

*Sports Medicine and
Medical Qigong:*

Knee Injury Rehabilitation

The Extraordinary

Yi Ren Qigong

Of Dr. Guan-Cheng Sun



Volume 16, No. 2
Summer 2006
\$5.00

Nei Gong: The Heart of Daoist Practices

Acupressure During Labor & Delivery

Departments:

- Feng Shui: Home Additions & Basements
- Chinese Fans
- Taijiquan Principles
- The Body as Electromagnetic Matrix
- Tea and Enlightenment
- The Road to Healing: Fast or Slow?



TEACHING ENERGY CHINESE STYLE

THE EXTRAORDINARY YI REN QIGONG OF DR. GUAN-CHENG SUN

BY ROBERT SIMON SIEGEL, MS

Part 1 of 2 (to be continued in next issue)

For over three years I have had the joy and privilege of teaching a unique methodology of life energy development: Yi Ren Qigong or “developing human” qigong. This article will present some of the elements and understandings which comprise this integrated system of qigong. Describing the valuable benefits of this curriculum requires some background for the average person, especially for people seeking better health. The author wishes to make the case that Yi Ren Qigong has wonderful value & relevance today.

As a psychophysicist, stress specialist and corporate trainer, I have over two decades of experience helping people to become healthier. My own journey has recently led me to create the Optimal Health Foundation and become its Executive Director. Our mission is to develop and distribute tools, knowledge and practices that produce optimal health and optimal human functioning. Optimal health describes the upper half of the health spectrum, necessary to complement modern medicine’s focus on the health spectrum’s bottom half: pathology, illness, symptoms & disease. We are interested in how healthy people can become.

Yi Ren Qigong supplies a large and essential

piece of optimal health, one that is currently absent from the lexicon of Western health practices and understanding.

When we speak of qi or “life energy” it is important to bring this into practical understanding, for “energy” can be a confusing term when related to human health and biological functioning. Here is a larger context for making sense of energy flow.

THE “BIG PICTURE” OF BIOLOGICAL ENERGY FLOW

Science understands that biological life on earth depends upon solar energy. Without the solar winds that bathe our planet and the photons of sunlight which plants and biological life utilize, we could not have life on earth as we know it. In her book *The Rainbow and The Worm*, biologist Mae-Won Ho has traced the flow of sunlight through our biosphere, describing many of the energy transformations that we rely upon to live, eat and breathe.¹

Geologists and physicists study the properties of the magnetic field which the Earth radiates. This magnetic field is generated from complex interactions beneath earth’s surface.

It extends from the weak magnetic field at the earth's surface which nourishes biological life to the magnetosphere or Van Allen Belts which protect the earth from being bombarded with solar winds. The magnetosphere is a complex structure formed by the interaction of solar wind with earth's magnetic field.

We also understand at the most basic level that everything physical in this universe is composed of energy. Chemicals are comprised of molecules which are themselves made of atoms with electrons, neutrons, protons and a variety of subatomic particles. All of the physical elements of matter can be shown to have originated from stars, so that the atoms in the periodic chart are hydrogen derivatives or "star dust". In *The Universe Story*, Thomas Berry and others have provided further understanding by describing how bacteria learned to form plants that could utilize carbon dioxide as a fuel source and eliminate oxygen as a waste product—while other bacteria simultaneously evolved into life forms that could ingest those oxygen wastes as fuel and produce carbon dioxide as a waste product to re-fuel the plants.²

For example, green plants absorb photon energy of sunlight and transform it through photosynthesis into chemical energy which produces food for other organisms, whose growth and decay then provide nutrients in the soil upon which the green plants also depend. Human metabolism transforms this food into chemicals which fuel all its activities like movement, thinking, perception and biosynthesis. The photons of green plants split water molecules and reduce carbon dioxide—producing carbohydrates and oxygen.

Human respiration transforms (oxidizes) carbohydrates into carbon dioxide and water. Energetically, the bottom line is that a single electron gets excited by sunlight energy to form ATP from ADP. The ATP is in turn converted to ADP in biosynthesis throughout all the energy-transforming processes that biological life forms use to live, feel, think, grow and love.³ In terms of biological energy, without

denying the existence of other forms of energy, known and unknown, we are mainly focusing on solar (photons) and electromagnetic forms of energy.

We can confidently say that all life forms on earth require energy to live, and all have developed structures that function to access, transform/digest, circulate, store and utilize energy.

