventually become the most widely known in the West. There are a number of forms and styles. "Medical Qigong" and "Qigong Healing" are performed by a practitioner who transmits their energy to a patient. These styles depend on a comprehensive working clinical knowledge of the meridian and energy system, as well as the principles involved in Oriental diagnosis and treatment. "Exercise prescriptions" are given for particular illnesses and diseases. Chinese Qigong medical books are full of these exercises and practices. Qigong is a term that can be used to cover many different forms of therapy, but Acupuncturists, who are now widespread and established, may well become the vanguard of a new generation of Western Qigong Healers.

Sex

Sex is one of the most compelling and perplexing aspects of life. In the Oriental system, one's sexual energy is associated with the primary motivating energy, the biological, animal level of our being. This is known as Jing, which is one of the Three Treasures – Jing, Qi, and Shen. The retention and cultivation of Jing is seen as essential in order to progress to higher levels of energy and spirit. Qigong can open up this new world of sexuality. There are two aspects to developing this sexuality – "solo cultivation" and "dual cultivation". As implied, solo cultivation is practiced on one's own, dual cultivation with a partner. Qigong can develop sexuality from the primary biological level, through the emotional level to the cultivation of the spirit. This is described in more detail in Part II, the accompanying practice and training document.

Qigong for Longevity

One of the most common stereotypes held of China is that of the "wise old sage." It really is difficult to know to the nearest decade how old some Chinese people are. Longevity is one of the great prizes in China, and it shows that you have understood the Dao and lived it. In China it is said that if you died at 120 then you died young. It is not necessary to become ill just because you have grown old - instead, it depends on the quality, volume, and purity of your essence, energy, and spirit - your Jing, Qi, and Shen. This cultivation and preservation is one of the higher purposes of practice.



82 years old, and on top of her world

Extraordinary Human Abilities

It is widely recognized that certain people have highly developed psychic and paranormal abilities. There are people who can do things for which there is no obvious explanation within the currently accepted laws of physics and science. In attempting to understand the mechanisms involved with extraordinary abilities, one needs to understand that they are operating at a higher level than our normal sensory perceptions and experience. While there are only limited sensations and experiences we can normally perceive with our sense organs, extraordinary human abilities are related to being able to perceive at broader, higher, and finer levels. Through Qigong practice and cultivation it is possible to "tune" our sensory apparatus to higher frequencies.

Spiritual Development

Spiritual cultivation is part of all cultures, and each society has its own ways and means of approaching it. Many cultures protect their spiritual secrets, and often these are esoteric and only revealed to the initiated. Within Qigong these esoteric practices are known as "Inner Alchemy", and they are practices that develop heightened states of being. Many means have been used to protect this knowledge, and it is only relatively recently that ancient texts have become available in the West, and that Eastern teachers have been passing on their knowledge to selected Western students. In order to cultivate the spirit body, Daoist monks refine and purify their bodies, thereby raising their energy bodies to a higher frequency and volume.

Immortality

The pursuit of Immortality is a basic theme of Qigong. It is rooted in the most ancient traditions and goes back to the earliest shamanic tradition. The actual procedure, which is kept very secret, involves condensing the energy-body into a "pearl", which then enters into the Immortal Realm. This pearl is the condensed essence of what we are, the purified stuff of the universe that we each have inside us, the spark of starlight that we call "life." The spirit or essence can then be trained to leave or re-enter the body, through the Qigong point called Bai Hui, at the top of the crown, while the physical body remains in

deep meditation. When it is time to finally leave forever, then the practitioner has complete control over the process, and can choose the exact time at which to depart. The pearl/spirit then leaves the body for good, and the physical body "dies."

Applications In Summary

The above is an overview of the general categories and applications of Qigong - for Fitness, Sports, Martial Arts, Health and Healing, Sex, Longevity, Extraordinary Human Abilities, Spiritual Development and Immortality. Each one is used for its own specific reasons, and each has its appropriate place. It's all a question of what is applicable and appropriate for whom and when.

There are parallels to Qigong in all cultures, and definitely so here in the West. Qi is an essential part of our being and it may be unknowingly cultivated anyway - there are saints and holy men and women in every culture. The key is to find out what is appropriate and right for you, now, and take it from there. Hopefully this brief guided tour of the applications of Qigong has at least mapped out the general territory.

QIGONG IN EVERYDAY LIFE

24-Hours-A-Day Qigong

This describes a state where your energy is running correctly at all times. It is in your conscious awareness and under your control.

