

Vignettes of my Medical Qi-Gong Studies in China and the United States

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STUDIES IN CHINA

IN September 1993, I went to China to study Medical Qi-Gong with a group of twelve other Americans. Our teacher was Medical Qi-Gong master and doctor Wang Jue Ming at the Qi-Gong Research Hospital in Bao-Ding China. Wang Jue Ming was 71 years old at the time and had been practicing Qi-Gong since 1955.

My friend who organized our training in China had searched for the most powerful Medical Qi-Gong healer in all of China. He determined that it was Doctor Wang Jue Ming. He sent me a videotape showing Doctor Wang treating a paralyzed man. In the video, Doctor Wang projected his Qi so powerfully into the patient that the patient was propelled across a large mat, at times even going airborne.

Doctor Wang started practicing Qi-Gong after sustaining injuries in the war between China and Japan in the 1930s. He was in very poor health. He studied with five of the seven teachers teaching publicly in China at the time. One of his teachers, Wu Yao Zhen, was also a master of martial arts (wu shu) and another, Zhou Qian Quan, was the abbot of one of the four holy Buddhist mountains, Emei mountain. The latter was also a master of medicine as well as a general in Chiang Kai Schek's army.

Doctor Wang was the General Secretary of the Chinese communist party in Bao-Ding prior to being incarcerated in 1962. He was sent to prison during China's Cultural Revolution as a result of a letter of criticism. The letter stated, in essence, that he was not a normal person because he could run for three days without needing to eat, sleep, or go to the bathroom. It said that he did not do his work but only wanted to practice Qi-Gong. Doctor Wang was also imprisoned for his association with his teacher Zhou Qian Quan, who was accused of being a spy.

Doctor Wang was imprisoned from 1964 to 1981 and set free after 17 years, 4 months and 5 days. Because he practiced Qi-Gong, Doctor Wang said he could enter a calm and quiet state at any time throughout his imprisonment.

Studying with Doctor Wang was an amazing experience. He was able to demonstrate the power of the Qi energy in marvelous ways. At one point, he used Medical Qi-Gong to treat one of us, a woman who had a walnut-sized cancerous tumor in her breast. The treatment was recorded on videotape. Doctor Wang began projecting Qi to her and after about 15 minutes, he stopped. She checked her breast and found no tumor. She was completely healed by Medical Qi-Gong.

Due to my injuries, I had never been able to sit cross-legged. However, I soon felt a wind around me and then I was able to sit cross-legged comfortably for hours. Undoubtedly, Doctor Wang had projected his Qi to ease my sitting.

We were tested in various ways. At one point, we students were seated in chairs while four women who could see auras moved around us looking into our physical and energetic bodies. They could see a white light projecting from my lower *Dantien*.

In this picture, you can see Doctor Wang projecting his Qi through the hands of all of us standing in a line along the rope. I am to his left in this photo. Everyone felt Doctor Wang's powerful Qi surging through his or her hand, even the last person in line.



Here I am working with Doctor Wang to heal a young person who had a brain tumor.

Doctor Wang taught that the benefits and privileges of practicing Qi-Gong are:

*Good Health
Ability to cure the illness of others & treat any disease –
not just musculo-skeletal problems
Spend less money on clothes
Spend no money on medicine
Ability to keep calm and to enter a quiet state at any time.*

STUDIES IN THE UNITED STATES

In 1974, I began studying Tai Qi-Chuan with the Chows, who had only recently arrived in Florida from China. The Chows were Medical Qi-Gong masters who had a healing clinic in China before they came to the United States. Both Mr. and Mrs. Chow became known in the West as watercolor artists but they taught Tai Qi Chuan (modified Wu style long form) on the side.

It did not take me long to realize that they were masters of Tai Qi Chuan and I became fascinated with the practice. I wanted to learn everything I could from them. The only trouble was that they spoke very little English. Nevertheless, I attended their class once a week for 5 years. The method of learning was one of observation, participation, and more observation. Mr. Chow would repeatedly say, "Let your subconscious mind absorb."

The Chows allowed only three or four students per class. They were very serious about teaching Tai Qi Chuan and were severe taskmasters. I can remember Mrs. Chow looking up at me quizzically and asking: "Do you understand?"

I would reply, "Yes."

"Why you no can do?"

I was serious, too, but when I missed one class and was unable to call to tell them what was happening, they cancelled the entire class. When I appeared before Mr. Chow to apologize, Mr. Chow looked into my chest with unfocused eyes for what seemed like a long time. Then he spoke: "The only reason I will start the class again is because you have the potential to be the teacher."

The Chows demonstrated how Medical Qi-Gong can be used for healing. Mr. Chow would demonstrate "giving energy" which he said became possible after many years of Tai Qi Chuan. They would grasp our wrists and the hair on our arms would stand up. Mr. Chow once told me: "If you want to learn how to heal, do Tai Qi Chuan and you will build Qi strong enough to heal."

I won my teachers' favor and many times, I was invited over for dinner after class. They really must have liked me because I was a vegetarian and Mrs. Chow had to cook specially for me!