

# SHAOLIN QI-GONG

## 少林气功

### How does **ShaoLin Qi-Gong** work?

The **Qi-Gong** energy healing method has an unbroken clinical record of over 6000 years in Chinese medicine. The vast population of China has used this healing method extensively in the past and continues to do so to this day.

The true practise of traditional **Qi-Gong** in its various forms however is still largely unknown and generally misunderstood and this ignorance has led to a fine healing art being regarded as simply superstitious practice.

**Qi-Gong**, to the trained practionner, apart from its health and martial value, is a very effective self-healing therapy. This unusual ancient Chinese healing art is based on the premise that the 'medicines' which one takes are only "stimuli", and are not in themselves healing agents. As these stimuli enter into our blood stream, they trigger chemical reactions which continue to boost the **WaiQi** defensive energy of our immune system.

Subsequently, the patient's rate of metabolism increases many fold to counter and repair the illness or affliction which has unbalanced our **Ying Yang** life force.

Eventually our bodies and minds can be 'stimulated' until a 'healthy' balance is once more re-gained.

It is not just the efforts of doctors and healers or the 'work' of medicines which cure illnesses but also the efforts of

the patient's own **WaiQi** defensive energy, a healing

agent, that restores patients back to a healthy condition.

The unusual **ShaoLin Qi-Gong** energy healing method is based on this concept.

**Qi-Gong** energy, whether it be heavenly, earthly or human is the "stimulus" which is used in the healing process.

How to capture and direct such vital and powerful **Qi-Gong** energy which is able to trigger one's Master glands to

release more hormones and to boost one's metabolism is therefore the main subject of a **ShaoLin Qi-Gong** healer's study.

Shi DeLon

Shi SuXie  
Old Abbot  
ShaoLin  
Temple

Shi DeLon  
31<sup>st</sup> generation  
ShaoLin laymonk  
12<sup>th</sup> generation  
Chen TaiChi Quan

Shi XingFa  
32<sup>nd</sup> generation  
ShaoLin laymonk  
13<sup>th</sup> generation  
Chen TaiChi Quan

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