THE STRUCTURE AND REWARDS FOR ENERGY SUCCESS

We can confidently say that all life forms on earth require energy to live, and all have developed structures that function to access, transform/digest, circulate, store and utilize energy. The relative efficiency of these structures determines whether the life form must dedicate its entire existence and all its actions towards a constant search for energy (food), or if it is free to do other things once fueled. The ability to store usable energy within its system is vital to gaining

this freedom.

Once they have achieved greater access to energy and can utilize it more efficiently, successful life forms can develop further capacities. This reward is a key motivation. As a species, humans have yet to fully explore and benefit from these possibilities.

COMMUNICATION – THE INFORMATION DELIVERY FUNCTION OF ENERGY ESSENTIAL FOR ADAPTATION AND OPTIMAL HEALTH

Of paramount importance for understanding biological energy is a fascinating quality of energy most worthy of focus: energy transmits information and intelligence. For example, when we "tune in" to our favorite radio shows, HBO specials or cell phone conversations, the antennae and satellite dish are receiving broadcasts of entire musical and audio/video performances via information that has been digitally encoded within electromagnetic waves. The receiving TV, cell phone or radio device converts the digital information back into analog. Miraculously, we can talk to somebody across the world without wires or hear and see a performance. Energy delivers information.

Would Nature not do the same? Successful

adaptation is key to avoiding extinction—for individuals, species, civilizations and business organizations. Plants respond to sensing change in seasons, sunlight, water availability and more. Animals and humans continually adapt to changes in climate and food/resource availability. Understanding energy as a delivery system of information about constant change reveals an important health function of energy circulation, essential for successful energy structures.

Scientific research now confirms that every cell transmits frequencies like tiny radio stations.⁴ These subtle energies are broadcast throughout the body and are received by appropriate receptor sites. With trillions of cells in each human body, and over 10,000 transmissions per cell per second, this simultaneous network of continuous communication is a necessary foundation for optimal health.

Using the language of physics, biology and electrical engineering, we can now examine amazing approaches for genuine optimal health from ancient and modern traditions. For example, biophysicists have recently discovered the existence of water-filled microtubules which form the cell structures. They circulate communications throughout cells and between cells by means of vibratory resonances. They conduct electrical currents, like tiny radio transmitters, that deliver information for coordinating all the activities of the body. These signals are received at receptor sites throughout the body, so that the system of molecules, hormones, ligands and peptides (which comprise all types of neurotransmitters) can operate. The research of Drs. Candace Pert⁵, Kunio Yasue⁶, Scott Hagan⁶, Fritz-Stuart Hameroff⁶, Karl Pribram⁷⁻⁹, Albert Popp⁸, Jacque Benveniste⁹ and many others are well along the way to providing an integrated scientific understanding of this electromagnetic and photon level of biological functioning.

BEFORE, DURING AND AFTER THE COMPLETE UNDERSTANDING OF BIOLOGICAL ENERGY

However, even after modern science fully maps out the importance of the energy level

of biological operation, the need remains to progress beyond the intellectual into the practical. We shall still need to discover or develop the knowledge that generates and maintains optimal health at these energetic levels of biological functioning. Fortunately, older more continuous cultures have already developed sophisticated technologies for strengthening, nourishing and improving this vital energetic level. Yet it has been invisible to most people in Western societies. While Western medicine does not need, nor is it experience-qualified, to re-invent this wheel, it can greatly prosper from researching human energy methodologies that have been refined, some over millennia.

Yi Ren Qigong provides a uniquely comprehensive methodology for accomplishing optimal bio-energetic health based on its intact ancient qigong lineage combined with the scientific knowledge from molecular genetics and endocrine function that its founder Dr. Guan-Cheng Sun provides as a biologist. As a “qigong scientist”, Dr. Sun is in a unique position to further the conversation that can genuinely integrate Western and Eastern approaches to health.

PUBLIC UNHEALTH—THE NECESSITY FOR EXPANDED HEALTH PRACTICES

Reducing illness and disease is the primary activity of American healthcare practices. In spite of this noble effort, cancers are on the rise. Obesity is a national epidemic. Diabetes is rampant. Depression and anxiety are widespread and growing. Viruses, flu, mold and bacteria keep outsmarting treatment by mutating faster than medical science can respond. Allergies and auto-immune disorders increasingly reflect an unhealthy relationship between people and the environment they live in. Without other planets to visit, we can benefit from a focus on solutions and open-minded discovery.

