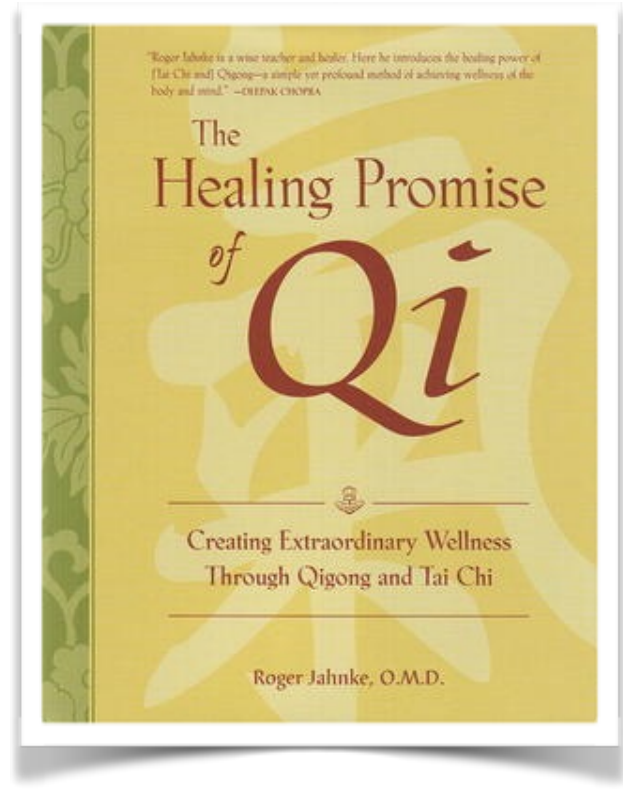
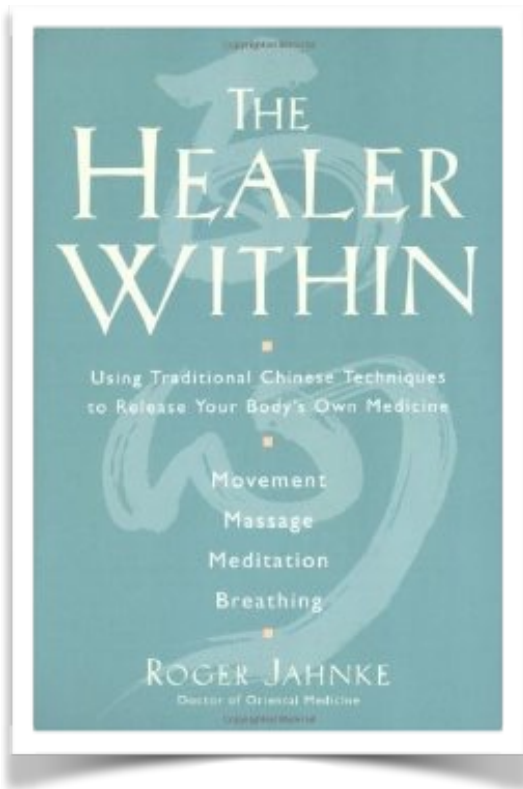


Mind Body Practices for Self-Healing

From Author of
The Healer Within and
The Healing Promise of Qi

Dr. Roger Jahnke





YOUR BODY, in cooperation with your mind and spirit, is marvelously blessed with miraculous self-healing abilities. The body is the temple of your life. Mind and spirit are the dwellers within the temple. Mind and spirit maintain the temple. Mind's intelligence and spirit's inspiration vitalize and quicken the body. The three together -- body, mind and spirit -- cooperate to produce the most profound medicine ever known in the history of the human race, right within you.

Any injury or illness is spontaneously cured when these naturally occurring self-healing resources are operating optimally. When you cut yourself, the wound heals automatically. When you have a sprain or bruise, it heals automatically. When you have a sprain or bruise, it heals automatically. When you have a broken bone, the physician must set the bone correctly, but then nature heals in spontaneously.

Science cannot explain much of what causes what we call healing. The “original cause” of healing, health, life itself, and the whole universe is unexplained. In ancient China this “original cause” is known as “mystery.”

With or without a physician, with or without medical intervention, the natural medicine that we produce - our healer within - is working to heal us and sustain our health.



A wondrous self-healing mechanism has been built into us by the architect of the universe from the beginning of human history. This remarkable gift belongs to every person from birth. Unfortunately, most people have not known about this gift; it has been a secret. You, however, have entered into this circle of individuals who will make this secret known. Freeing the potential of self healing in your own life and sharing it with your family and community will have marvelous effects.

When our natural healing ability does not function automatically, something is terribly wrong. Our spontaneous self-healing resources have become damaged or disordered. Formerly, we lived in a world

where the only solution to this problem was thought to require physicians, hospitals, medicines, and tremendous expense.

Now we know that the best, easiest and least expensive cure is to rehabilitate the automatic healing capacity through self-healing methods. The simple practices of focusing on the breath, applying self-massage, gently moving the body, and deeply relaxing bring the natural relationship among the body, mind and spirit back into balance.

For decades, we in the modern Western world have believed that medical science would invent better medicines and healing procedures than those automatically born within us. Given that cancer, heart disease, stroke, and diabetes remain terrifying realities throughout our communities, we now know that the promise of medical science has been at least as much of a disappointment as it has been an inspiration.

