

# *Qigong for Mental Health*

MIMH  
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# Guided Qigong Meditation

Turning attention within and resting as the silent awareness beneath thoughts.



# 氣功

Qi means Energy

Gong means Cultivation

*Qigong means Energy Cultivation*

*Qigong is a 4,000 year old Chinese Art of Healing by aligning body, breath, and mind for optimum well-being.*

*Qigong consists of thousands of exercises and meditations to remove energy blockages and increase harmonious energy flow.*

# Experience Qi

Simple activity to experience Qi. We will do this activity in class. You can also do this exercise at home by watching YouTube video called:

Spring Forest Qigong Demo "How Your Energy System Works" by Chunyi Lin

[https://www.youtube.com/watch?v=Zbr\\_vJNlhko](https://www.youtube.com/watch?v=Zbr_vJNlhko)

# Qigong Breathing

Slow, gentle, deep abdominal breaths.

Slow down breathing to about 5 breaths per minute.

With the mouth closed, breathe in gently and smoothly through the nose for about six seconds. "It is not necessary to overfill your lungs," says Dr. Patricia Gerbarg. "The breathing should be as gentle as possible."

Breathe out just as gently and smoothly; there's no need to "expel air forcefully" she says, also for six seconds. Try an iPhone app, CD or MP3 to help you keep the pace. (You can find examples at [coherence.com](http://coherence.com).)

Continue this pattern for five or 10 minutes or more.

(Qigong Breathing is also called Coherent Breathing)

Source: HuffPost Stress-Less Challenge, 4/29/13

# Qigong Breathing

“Breathe in gently, as if you were inhaling the fragrance of a beautiful flower.”

Lee Holden



# Qigong Exercise: Self-applied Percussive Massage

*Movement:* Tap hands all over the body.

*Main Purpose:* Vibrates the “dust” loose.

*Main Qigong Principle:* Purge stagnations  
to improve Qi flow and health.

Activity: DVD of Percussive Massage,  
Lee Holden, “QiGong for Self-Healing”  
10 minutes



Tarzan beating his chest is an example  
of percussive massage.

# What is Percussive Massage?

“Percussive massage is a breakthrough treatment for soft tissue pain. Percussive massage accelerates the growth and repair of tissues by providing concentrated, rapid, short-duration pulses deep into the tissues of the body. This heavily increases blood flow to the area causing pain relief and an increasing range of motion and function. Percussive massage also provides a gentle stretch to the muscles and connective tissues improving responsiveness and performance.”

[Fortitudesportstherapy.com](http://Fortitudesportstherapy.com)

# What are the Benefits of Percussive Massage?

- Relaxing of thickened connective tissue and fascia.
- Breaking down of adhesions and internal scar tissue, present after injuries or surgery.
- Increased venous and lymphatic circulation.
- Elongating muscle fiber, especially when spasms, stiffness and restrictions are present.
- Increase range of movement by relieving stiff joints.

## Physical Movements for Percussive Massage

Slap the areas below in a soft and kind, but vigorous, fashion.

1. Slap the belly with an alternating rhythm.
2. Slap the chest with an alternating rhythm.
3. Slap with one hand under one arm down the side of the ribs; then do the other side.
4. Again with one hand, slap down the inside of one arm to the palm, then up the outside of the hand and arm to the shoulder. Use an alternating rhythm. Second arm likewise.

(continued)

## **Physical Movements for Percussive Massage (continued)**

5. Use an alternating rhythm to slap up the face and sides of the head to the top of the skull, down the back of the cranium, and down the neck.
6. Slap the low back with both hands (alternating side to side each slap) and down to the sacrum.
7. Slap the hands down the outside of the legs in a simultaneous rhythm.
8. Slap down the backs of the legs in a simultaneous rhythm.
9. Slap down the front of the legs in a simultaneous rhythm.
10. Slap up the insides of the legs in a simultaneous rhythm. (source: [funwithqigong.com](http://funwithqigong.com))

# What is Qi?



**“My ally is the Force, and a powerful ally it is.  
Life creates it, makes it grow.  
Its energy surrounds us and binds us.  
Luminous beings we are, not this crude matter.”**

**Yoda**

# Qigong exercise: Self-applied **Acupressure Therapy**

Acupressure uses the fingers to press key healing points. Acupressure releases tension, increases circulation, reduces pain, opens energy blockages, enables deep relaxation, and develops vibrant health.



Activity: DVD, Lee Holden, Qigong for Self-Healing

# Qigong Exercise: Shaking the Body



Activity: DVD, Robert Peng, Qigong Ecstasy

# Shaking the Body

## Shaking the Body

### General Description

- *Recommended Time: 1-2 minutes, or many more*
- Release tension by relaxing the muscles and other tissues of the body. Open the joints, gently bounce the organs, detoxify every cell.

**Movement:** Bounce up and down.

**Main Purpose:** Releases tension in every part of the body.

**Main Qigong Principle:** Less thinking and more being in your body leads to health.

[www.funwithqigong.com](http://www.funwithqigong.com)

## Discussion of Shaking the Body

Let go of the stresses of the day by shaking them out. Release tensions and revive yourself. Shaking relaxes and warms all of the muscles, organs, joints and fascia of the body and even the multitudes of cells of your body. Whole-body shaking is an excellent way to exercise and detoxify every cell of the body. Lymph flow is enhanced so that more waste is cleared out and your immune function improved. Blood flow increases and hormonal secretions will benefit your skin.

Source: Robert Bates, [www.funwithqigong.com](http://www.funwithqigong.com)

# Qigong Exercise: **Shaking the Body**

- ❖ To begin, stand in a shoulder-width stance.
- ❖ Bend at the knees to shake in an up-and down-motion. Breathe freely and fully.
- ❖ The arms can be either hung loose or actively shaken in concert with the rest of the body.
- ❖ Shake for a minute to several minutes.
- ❖ After shaking, be still to feel the increased blood and Qi flow.

Resource: [www.funwithqigong.com](http://www.funwithqigong.com)

# Qigong Exercises Cleanse and Detoxify

- Average number of cells that die in human body each day: 50 to 70 billion.
- These dead cells and other metabolic waste products need to be removed from the body each day to avoid energy blockages and stagnation of life force.
- Qigong exercises improve lymphatic drainage, blood circulation, and waste removal.