Considering the current crisis of ever-spiraling healthcare costs, it is clear that merely putting out the proliferating fires of pathology is not enough. Our American culture is fixated—beyond any other in the world—on expensive medical diagnostic equipment

and diagnostic testing.¹⁰ This emphasis on diagnosis seems to imply a philosophy that cures are either impossible or can only come from medication combinations and surgeries. There is minimal focus on the possibility, much less the reality, that “doing something” such as an energetic health practice can actually achieve success.

Nonetheless, our necessity increases as healthcare becomes increasingly more expensive. Desperation motivates. As the government and employers shift healthcare costs to people, the tools to actually become healthy and stay healthy—even if just to save money and enable workers to be productive—have become more valuable.

With rare but noteworthy exceptions, few people are actually producing health. As a species, all humans have the same basic physiology. Science can be put to good use by researching the upper levels of health that are possible to achieve. A curious development begins when people shift their focus from reducing illness to directly producing greater health. An awareness blossoms for a more positive definition of health—not simply the absence of illness—but genuine optimal health. With neither definition nor tools, we are restricted to the prevailing generalities like: eat better, exercise more and manage your stress.

At Optimal Health Foundation we ask two questions:

1. “How healthy can people become?”
2. “What tools, knowledge and practices can produce and deliver optimal health?”

These questions have the power to guide, direct and expand our focus as health practitioners, researchers, consumers and governmental healthcare policy-makers. They direct exploration to actual practices that can produce greater health. They help distinguish effective health practices from pharmaceutical interventions which too often merely stabilize reduced illness conditions, but without actually correcting the underlying conditions.

COHERENT COMMUNICATION: THE FOUNDATION FOR OPTIMAL HEALTH

There is a foundation level for genuine

health—optimal health—that has remained undiscovered by mainstream medical science, though it is increasingly researched by top scientists, physicists and biologists around the globe. This can be summarized by the term “coherence.”

In physics, coherence refers to the phenomenon: “the whole is greater than the sum of its parts.” In practical terms of optimal health, this is the brain being in continuous communication with every cell, every organ and every tissue in the body simultaneously—always. For optimal health to operate, each and every molecule of our physical body must cooperate as coordinated parts of a whole organism—continuously. Without this organism-wide coordination and communication, health derails into illness and disease.

Why is this important?

DISEASES OF MISCOMMUNICATION

Many diseases, particularly cancers and auto-immune conditions, are increasingly being considered as “diseases of miscommunication.” For example, healthy cells normally divide and then stop dividing. Cancerous cells don’t stop. They can continue dividing and threaten the very life of the host organism. Like a bacterial survival response, the run-amok cell behaves as if it has decided that its chances for survivability improve only when there are vastly more of its numbers. It’s an “every cell out for itself” type reaction.

One perspective is that the aberrant cell has lost touch with the body’s “central command” of coherence. The dangerous cell is replicating and mutating out of control—no longer functioning as part of the body’s whole community. Killing the aberrant cells with radiation and chemicals may buy some time, but it sometimes does so at the expense of destroying surrounding tissues and forcing both the already overwhelmed liver and the already compromised immune system to “manage” a new load of toxins. That does not restore the healthy coherence necessary to prevent cancer recurrence.

The important question then becomes: “What re-connects, establishes and sustains this foundation of healthy, effective commu-

nication with the body's coherence?" This should be among the very first response efforts for restoring and developing optimal health.

Curiously, mainstream medical science has not yet identified the medium by which the brain communicates with all its cells, tissues and organs simultaneously. These communications occur faster than the speed that nerve impulses can travel, and they reach places where linear nerve branches do not physically reach.

Yi Ren Qigong provides a fascinating and comprehensive understanding of this communication medium as the field of qi: the bio-energetic informational system. Knowledge of physiology and energy along with useful tools to improve health at many levels is part of the Yi Ren Qigong methodology.

BIO-ENERGETIC LEVELS OF HEALTH

Western medicine regularly engages the electrical level of bodily activities to measure cardiac health (EKG), brain waves (EEG), muscle activity (EMG) and skin conductance (EDR), electrolytes and ion exchange. Western medicine utilizes energy emitting devices like x-rays and magnetic resonance imaging (MRI) for diagnostic purposes. Ultrasound devices output vibrations to image how babies are developing within their mothers' stomachs. Ultrasound devices are also used to improve circulation and accelerate healing of firm tissue like cartilage and ligaments. Radiation is also used as "therapy" to kill cancer cells.