Exciting new scientific research and clinical experience show, however, that the most profound medicine is produced naturally within us through the collaboration of our own body, mind and spirit.

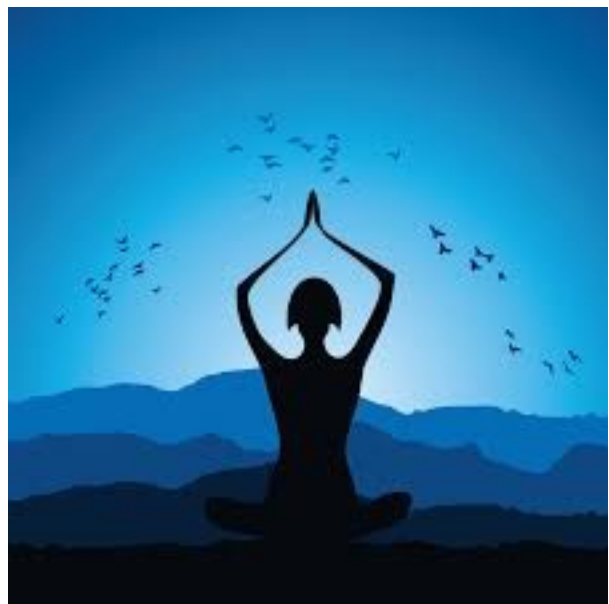
The naturally occurring self-healing ability of your own body, mind, and spirit is the world's greatest healer. This means that you—not someone else, but you—can reduce your risk of disease. If you have lost your health and have become challenged by a disease or illness, this means that you can literally heal yourself. Of you can work as a partner with your physician to speed your recovery.



THE ESSENCE OF SELF-HEALING

Three areas, all based on personal choice and personal action, maximize the activity of our naturally occurring self-healing capability. The first is our choice of attitudes and mental influences. When we choose to think, believe, and act from a position of power, refusing to be a victim of circumstances, the healer within is automatically strengthened. When we refuse to live under the influence of worry and doubt, the internal medicine is enriched.

The second area of choice is lifestyle: nutrition, exercise, rest, relationships, finances, work, spiritual practice, play, water intake, avoidance of alcohol and cigarettes, and so on. From moment to moment, each of us personally elects whether to enhance or sabotage the healer within through our behaviors and personal choices. The third area of choice is personal self-care -- the practice of self-healing and health enhancement methods.



When these aspects of personal choice keep health and healing active in a person's life, he or she does not generally need to go to a clinic or hospital. When the healer within is strong efficient, well-being is intact. Empowered by knowledge and inspiration to take action, each individual becomes the principal source of health, healing, and stress mastery in his or her own life.

THE FOUR ESSENTIAL METHODS

In addition to following basic guidelines in the areas of attitude and lifestyle, each individual can learn and practice four simple self-applied health enhancement methods that activate the natural medicines that we produce within. These are ancient practices. After many centuries or correction and improvement, they have become highly refined tools.

1. Gentle movement of the body
2. Self-applied massage
3. Breath practice
4. Deep relaxation or meditation



These techniques are easy to learn, are easy to apply, require no special knowledge or training, and can be practiced daily by all people (sick or well) with little impact on their time or energy. In fact, they will actually produce both time and energy.

The methods create time because they reduce or eliminate fatigue and forgetfulness. They generate energy because they enhance and regenerate the functioning of the organs and glands, and this produces the physiological energy needed for activity and endurance.

The time spent applying these methods will be returned, even multiplied, by your growing ability to generate abundant personal

vitality, balance, and well-being. You will waste less time and need less sleep.

For every fifteen minutes of health enhancement practice, done faithfully for a period of days, fifteen minutes less sleep will be required, fifteen minutes less time looking for lost keys will be needed, fifteen minutes less insomnia or depression will be experienced, fifteen minutes less pain relief from over-the-counter pain medications will be necessary, fifteen minutes less time will be spent in the waiting room of the doctor's office or clinic.



THREE INTENTFUL CORRECTIONS

The Three Intentful Corrections are common to all forms of Qigong, and trigger the relaxation response and immune function, tonify and settle the Qi, and nourish organs and glands.

First Intentful Correction -- Adjust and regulate your body posture or movement.

Sit or stand fully upright, or lie outstretched. Visualize a connection lifting the top of your head into the heavens. Next visualize a connection from your sacrum to the center of the earth. The upward lift and downward pull opens the center of the body and fills the body with Qi. Adjusting your posture optimizes the inner flow of blood and lymph in your body.



Second Intentful Correction -- Adjust and deepen your breath.

The breath is the most powerful tool for gathering Qi and is the easiest to practice. Inhale slowly through your nose, and hold your breath for a count of one, one thousand; two, one thousand; three, one thousand. Allow your breaths to be deep, slow and relaxed, but not urgent. On the exhalation, relax even more.