Your energy operates all of the time – from the moment of conception through every moment of your life. When it stops working, so will you.

When you pause what you are doing and practice Qigong you take a special time to focus on a particular purpose with your attention. This is the only way to learn. The practices in the accompanying document on Eight Extraordinary Meridians Qigong give you a range of possible ways to do this.

However, once you have learned these or other practices, they become part of how you know and experience yourself. They change the relationship between your mind, body, and spirit, bringing them into a more fully integrated whole. You know what your energy system is, how it works, what it is doing, how to read it, and how to bring it back into correct alignment and balance.

Carrying out a specific practice for a particular purpose is a desirable and necessary thing. But there is a way in which you can also have your energy running, at a somewhat lower level, all of the time. This is called 24-hours-a-day Qigong. This does not require stopping what you are doing, but it does require paying attention so that your energy is in your consciousness and under your control. After a time you not only experience your energy as being 'within' yourself, you also experience it 'as' yourself. In fact, it becomes who and what you are. You become energy experiencing itself.

Holding on to your Qi

It is also necessary to become aware of what to avoid – the situations, places, people, and events that will drain energy out of you, if you let them. Traveling in the rush hour, sitting on a subway, being in the middle of vast crowds of people, they can all be draining. In these situations there is nothing to do but

protect yourself. Draw your external energy, your Wei Qi, tight around you like a protective coat and seal your energy in, but do not take any external energy into you. Slowly circulate the Microcosmic Orbit. Conserve and protect your energy as you would your wallet or purse.

If you encounter a person who drains you, either because they need your energy for themselves or because they are attempting to rob you of it, then again draw in. Do not give it away or let it be taken. Be aware of how this feels and happens, and avoid or minimize such encounters in the future.

In the same way, avoid places that are energy draining. There is good energy and bad energy of location. Some places can even be dangerous. Learn to identify the difference and stay away from places that do not nourish or feed you, keeping your own environment as clear, clean, fresh, and uncluttered as possible.

Remain aware of the dynamics of the events and situations that you are involved in. It is not always possible to control events, but you can often decide whether or not to engage in them. In extreme cases, this may involve changing a job, moving somewhere else, or ending a relationship.

When you practice 24-hours-a-day Qigong your energy is working all the time. Food and diet are important aspects of this. Daoists consider that we generally eat too much. In a natural state the body can get-by quite adequately on one meal a day – it has evolved to do so. Periodic fasting to cleanse out any accumulation of toxins and waste is also essential. At the very least do this a couple of times every year, once in the spring and once in the fall. If you are not familiar with how to fast in a safe and controlled way, then seek advice and supervision from a health professional such as an Oriental Medicine practitioner or a naturopath.

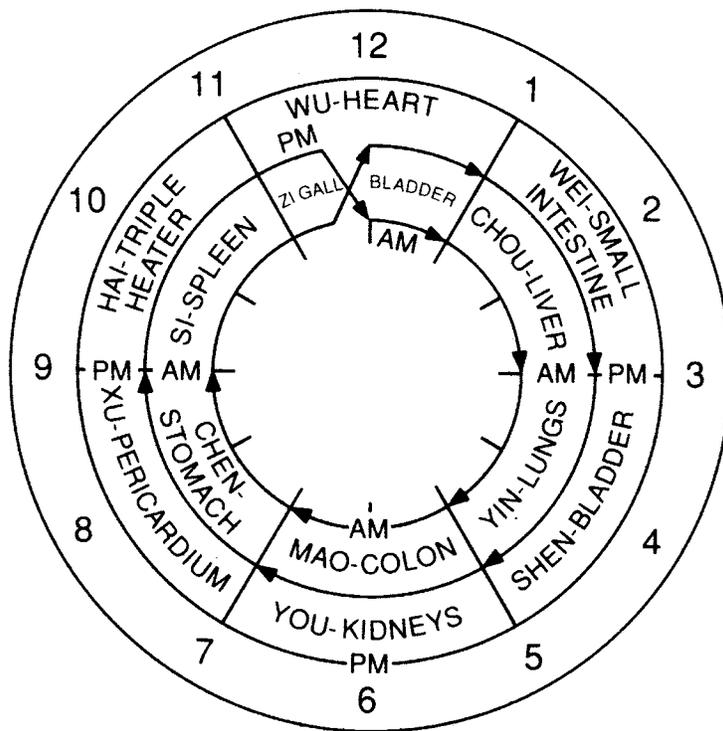
With enough Qigong practice you can just draw in energy as a natural event. Your mind can read and modify your Qi as it requires. When you move or act you can do so in ways that preserve and accumulate energy. With 24-hours-a-day Qigong you can end a busy, productive day refreshed and relaxed.