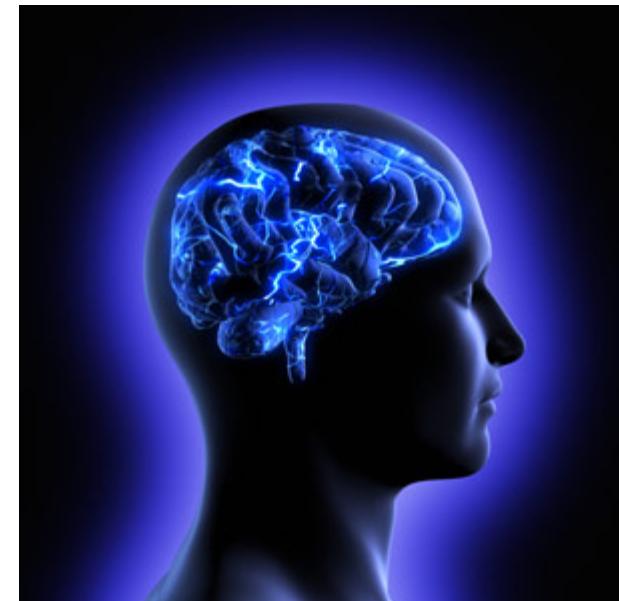
“Essentially all neurodegenerative diseases are associated with the accumulation of cellular waste products.”

Maiken Nedergaard, M.D., D.M.Sc., co-director of the University of Rochester Medical Center [Center for Translational Neuromedicine](#)



# Glymphatic System

The glymphatic system is a vast and intricate network of tiny tubules in the brain that was discovered by scientists in August 2012.



The function of these tubules is to clear waste products from the brain.

# Glymphatic System

## Brain's Drain: Neuroscientists Discover Cranial Cleansing System

“The brain can be a messy place. Thankfully, it has good plumbing: Scientists have just discovered a cleansing river inside the brain, a fluid stream that might be enlisted to flush away the buildup of proteins associated with Alzheimer's, Huntington's and other neurodegenerative disorders.”

Scientific American, August 15, 2012

“One of the reasons why the glymphatic system had long eluded comprehension is that it cannot be detected in samples of brain tissue. The key to discovering and understanding the system was the advent of a new imaging technology called two-photon microscopy which enables scientists to peer deep within the living brain. Using this technology on mice, whose brains are remarkably similar to humans, Nedergaard and her colleagues were able to observe and document what amounts to an extensive, and heretofore unknown, plumbing system responsible for flushing waste from throughout the brain.”

University of Rochester Medical Center Newsroom  
June 27, 2013

- There is no known connection between qigong exercises and the glymphatic system. However, the discovery of the glymphatic system raises questions:
- Is it possible that the active movements in qigong stimulate fluid flow through the glymphatic system?
- Is it possible that increased fluid flow through the glymphatic system would improve removal of waste products?

- Something else to note is that this extensive array of tubules was unknown to scientists before 2012.
- This raises the question: Are there other important anatomic structures that have not yet been discovered by scientists?
- The meridians (energy channels) in qigong have not yet been found to have a clear anatomical basis, but new scientific discoveries are being made every day.

# Glymphatic System

Another question to consider:

Since the accumulation of cellular waste products in the brain is associated with neurodegenerative disorders, could the accumulation of cellular waste products in the brain also be associated with other problems, such as depression, irritability, or anxiety?

## **Articles about the glymphatic system:**

### **Brain's 'Garbage Truck' May Hold Key to Treating Alzheimer's and Other Disorders**

<http://www.urmc.rochester.edu/news/story/index.cfm?id=3870>

### **Goodnight. Sleep Clean.**

By MARIA KONNIKOVA JAN. 11, 2014, New York Times

[http://www.nytimes.com/2014/01/12/opinion/sunday/goodnight-sleep-clean.html? \\_r=1](http://www.nytimes.com/2014/01/12/opinion/sunday/goodnight-sleep-clean.html?_r=1)

[http://en.wikipedia.org/wiki/Glymphatic\\_system](http://en.wikipedia.org/wiki/Glymphatic_system)

# Sitting is the New Smoking

“Sitting increases your risk of death and disease, even if you are getting plenty of physical activity. It's a bit like smoking. Smoking is bad for you even if you get lots of exercise. So is sitting too much.”

Runner's World, Selene Yeager, July 2013

Qigong exercises can be done for one or two minutes at frequent intervals through the day to decrease health risks of prolonged sitting.

# Motion Starvation

“We suffer from ‘Motion starvation.’ We do not move nearly enough, and when we do move, we do not use nearly all of our muscles. We were built to be active.”

