

# **PART 5**



## **HOW TO TAP THE INCREDIBLE SECRET Powers of Your Own Mind**

***“Health is easier to maintain than it is to acquire.”*** Doctor Russ Jaffe

What you are about to read now might seem alien to some people may be even a bit bizarre. I don't want you to dismiss what you are reading here before you have had a chance to fully consider the true implications. Please read this section through at least twice and experiment with exercises given for a reasonable length of time before coming to any finite conclusions about their effectiveness. *(I think you will be more than a little surprised)*

Far from being *faddy* or just some new craze most of what you are about to learn is firmly based on tried and tested methods refined over a great many years and firmly based on vast amounts of empirical research.

# HOW YOUR MIND CAN AFFECT YOUR HEALTH!

Western medical research is slowly coming to terms with the fact that our minds have a much more important role in determining our state of health than was previously thought.

In America an experiment involving five year olds revealed some interesting results which are at odds with conventional medical opinion. Saliva samples were taken from the children just before they were shown a video which used glove puppets as characters in a story. One set of puppets played the part of nasty viruses and bacteria trying to invade their bodies while another set of puppets were the good guys who acted as policemen and stopped the nasty bugs. After the video the children were told to lie down and relax while thinking about the good puppets

attacking and arresting the nasty bugs. After a few minutes new samples saliva were taken. When they tested the second samples they discovered that they contained double the amount of immune substances.

Scientists working in the relatively new field of Psychoneuroimmunology, this is the study of the mind and how it interacts with our immune systems, have made what are to western medical minds some startling discoveries. The main thrust of their discovery is that the mind can have a significant effect on the effectiveness of our bodies immune defense mechanisms.

Last century the great Russian physiologist Ivan Petrovic Pavlov carried out various experiments in conditioned responses. In his later life he developed an interest in the functions of the brain in relation to digestion. In one famous experiment he would ring a bell just before bringing a number of dogs their food. On each

occasion he would measure the amount of saliva each dog produced. He established that the dogs would produce the same amount of saliva after he rang the bell whether food was present or not. This phenomena was called *conditioned reflex*.

In one recent set of experiments, which utilized techniques similar to those created by Pavlov, subjects were given a quantity of adrenaline at the same time as they were given a sherbet sweet. Adrenaline has been shown to stimulate the body's immune system and produce increased quantities of (*k.cells*) or killer cells which are believed to be effective in fighting some cancers. Before and after each subject is given adrenaline blood samples are taken for analysis.

What excited the researchers was that when a subject was unknowingly given a sweet but no

adrenaline, they were just given a placebo instead, their body still produced increased numbers of killer cells. In fact their blood would typically contain nearly double the amount of killer cells after this treatment than before.

This experiment forced scientists to ask the question can we train our mind to fight diseases like cancer.

By chance another interesting discovery was made in a hospital treating cancer patients. Because of the unpleasant nature of Chemotherapy with all the nasty side effects like nausea and so on doctors decided to do something to help them. What they did was teach some patients simple relaxation techniques. After time it was discovered that those patients that were taught how to relax tended to survive longer.

Further trials have been carried out to monitor these levels of killer cells by using control groups where one group practiced relaxation and the another group did not. The results have so far astounded researchers. These trials have not finished yet but results so far have shown that those patients who use *relaxation* and *imagery* techniques, *in other words self-hypnosis*, produce significantly greater amounts of killer cells and a much greater chance of survival.

Although western scientists are reluctant to say, for the time being at least, that the mind alone is capable of curing cancer they are prepared to state that the state of your mind does have a pronounced effect on your susceptibility to an illness and its rate of progress.

They have discovered nerve fibers in the thymus, the immune system's master gland, as well as in the spleen, the lymph nodes, and bone marrow. These are all essential parts of our immune



system. These immune system cells have receptors for neuropeptides which are chemicals produced inside the brain. From this it would appear that the brain speaks directly to our immune system.

## **HYPNOSIS OR MEDITATION?**

If you read about the history of hypnosis in most books you will no doubt be told about Doctor Mesmer, among others, as being the forefather of Hypnosis. Of course there has been a great deal of speculation as to what Hypnosis really is and how it affects our consciousness.

The idea that we in the west are responsible for discovering the power and techniques of Hypnosis is to my mind a little arrogant to say the least. If you think about it hypnotic induction is in essence simply a means of accessing our subconscious mind. Hypnosis is a bit like an

empty syringe which gains access to the mind instead of the blood stream. It is what you put in the syringe that is all important.