24 Hours, 12 Meridians

In the West, we measure our days by dividing them into 24 hours. This is simply a convention we all agree upon in order to interact together. Each hour is divided into 60 minutes and each minute into 60 seconds. It is usually a delicious delight, reserved for holidays, vacations, and days-off-work to "lose track of time," to not know what hour of the day it is. But there is also a way of knowing time through the energy system. The superficial/surface Qi circulation runs in a continuous loop around the body, progressing from one channel and organ to the next in a strict sequence. The Qi surges round our bodies in a 24-hour cycle as if mirroring the Earth's rotation, and this acts as an internal metronome timing all of our biological functions.

If we understand this circulation and what it affects and when, then we can align ourselves with our own natural internal rhythms. It is a way to synchronize with your natural biological cycles and therefore maintain better health. The Qi energy peaks or crests in each of the 12 meridians for 2 hours each, and at these times it has an emphasized effect on the corresponding organ/function/official.

7am–9am	Stomach/Yang Earth
9am–11am	Spleen/Yin Earth
11am–1pm	Heart/Yin Fire
1pm–3pm	Small Intestine/Yang Fire
3pm–5pm	Bladder/Yang Water
5pm–7pm	Kidneys/Yin Water
7pm–9pm	Pericardium/Yin Fire
9pm–11pm	Triple Heater/Yang Fire
11pm–1am	Gall Bladder/Yang Wood
1am–3am	Liver/Yin Wood
3am–5am	Lungs/Yin Metal
5am–7am	Large Intestine/Yang Metal



THE WATCH-FACE OF THE FUTURE?

Qigong in Leisure

Many activities are natural Qigong. Many things that people do inherently function to activate the energy system. They are natural and spontaneous expressions of the body's energy. What is your natural Qigong? What do you already do that has an effect upon your energy system? How could you experience your energy more by changing your attention and focus? Try paying attention to what you already do, and observe your energy. The following are some common activities.

Walking

Simple walking has powerful effects upon the energy. When you walk you breath more deeply, and take in the outside air. Most people spend the majority of their time indoors, and the quality of the air degrades. A brisk walk will draw fresh heavenly Qi into you. When you walk you are upright and your feet are in contact with the ground – this activates the Yungchuan/Bubbling Spring point in the center of the soles. The movement of the hips activates Gall Bladder 29 and 30, which are powerful centers of Qi. The rhythmic alternating swinging of the hands and feet bring Qi into the extremities. If you do not have to drive or take a bus, then walk. Afterwards it feels good.

Gardening

Many people garden. Some have vast estates and elaborate gardens designed by landscape artists, some have an area around their house, and some have window boxes and indoor plants. In China there are many public parks landscaped according to Feng Shui principles (this is pronounced 'Fung Shway' and is known as the 'art of placement' or landscaping). Outdoor gardening brings direct contact with the primary Earth. You stand between Heaven and Earth. Having your hands in the soil does you good, and you draw in energy through the Lao Gong points in your palms. Working with and caring for live plants is an interaction with their fresh, live, energy. Similarly, fresh, homegrown food, straight from the ground is self-evidently preferable to canned and preserved goods.

Swimming

Swimming involves floating in water. You are horizontal rather than vertical and your body can move up and down vertically, and this is a relief to the muscular and nervous systems, and it induces relaxation. A "floatation" tank, which fully supports the body and in which there are no external stimuli, creates a profoundly deep and relaxing experience. But swimming involves the rhythmic movement of the arms and legs, and this distributes and equalizes the energy channels that run up and down the limbs. It puts the center of focus on the abdomen, centered on the navel. It is especially good for older people, as it relieves pressure on the joints. Swimming also activates the fluids in the body, which comprise a large portion of our bodily constituents. This is how we all began, floating in the amniotic sac.

Other sports and activities

Many other exercises or sports activate and affect the energy system. Bike riding, running, tennis, dancing, soccer, and skiing, to name but a few, can all be seen to have energetic dimensions. When people engage in these activities they work off the accumulated, stagnant energy from work, while redressing their biological animal nature. Most such activities re-activate the Jing level of energy.

Any activity that you do can be Qigong, can be a form of practice. It all depends on what you do, and how you do it. Now that you have an awareness of what your energy system is, how it works, and what it feels like, pay attention to what you do, especially with activities that you do on a regular and repetitive basis. Sitting in a chair can be Qigong practice, standing upright can be Qigong, walking across a room can activate your energy, shopping can be an energy-accumulating event. It all depends on what level of attention, awareness, and intent you apply.