Pete Egoscue, *Pain Free*

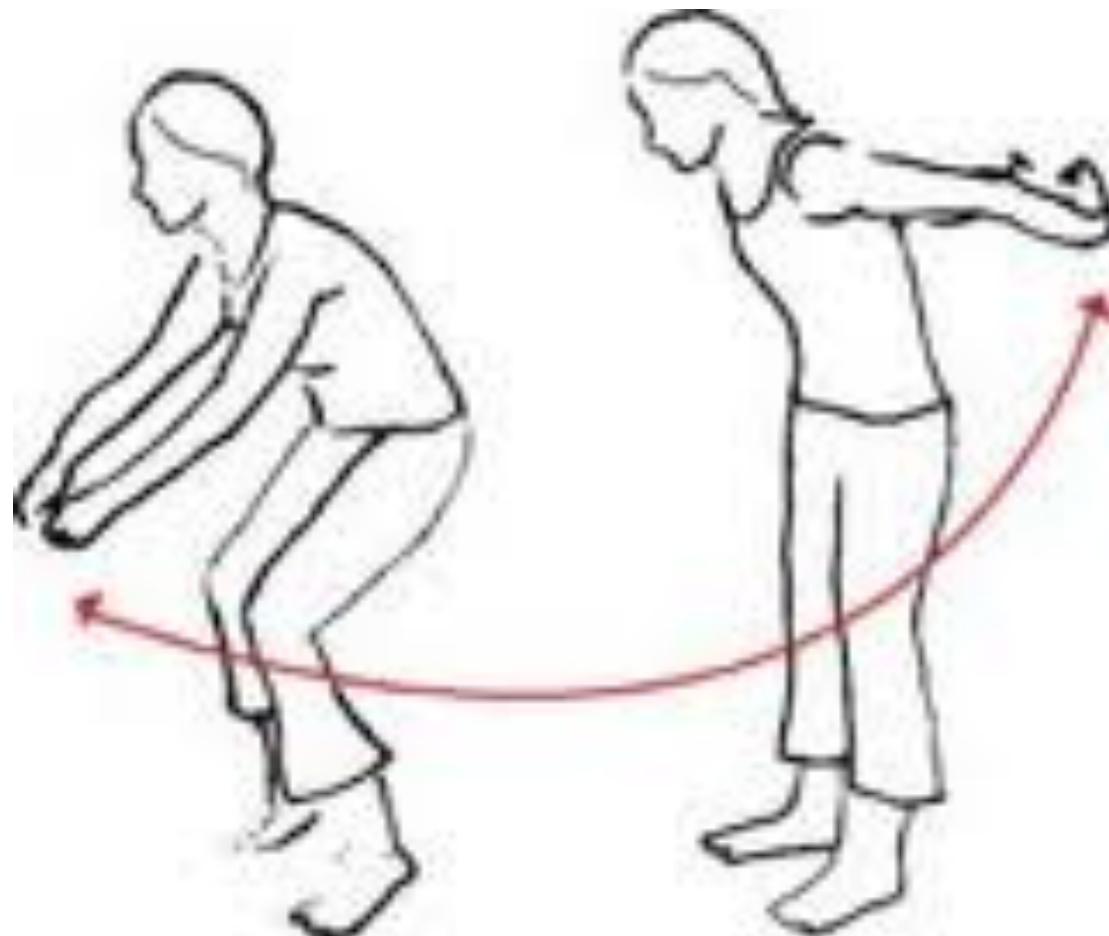
Qigong exercises are an easy and enjoyable way to help relieve “motion starvation.”

# NEAT: Non-Exercise Activity Thermogenesis

“While intense physical activity has a tremendous health impact, a growing body of evidence suggests that accumulating short bouts of low-intensity physical activity throughout the day can also have substantial health benefits, which may even rival those associated with more vigorous sessions. This low-intensity physical activity is known as non-exercise activity thermogenesis, or NEAT.” Travis Saunders

Many Qigong movements are examples of NEAT and extremely beneficial.

# Qigong Exercise: Arm Swinging



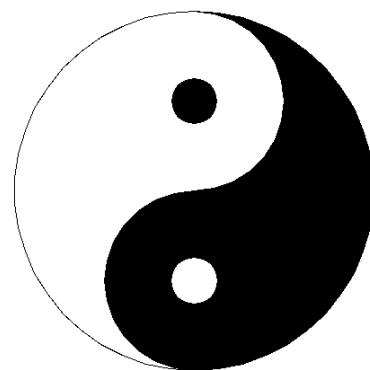
# Qigong Exercise: Foot Clapping



Use palm to vigorously slap ball of foot for about one minute. Repeat exercise on other foot.

“Qigong is more than a set of exercises, it is an attitude that works to restructure one’s perspective in life, leading to balance and harmony with the world around us.”

G. Garripoli, *Qigong: Essence of the Healing Dance*





*ClarkLittle.com*

“No matter how hard the surfer is working, the ocean is doing most of the work.” C. Thomas

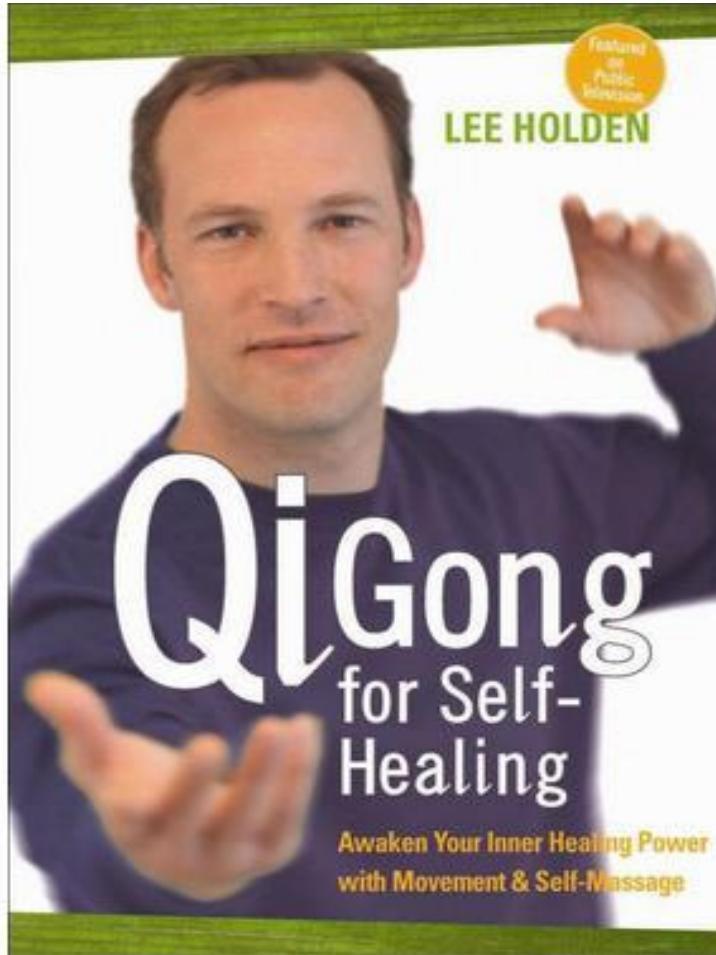
Qigong is about trusting in the flow of life, and experiencing our connection with the universe.

“According to the deepest view of the ancients in China the essence of our being is irrevocably well and an expression of the pure creative power of the universe.”