In the west we have a great deal of experience in how to deal with numerous medical conditions through the use of hypnosis but we are almost totally unaware of its preventative uses in maintaining our health and strengthening our body's immune system. In order to fully appreciate the true nature and possibilities that hypnosis offers us we must take the wider view, swallow our western pride and sense of superiority, and look to the east for help and advice.

## **MEDITATION - ADVANCED TECHNIQUES.**

In the next section I want to discuss how you can use your trance sessions to improve your health and channel to power of your mind to boost the body's natural defenses. Before I can do this I must first give you a bit of background first.

Mystics in the east have for thousands of years known of and learned how to access the power of the subconscious mind and have achieved states of human enlightenment and control of their physical bodies which baffle western science.

Of course the many techniques used in the east to enter trance state or induction, as we call it, come under the general heading of meditation. Many western hypnotists, both medical and even the stage variety, are aware of the different

and flashier types of induction that can be used (*I will discuss these at a later date*). However western experience and knowledge is a fraction of what is known by some exponents in India, China, and of course in Tibet.

Let me give you some examples which are fairly well known and documented in the west. In Tibet there are two particular techniques which have been widely learnt and practiced for thousands of years. One is called (*Jun g-gom*) and the other is known as (*tumo*).

The art of Lung-gom is where an adept is able to travel very rapidly across rugged ground sometimes travelling for distances of over three hundred miles in thirty hours day and night. This is a useful skill for people living in a very inhospitable part of the country where there are no roads to speak of. They don't walk or run in any manner we would understand but appear to

leap with great elasticity from one spot to another. While doing this the adept would be in a trance like state and would keep his vision focused upwards on the horizon.

The training needed to master this technique would appear to most of us as very rigorous. It involves living in complete darkness and seclusion for over three years while practicing deep breathing exercises and meditation techniques. This does seem almost barbaric to us but you have to understand to a Tibetan monk such practices are not unusual. They are accustomed to and are great experts in meditation. It is not a hardship in the way we would perceive it and I am told that this form of seclusion is not absolutely necessary, some can achieve similar results without going to such extremes.

I watched a program recently concerning the training that the Royal Marines have to go

through in order to learn how to survive in the arctic wastes of Norway. Their training was very thorough, however I could not help think of those monks who train in isolated areas of Tibet in the art of Tumo.

Tumo, translated as *fire in the belly*, is probably more widely practiced than lung-gom and is the art of combating extreme cold. This is a very useful technique when we consider that Tibet is a country that is almost entirely over ten thousand feet. There is not much fuel to burn for fires although yak done is commonly used.

The adepts train in a similar way to those that learn lung-gom in that they learn a range of complex breathing and meditative exercises and bathe daily in icy streams in the mountains. While in deep trance they sit naked in the snow and imagine or focus their mind on internal fires within their bodies.

When their training is complete the adepts have to under-go a test to see whether they have mastered their training. On a particularly windy night in the middle of winter they are led on to frozen lake whereupon a hole is made through the ice to the water below. A robe is then dipped in to the water until it is soaked. The adept then has to wear this robe and dry it by using their body heat generated by the powers of meditation. *This process is repeated throughout the night until the master is satisfied that the adept has mastered this technique.*

This ability is not uncommon in the east. There was a prominent Indian guru Swami Brahmachari who was invited to Russia in 1966 to train Russian cosmonauts how to use breath control. On arriving in Moscow the weather was bitterly cold with a strong wind wiping across the airstrip. The Russian entourage were wearing thick overcoats, fur hats and gloves. When the doors of the aircraft opened the Indian stepped

out and was only wearing a thin cotton suit he had on when he boarded the plane back in Deli. Upon reaching the ground the Russians tried to offer him a thick overcoat but he declined. The Indian simply stated “*I produce my own heat thank you*”.

Tibet, India, and China have their own forms and techniques of combining breathing exercises and meditation. My own personal experience is with the Chinese forms so I want to explain a little about these. In any case it would be a little strange for me to try and explain how to use self-hypnosis to improve your health if I didn't at least mention some of these techniques. It would be a bit like writing a book on *How to drive* without saying anything about braking or the use of the accelerator, also there is no point in trying to re-invent the wheel. The Chinese are masters in these matters and have vast experience which has been refined over a great many years.