THE ENVIRONMENT AND ECOLOGY

Ecology can be described as the science of the totality of the patterns of relationships between organisms and their environment. A specific concern for us here is Human Ecology. There are two major considerations - people's effect on the environment, and the effect of the environment on people.

As a species on the planet it is a well-known and accepted scientific fact that we are close to a delicate stage of disturbing the external environment beyond a critical point. Human created pollution is degenerating the air, the water, and the upper atmosphere, and altering weather patterns. Soil is polluted. The icecaps are melting. Irreplaceable resources are being used up in enormous quantities, and the world's human population is continuing to grow. The primary requirements for sustaining human life are now in question.

The focus of attention in energy usage is usually on the amount of external energy that is being used to sustain our present lifestyle - electricity and petroleum being two major issues. Perhaps the real question is how much energy each person uses for themselves, and how much efficient use they make of the energy they inherently have. If a person's energy system is working properly they will make maximum use of their own energy, and require less external energy. They will function as a better energy-using system. Also, if their system is operating correctly they will want, and need, less external energy. They will make the most use of the energy of the food they eat, and the air they breathe. Some Qigong practitioners can eat one meal every few days, get four hours of sleep and operate at a high-energy level output the rest of the time. Periodically, every couple of days, they have to get full rest and recuperation with eight hours sleep, like everyone else, but they can operate at much higher levels on much less than most of us usually do.

If people learn how to effectively and efficiently use their own energy they will not be driven to use up vast quantities of external energy to satisfy some internal need that could be equally satisfied by doing a simple internal practice. They will not be compelled and addicted to find external answers for internal imbalances - they will take care of it themselves sitting quietly in a chair, and practicing. The more people that practice Qigong, the better for the planet, and everybody else.

The effect of the environment on people is a different issue. As we grew out of the planet, we are part of it, molded by its patterns and rhythms. We have evolved totally in the context of, and under the metronome of, energy patterns of the Earth - Gaia. The body-energy, which surrounds each person and extends out around the body in an electro-magnetic field, is familiarly known as the aura. This is each person's own antenna for these larger energy patterns. We are not only affected by the obvious cycles of day, week, month and year, but also by sun spots, by the cycles around the planet know as the Schumann resonance, by rhythms and oscillations that we are only just learning how to read and measure, now that we have satellites and space stations.

This awareness of, and sensitivity to, the energy of the earth has always been inherent in human culture, and special places have been recognized and preserved for this reason. We call them Sacred Sites, and they are the locations of stone circles, pyramids, temples, churches, palaces... These special places are long established healing centers where people have instinctively gone to heal and refresh their souls and spirits... and their body-energy. Hot springs, special mountains, gathering sites... every area of land has them. This has come to be known by the name Geomancy, and there is ample evidence that energy lines on the planet's surface, called Ley Lines, (similar to the meridian pathways in the body used in Acupuncture) congregate at these special places.

Respect of, and care for, the environment is something that affects every person. Qigong is a way that, like recycling, each one of us can individually be responsible for in caring for our common home, Planet Earth.

THE FUTURE OF QIGONG

The Future of Qigong looks vast. Given that what we are dealing with here is 'Life' itself, then we have a wide range of possibilities as it enters into, and becomes part of, the West. There are many possibilities, because there are many kinds of Qigong used for different reasons. In some ways there is a continual, developmental spectrum from Fitness to Spiritual Development - the practices get more refined as the student progresses. How this range of possibilities will graft onto our own established culture remains to be seen. The following is a partial listing of possibilities, giving a sense of where developments might go, and what might unfold.

Medicine

Probably the application that will get Qigong widely introduced and firmly established in the West is its truly remarkable abilities in Health and Healing. Wondering whether Qigong will become part of the health-care system in the West feels a little reminiscent of a few years ago, wondering whether Acupuncture would become accepted and established. It is inevitable - for the simple, straightforward, reason - It Works! It is only a matter of when and how, but, like water following its essence, it will find its correct and appropriate level.