Roger Jahnke



## Recommended Resources for Further Practice



**Excellent DVD of Qigong exercises, including self-applied percussive massage.**

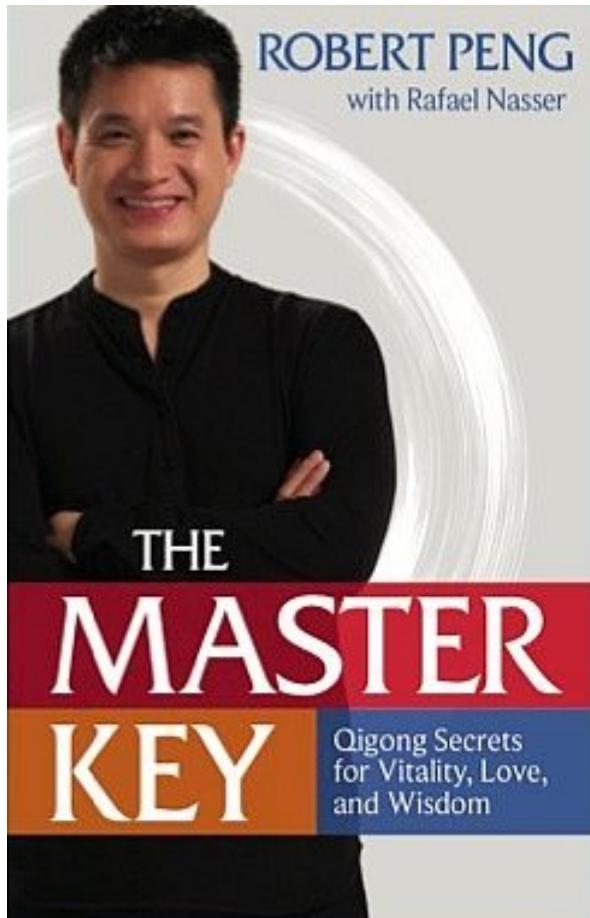
**Published by Sounds True [www.soundstrue.com](http://www.soundstrue.com)**

## Recommended Resources for Further Practice

DVD's, book, workshops, website of Robert Peng are excellent resources and highly recommended.

[www.robertpeng.com/](http://www.robertpeng.com/)

Publisher: Sounds True, [www.soundstrue.com/](http://www.soundstrue.com/)

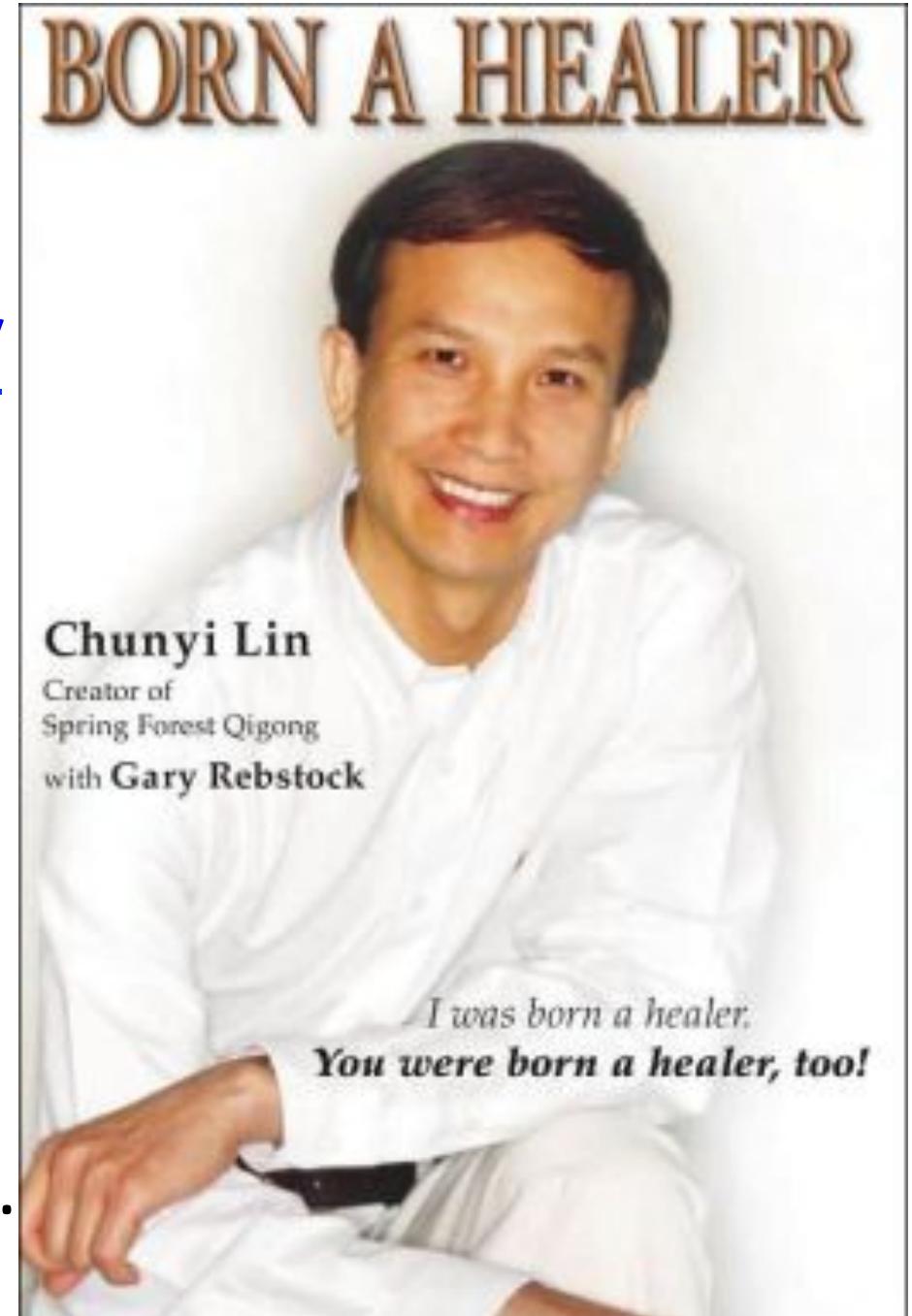


Recommended resource:  
Spring Forest Qigong

<http://www.springforestqigong.com/>

This is an outstanding book that is highly recommended.

The Spring Forest Qigong website has many valuable resources that are highly recommended.