If you are serious about your health and want to get the most out of self-hypnosis some knowledge of these techniques will be invaluable to you. Even if you are not primarily interested in your health as such, some very simple breathing techniques will make self-hypnosis sessions much more effective. They will help you to calm down after all the hassle of the day and enable you to focus your mind on what you are trying to do. For this reason alone it is worth your considering them. *(It also enables you to be more selective about some of the more esoteric, crackpot, not mention dangerous, methods of alternative medicine which are becoming more fashionable).*

There is strong trend in the world today of combining the benefits of modern western technology with the *holistic* techniques traditionally favored in the east. Countries like China, Korea, Taiwan, Japan and even Russia have realized that the western habit of treating

the human body as some kind of machine with increasingly expensive technology is not the way forward. By utilizing the best of the tried and tested treatments developed in the east over many years with the amazing diagnostic techniques produced in the west a new and very powerful kind of medicine is being developed.

This pragmatic attitude towards medicine is producing a dramatic improvement in health care in those countries. At a fraction of the cost most Americans have to pay for their health care the Chinese government have been able to deliver effective medical care for a billion relatively impoverished people.

Of course in the west there are powerful vested interests in promoting a purely allopathic chemical-mechanistic approach to medicine. Millions and millions of dollars are spent each year by pharmaceutical companies in developing more and more new drugs and costly

treatments. General practitioners are routinely approached by salesmen from these companies to promote these new drugs to their patients.

In the west we are partly to blame because we tend to wait until we are sick and develop a disease before we seek help. In the east it is the tradition to take preventive measures before our body succumbs to an illness. A well-known quote from a classic Chinese medical text says:-

*Wise physicians do not treat a disease once it is has developed but rather treat it before it manifests. They do not wait for symptoms to run out of control but treat them before they develop. Giving medicine once a disease is established is like digging a well after you are already dying of thirst.*

## *(Qigong) or (Chi Kung)...*

In China people have traditionally been taught to take responsibility for their health and Qigong practice has been an essential part of this practice for thousands of years.

Qigong can be translated as “*energy working*”. Qigong was first mentioned during the reign of the yellow emperor some 4000 years ago. At that time it was stated that the Qigong techniques were in turn handed down to them by the ancients. So it is very hard to know for certain how long Qigong has been practiced in china but it could have been used for at least 6000 years. It is thought that *Qigong* started out as some form of calisthenics. Then around 500AD an eccentric monk from the Tantric school of Buddhism arrived from India and taught the Chinese the science of breathing called *pranayama*. This laid the foundation for the

Chinese health and longevity exercises as well as their martial arts.

The monk was called Bodhidharma and certainly an interesting character. *(It is said he sliced off his own eye lids to stop himself from nodding off during the numerous meditations he practiced.)* Before he would teach the Chinese anything he insisted on retiring to a monastery for nine years of solitary meditation facing a stone wall *“listening to the ants scream”?*

*Qigong* practice counters the many shocks and attacks our immune systems are exposed to on a daily basis. It switches the body's autonomous nervous system over to parasympathetic mode. In other words it calms the system down and revitalizes the vital organs, glands, and brain. It has a very strong effect upon the circulation of the blood. This in turn greatly increases the body's ability to deliver many vital immune substances to all the tissues and cells and

increases the rate that the body can take away the various waste products that accumulate there.

The common denominator in all eastern cults is the stress they place on the importance of breathing. Ancient tomes on yoga state that "*Life is in the breath*" and they also believe that the body absorbs life force (*Qi or Prana*) from the air. Western scientists have discovered that flares in the skin will glow more brightly when subjects breathe in pure oxygen indeed this effect is more marked if ionized air is used. One explanation of this phenomena is that surplus electrons from oxygen may provide fuel for our energy field.

If the air we breathe does not contain abundant quantities of negative ions we rapidly feel tired and listless. During the space program extremely physically and mentally fit astronauts soon became exhausted after only a few hours in their space capsule. After many years research in to the problem they finally discovered what was

wrong. The space capsule, being wholly metal, is in effect a perfect faraday cage and so virtually contained no negative ions whatever. Once negative ion generators were filled to the space capsules the astronauts' symptoms disappeared entirely.

It is for reason that many modern factories and offices are equipped with negative ion generators. Air-conditioning, heating, and pollution will drastically deplete the air's natural supply of negative ions. The clean air in the country typically contains about three negative ions to each positive one. In a polluted city this ratio drops down to roughly one negative ion to 400 positive ions!

