

Guo Lin Qi Gong Course March / April 2016, every Wednesday, 19:00 - 20:00 o'clock

For your mind, your personal development and your well-being. Therapeutical support with regard to cancer, chronicle diseases, people suffering from emotional damage, tension, a low level of energy, depression, and irritability.

Through the practice of Guo Lin Qi Gong, especially when reaching the level of the deep meditative state, a whole set of beneficial psychological and spiritual conditions emerge, including emotional well-being, spiritual happiness, stability of mood, and complete relaxation of the body.

Research by the Bei Dai He Chi Gong Clinic indicates that after doing Guo Lin Qi Gong exercise for a certain period of time (we judge this to be approximately forty minutes), the body's internal regional blood volume increases by 30% and the body temperature raises two to three degrees Celsius. For the Chinese, these facts demonstrate the way that Guo Lin Qi Gong acts to clear the meridians - unclog the blood - and moderate the chi and blood. In other words, when the chi and the blood are flowing freely, the body will maintain physiological balance (the balance of yin and yang), and diseases will disappear of themselves.

Master Guo Lin

The use of Guo Lin Qi Gong in China originated with Ms Guo Lin. In 1949, she was afflicted with uterine cancer. The cancer recurred in 1960. This time it had metastasized to the bladder. A deadly diagnose followed. However, she did not give up hope and remembered that her grandfather, a Taoist priest, had taught her as a child to practice Qi Gong.

She was strongly convinced of Qi Gong's ability to cure diseases, concerned her cancer and in 1970 started giving lessons in what she called New Qi Gong Therapy, today named Guo Lin Qi Gong and referred to in China also as medical Qi Gong.

Until her death in 1984 Guo Lin worked tirelessly, helping, via Guo Lin Qi Gong, to cure hundreds of cancer patients, while easing the pain and prolonging the lives of thousands more.

Guo Lin travelled all over China to twenty provincial capitals to teach and lecture at the request of many local health care and medical departments, and she became a national celebrity before her death in 1984 (twenty years after her life had been given up by Western medicine).

Examples of significant scientific research studies: Miyun Capital Tumor Hospital Beijing (1995); Fangyi Hospitals Shanghai (2001)

Examples of research

Explanations by modern science:

In a study, Wang Chong-xing and collaborators at the Shanghai Institute of Hypertension reported at a world conference on Guo Lin Qi Gong on improvement in the ratio of cAMP/cGMP within one year of Guo Lin Qi Gong practice. It is claimed that the concentration and physiological stability (expressed in a stable ratio) of these two enzyme messengers play

major roles in the normal regulation and maintenance of health. It is assumed that cancer cells thrive when the blood cAMP content is low. Ding Shen and other investigators, reporting at the same world conference, have found that the practice of Guo Lin Qi Gong, among other beneficial effects, increases the cAMP content of the blood which may explain partly Guo Lin Qi Gong's effect on cancer.

Another important factor in cancer growth is whether or not the body's oxygen content is sufficient. Beijing's Qi Gong and Cancer Research Unit have conducted many experiments on this aspect. When the body is deficient in oxygen, cancer cells grow; and when the body is rich in oxygen, cancer cells die. Through practicing Guo Lin Qi Gong participants can enter into a state of deep meditation. Together with its breathing methodology Guo Lin Qi Gong exercises help to increase the absorption of oxygen.

Guo Lin Qi Gong strengthens and helps to stabilize the endocrine system which can have a beneficial regulating effect on the vigour of the whole body's metabolism, ex. pituitary, thyroid and other glands

Explanations by Traditional Chinese Medicine (TCM):

Guo Lin Qi Gong has the functions of activating the body's vital forces (chi), strengthening the blood's circulation, balancing the yin and the yang, stimulating the conductivity of the meridians and improving the psychological state. Chinese medical theory emphasizes that chi is the driving force of life. The body's health is determined by the strength or weakness of its chi. As soon as the chi is weakened, the "blood is clogged," the yin and yang lose their balance, and disease will result.

Tip: In ancient China, Taoist priests chose to meditate underneath the pine tree because they had discovered that the pine exudes the greatest amount of oxygen.