# “Chow Qigong Precious Eight Exercises”

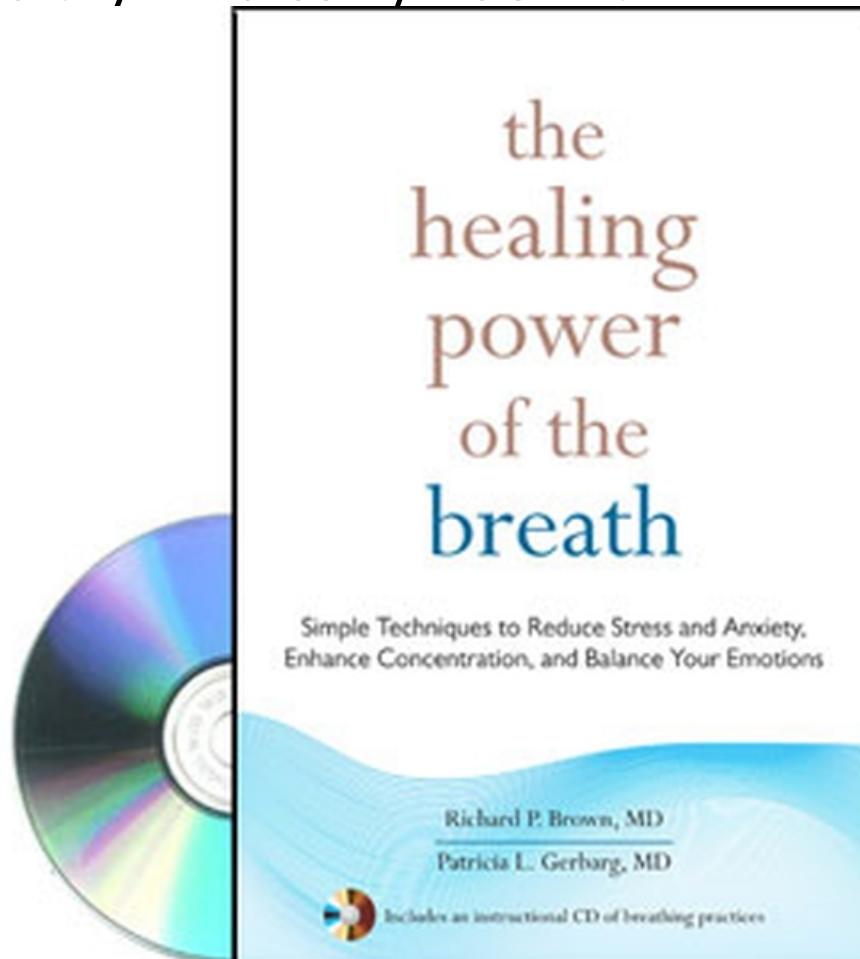


Excellent 30 minute YouTube video of Dr. Chow teaching 4 warm up stretches and then the famous “Eight Pieces Silk Brocade” exercises .  
<https://www.youtube.com/watch?v=mjZJ-53UEGA>

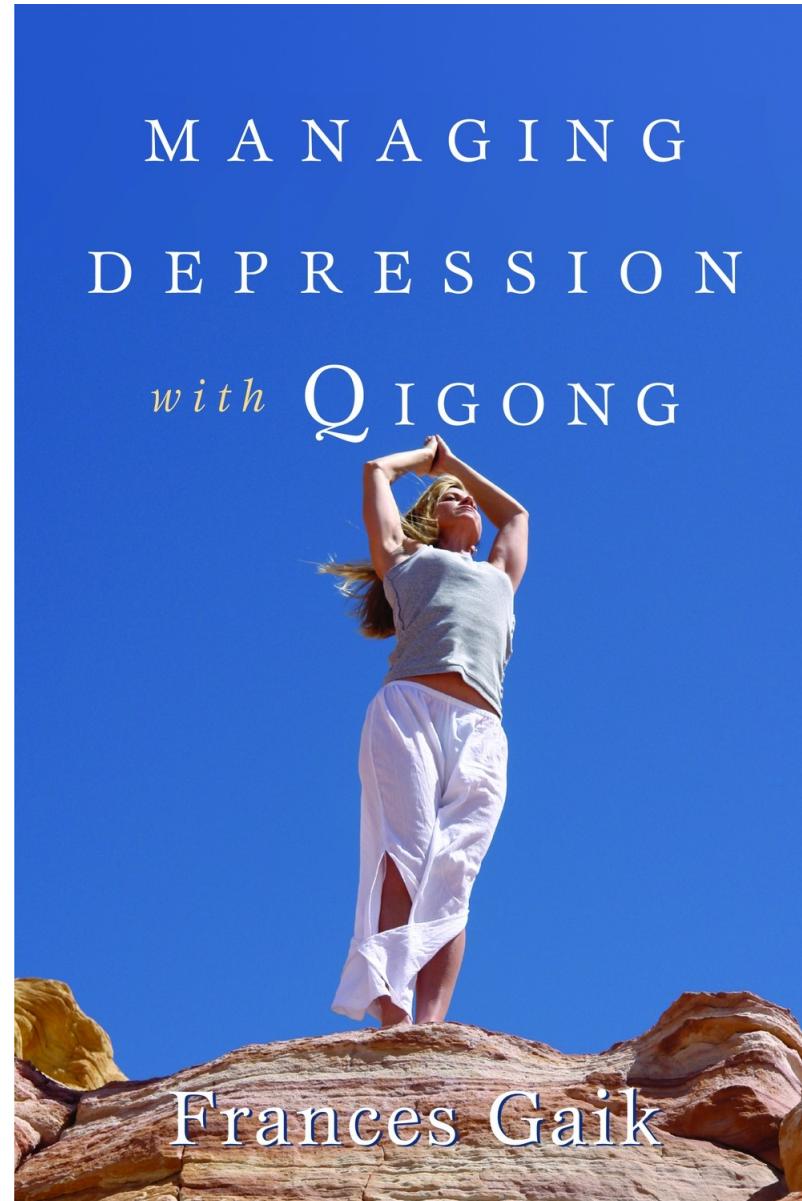
## Recommended Resources for Further Practice

Dr. Richard Brown and Dr. Patricia Gerbarg are two psychiatrists who teach Qigong Breathing, which is also called Coherent Breathing.