Deep breathing is a vital part of *Qigong* practice. There are many styles of Qigong as you might imagine after such a long period of time. There are martial and non-martial forms. The most famous martial form is known as (*Taijiquan* or *Tai*

*Chi* Taijiquan is what is known as an internal style as opposed to an external style like karate or Taekwondo which rely on muscular force. Taijiquan relies on yielding to an opponent's attack and channeling that force against them. The Taiji adept use the intrinsic energy known as (Qi or Chi) which they learn to generate within their own bodies to defeat an attacker. Because the martial concepts used in Taiji are much deeper and more profound than most other styles it is much longer and harder to learn. However the more practice you do the better you will become and your defensive ability will actually improve with age not weaken which tends to be the case with an external form.

*Qi* is a difficult word to translate *because* the Chinese have at least forty uses of the word however for our purposes you can think of it as a form of energy or life force. In China many believe that everything in the universe has an energy aura or field. This includes inanimate objects like rocks. Living creatures like animals,



insects, and plants have a bigger energy field or life force than inanimate objects.

In Chinese medicine it is thought that good health depends on the *Qi* being balanced, able to flow and circulate smoothly and uninterrupted throughout the body. If the flow is interrupted and stagnates for some reason then illness will be the result and if it stops entirely there will be death. Water is often used as a way of describing what they mean, when water stops moving it stagnates and smells.

The Chinese believe that the body has two circulatory systems. One that is known to western science is the blood circulation which is responsible for taking oxygen and nutrients to the cells in the body and carrying away waste products. The other system is the internal energy or *Qi* circulation which supplies the organs and cells of the body with vital energy.

The channels through which this life force flows are known as meridians. Despite what many western doctors believe these channels are not the same as our nerve networks or blood vessels. This is a fact that any Chinese doctor will vigorously confirm. There are twelve main pairs of *Qi* meridians in the body but I will not go in to all that now suffice to say you probably have the general idea.

The circulation of *Qi* keeps every part of the body alive. *Qi* is sensitive to or affected by weather, the time of year, the food you eat, and your thoughts or mental health.

The Chinese have been studying *Qi* for many thousands of years and it is their research that has enabled them to develop techniques like *acupuncture* and many other methods to strengthen and enhance the body and mind. The Chinese have tried to measure *Qi* using infrasound, low frequency amplitude-modulated infrared radiation, low- frequency magnetic information, particle flow information, visible or

super faint light, and organic ion flow, among others.

When Qi is used for healing purposes they have noticed that there is a marked wave motion and undulation which can produce physiological changes and medical benefits. Tests with have shown that infrared radiation from the palms and fingers of a non-practitioner of Qigong does not have the same wave motion and undulation. The level of infrared heat radiation created by a Qigong master might only measure about a few tenths of a microwatt. This still puzzles researchers because the heat given off by infrared heat radiators currently on the market are a few tenths of a kilowatt, which represents a huge difference in magnitude. The energy given off by a Qigong master, although very faint, has a much stronger healing power. Some experiments have shown that Qi will penetrate lead plates and contains gamma ray wave bands.

Scientists, with the aid of an extremely sensitive galvanometer, have been able to study and

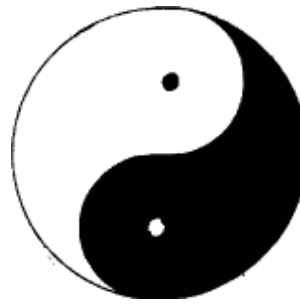
measure the electrical current at the various acupuncture points around the body. They discovered that these points gave unusually strong readings. By comparing the different readings of people in good health with those who were ill or very tired they discovered a difference of around six or seven micro-amperes. These figures are very significant when you consider the average healthy person would read about eight micro-amperes.

One of the most important aspects of Chinese Taoist philosophy is that of balance and harmony in all things. *Tao* is often translated as “*the way*” or “*the path*”. The Chinese have long been avid students and observers of nature. It is always their wish to work in harmony with nature and not against it. They believe that the universe consists essentially of two forces *Yin and Yang*. Examples of *Yin and Yang* are sometimes described as male and female, positive and negative, sweet and sour, hard and soft. In these examples Yin is soft and Yang is hard.

The first record of the terms *Yin and Yang* were made in “The Book of Change” about 1200 BC. The concept of *Yin* described as “a shady side of a hill” and *Yang* as “a sunny side of a hill”. These are useful images because they not only show the polarity of the two conditions they also give us the idea of change. As the earth rotates the sun’s shadow will move and what was cast in shadow will now be in the sun and what was in the sun will now be in shadow. What was *Yin* has become *Yang* and vice versa. The two states coexist in harmony with each other and are not in conflict. One cannot exist without the other they are relative to each other. For example you cannot have beauty unless there is ugliness to contrast it.

