

The Art and Science Of Qigong Self-Healing Workshop



Now a day people become dependent on external sources for looking after their health. They leave their health to hospitals, doctors and medicines. They get caught into thinking that those services will take away whatever illnesses happen to them. So it is not necessary for oneself to look after one own health.

There are several techniques for healthcare available worldwide. But Qigong has something more to offer than the ordinary. It is because the foundation of our life is energy (Qi). So through Qi emerging exercise is the way to get into the deeper source of the energy within. Dr. Roger Jahnke has some interesting words to say about Qigong:



“The Healer Within: Using Traditional Chinese Techniques To Release Your Body's Own Medicine

All the necessary biological components of self-healing have existed for thousands of years. Both ancient and contemporary philosophers have pointed to it. Science has now confirmed it.

The most profound healer is within us -- we produce our own internal medicine. It is easy to turn this medicine on, and it is absolutely free.

When people learn about the healer within, and then take action to care for their own physical, mental, emotional, and spiritual health, they are transformed

Through Qigong meditation in motion or Qi energization the inner medicine will be released for healing, health and wellness.



This workshop will lead the participants into the understanding in the following issues:

1. What is Qi and the nature of Qi?
2. Does Qi really exist in our body and in the universe?
3. What is inner healer?
4. Are there some techniques of testing that Qi really exist?
5. Is Qi really capable of healing?
6. What are scientific evidences of Qi healing effects?
7. Questions and Answer
8. Introduction: Qigong meditation in motion.
9. Application of Qigong meditation.

Qigong Benefits:

10. Qigong helps loosening muscles and joints.
11. Qigong helps improve spinal alignment, flexibility, and balance.
12. Qigong reduces hypertension
13. Qigong reduces weight and improves skin tone and skin elasticity.
14. Qigong eases stress and balances emotions.
15. Qigong strengthens the nerves, bone density.
16. Qigong decreases: stress response, anxiety, obsessive-compulsive, depression.
17. Qigong improves memory and interpersonal sensitivity.
18. Qigong improves blood circulation.
19. Qigong improves lymphatic and immune system.
20. Qigong improves digestive system.