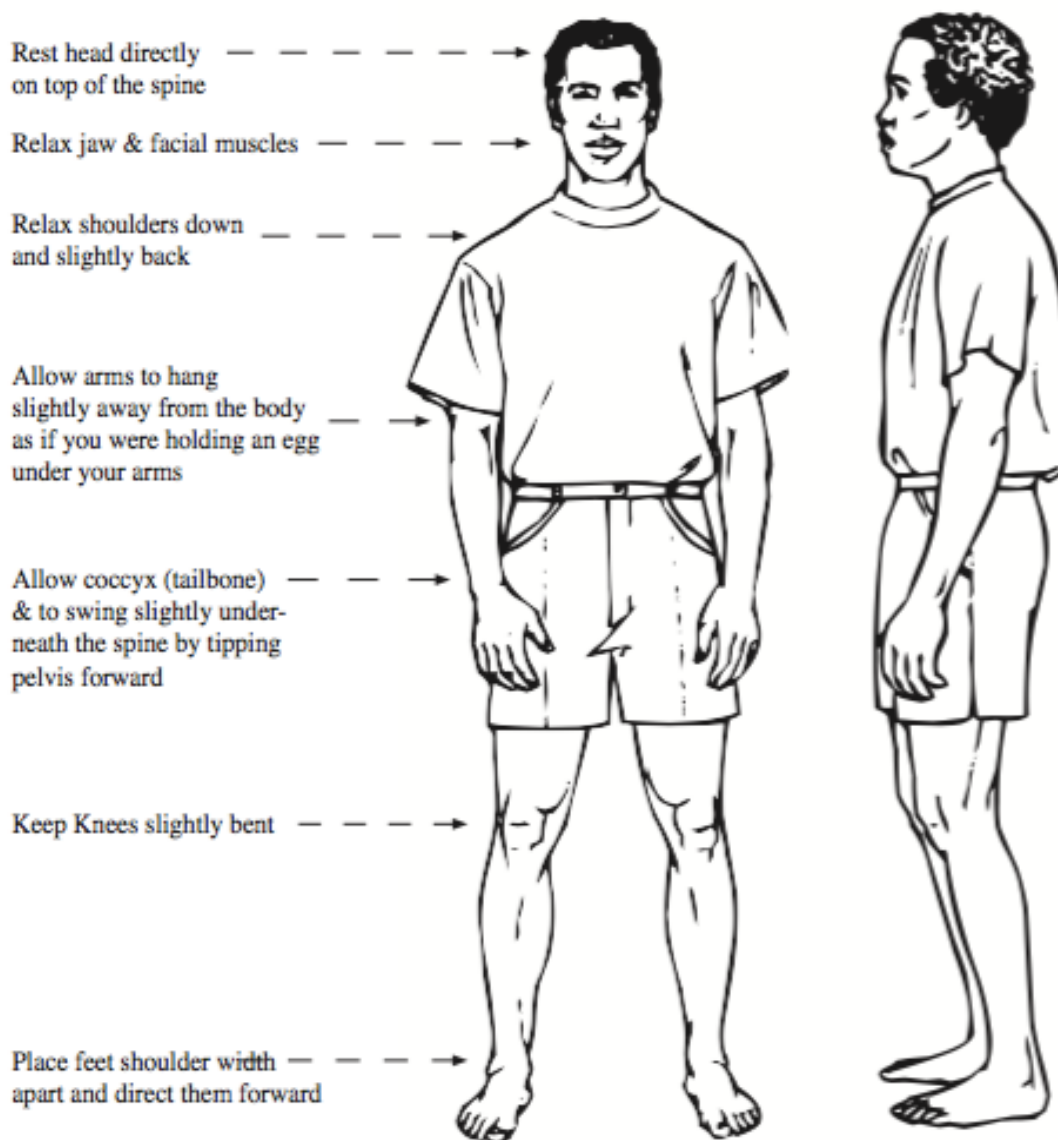
Third Intentful Correction -- Clear your mind.

A Qigong proverb states, “When the mind is distracted the Qi scatters” Briefly, or for as long as you wish, focus your mind on something simple like clouds drifting across the sky, a prairie of grass in the breeze, water moving in a river or as waves against the shore. Smile gently.

THE PRELIMINARY POSTURE

Simply shifting to this position has an effect on brain chemistry because you have to relax to concentrate on arranging the body parts. The adjustment of the body to this Preliminary Posture optimizes the function of all organs and maximizes breath flow throughout the body.

You can perform the Preliminary Posture sitting and lying down as well.



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"The Healer Within, Using Traditional Chinese Techniques to Release Your Body's Own Medicine"

GENTLE MOVEMENT

Flowing Motion

Movements and postures that appear to have minimal movement or activity are actually the most profound methods for generating, circulating, and conserving your own inner medicine. When gentle movement is integrated with full relaxed breathing and deep relaxation of mind, the human body enters an especially healing and restorative state. This has a distinct effect on the blood, the nervous system, the immune system, the lymphatic system, and oxygen metabolism.

Make the practice of self-healing fun. Be careful; respect your limits. Balance and blend the breath and relaxation practices with the mild effort of the movements. This combination more dramatically mobilizes the vitality of healing resources within you.

Just deciding to return to this position has numerous benefits. You have to be aware enough to remember to do it. This awareness alone is empowering. You must relax enough to make adjustments. This relaxation also has a health-enhancing potential.



