



Qigong FAQ

What can Qigong do for me?

It depends upon the quality and quantity of your Qigong practice. Most Qigong practitioners credit Qigong for improving their daily lives in many ways, including:

- A more relaxed, harmonious state of mind and body
- A noticeable reduction in prior ailments and a reduction in feelings of stress
- An increased resistance to illness through a stronger immune system
- A heightened sensitivity to the body's internal organs along with an energetic ability to regulate one's own health and vitality.

Is Qigong hard to learn?

No, it is quite simple; everyone can learn and practice Qigong, and benefit from the practice, including those who are bed-bound with chronic illness. We teach and encourage students of Qigong to integrate Qigong techniques into their daily lives.

What are the main elements of a general Qigong practice?

Since Qigong is the self-care technique that adjusts breath, mind and body into oneness, different forms of Qigong may start with one adjustment and extend to others.

A general Qigong practice may include four, related elements, and should not be separated artificially:

- Body posture adjustment and gentle movement (such as Tai Ji Quan and Eight-section brocade)
- Mind-focused meditation and purposeful relaxation (such as Mindfulness meditation)
- Breath regulation practice (such as reversed abdominal breathing)
- Self-administered massage

What are the major components in Qigong meditation?

Three adjustments: adjust your body position (sit straight, and relax); adjust your breath (slow, deep and even abdominal breathing); and adjust your mind status (clear your mind of all thoughts and let your awareness stay at the lower abdomen area... relaxed and peaceful).

The three keys you need to remember during Qigong practice are: relaxation (both physically and psychologically), tranquility (concentrated and undisturbed) and naturalness (follows whatever comes and do not resist anything).

Other key components include:

- Deep slow abdominal breathing at the near-resonant frequency
- Relaxing body step-by step through breathing technique
- Warm-up lower Dantian (abdomen) with strong intent and coordinated breathing – the foundation of Daoism meditation
- Gather universe energy through skin breathing
- Guided imagery helps to detoxify body and cleanse the sickness
- Reversed abdominal breathing recharge the Jing, Qi and Shen, and leads to a deep meditation state (oneness).

How much time do I need to commit to Qigong practice in order to benefit from it?

It depends upon what you try to achieve and how committed you are. In general, practice is better than no practice; daily practice is better than intermittent practice; the more the better. It is best to develop your own routine, and make Qigong practice part of your daily life.

What are common feelings or responses in Qigong meditation?

It is all right if you do not feel anything in the beginning beyond feeling calm and relaxed; however, as you continue to practice you may experience different sensations. This is good! The most common sensations during Qigong include warmth, cold, heat, chill, itching, tingling, and muscle tension.

Other possible sensations include lightness, heaviness, or feelings of flowing, lifting, sinking, falling, hardness and softness. These sensations are normal responses and they will come and go. These are signs that your body is “waking up” and sensing new qi circulation and other positive internal changes. It’s ok to notice them and then bring your focus back to the meditation. Your qi is moving.

Why do I have a problem sitting still and keeping focused? How do I deal with it?

It is normal for a beginner to feel irritated and disturbed by random thoughts during meditation; part of purpose for doing meditation is to train your mind and attention to be focused and restful, which is a gradual process. Do not blame yourself for not being able to concentrate, just remind yourself that your mind needs rest and this is the opportunity for it.

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