However, Western medicine has yet to comprehend the potential value of the full range of healthy functions that energy performs in the body. Both longevity and consistently healthy quality of living are based on energy efficiencies. Genuinely integrating Western medicine with Chinese medicine and other traditions of medicine will greatly enrich knowledge and enormously improve healthcare—perhaps quickly. Each approach has valuable contributions.

Western medicine regularly engages the electrical level of bodily activities to measure cardiac health (EKG), brain waves (EEG), muscle activity (EMG) and skin conductance (EDR), electrolytes and ion exchange

LIFE ENERGY OR "QI"

For thousands of years, a life force energy or "qi" (pronounced "chi") has been recognized and extensively developed throughout China. Sophisticated understanding of this life energy also exists in several older, more continuous cultures of the world. India calls this life force "prana". The Polynesian Islands call it "ha", as in the word Hawaii. The first known medical textbook, *Yellow Emperor's Book of Internal Medicine*, dated 2000 BC, describes qi as a bodily energy.¹¹

Interestingly, the rich history of Western medicine also includes energy. Magnets and static electricity were used in Greece as health treatments by Thales, with Hippocrates 150 years later followed by Paracelsus. Dr. Robert O. Becker provides a delightful account of "vitalism" and a scientific understanding of energetic medicine throughout Western medicine, from ancient to modern in his important books.¹²

In Yi Ren Qigong, life energy or "qi" is recognized as the essential medium of healthy communication between the body's parts. The flow of qi establishes, strengthens and nourishes this communication network. Problems arise when this flow of vital life energy is blocked from reaching an organ or tissues. Acupuncture serves, among other purposes, to recharge and restore the circulation of qi. With qi, organs better receive this life-giving, but invisible nourishment and perform their functions optimally.

On the physical level, having a freely flowing, unblocked circulation of blood, nutrients, oxygen and waste elimination throughout the cardiovascular system produces greater health to the organs. In parallel, having a freely flowing, unblocked circulation of life force energy or qi enriches health and longevity. Partially, it does so by insuring ease of communication between the parts and the whole.

However, qi serves many functions. Internally, qi is the nourishing energy of life force,

a connecting web and the conduit of healthy communication. Externally, the field of qi further provides the connection plus the communication medium between the individual and the outer environment of people and nature. Its potential is to establish coherent communication all the way to what is called in Daoism (Taoism) the "Mind of the Dao" or the "Universal Mind"—the equivalent of what physicists would call the "Unified Field." Yi Ren Qigong provides the energetic tools to open and develop direct experience and communication at that level of being as it promotes a fuller range of health and perceptual benefits.

A greater joy of aliveness, wisdom and health can be accomplished when this entire spectrum of healthy qi flow is established and developed—internally connecting all bodies activities and externally connecting to others, Nature and the Universal Mind. One's behaviors internally and externally can become more healthy and harmonious by aligning with the information and intelligence delivered by qi as "life energy." These are the goals of Yi Ren Qigong—to develop better functioning people.

This single quality of energy circulation, coherent communication, is by itself valuable enough to warrant scientific research and to motivate the personal practice of qigong. Many more benefits can result.

ENTER YI REN QIGONG!

Now I would like to share some of my personal experiences of teaching and practicing this invisible health producer. I have found this Chinese methodology to directly increase and develop vital life force energy or qi. As a practitioner, I love the feelings of moving qi through and around my body. No matter how drained, emotionally upset, depressed or fatigued, once I start the flow of qi I feel much better.

As an instructor, I regularly hear people comment, when leaving an evening qigong class

after having worked all day, that they no longer feel tired but are refreshed and energized. Usually we have to drink caffeine to stimulate the rapid release of adrenalin for energy or

wait for carbohydrates we've eaten to metabolize—into energy. With Yi Ren Qigong, we can directly recharge and rejuvenate. The only side effects are feeling good, stronger and more alive.

Yi Ren Qigong is a methodology that teaches people how to put in place the structures to gain access to energy, digest/transform energy, circulate energy, store energy and utilize energy for optimal health and well-being. Yi Ren Qigong's methodology establishes and improves the coherent communication network for both internal and external communications with qi. It accomplishes this with a series of energy centers and circulations of energy which develop what Dr. Sun calls a "better functioning human." We build a central energy circulating system

to improve health and immunity, the energetic equivalent of the cardiovascular circulatory system. We strengthen the energy field. All of this serves to restore vitality, harmony & peace to the body.