GENTLE MOVEMENT

Start by standing with your feet directed forward at about shoulder width. Allow your shoulders to relax and arms to dangle at your sides. Bend your knees just slightly and allow the coccyx (tailbone), sacral bone, and pelvis to swing slightly underneath the spine. The lower back will adjust to be straighter and more elongated with less of a forward (lumbar) curve.

Arrange your self in the Preliminary Posture, and rest for a moment. Inhale slowly and turn your palms forward. Slowly lift your body weight onto the balls of your feet as you swing your arms forward and upward. The hands (palms up) and arms rise up to the height of the heart or shoulders, elbows just slightly bent. (Remember do this movement in a way that is comfortable for you; you might be more comfortable sitting.)

Allow your mind to be free of concerns. Now, turn the palms downward, exhale, lower the arms slowly and sink the body weight down so the feet are flat on the ground. When the hands pass the legs, allow them to continue to swing toward the back slightly. Lift your toes as high as possible.

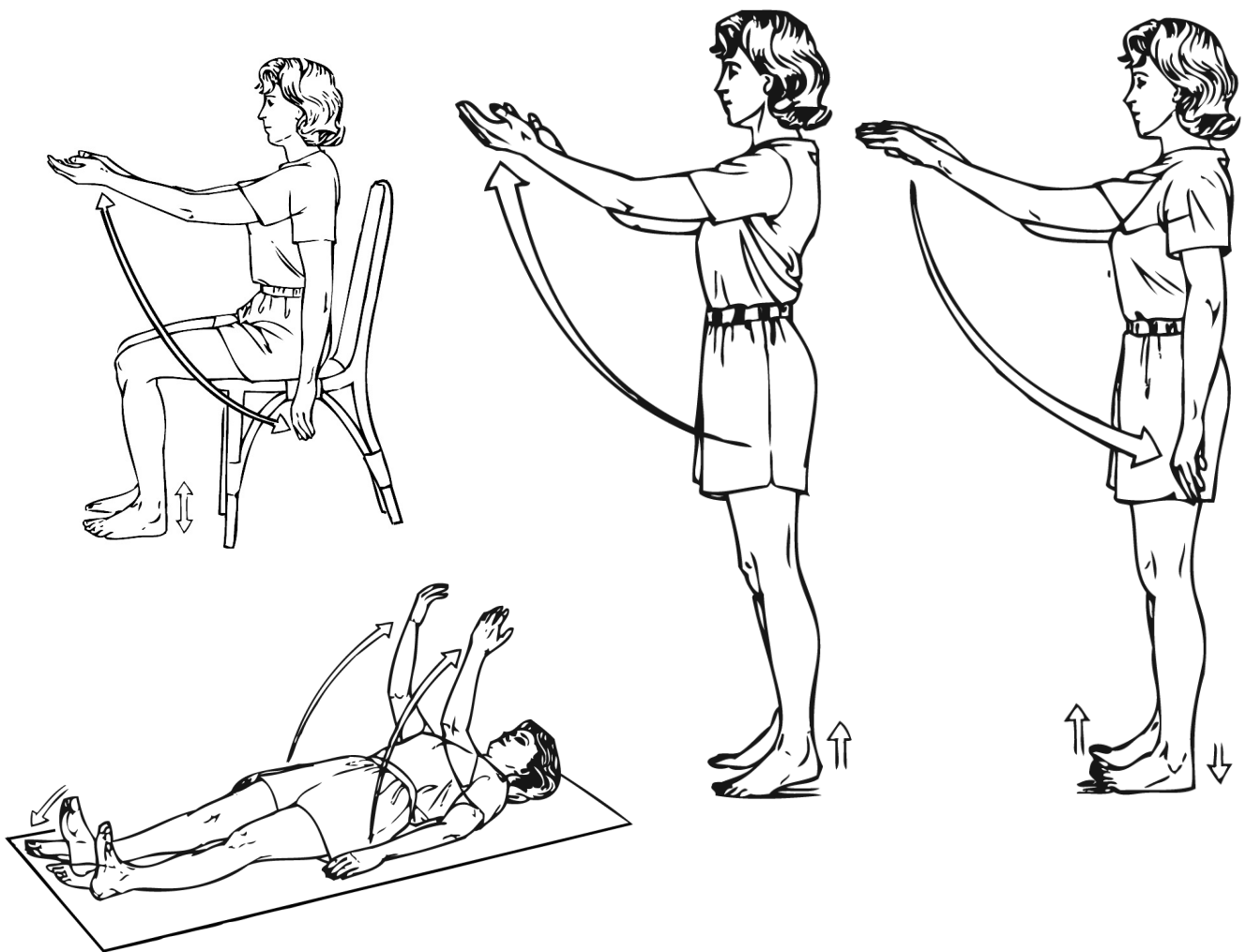
Allow the breath to be full but not urgent. Deepen your relaxation. Turn the palms forward, begin to inhale, and repeat the movement. Build up a gentle rhythm. Soon, as you continue gently, you will gain a sense of ease, a flowing sensation. At both the top of the arm swing and at the back of the swing there is a smooth turn of the palm to change direction, a gentle rounding motion.