Education

The principles, logic and science that Qigong is based upon are revolutionary in regard to the way that we think, and what we believe to be true. It fundamentally changes the basis of what we understand the world to be and how we understand it to operate. This should become part of how we educate our young. How can we seriously teach anatomy without including the energy system - the co-ordinating and integrating system - into the picture? How can we, knowingly, give young people a wrong and outmoded picture of the world? As has been pointed out, there are relationships between the physical body, seasons, hours of the day, colors, sounds, emotions, temperature, weather, mental functioning and all other phenomenon - as described in The Table Of Correspondences - and we have a clear obligation and responsibility to teach this to our young.

Schoolteachers who have studied Qigong themselves have taken it back into the classroom and naturally integrated it into the way that they teach and relate to their students. Why? Because it makes simple, straightforward, sense - the students respond better and feel calmer. A teacher's job is to teach children the truth as they know it, and those teachers who have trained now know the principles of Qigong to be true. Once we know this information we have an obligation to teach it to children. It's not a weird belief system - it's factual.

Psychology and Mental Health

Psychology is a new science. It has only been applied for approximately 150 years in the West, but has become fundamental to the way that we think and behave as a culture. It has developed many dimensions, from Clinical studies, to Psychoanalysis used for individual therapy, to Transpersonal Psychology which addresses spiritual issues.

Psychology has taught us many things about ourselves, but in the East there has never been a separate field known as psychology, there has never been a separation of the mind and the body and the spirit in this way. The interactions between our physical being, our emotions, our mental level and our spirit are so interrelated that they cannot be separated. In the last 25 years this inter-dependence has come to be recognized in the West, and is now popularly known by the term "BodyMindSpirit", which makes the effort to put back together the three major dimensions of ourselves which were never separate in the first place.

Mental Health is of supreme importance in a world where one person can hold a whole country to ransom, or somebody can go over-the-top at any time and involve totally innocent victims.

- Here, on one hand, we have societies that are perpetually on the brink, and prone to widespread random violence that costs more annually than the defense budget.
- Here, on the other hand, we have a method - Qigong - which works to great effect in many situations, and a system of training which almost anybody can do.

Social Services

Although there are many very valuable aspects of contemporary Western society, and social programs that were undreamed of in the past, there is still enormous room for improvement. The list of social ills is long indeed - child abuse, juvenile offenders, drug addiction, battered women, welfare, street gangs, burglary, homicide, ... and there are not many viable answers. A significant amount of these problems stem from such obvious sources as poverty, ignorance, single Moms, broken families, poor education, lack of opportunity etc, but how effective are the solutions that are offered? There are a limited number of options provided through social agencies, all of which cost scarce money.

The vast majority of these problems involve emotional disturbance and a significant lack of control by the people involved. Such people are often described as unhealthy, sick, out-of-control, crazy... Granted, there are uncorrectable cases of pathological, congenital and psychiatric origin, which need all of the attention and care we can provide, but most of the rest of such people would benefit by having their emotions accessible and appropriate, and having control over their control-system, their energy.

To know how to cleanse and purify the emotions, and how to cultivate the virtues and thereby generate Goodness, would have three distinct benefits:

- 1) People would be able to emotionally correct themselves internally, thus avoiding the externalization of actions, which then become the problems. They may not get as angry or sad or depressed or hopeless or aimless.
- 2) It would provide an experience of The Qigong State and therefore different criteria to measure things against.
- 3) They would have more 'Life' in them, and would therefore function better.

Qigong, the cultivation of refined and correctly functioning energy, could become a viable remedy for many social ills. And how would this be presented to people, and taught, and delivered? Well, a simple question to ask somebody is, 'Would you prefer to feel better or worse. In control or out-of-control?'

Qigong should be on the program of every social service agency, and every social agent should be trained. Of course, the only way such an unorthodox program could gain recognition or acceptance is to initially try it out and get the results! We need Pioneers, and we need clinical studies.

Business

The Business world exists to make profits. One of the major components and resources it has to work with is people. People work at different levels of efficiency and effectiveness, and any businessperson in their right mind wants each employee to be working at their maximum. So, the question of what constitutes maximum is of great relevance.

The impact and cost of sickness is an enormous factor that has to be seriously considered in Business. In the United States major companies are bringing Qigong teachers into the workplace, to teach their employees how to relax, de-stress, decrease their tiredness and increase their energy levels. Increased productivity and greater employee satisfaction are the result. As this becomes reflected in profits no doubt the business world will take every opportunity to utilize Qigong to increase business.

The one thing that can be relied upon in a capitalist society is that if something really works then somebody will provide it and lots of people will buy it.