In the west our philosophy is more dualistic. We tend to think in terms of absolute opposites, black and white, right and wrong etc. The Chinese this approach too rigid and inflexible. Flexibility is the key to Taoist thought. In Chinese martial arts this cyclic idea of hard and soft, yield

and attack is vitally important. This belief permeates all their sciences from medicine to cooking and is known as the Great Principal. You may have seen the ancient symbol, shown here below in Fig 1, reflecting *Yin* and *Yang*.



***Fig 1.***

Just as a good curative hypnotist will endeavor to find the root cause of a patient's distress, a Chinese doctor will try to establish the root cause of a person's illness. He will not just treat the external symptoms. He will try to find out why there is an imbalance in their intrinsic energies and then balance them. In this way a patient will recover and their symptoms will disappear.

If you have ever practiced Qigong! Taiji you will already know that great care is taken to make sure that the exercises are balanced. You never just develop one side or part of the body but exercise it evenly.

## **Natural Energy Fields:-**

Western science has established that the earth has its own geomagnetic field. Taoists have been aware that the earth has an electromagnetic field for probably six thousand years or more. They considered the sky to be the positive pole

(*yang*) and the earth to have negative or (Yin) polarity. The resultant electromagnetic field that is generated is known as *Qi*. In *Qigong* training we, as human beings are taught how to interact with this power. You learn how to harmonize the frequency of your own energy with that of the earth's.

From the western scientific point of view electric currents will generate magnetic fields around whatever is passing through, a wire for example. Dr. Richard Broeringmeyer, who publishes Bio-Energy Health Newsletter, states *“Life is not possible without electromagnetic fields, and optimum health is not possible if the electromagnetic fields are out of balance for long periods of time. Magnetic energy is nature's energy in perfect balance.”*

The Chinese have known that fluctuations in the electromagnetic field of the earth affect us by



influencing our own energy field. Western science has only just started to grudgingly recognize this fact and describe this phenomena in terms of “biorhythms”. Dr. Bertram Brown of the US National Institute of Mental Health said:-

*“From the moment of conception until death, rhythm is as much part of our structure as our bones and flesh. Most of us are dimly aware that we fluctuate in energy, mood, well-being, and performance each day, and that there are longer, more subtle behavioral alterations each week, each month, season, and year. Through studies of biological rhythms, many aspects of human variability in symptoms of illness, in response to medical treatment, in learning, and job performance are being illuminated. Already, some of our changes of moods and vulnerability to stress and illness, our peaks of strength and productivity, can be foreseen.....*

It is interesting to note that homing pigeons find their way by focusing on the earth's magnetic field. They have crystals of magnetite on the surface of their brain which is a magnetic mineral. This substance enables a pigeon to locate its destination be in the dark or in thick fog.

Apparently humans also have a quantity of magnetite behind the nasal passages just in front of the pituitary gland. This area has for centuries been highlighted by Taoist and Hindu adepts as the *Upper Elixir Field* or *Celestial Eye*. It is considered to be one of the most important centers of energy in the body and many *Qigong* exercises focus on enhancing this area.

One essential difference between eastern philosophy and western thought is that the Chinese don't separate the mind from the body, they strive to combine the mind body and spirit.

The development of this philosophy enabled the Chinese to develop the most sophisticated and effective medical approach known for thousands of years.

Western civilization has comparatively recently developed its own medical knowledge and now boasts a vast array of impressive technological equipment. However the problem in the west is that we have concentrated on cure rather than prevention. We have tended to treat the symptoms rather than look at the root causes of an illness.

The Chinese approach has always been much more *holistic*. They treat the body as a whole rather than just concentrate on one small part of it. To many western minds this approach seems very unscientific or unproved however a lot of doctors in the west are no longer able to ignore

this approach and are now taking the Chinese approach more seriously. Acupuncture has been used in the west for quite a few years now, but other traditional Chinese treatments are being studied. Even in China a great deal of scientific research is being carried out to try and find a “scientific” reason to explain why *Qigong* is so effective.

In most hospitals in China you will find a *Qigong* master on the staff. It is common practice for doctors to use *Qigong* in conjunction with acupuncture for example. It is now a matter of record that a *Qigong* master, after years of training, can send his energy or *Qi* from his body to a patients. *This might sound a bit farfetched to some of you but I would ask you to bear with me.*

What the master does is send his energy into to patient along the same meridian channels used by the acupuncturist. Such is the success of this technique that the Chinese authorities are

carrying out a great deal of research and trying to look much deeper into this process. *This is far more subtle than simply sending a small electrical current into a patient current through acupuncture needles which has also been tried.*

Taoist philosophy represents the longest period of scientific research into health and longevity on record. Taoists view the human entity as the universe in microcosm. They believe we are inexplicably connected with the powers and energies of the universe. This kind of thinking is creeping into the more esoteric areas of western scientific thought. Nuclear physicists studying quantum theory would find that their own theories about matter and the nature of the universe have uncanny similarities with those of the ancient Taoists.