If you feel unstable rising on the toes, then practice this method for some time with the feet flat on the ground. Eventually when you begin to do the heel and toe raises, this practice will help you to regain a sense of balance.

GENTLE MOVEMENT

Notice that once you get the Flowing Motion going you can rest in the rhythm and flow. It is almost as if the movement goes on its own and you can ride it. Flowing Motion can be performed from any position – standing, sitting, or lying down.

The Chinese believe that the human body exists in a “field” of energy. You may begin to feel as if you are floating within this field and to sense the flow of the energy as well as the circulation of the medicine within.

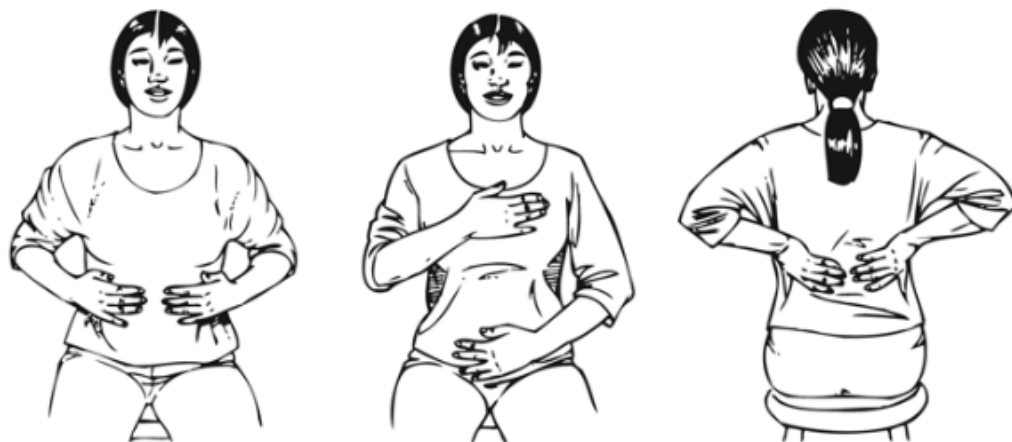


SELF-APPLIED MASSAGE

Energizing The Organs

Energizing the Organs is typical to all Medical Qigong, and directly linked to Traditional Chinese Medicine theory. Energizing the Organs directs Qi and intention to strengthen key organs related to cancer -- Liver, Kidney, Spleen; it calms the Heart, deepens breath and Lung function and soothes the nervous system.

Place the hands over the lower edge of the ribs, near the front side of the body. Beneath the right hand are the liver, the gall bladder, and the upper right hand portion of the large intestines. Beneath the left hand are the spleen, the pancreas, the stomach, and upper left hand portion of the large intestines. Rub the open palm against the surface of the body in a circular motion. Eventually you will begin to feel warmth or perhaps a tingly sensation.



Then hold your hands still and feel the warmth penetrating the surface of the body and migrating to the organs. Allow your breath to be full and luxurious. Think a moment about how these organs have faithfully served you for your entire life. Imagine sending your gratitude to them on your exhalation. Move your hands so that one is over the sternum

and the other is over the navel. Again rub in a circular motion and build up warmth.

SELF-APPLIED MASSAGE

Stop and hold the hands still, sensing the warmth and gratitude to the heart, lungs, and thymus gland. Take your time.

Finally allow your hands to move to the lower back. Build up warmth by rubbing the hands up the back. Allow the inner benefit of your smile of appreciation to travel to the kidneys and the adrenals, considered in Chinese medicine to be the dwelling place of essential life energies.

Imagine their delight at having received your gratitude and acknowledgement after all of these years. Complete by bringing both hands to the front, to rest on the belly just below the navel. Remain for a moment longer in a state of deep rest. Allow the mind to be free.



SELF-APPLIED MASSAGE

Reflexology (Self-Massage Feet)

Some of the benefits of reflexology include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, prevents migraines, cleans up urinary tract conditions, speeds recovery after injury or surgery, helps relieve sleep disorders, reduces depression, and relieves pain.