SUMMARY

From all of the indications Qigong is about to hit the West and transform it. It is likely to change the way we experience ourselves. As it enters and becomes established as a part of the global culture, it will likely manifest in many different ways. How this will all turn out remains to be seen, but here are some possibilities:

- It could change the way that we think about ourselves, about what we are and how we function as human energy events.
- It could effect our way of thinking, because to understand and make sense of this requires a different and expanded way of thinking - Daoist thinking.
- It could give us a new reference point and a criteria to measure ourselves against, thereby setting a new standard for our behavior and actions.
- It could make what is "crazy" about our societies sane again.
- It could keep us healthy, vital, happy and young and operating at our higher potentials.
- It could make us our best.

The future will soon be the present.

Hopefully this list of possibilities for the future will fall far short of the reality, and unimaginable benefits will emerge for everyone.

Qigong is one of the real Secrets of Life.

Qigong is like finding a new dimension of ourselves. Hopefully, in this impending on-rush - the Qi Rush - the name Qigong will not become an over-used and misused term that comes to mean almost anything, and therefore nothing in particular. It is important that over time standards are established, and people will learn to differentiate between various styles, levels, teachers and practitioners.

My hope is that this document will inspire people to try some of these practices and learn how to become aware of, and pay attention to, their energy. They can then learn how to adjust and improve it, and find a teacher and progress further, until it becomes part of their being. As Qigong becomes accepted and established, the most important thing is that the awareness of our energy filters into common consciousness.

HEALTH =

Balance,
Free Flow,
Right Quality,
Good Volume, &
Correct Relationship

of the Energy System

Consider:

- * If we operate according to criteria that emphasize maintaining our energy at the right Balance, Flow, Quality, Volume and Relationship, how can we not take good care of ourselves and rise above our transient emotions, wants and desires?
- * If we are focused on cultivating and transforming our energy-body and spirit, how can we get preoccupied and fixated on our own immediate needs, feelings and personal ego gratification?
- * If we see ourselves primarily as a delicate inter-relationship affected by numerous internal and external energies, how can we any longer separate ourselves from other people, society and nature around us?

Qigong is The Dao entering into the West, Yin joining with Yang to create the Whole. Practicing Qigong is a process of personal evolution, and an act of social responsibility. Qigong holds the potential to make us healthy, sane and happy - and truly Alive with Energy.

Practices To Experience Your Own Qi

Accompanying this Introduction is a document titled

'Eight Extraordinary Meridians Qigong'.

This is a step-by-step training program developed and taught by the author since 1983. It represents 25 years of teaching this material.

It describes the basic anatomy and physiology of the human energy system, its structure and function, which is the control system and blueprint for everything else.

It is written so that hopefully anybody, even people who have never heard of Qigong before, can start at the beginning and developmentally and progressively learn the practices.

It is being given with no cost because these practices are most important for individuals to learn, and for society in general. It is a matter of social evolution in these difficult times.

Try them, and see for yourself. You may find you have more energy... and more life.

Good Wishes...

...and Best Qi to you,

Jim MacRitchie

Afterword

There is good reason for the convention of having a Foreword at the front of a book or document such as this.

It allows the author to tell the reader what the document is, how it came about, and how it is organized - it gives an Overview.

It also provides an opportunity to say in a personal way why they wrote it, and what it means to them - after all, such an undertaking requires a lot of time and effort.

Additionally, as the Foreword is written at the end, when the document is finished, it is often a surprise to the author themselves.

But having written this, it did not seem to fit at the beginning, it gets in the way of the flow, so I am writing this as an Afterword.

The following could be said about this text. It has various features:

It is Free. If you are reading it, it now belongs to you.

It is the collected essence of a Trilogy of books on the topic, written between 1993 and 2002.

It is the 'public' version of a 9 month training program that the author has been developing and teaching since 1983. Previous versions were Reference Manuals for students who had completed the training.

It has been produced with a sense of social responsibility, to make this work available as widely as possible. Only people who live within a one-hour drive from the author's hometown could take the weekly training program - this constitutes 0.0167% of the world's population, and eliminates approximately 5,999,000,000 people - which doesn't seem fair.

It is self-published. No commercial publishing company would be engaged in creating a work such as this, with the costs and time involved, and give it away.

It is only possible because of the Internet and the World Wide Web, without which it would have to be printed on paper and distributed globally - which is prohibitively expensive and cumbersome.

Also, it can be updated easily and regularly, and re-posted on the website so people can download improved versions.

During the training programs, at the beginning of each practice I gave out photocopied handouts, and the students worked through that particular practice. At Graduation at the end of the year each student was presented with a copy of a book of all of the practices. This book evolved from time to time, and year to year.