Since this energy level of direct experience and health is virtually unknown, unrecognized and invisible to mainstream science, the Western mind can benefit from having such a conceptual framework. It must be kept in mind that the direct experience of qi is the primary goal. It is not theoretical, speculative nor imaginary. This felt experience of qi is what actually supplies genuine knowledge beyond an intellectual or even a scientific understanding. To help insure correct practice, Yi Ren Qigong teaches students to work with the feeling of qi from the very first class. ■

Editors Note: Part 2 to be presented in the next issue of Qi Journal and covers the Yi Ren Qigong Energy Structure including discussions on accessing, storing, circulating, transforming, and utilizing various energies.

It must be kept in mind that the direct experience of qi is the primary goal. It is not theoretical, speculative nor imaginary. This felt experience of qi is what actually supplies genuine knowledge beyond an intellectual understanding...

Executive Director of the Optimal Health Foundation, Robert Simon Siegel, MS is a psychophysiological, corporate trainer, stress specialist and Yi Ren Qigong instructor. Internationally known author of "Six Seconds to True Calm: Thriving Skills for 21st Century Living", Robert's passions are optimal health and optimal human functioning. Robert has over 20 years experience in the remedy of stress-related conditions. Robert trains businesses to lower health costs with programs to produce healthier people who need fewer medical services & who can perform better. He helps individuals and companies innovate, successfully navigate change & eliminate (not "manage") stress damage. Robert has practiced energy work for many years & is dedicated to Yi Ren Qigong. Robert Siegel can be contacted at (360) 730-1114, info@OptimalHealthFoundation.com, PO Box 1436, Langley, WA 98260

Dr. Guan-Cheng Sun originally learned a Qigong system from his granduncle at age nine. Dr. Sun has spent over 25 years refining his skills and has developed a new system called Yi Ren Qigong. After earning his Ph.D. in molecular biology from the Graduate University for Advanced Studies in Japan in 1993, Dr. Sun was awarded a fellowship from the Japan Society for the Promotion of Science. In June 1994, Dr. Sun came to the University of Washington where he continued his research of the endocrine system at the molecular level. This research into the hormonal balance and transformation of the body has enriched Dr. Sun's theory and practice of Qigong. Dr. Sun can be contacted at Institute of Qigong and Internal Alternative Medicine, PO Box 31576, Seattle, WA 98103. www.qigongseattle.org, (206) 301-0778

BIBLIOGRAPHY

1. Mae-Wan Ho: *The Rainbow and The Worm: The Physics of Organisms*, 2nd Edition, World Scientific Publishing Co. Pte., Ltd., Singapore, 1998
2. Thomas Berry and Brian Swimme: *The Universe Story : From the Primordial Flaring Forth to the Ecozoic Era—A Celebration of the Unfolding of the Cosmos*, HarperCollins Publishers, 1992.
3. Mae-Wan Ho: *The Rainbow and The Worm: The Physics of Organisms*, 2nd Edition, World Scientific Publishing Co. Pte., Ltd., Singapore, 1998, p 53.
4. Lynne McTaggart: *The Field: The Quest for the Secret Force of the Universe*, HarperCollins Publishers, Quill, NYC, 2003
5. Candace B. Pert, *Molecules of Emotion: The Science Behind Mind-Body Medicine*, Scribner, NYC, 1997.
6. M. Jibu, S. Hagan, S. Hameroff et al., *Quantum optical coherence in cytoskeletal microtubules: implications for brain function*, *BioSystems*, 1994, 32: 95-209.
7. Karl Pibram, *Brain and Perception: Holonomy and Structure in Figural Processing* (Hillsdale, NJ: Lawrence Erlbaum, 1991): 9.
8. F.A. Popp and S. Cohen, *Biophoton emissions in the human body*, *Journal of Photochemistry and Photobiology B: Biology*, 1997, 40: 187-9.
9. J. Benveniste, Y. Thomas, et al., *Direct transmission to cells of a molecular signal (phorbol myristate acetate, PMA) via an electronic device*, *FASEB Journal*, 1995: 9 A227.
10. Deyo RA and Patrick DL: *Hope or Hype: How New Medical Technology Delivers False Promises*. New York: AMACOM Press, 2005
11. Houang Ti, *Yellow Emperor's Book of Internal Medicine*, dated 2000 BC. In Becker, R.O., *Cross Currents: The Perils of Electropollution, The Promise of Electromedicine*, Jeremy P. Tarcher/ Putnam, NYC, 1990
12. Robert O. Becker, MD., *Cross Currents: The Perils of Electropollution, The Promise of Electromedicine*, Jeremy P. Tarcher/ Putnam, NYC, 1990.