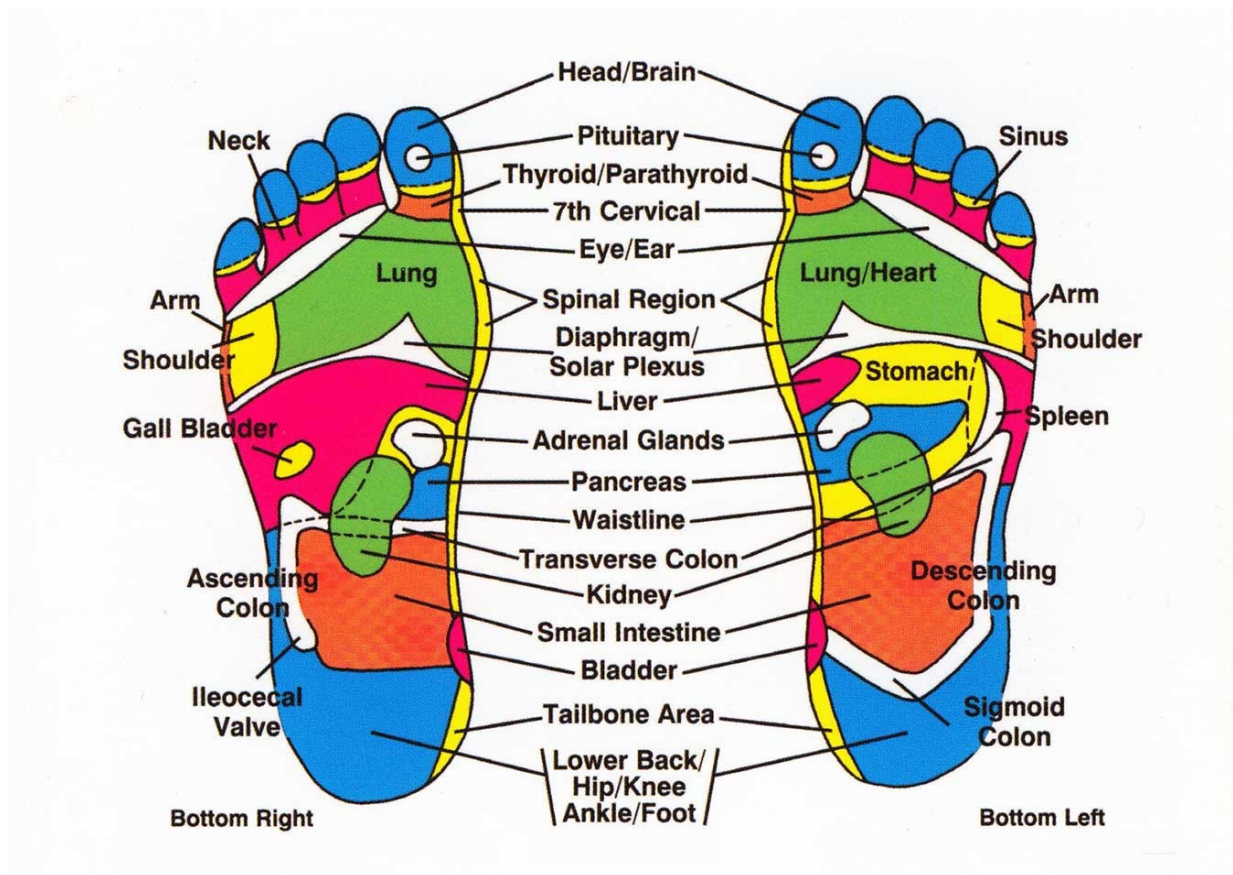
Nerve Function: As our bodies age, our nerve endings become less sensitive in parts of our body, particularly in our extremities. That being said, reflexology has been connected with stimulating more than 7,000 different nervous endings in a single session, thereby increasing their function and reactivity. Opening and cleaning out neural pathways can help improve functionality and flexibility of many areas around the body. Neural pathways are like muscles, so it is good to work them once in a while to keep them sharp!



SELF-APPLIED MASSAGE

Energy Levels: By aligning the functioning of various organ and muscle systems, reflexology can increase metabolism and energy creation processes within the body. If you need a boost in energy or are always feeling sluggish, perhaps a reflexology session can help put some pep back in your step!

SELF-APPLIED MASSAGE



Relaxation: As mentioned, reflexology has been known to open neural pathways, and this sort of free-flowing neural activity results in a more relaxed state in the body, one of reduced stress. For this reason, reflexology can flood your system with relaxation, inducing a state of calm throughout your body and mind. In this same vein, reflexology is commonly used to cure sleep disorders. Insomnia can be a very

troubling condition to suffer through, but reflexology helps your body relax and get back to its normal, healthy circadian rhythms.

Circulation: One of the most well-known and verified benefits of reflexology is an improvement in circulation throughout the body, which means that blood and oxygen are being cycled through the body more effectively. This means more oxygen reaches vital organ systems, thereby optimizing their functioning and further increasing the metabolism. This also results in faster healing and re-growth of damaged cells.

Toxin Removal: Reflexology has been shown to improve bladder function and to reduce urinary tract issues. What this means in terms of toxicity is a more efficient system of eliminating toxins and other foreign substances, thereby protecting your body from the various diseases and health conditions that can often arise from a compromised urinary system.