Book, website, and trainings are highly recommended. <http://www.haveahealthymind.com/index.html>



# Recommended Resources

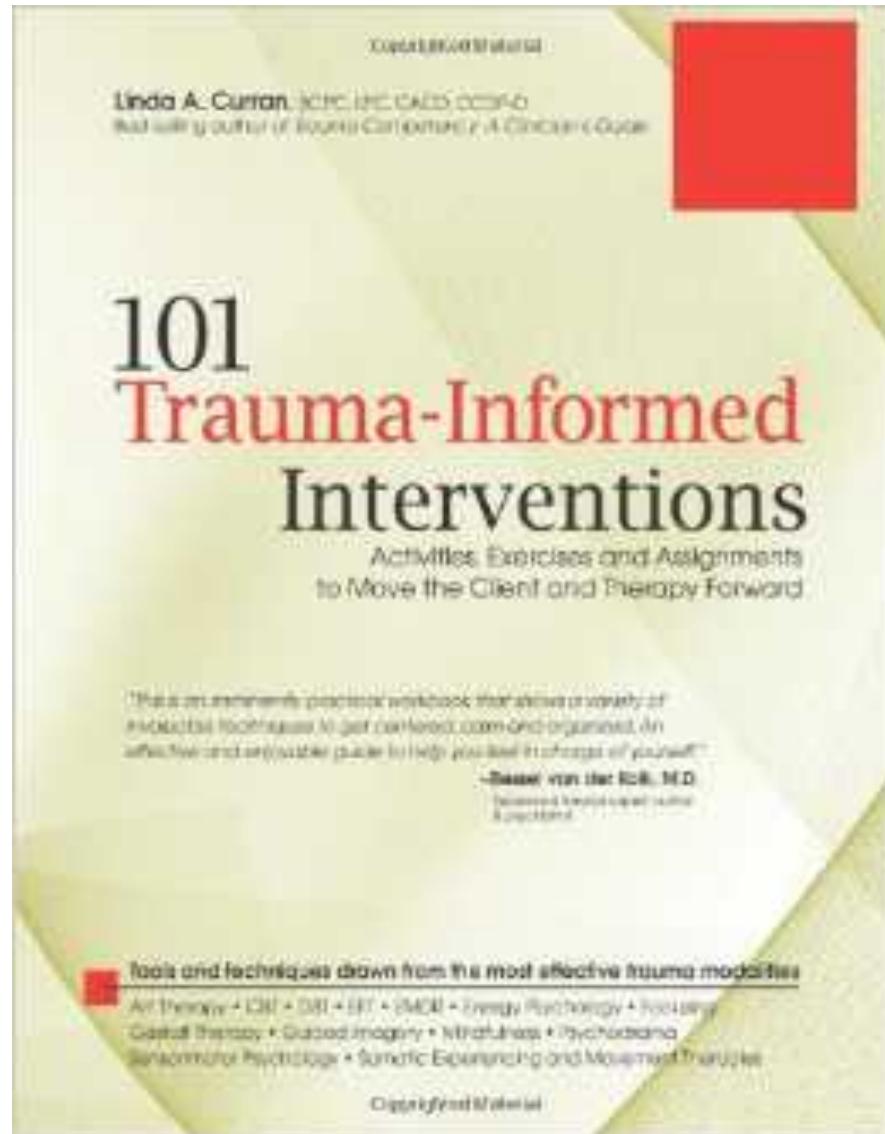


# Qigong Exercises and Trauma Informed Care

This 2013 book includes several chapters of Qigong exercises to reduce trauma-related stress and anxiety. Author: Linda Curran

*"This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide to help you feel in charge of yourself."*

~ *Bessel van der Kolk, M.D.*



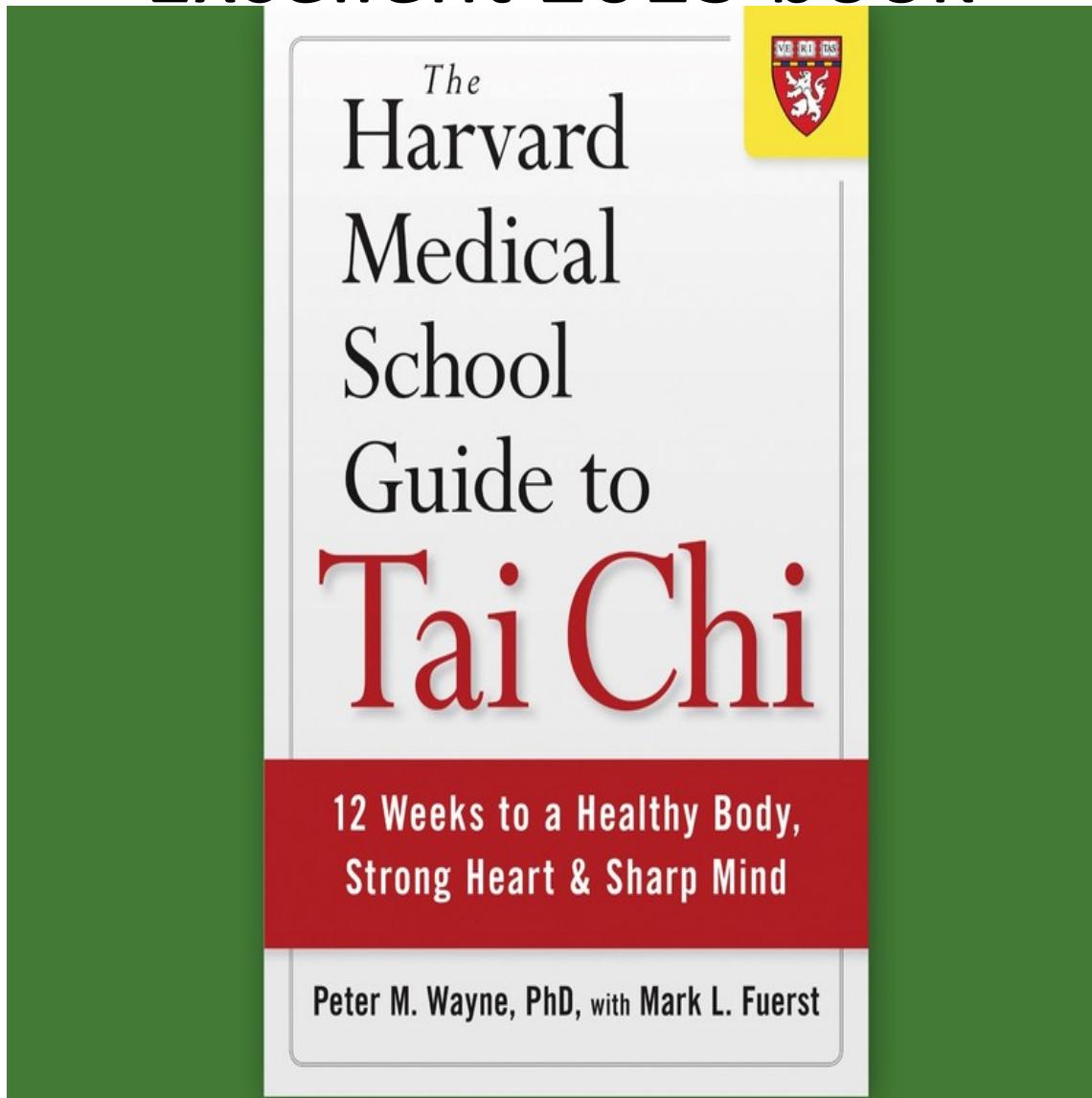
# Resource: Weekly Qigong class in Jefferson City

