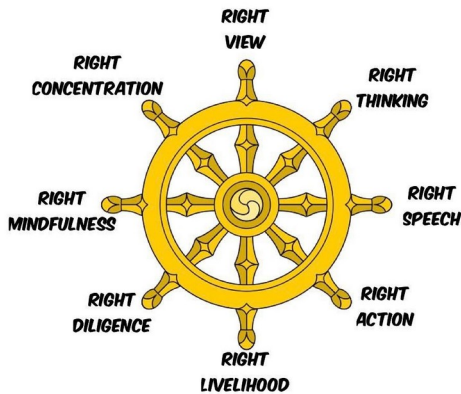


Types of QiGong

Qi gong means life energy cultivation. Qi gong is often categorized as: meditative, health/medical, and internal martial arts. In China and other east Asian countries, the use of qi gong for medical applications – similar to how acupuncture is used – is widespread and normalized. In the Chinese context, there is a tendency to qualify various styles or emphases of qi gong practice according to the 3 traditional schools of philosophy and spirituality in China: Buddhist, Daoism and Confucianism, as well as Modern or Scientific forms.



Buddhist qi gong:

- Preserve & nurture original (“post-birth”) qi
- Care for energy flow around internal organs, associated with emotions
- Gather, preserve qi in lower elixir field
- Balance flow of “fire” (yang) and “water” (yin) to steady emotions: Calm mind; Open heart; Warm belly
- In meditative qi gong, focus on concentration and compassion; “open the heart chakra”
- In medical qi gong: focus on unblocking imbalances in unconscious/autonomic energy flows



Daoist qi gong:

- Augment universal (“pre-birth”) qi
- Work flows of energy which are consciously managed
- Raise qi up to the middle and upper elixir fields
- In meditative qi gong: focus on raising qi to the mind and beyond; let “spirit qi” emerge
- In medical and martial arts qi gong: focus strengthening energy reserves; move qi through muscles and bones with mind-intention; create “guardian qi”

“Confucian” or “Scholar” or “Academic” qi gong: refers to using qi gong exercises mainly as useful, pragmatic self-help health aides, with less attention to spiritual or “power” (internal martial arts) applications.

“Modern” or “Scientific” qi gong: similar to “Academic”, refers mainly to forms developed starting the 1960s that tend to be tied to specific curative or exercise goals, such as specific muscle groups

“Spontaneous”: self-directed movements that enhance the flow of vital energy through the body and lift the spirits