BREATH PRACTICE

Gathering Breath

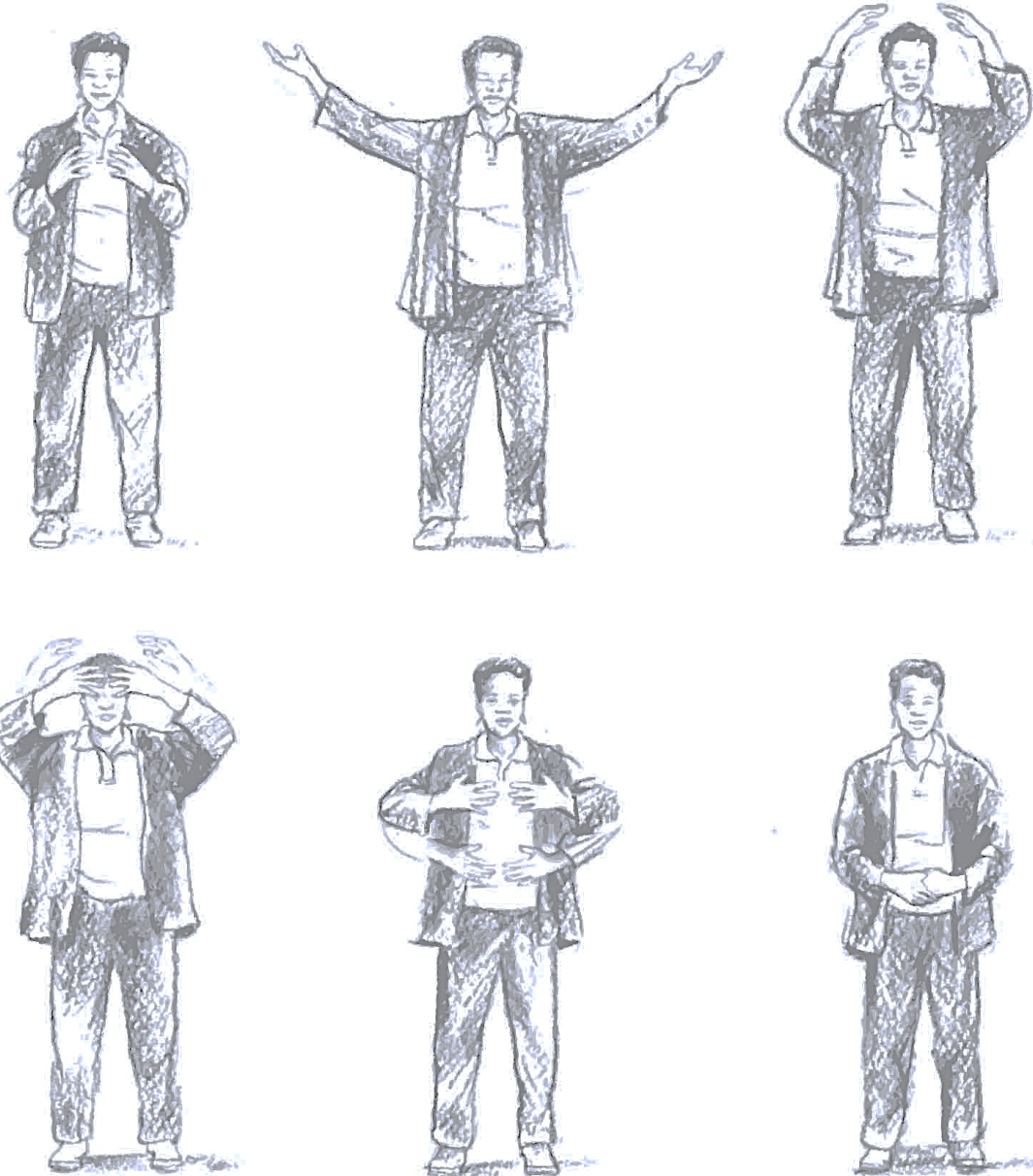
The gathering breath triggers relaxation response, calms and tonifies the Qi, directs Qi especially to the torso area and chest, enhances upper body lymph flow.



Allow yourself to relax deeply during this practice. In China this movement and breath practice is part of a powerful Qigong method called Marrow Washing, which originated from the famous Shaolin Temple. With this practice, you gather energy (Qi) from nature and then purposefully store it in the marrow of the bones, like electrical potential in a battery.

As the hands pass over the body, focus intently on the energy penetrating through the surface of the body, through the flesh and muscles, and through the surface of the bones to be stored in the marrow. This stored energy becomes an available resource to vitalize the organs and glands, harmonize imbalances, and heal disease. Allow yourself to float free of concerns and simplify your thoughts. Move toward a state of equanimity where you are simultaneously cheerful and indifferent.

You may want to turn and face the different directions. From the East gather the energy of spring, of awakening and sprouting. From the South gather the energy of summer, of maturing and ripening. From the West gather the energy of autumn, the reward of the harvest. From the North gather the energy of winter, of patience and rest.



MEDITATION

Gathering Nature's Healing Resources

Triggers relaxation response, immune system function is triggered by relaxation, reduces blood pressure.

In the relaxation and meditation traditions of ancient cultures, regulation of mind goes beyond simply focusing on the body. In both Qigong (Chi Kung) and Tai Chi, one deliberately draws healing energy and the light



of spirit from nature and the universe. Rather than limiting attention to specific body parts, (as in arms legs, organs, etc.), as in the previous practices, creative attention is focused on the visualization of the function of vital resources (vitality, energy), passageways and gateways.

In Traditional Chinese Medicine, it is believed that energy can be gathered from water, mountains, trees and the universe through nearly 1,000 acupuncture energy gates (points) distributed over the body's surface.

MEDITATION

The energy of Heaven, called Yang, is naturally drawn downward toward the Earth.

The energy of the Earth, called Yin, is naturally drawn upward toward the Heaven. These two resources are considered to be the essential energies of life and health as they circulate and interact in the human body. At the surface of the Earth where these energies mix, is the realm of biological life, the biosphere.



Start by standing in the Preliminary Posture, sitting or lying down. Breathe deeply. With each inhalation, you are gathering the resource of oxygen with the breath. At the same time, imagine, visualize or feel, that you are also gathering in vitality (Qi) from the Heaven, the Earth and the biosphere, through thousands of energy gateways. Life energies react to our thoughts and intentions. Current research from numerous disciplines, particularly on neurotransmitters or "information molecules," suggests that this is true.

