



Qigong for Autoimmune Disease and Immune Disorders

How Autoimmune Conditions Affect Your Body and Mind

Haola! Welcome. I am Master Mingtong Gu, the founder of The Chi Center. And today I want to share with you a message of hope and healing if you've suffered with autoimmune disorders such as Lyme disease, Fibromyalgia, arthritis, Lupus or Type 1 diabetes, for example.

These autoimmune diseases are a big challenge not only to your body but also to your emotional and spiritual health, and to your perspective on life. You've probably experienced symptoms, and treatment side effects, that can be very distressing - like chronic fatigue, unexplained aches and pains, fever, skin rashes, trouble concentrating, dizziness, or a limited range of movement in your body or hands.

You may feel profoundly stuck, emotionally depleted, anxious, or disconnected from life -- as if joy, passion, and vitality are fading away from you.

You may have waited years for an accurate diagnosis, or still be waiting for confirmation, while wondering what is happening to you and why you feel these unexplained symptoms.

And even when you have a diagnosis, the treatment options you're offered may be very limited, because some autoimmune conditions are still poorly understood by medical science. It's a stressful experience, and not just physically - it's mentally and emotionally stressful too, for you and for the people who care about you.

But today I'm going to share with you how you can change that towards more health and healing.

Instead of fearing a future full of pain and stress, you can be calm and confident no matter what life brings. Instead of struggling to overcome severe physical symptoms, you can address and reduce those symptoms at their source.

Your diagnosis does not have to mean that your life will never be vibrant, relaxed and happy. In fact, you have the power within you to generate healing and renew your engagement with all aspects of your life. So don't put off making plans, don't become trapped by your symptoms into a life you don't fully enjoy. You can still do all those things on your dream list, and have time to spend with the people you love - all without your symptoms getting in the way.

The Path to Recovery with Wisdom Healing Qigong

To give yourself the opportunity for healing, I invite you to explore the practice of Wisdom Healing Qigong - a 5000-year-old healing art that is the grandmother of traditional Chinese medicine, acupuncture, many martial arts, and a wide range of energy healing modalities -- an ancient system of timeliness principles that perfectly aligns with today's modern science, medicine, and quantum physics. Wisdom Healing Qigong makes use of the energy within all life, which is called chi. Learning to nurture and work with this energy empowers you to heal from within.

The practice of Qigong makes it possible for all of us to expand and transcend the paradigm of conventional medicine, which treats your body as a biological machine that's separate from your mind. Wisdom Healing Qigong trains students to tap into the natural, deep wisdom and energy within you and the universe, and to build your own abilities to heal from aging, illness and injury.

How Wisdom Healing Qigong Works

Qigong is an ancient technology and science of energy healing that has been developed over thousands of years of Chinese history. Qi means "life energy", and gong means "cultivation and its benefits"

Through gentle movement, visualization, sound and breathing practices, and conscious intention, the practice of Qigong dynamically restores the life energy and creative power within.

As the underlying causes of life's challenges, including stress, are released and transformed, we reconnect with the universal source energy and bring new and vital energy streams into the connection of mind, body and heart, and into the flow of life.

By practicing Wisdom Healing Qigong you reintegrate your body and mind, reconnecting with the chi, and that reconnects you with your own healing capacity.

So this internal energy medicine of Wisdom Healing Qigong empowers you to practice this energetic self-care and self-healing of your mind, body, and heart.

The simple, gentle practices teach us to relax, move, and shift the energetic conditions of the body and mind. In the process, the immune system and all bodily systems are restored to optimal well being for the entire body. Then healing takes place.

From the ancient energetic perspective of Chinese medicine, we associate immune system function with the liver system. And Western medicine also recognizes the liver's role in immunity and autoimmune disease. Your liver has active immune cells, it filters your blood, helping to clear toxins from your body, and it stores glucose to release when we need extra energy for physical or mental work.

And your bone marrow is the location of blood cell production, including T cells and white blood cells that are essential for immune system function, so the health of your bones is also important. So in Wisdom Healing Qigong we practice movement, sound and visualization healing to improve the circulation and the proper functioning of all the body's systems, including the liver and bone and blood.

When your immune system is overreacting - it has become overprotective, so that it reacts unnecessarily to the environment and even to your own body's cells. Your immune system is trying to contract and protect, to curl up in a defensive ball against incoming energy, and you become exhausted, or experience pain, or oversensitivity and allergies. You may feel life is leaving you.

How to heal these conditions?

The Qigong perspective is that all bodily systems, including the immune system, are interconnected... and that to treat one system, we must attend to the whole -- the physical as well as the non-physical inner and psychological being.

Through the energetic practices of Qigong, we directly address the root causes of immune dysfunction as well as the health of the whole person.

What are the main causes of a weakened immune system?