The introduction to this contained the following statement:

"This book is a Reference Manual and Practice Review document. It has been written for reference purposes for people who have completed my 9 month training program. It is not intended as a comprehensive instruction and practice guide for people who have not received oral instruction or completed the training, because such a practice instruction guide would need to be of a different kind. There is a big difference in the way these two approaches are treated in writing."

So I set out to write this document in a way that would be accessible to anybody, anywhere - to write a 'Comprehensive Practice Instruction Guide', to write it in such a way that anybody, even those who may not have heard the word 'Qigong' before, could start at the beginning, and following the instructions work their way through the whole program until all of the lights went on.

And it has been written so that it could not only be translated into any language, but any alphabet. That is to say a simple, straight-forward, common language of human experience - with hopefully no complex, technical or ambiguous words.

It is also written so that it can be read aloud to a group. If one person can read English they can translate to a group in their own language, and thereby lead a group practice - after all, many cultures and societies function more as groups rather than as separate individuals.

Only you can be the judge of whether this worked for you.

I would be interested and pleased to hear back from you. Please feel free to drop me an email or letter.

On a personal note I could say that after having three books published, they did what they did, and are now out-of-print - although used copies are available via the internet. Having self-published The International Chi Kung/Qong Directory in 1995 the size, extent and potential of the field was recognized. Having created the National Qigong (Chi Kung) Association USA in 1996 and given it years of time and attention it has now become stable and established and the largest organization of its kind in the USA. And after 30 years of clinical practice in Acupuncture and 25 years teaching Qigong, with my most critical and questioning mind, I believe that this training program presents the primary anatomy and physiology of the energy system - the Eight Extraordinary Meridians - which underlie everything else. This may be the proverbial 'Bottom Line' where each person ends and the rest of the universe begins.

But all of this effort in promoting Qigong, the best of myself over these years, seems like a drop in the ocean. Although Qigong is growing and spreading it is doing so very gradually, infusing slowly like a teabag in water, and is still confined to a small elite who are 'in the know'. It is still 'fashionable'. It is still 'alternative'. Despite all of the efforts of myself and many others it has not become mainstream in the West. It has not even appeared on the front cover of Time magazine - yet!

Now with the global energy crisis, the increasing environmental chaos, and food and energy shortages, the world is in danger, and there is a great sense of urgency. People need to know this information as soon as possible. It could literally make the difference between life and death for some.

And I am no longer as young as I was. I began my studies in Acupuncture at 27 years old, and I am now 60+. So I decided to do this project - I felt I owed it back to the world, in gratitude for the quality of life I have had because of Qigong.

In some ways this document is my 'Hail Mary', a term used in American Football, which everyone in the United States knows, when a Quarterback has three seconds left at the end of a game, six big guys are running at him at top speed, he is covered in mud and blood, bruised and aching all over, and it is raining and cold. He has no idea if there is anybody positioned to catch the ball because he can't see clearly anymore - but this is the deciding throw, because if his team scores they win the game, and the championship.

So he gives it everything he has got - just throws it as hard and as far as he can, and hopes for the best.

I am taking everything I have done in my life's work and casting it out into the world. This is my 'Hail Mary! Hail Dao!'. It will do what it will do.

And I am trying to have no expectations or attachments.

However, on a practical note, this all costs money that I never really had. So I am hoping to at least recuperate the costs of producing this, which primarily involved buying professional quality computer equipment.

If you feel this is valuable to you, you can make a donation - of any amount, it all helps - to The Global Qi Project.

Log on to www.globalqipproject.com

Or you can send a contribution by ordinary mail to:

The Global Qi Project,
PO Box 4540,
Boulder, CO 80306,
USA.

Audio Version

An audio version of the complete 'Eight Extraordinary Meridians Qigong' program in Part 2 is available. It consists of the text of this document and a series of practices led by the author as if you are sitting in a class. These audio versions lead you through the practices without having to refer to the written instructions.

They can be downloaded directly via the Internet at www.globalqipproject.com.

There are 12 sessions covering each of the 12 practices.

The cost is \$10 US, for each class -or- \$100 for the whole set.

You can try the first one and see if you like it. However, you are advised to learn each session in sequence, because you need to follow the developmental progression. It is not advisable or recommended to jump ahead to the more advanced practices without getting the fundamentals firmly established first.

Other Languages

If you would be interested in producing your own audio version in your own language, and make it available through the Global Qi Project website, please contact us for details.

Copyright

The author holds the copyright of this work and asserts the moral right to be identified as the author.