MEDITATION

On your exhalation, allow yourself to slip deeper and deeper into relaxation. Visualize the internal healing resources circulating throughout your body in the energy channels. You may feel waves of warmth, tingling or a flowing feeling. It is not necessary to know the channel pathways or directions.

This all happens automatically. Just celebrate the flow of vitality throughout your system. Visualize it going to the organs. You can place your hands on the liver, spleen, kidneys, heart or navel, or any area of the body that needs attention. You may feel energy or warmth passing from your hands into the organs.



On your inhalations, you are gathering healing resources. On your exhalations affirm the power of those resources circulating within to increase health and vitality.

The internal circulation of vitality is always occurring naturally however, when you turn your attention to fostering the natural process of circulation, there is an increase. Continue this practice for five to fifteen minutes.

MEDITATION

Over the period of practice, you will feel deeply relaxed. Use your mind intention to direct and visualize the flow of the internal healing forces to the organs or body parts that need the most healing.

Mindfulness Meditation

Mindfulness is a type of meditation that essentially involves focusing on your mind on the present. To be mindful is to be aware of your thoughts and actions in the present, without judging yourself.

Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but not stiff. Try to put aside all thoughts of the past and the future and stay in the present.



MEDITATION

Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.

Watch every thought come and go, whether it is a worry, fear, anxiety or hope. When thoughts come up in your mind, don't ignore or suppress them but simply note them, remain calm and use your breathing as an anchor.

If you find yourself getting carried away in your thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be hard on yourself if this happens. As the time comes to a close, sit for a minute or two, becoming aware of where you are. Get up gradually.

BALANCE + HARMONY = COHERENCE



The Chinese tell us that health is a result of balance and harmony in the Qi. In the West we have begun to say coherence equals optimal function.

MEDITATION

It is reasonable to say, then, that coherent function is equivalent to the Qigong state of balance and harmony. In the West, until very recently, this concept of inner cooperation or coherence was limited to structural and biochemical interactions, with just the slightest acknowledgment of internal energy currents.

The Chinese, on the other hand, have always embraced the notion of energetic interaction among the components of the multidimensional being, including the interaction of the energies of the Earth self and the energies of the Heaven self, which merge in the HeartMind.

As we turn the light of science on the Western equivalents for Qi, we find that coherence, created through practice and intention, is required to reach that optimal state. This is a direct equivalent to balance and harmony.



THE SUPREME ULTIMATE

We produce the most profound medicine within us. This fact alone is one of the most remarkable medical breakthroughs imaginable. In Western culture this radical discovery is very recent. In China, however this same breakthrough happened thousands of years ago. A wide awareness of this healer within will change how we care for and maximize our health as much or more than the mapping of the humane gene will advance medical technology.

Add to this the fact that the newest research in heart disease, diabetes, cancer, and even addiction confirms that simply increasing personal health activities prevents and heals disease. The personal, social, and economic promise of activating the medicine within is astounding. The best of modern medicine, plus the miracle of our ability to optimize our self-healing capacity, bring us closer than ever to the longevity and vitality that the Qi (Chi) masters promised in the writings of the ancient dynasties.

With the knowledge of the ancients that the basis of life and health is invisible energetic interactions and the transfer of subtle life information, it becomes obvious that the future of our personal lives, as well as the future of our culture, is being radically shaped. All of science, including medicine, is in a phase of exuberant transformation as we embrace the implications of quantum physics.

This exciting picture culminates with the fact that there are practical and accessible tools that we can utilize at almost no cost to help us take advantage of these incredible opportunities for health and personal empowerment. Clearly, the promise of the Qi, inherent to Qigong (Chi Kung) and Tai Chi (Taiji), is immense.



From individual to culture wide, from youth to old age, from economic to philosophical, the practical applications of Qigong and Tai Chi can come to bear on a multitude of human challenges. In this intriguing scenario, the absolute necessity of the expert -- the doctor, the technician, the healer -- is creatively diminished.

Experts won't disappear, but each of us is empowered to access healing and personal optimization directly. This promises to be one of the most life-changing findings in our era.

Instead of a breakthrough based on a new product that you must buy or a new technology that you must access through an expert, you become the expert yourself in the purposeful management of your own Qi, in your own home, in your own time, for no cost.

Tai Chi and Qigong as applied methods for healing and self-improvement have been used in times of peace and conflict. Pick from the wide array of challenges across numerous contexts in contemporary culture and it is likely that Tai Chi and Qigong can be applied as inspiring yet practical tools for resolution. Tai Chi is a special form of Qigong, and Qigong is in most cases an exploration of the Supreme Ultimate -- Tai Chi.



With more than 100 million people practicing Qigong and Tai Chi in China and the potential for millions more in the United States and around the world, it will be fascinating to see how well we will use these tools to consciously determine and pursue our preferred future.

For more information about Integral Qigong and Tai Chi to maximize your productivity and well-being, contact the Institute of Integral Qigong and Tai Chi (IIQTC) at 805-617-3390, <http://iiqtc.org>.