In this day and age it is vital that we take a much greater responsibility for our own health and

wellbeing. We cannot necessarily rely on western medicine to keep us healthy. Every day there is one health scare after another. If it is not BSE it is something else.

Much more worrying is the emergence of so called superbugs. These are bugs which seem to be immune to all known antibiotics. Such bugs are particularly dangerous to people with low or damaged immune systems. In the west we are vulnerable because our medicine relies so heavily on antibiotics to fight infections. Doctors have often been criticized for dishing out prescriptions of antibiotics to all and sundry on demand. It is even feared that basic hygienic practices in hospitals are neglected because any infections caused can and are readily treated with antibiotics. Antibiotics are known to have a debilitating effect on our body's natural immune system anyway!

It is indiscriminate use of these drugs which has caused the problem. There are already strains of tuberculosis which are resistant to any known antibiotic. These strains kill many people each year and it is feared that we may return to the grim old days of the 1920's when people had to be put into isolation hospitals until they recovered or died.

Farmers even use antibiotics on farm animals to promote unnatural growth. So serious is the problem that the House of Lords Select Committee on Health and Technology have recommended that the routine use of antibiotics on farms should be banned. So what can we do? How to heal yourself by moving energy (Qi) around your body.

*Mind is the leader of Qi (energy). Where the mind goes, Qi follows. When a certain part of the body is sick, use the mind to draw Qi to the affected area and it will correct the condition.* Dr. chang

Rui, director of the imperial medical institute  
Sung Dynasty AD 1127- 1279.

Anyone who has practiced *Qigong* will have experienced the feeling of heat being generated within the body. Some mistakenly think that this heat is *QL*. The feelings and sensations of heat are in actual fact an indication of *Qi* being present within the body or circulating within the body but not *Qi* itself. It is rather like testing a wire to see if there is an electric current passing through it. Unless you use a volt meter, or detect heat coming from the wire, or observe some other phenomenon like the presence of a magnetic field, you will not know whether there is electricity present in the wire or not.

Heat and magnetism are manifestations of the flow of electric current but are not electric current in themselves. It is the same thing with *Qi*. You will be aware of its existence within your body by monitoring and being aware of your



body's reaction to it and the symptoms it produces like heat and feelings of tingling or pins and needles within your limbs.

Now if you have been regularly practicing Self-Hypnosis you will no doubt have experienced some very pleasant sensations flowing through your body. These sensations are manifestations of *Qi* or life force.

In general it is possible to generate *Qi* in two ways. First is to generate it externally by stimulating different parts of the body through doing special physical exercises, massage, acupressure, and acupuncture.

The second way is by generate it internally. One method of doing this is by practicing some breathing patterns or exercises. There are so many exercises to choose from it would easily take many courses to describe them all. However

I think it is important to give you a broader picture of what is available. I will give you some simple exercises later on however I hope some of you may wish to explore these areas further on your own. The subject is really so vast and beyond the scope of this course.

The second way to generate energy is by using the mind while in meditation or, from our point of view, a trance state.

Once you have established a light trance state, either sitting or lying down, let your mind relax and experience the pleasant sensations going through your body. There may be different feelings each time you try this, it does not matter. If you experience waves and tingles of heat, or pins and needles don't try and interfere with them just feel where they want to flow to. These feelings often start in the extremities like the feet, hands in general or palms of the hand.

This is just the body's energy flowing through the meridians.

### **Moving Qi:-**

In order to move Qi you must put your mental intention in front of it. In other words if you can sense Qi in your feet and calf area of your leg just gently let your mind go to the area around your knees and imagine you feel the sensation there. In a very short time you will feel the tingly feeling grow and move to this area.

### **WARNING!**

If you have a particular problem, say a stiff neck or pain in the shoulder, after a little while you can start to learn how to direct this energy to the area in pain. However you should not move the Qi straight from your feet to the neck in one swoop. If you do this you will probably feel a great surge of energy which will rush up into the

head. A bit like a sudden rush of blood to the brain. This can cause discomfort and even lead to a mild head ache. It won't do you any harm though. It is better to learn to move Qi around the body in small stages.