- Dr. Philo Su offers a free qigong class every Saturday from 9 a.m. to 10 a.m. in Jefferson City. The class meets at the Capital Ritz and is highly recommended.
- Capital Ritz Banquet & Dance  
2716 Plaza Drive  
Jefferson City, MO 65109
- 573-893-7787



# Resources for further study

## Excellent 2013 book



# **Three Dantians (Energy Centers)**

## **Upper Dantian**

**Location: Center of Head**

**Energy: Wisdom, Intelligence**

## **Middle Dantian**

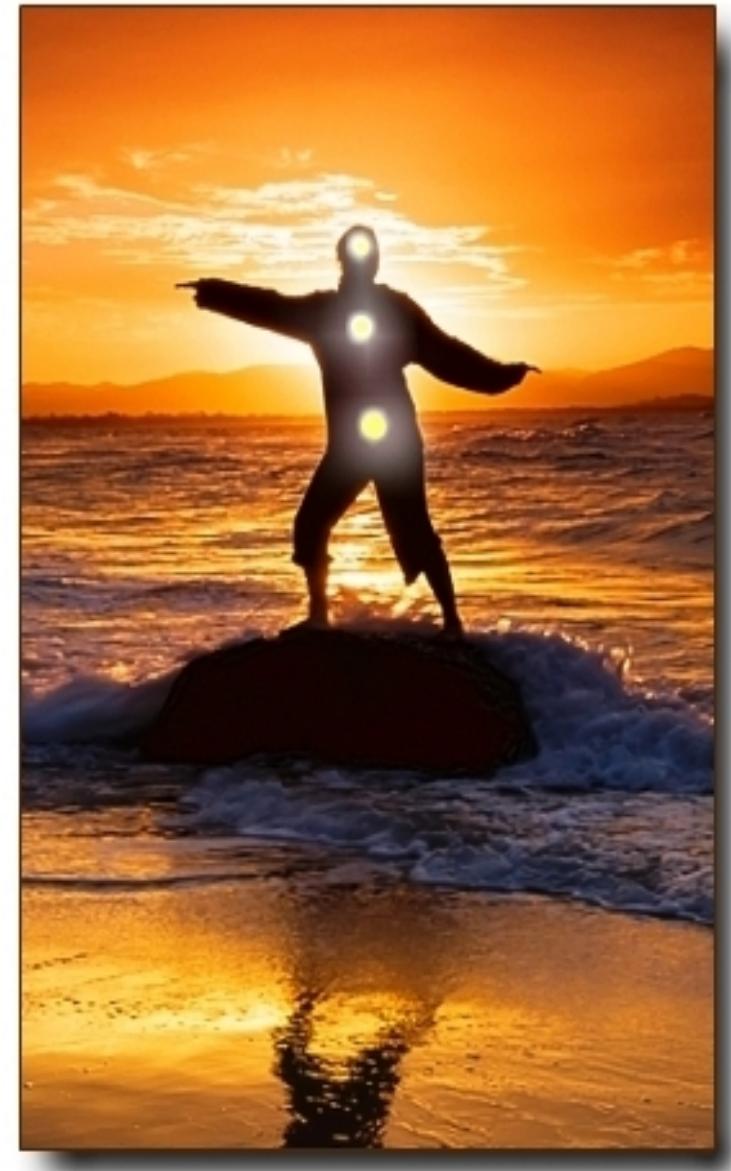
**Location: Center of Chest**

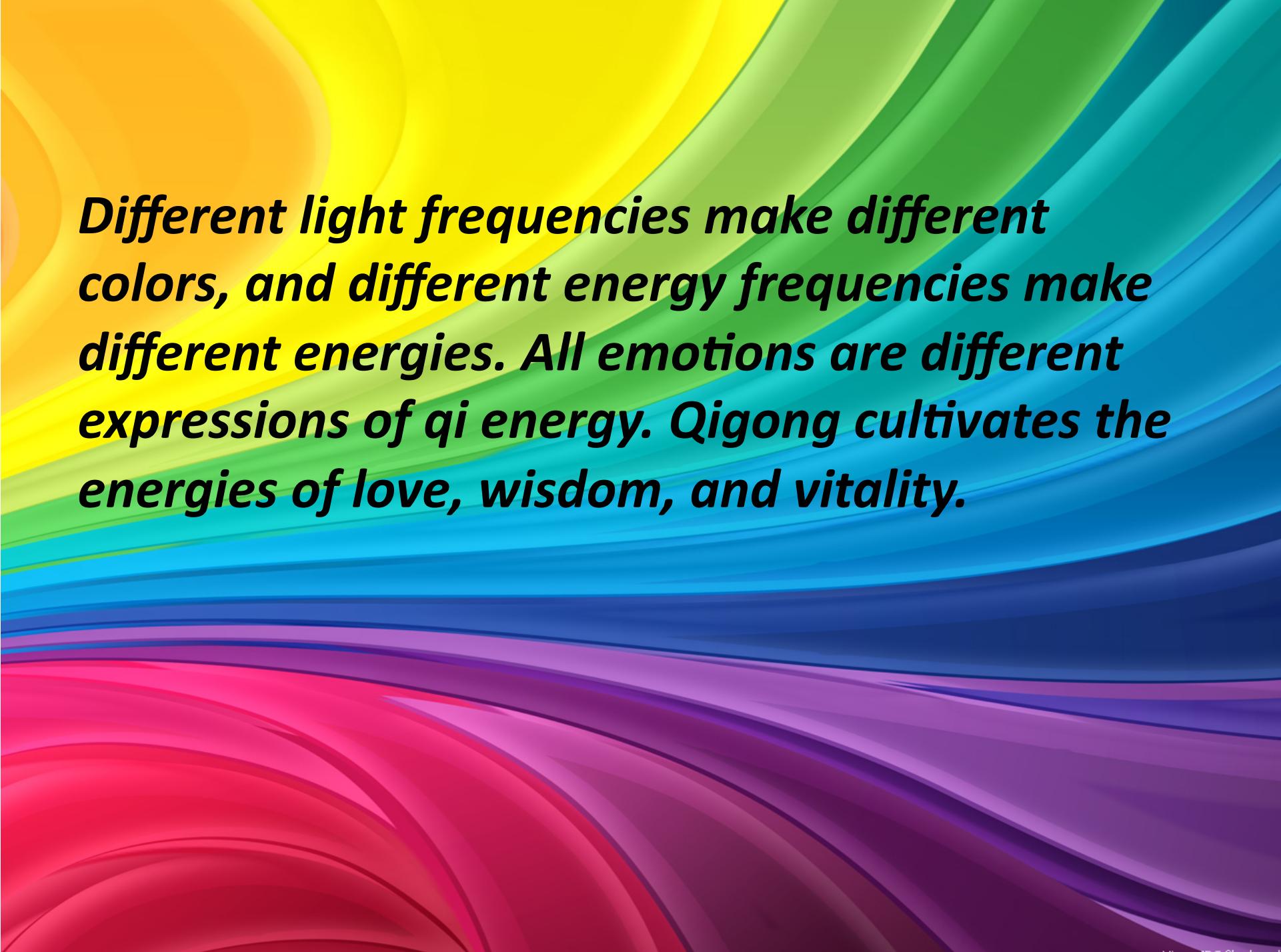
**Energy: Love, Goodwill**

## **Lower Dantian**

**Location: Center of Lower Abdomen**

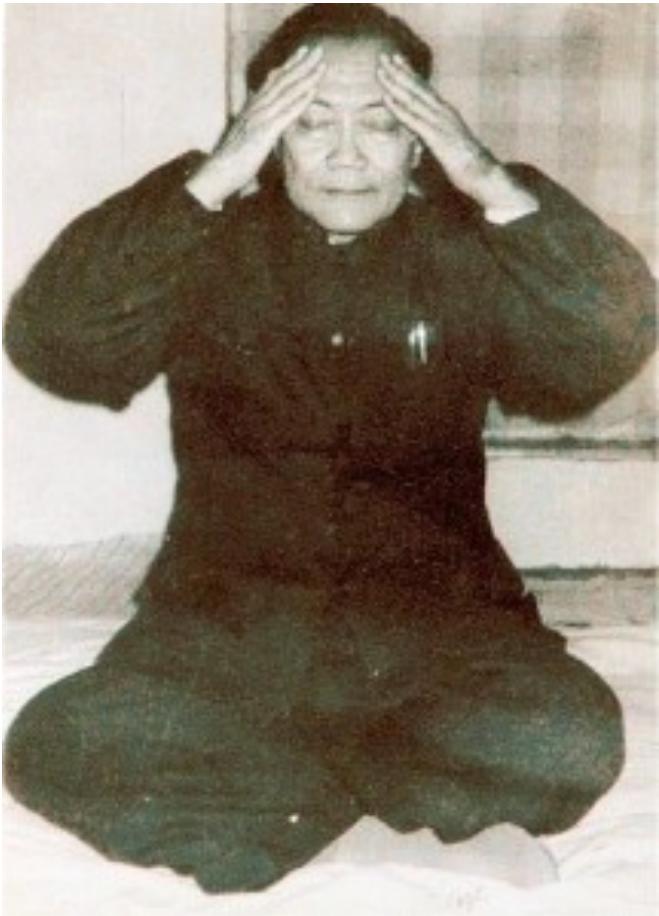
**Energy: Vitality, Power**



The background of the slide features a vibrant, abstract design composed of diagonal, overlapping bands of color. The colors transition smoothly from warm tones like yellow and orange on the left to cool tones like blue and purple on the right. The bands are slightly curved, creating a dynamic and flowing effect across the entire slide.

*Different light frequencies make different colors, and different energy frequencies make different energies. All emotions are different expressions of qi energy. Qigong cultivates the energies of love, wisdom, and vitality.*

# History of Qigong: Liu Guizhen



Liu Guizhen, sending qi to his temples.



Liu Guizhen's daughter in 2013, Director of Qigong Hospital

Qigong exercises are ancient, but were brought to the public in the late 1940's by Liu Guizhen.

“In the war-torn China of 1947, a 27 yo clerk working for the Communist Party was sent home on sick-leave. His name was Liu Guizhen and he had been suffering from nervous disorders, tuberculosis, and severe gastric ulcers for years. He weighed less than eighty pounds and was expected to soon be dead.”