"Copyright (c) 2008. James MacRitchie.

Permission is granted to copy, distribute and/or modify this document under the terms of the GNU Free Documentation License, Version 1.2 or any later version published by the Free Software Foundation; with no Invariant Sections, no Front-Cover Texts, and no Back-Cover Texts."

Acknowledgment and credit would be appreciated, but is not required. You may use it anyway you wish, send it to anybody you want to.

Acknowledgements

Thanks are due to the many people who participated in this project and helped make it happen - particularly: Colin O'Neill, a computer genius who backed me up all the way; Karelle Scharff, of Best Mac Solutions in Boulder who found the best solutions for this Mac; Layah Bachs McLean, my one woman cheerleader team who just kept showing up with great ideas.

And, of course, the folks who gave their valuable time in proof reading various stages of the manuscript and other assistance: Jan Bachman, Sherry Ballou-Dolman, Doug Cain, Teresa Cain, Jesse Dammann, Jeff Durland, Paul Hansen, Stephen Joffe, Rebecca Maret, Paulina Mundkowski, Jerry Ryan, Jason Sauter, Rob Thompson, David Weinstein, Tom Weis, Ann Windnagel and Turaj Zaim. And anybody else I forgot to mention - you know who you are.

And special thanks to Debra Kuresman, without whom...

To my teachers and guides over the years:
Bill & Wendy Harpe, Anna Halprin, Prof. J.R. & Judy Worsley, and Dr. Robert & Zoe McFarland. To my Qigong teachers, particularly Mantak Chia and Gunther Weil, and all the others too many to mention. And to my Qigong friends and practitioners in the National Qigong (Chi Kung) Association USA and beyond.

To my son John Michael Wise MacRitchie, and his mother Anna Wise.

To my step-children Sonnet Grant and Hagan Caldwell, and their mother Damaris Jarboux.

Thanks for making me a fully qualified Dad.

To my extended family. And to the many students, friends and patients who urged me on over the years.

Front Portrait: Ken Sanville. Author Photo: Ben Sagenkahn
Other Photos: Tom Kumpf. The lady on p35 is my wonderful mother.

My personal thanks and appreciation to everyone.

You were a great team.



Author Profile

James MacRitchie, Lic. Ac., has practised Classical Acupuncture since 1977, and Chi Kung since 1983. He now combines these in 'Chi Kung Acupuncture', in his practice in Boulder, Colorado. He teaches classes and workshops at The Chi Kung/Qigong School.

Originally from Liverpool, England, Jim was the Founding President of the Acupuncture Association of Colorado, and Founder of the National Qigong (Chi Kung) Association USA. He has trained in China and has presented and taught his work internationally. He has written a trilogy of books: 'Chi Kung - Cultivating Personal Energy' (1993), 'The Chi Kung Way - Alive With Energy' (1997) and 'Chi Kung - Energy For Life (2002) [available through www.amazon.com]. Jim has practiced and taught in Boulder since 1981. He was Co-Director of 'The Evolving Institute' with Anna Wise from 1982 to 1988. He Co-Directed 'The Body-Energy Center' with Damaris Jarboux from 1989 to 2007.

Previously involved in the Arts and 'the music business', he has been engaged in painting, theatre, dance, film, video and photography. He is still evolving.

Jim can be contacted at:

The Global Qi Project, PO Box 4540, Boulder, CO 80306, USA.
www.globalqipproject.com
jamesmacritchie@earthlink.net
USA.303.442.3131

Recommended Reading:

Available through www.amazon.com, and others.

Chi Kung - Cultivating Personal Energy
James MacRitchie. ISBN: 1862040648

The Chi Kung Way - Alive With Energy
James MacRitchie. ISBN: 0722530250

Chi Kung - Energy For Life
James MacRitchie. ISBN: 0007145683

Traditional Chinese Acupuncture : Meridians and Points
J.R. Worsley. ISBN: 090654003

Emergence of the Sensual Woman
Saida Desilet. ISBN: 0978865405

The Multi-Orgasmic Man
Mantak Chia & Douglas Abrams. ISBN: 0062513362

The I Ching or Book of Changes.
Richard Wilhelm. ISBN: 069109750

Tao Te Ching
Stephen Mitchell. ISBN: 0060812451

...and all of the many other wonderful books that you may find,
too many to list here, by devoted and skilled teachers and
practitioners.

Disclaimer

None of this material is intended, or to be used as, medical advice. If you have a medical problem or concern seek the help of a medical professional.