So if you wanted to move Qi from the feet to the neck it would be best to start by letting it rise to the knees then move it gently up into to the hips/stomach and gradually through your chest into the affected area.

Once you have collected the energy in the right area just let it rest there. You can now imagine your body healing itself and rebuilding damaged cells or sore muscles. After a while let the Qi move and go where it wants to naturally. If you are perfectly healthy the Qi will move wherever it is needed. Your mind and body knows what is best. However a little experimenting now and again is good fun. Next month I will give some

other ideas on meditation and moving Qi but this will do for now.

Please note that by imagining that you are healing yourself you are not ignoring pain which is nature's warning signal that something is wrong. Simply killing the pain is only desirable once you know what the problem is and once the healing process has started.

If you have a particular medical problem and your doctor has diagnosed what the problem is you can use the above technique to speed up your recovery.

**IF YOU THINK YOU HAVE A SERIOUS MEDICAL CONDITION PLEASE SEEK PROFESSIONAL ADVICE. THE TECHNIQUES MENTIONED HERE ARE NOT INTENDED TO REPLACE A COMPETENT MEDICAL DIAGNOSIS BUT RATHER TO COMPLIMENT IT!**

The tape included with this release is primarily concerned with self-healing. You can use the above technique in addition to the tape. The tape does use some other ideas as well which might be useful.

What follows are some basic breathing Qigong exercises as promised. It is impossible to explain the subtlety of these techniques by simply writing them down, however they serve as a small introduction to this ancient and wonderful art. I would say even following a video would only convey a fraction of their true power so consider this a way of wetting your appetite. I have absolutely nothing to gain whether or not you decide to take Taijiquan /Qigong lessons. The point is you have a great deal to gain. It is not necessarily expensive either some adult education departments offer classes which are subsidized.

This first set of exercises are ideally to be performed a few minutes before you start your trance session. The benefits of Qigong exercises are essentially those of providing *balance* and *harmony*. These exercises are always to be performed in slow motion. Some beginners find this very strange and can't see why you we don't just speed them up and rush through them. This is because in our modern existence speed and a hectic pace of life has become the norm. This is why most peoples' central nervous systems are in a constant state of hypertension. This undermines the body's natural energy reserves which then undermines their health and shortens their lives.

By performing soft, slow, movements while doing deep diaphragmatic breathing you switch the autonomous nervous system over to the parasympathetic mode from the stressed sympathetic mode .By doing this your body can

rejuvenate itself, and harmonize all the vital functions, and produce vital essence like hormones and neurochemicals.

Diaphragmatic breathing means that you draw the air deep down into our abdomen. This means that your lungs fill with air from the bottom upwards in this way you use all of your lung's capacity. Most people are shallow breathers and only use about 40%. If you study how young babies breathe and copy them you will not go far wrong.

Stand with your feet shoulder width apart with your hands by your side. Make sure you tuck your bottom in so that your spine is as straight as it can be. It is important that when you do these movements you don't sway out of line but let gravity simply pass through you into the floor. See fig 2(A). The idea is to support your body's frame without using too much effort. Try to relax



all the muscles in your legs and don't lock the knees. Don't make yourself stiff. You probably will not get this right over night, it will take a bit of time.



Fig 2. (A)



Fig2 (B)



Fig 2 (C)



Fig 2 (D)

Now breath in deeply and slowly, as you do bring your arms up in front of you as shown in Fig 2 (B), (C).

Hold the air in your lungs for about three or four seconds, but don't force it, and lower your arms. As you lower your arms, see Fig 2 (D), breath out

slowly and empty your lungs. Now repeat this process for about five minutes or so.

An important point to note. When you bring your arms up they should feel very heavy like lead weights and have as little tension in them as possible. As you lift them up keep your shoulders low, don't raise them. Feel yourself getting support from your feet which are rooted to the ground. Let the movement of your arms co-ordinate with your breaths and just let your mind relax.

After a while you should feel your mind calming down. Try to let the breathing flow naturally, don't force it. Also make your movements slow and graceful and not jerky or sudden.

The next breathing technique can be performed after a session of self-hypnosis or meditation. As before stand with your feet a shoulder width

apart with your hands by your side. Place the right hand gently over the back of your left hand at about waist level. Now raise your hands up in front of your chest and then above your head and stretch. During this stage you will be inhaling. Now separate your hands and bring your arms down either side of you, while exhaling. You can repeat this circular breathing motion for about four minutes.