Article by John Voigt, “The Man Who Invented Qigong,”  
*The Journal of Traditional Eastern Health and Fitness*  
Autumn 2013

Liu Guizhen engaged in Qigong exercises taught to him by his uncle, Liu Duzhou.

“After 102 days Liu regained his health (and thirty pounds). He returned to work. Surprised by his unexpected recovery, Communist officials wanted to know how this happened.”

“Eventually Uncle Liu Duzhou revealed the most important ‘secret’ of Qigong and how it benefited a person’s health: By silently repeating a phrase while focusing mental awareness below the navel, brain activity was slowed and the inner organs were strengthened. Doing this improved mental and physical well-being which consequently prolonged life.”

During the Cultural Revolution in China, Liu Guizhen was imprisoned for 11 years as “The creator of the poisonous weed of qigong.”

“During the years of his imprisonment, under the threat of torture, even death, he continued to treat and teach qigong to his fellow prisoners. His wife pleaded with him to stop. But he refused, telling her: ‘The future will confirm our work. One day the science we call ‘qigong’ will be known and judged as a precious legacy and treasure benefiting all humanity.’” He died at age 63 and today his daughter, Liu Yafei, is the director of the Beidaihe Qigong Hospital in China.



Qigong Principle:  
Go into the Silence

# **Is there scientific evidence that qigong works?**

Yes. There are hundreds of scientific studies that show health benefits from qigong. Many of the studies are RCTs (Randomized Controlled Trials) that have been published in major Western medical journals. This presentation has focused on actually doing qigong exercises, rather than reviewing the scientific literature.

A list of scientific studies on qigong is included in the Reference List.



OMG!  
AN ANGEL!

Images from Public Domain.