Many factors contribute to declining immunity... including aging, stress, poor nutrition, lack of sleep, and environmental conditions. Sometime genetics, acquired conditions such as HIV / AIDS, or the use of certain medications also contribute to a state of immune deficiency.

Once compromised, a weakened immune system is no longer capable of responding effectively when needed. This can lead to frequent colds, allergies, an inability to resist infections, as well as general feelings of dis-ease. More significant disturbances of the immune system can result in autoimmune and inflammatory diseases...and even cancer.

How does Wisdom Healing Qigong affect specific components of the immune system?

Qigong movements that focus on key areas such as the hips, spine, shoulders, and chest enhance the beneficial interaction of the immune system elements. A variety of practices stimulate and strengthen the kidney, liver, and lung systems while also regulating lymphatic fluids and enhancing the skeleton and bone marrow system.

Through Wisdom Healing Qigong you learn to shift this energy from over-protection to openness and connection. But it can be difficult at first because you have learned that when you open up, you let the energies flow, and your immune system will react against them. So you may feel afraid to open up. Although you may feel more fatigue and symptoms at first, you will also experience more energy and more life. Over time of practice, you can release the contraction and negative over-protective response to stimuli and life. You will increase your vitality and awaken the innate intelligence and natural functions of your immune system and whole body.

How does fear relate to immune system depletion?

Excessive or chronic stress and fear induces stress hormones that can diminish immunity over time. Hormone imbalances, lack of sleep, and poor digestive functions are all affected by fear and stress. The practice of Qigong has been proven to reduce stress and transform fear, to decrease cortisol levels and increase lymph production and flow....

How does love relate to immune deficiencies and how can Wisdom Healing Qigong help?

The heart center is opened through specific Qigong practices, especially through Sound Healing. Expanding our capacity to experience feelings of love and well being opens us to a deeper energetic flow and is a key factor in mental, emotional, and physical healing. Through wisdom healing qigong practice, you open your heart; activate more joy and experience deep love for yourself and others. Love is the medicine and energy is the source of love.

Medical Science Confirms Wisdom Healing Qigong's Effects

Many published studies, including those reviewed by the National Institutes of Health, suggest that Qigong impacts immunity in a multitude of ways. *These include proliferation of both red and white blood cells, lymphocytes and neurohormones; increased lymph generation and propulsion; decreased cortisol levels; as well as positive impacts on overall stress and psychosocial functioning.* At this stage of scientific development, adequate instrumentation to directly measure levels of chi has yet to be developed. Therefore chi, or life energy, is measured through its effects on biological systems and processes.

Studies by the Harvard Medical School and others have found positive effects on immune system function and autoimmune reactions - confirming that practicing Qigong can influence gene expression, reduce chronic inflammation and improve overall health.

Healing from Lyme disease and Chronic Fatigue: A Qigong Student's Story

For an example of how this looks in real life, consider my student Vivienne, who is now also a teacher at The Chi Center. Vivienne came to us at the age of 60, after 20 years of struggling with the debilitating effects of chronic Lyme disease and the exhaustion that caused. She was suffering from joint pain, recurring bronchitis that lasted months at a time, and itchy, sensitive skin flare-ups. And her health was rapidly getting worse; some days she couldn't get out of bed any more.

After seeing a friend heal her chronic fatigue through Wisdom Healing Qigong, Vivienne decided to try the same approach. And over a period of regular practice, her symptoms began to improve - physically, mentally, emotionally, and spiritually. She now has more energy, no exhaustion or pain anymore, and she told us, "It takes a bit of training but a healthier, more abundant, loving, peaceful life certainly is worth the effort to me."

How to Take Your First Steps with Wisdom Healing Qigong

You can take the first steps onto your healing path today. Start your online course for learning and consistent practice of the slow movement, meditations, sounds and vibrations of Wisdom Healing Qigong. Any journey starts with first step, from intention to action. Your desire to heal, to have better health and more energy is the beginning but your commitment to the first step is the key. Since you are watching this video, you have the inner desire to get well, now you can rediscover again and experience directly the wisdom and medicine within you, your own body, mind and heart.

Visualizing the energy that connects all of your body's systems, and connects your mind, body and heart to the universe around us, you will learn to progress through layer upon layer of energy - cleansing and rebalancing each system from within. You'll increase blood circulation and enhance the function of the systems that regulate your immune response.

Then you'll go deeper, using meditation to strengthen your awareness of the connection and continuous interaction between mind and body, reintegrating their capacities to balance and heal. Feel the integrated wholeness of your being, tap into your body's own deeper wisdom for healing, and empower yourself to live a richer, revitalized, more joyful life.

And the only known side effect of Wisdom Healing Qigong is that it also improves healing and wellness in other parts and systems of the body, too, as well as

giving you greater energy for movement, thought and creativity! So you truly have nothing to lose by trying Qigong, and many, many benefits to gain.

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