Just in case you didn't know it already I hope you appreciate that Chinese medicine is a very complex area and it takes many years to grasp all the complexities that are involved. Some ignorant people consider Chinese Physicians to be nothing more than quacks, however they probably don't know that it takes around fourteen years to train a traditional Chinese Doctor compared to around five or seven in the west.

When western medicine was only just beginning to raise itself a little above basic superstition and leaches Chinese medicine had already enjoyed a successful track record for at least four thousand years. Various physicians down the ages had refined and catalogued various recipes and cures for a wide range of disorders using various herbs, mineral and animal extracts. By the time western medicine had diagnosed illnesses like beri-beri and goiter the Chinese had already found a cure hundreds of years earlier. In fact the west were starting to borrow or steal many cures from China. Quinine as a cure for malaria was taken from southern China by a Jesuit Priest who then passed it off as his own discovery. Similarly the technique of taking vaccines from cow's blood was first perfected in China and also brought back to Europe by Missionaries.

I know of many people who have turned to Chinese medicine to cure their ills because western medicine cannot help them. This does

not mean that western medicine is in some way inferior. In many of the cases that I have personally heard of those people could have avoided their conditions by taking simple preventive means!

Because Chinese medicine is a part of a whole way of life it is but one segment of the whole. Yes it is holistic in nature, in that it treats the whole body, not just a small area that appears to be affected, but it works best when other aspects of life are also taken into consideration. The emphasis is on prevention rather than cure.

Until this century rich Chinese households employed a physician to regularly visit the family in order to monitor the health of the whole family. It would be his job to give advice on their diet, personal habits, and generally regulate their life style to ensure they remained in good health. Should anyone fall sick, the family would

suspend his salary until he had restored them to full health, *at the physician's expense*.

In Taoist philosophy if you live following the certain irrefutable and immutable laws by living in harmony with, instead of against nature, you will not get sick. This is because the body's natural defenses will repel any invasion from attack. If an individual takes care to maintain his or her level of health and immunity then it follows that they should not be vulnerable to disease.

**“Health is easier to maintain than it is to acquire.” Doctor Russ Jaffe (1984)**

The Doctor who made the above statement is a specialist in the treatment of AIDS. It is his assertion that healthy people should not contract the Disease.

You have already taken a huge step in improving your own body's wellbeing if you did but know it. By having one or two Self-Hypnosis sessions each day you are giving your mind and body a badly needed rest where your heart beat can slow to a murmur. Your blood pressure can reduce and your brain can have a break from all the cacophony which is now modern daily life.

If you went back a few hundred years what do suppose would be the loudest sound we would ever hear? Until gun powder was invented it probably would have been a thunder storm or a large water fall. Think about what most of us have to put up with every day.

Without being consciously aware of it our minds are bombarded by a constant stream of stimuli every minute of the day from when we wake up to when we go to bed. There is electromagnetic and noise pollution, not to mention all the other types of pollution, from radios, television, telephones, mobile phones, faxes, motor traffic, computers the list goes on and on. **This is not natural.** This is why people today feel so stressed. This is why it is so important that you have a few precious moments each day when you can calm your system down and let it just be. We all need a time when we can forget about all our troubles and simply exist.

I can personally recommend the techniques described in this release and some others I will tell you about later on. I cannot remember the last time I HAD to go visit a doctor although, because I move around a lot, I sometimes have to register with a doctor and have a compulsory check-up. It amuses me to see the look on their faces when they take my pulse and blood pressure. It is always way below what they would normally



expect. I not saying I am perfect I still get the odd sniffle, but very rarely, and they never last long.

I have never known my Taijiquan teacher miss a night because of ill health. The Grand Master of our particular form of Tai Chi, and his wife, are both in their hundreds. They both teach and train every day. There is a Qigong teacher I know who returns to China every year for a month to retrain with his master. His master is a lady who is at least 105 and also teaches, and practices, Qigong every day. What is more I heard she was considering a visit to Europe to give demonstrations! I know that I can feel very tired before a Taijiquan session but after two hours of training I feel greatly invigorated. It works!

What I have tried to do here is show you that our state of health is largely in our own hands, or more accurately in our own minds. Some people are very skeptical about alternative methods of health care and have negative

gut reaction to them. It is for this reason I have used Chinese cultural and medical examples in this release because their theories are firmly based on research and observation over many thousands of years. I wanted to show you a different way of looking at yourself and your body. You can use Self-Hypnosis to improve your health. Each of us does have a life force, or Qi, within us which can be strengthened and used to keep us healthy. There is a lot more on this subject that I must tell you about, however for now this will have to do.

The Next release will tell you how you can prolong your life and look and feel years younger.