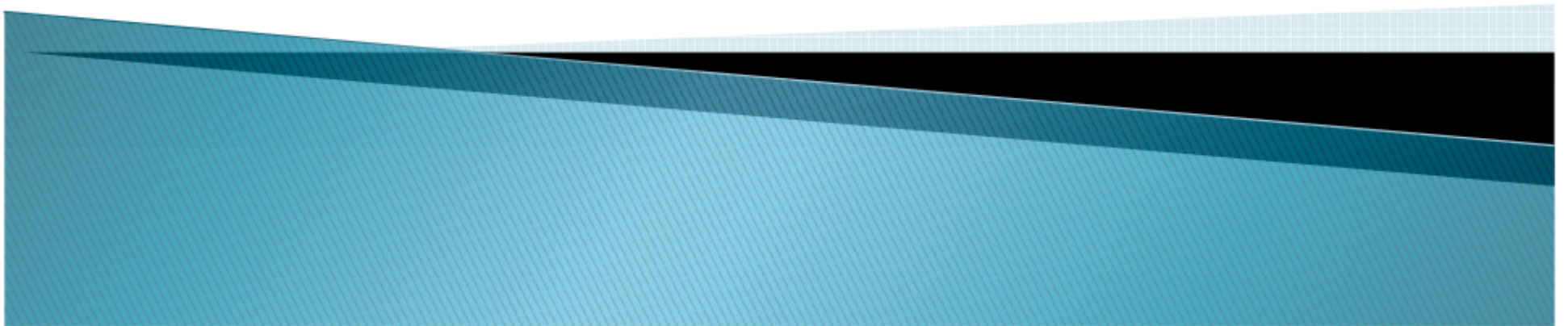


Qigong with Healing Words

Presented by
Beverly Isley Landreth,
David Harold, Sandy Seeber

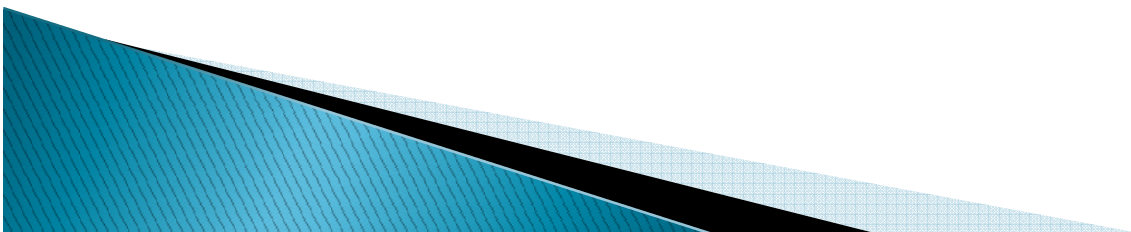
National Qigong Association Conference
August 20, 2010
Minneapolis, Minnesota



Stillness & Silence:

Two Gates into the Invisible World

- ▶ Out of the stillness, movement emerges
- ▶ Out of the silence, the word is spoken



Four Gates to Healing

- ▶ Opening the microcosmic orbit
- ▶ Balancing the meridians
- ▶ Spontaneous Qigong
- ▶ Standing meditation
- ▶ Chanting, mindfulness, & continuum
- ▶ Affirmations
- ▶ Neuro-linguistic programming
- ▶ Guided imagery

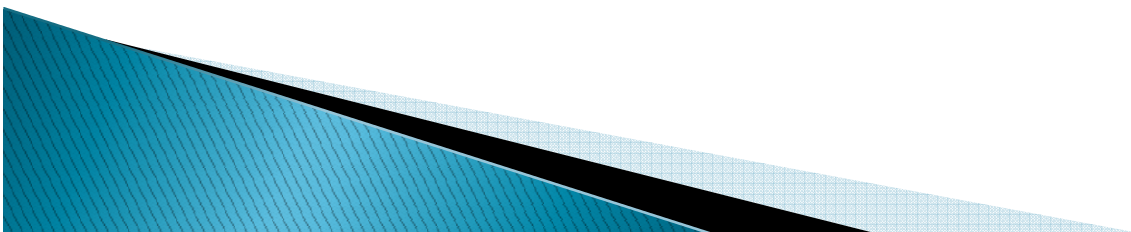
Body-based Practices:
Qigong

Mind-based Practices:
Sound Vibration Words

From Formless to Form

In the beginning was the word...

Om the original sound from which all creation emerged



From Formless to Form

Song of Creation



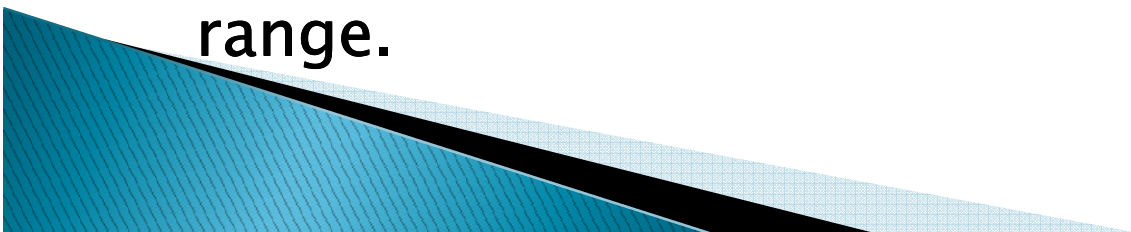
Each baby in the womb has its own song. The song encodes the unique soul assignment of each member

The community sings this song to its members at every rite of passage, reminding & affirming the unique purpose of each one

From Formless to Form:

Cymatics

- ▶ Cymatics-- the study of wave phenomena-- is a science pioneered by Swiss medical doctor and natural scientist, Hans Jenny (1904–1972).
- ▶ For 14 years he conducted experiments animating inert powders, pastes, and liquids into life-like, flowing forms, which mirrored patterns found throughout nature, art and architecture.
- ▶ All of these patterns were created using simple sine wave vibrations (pure tones) within the audible range.



Laboratory

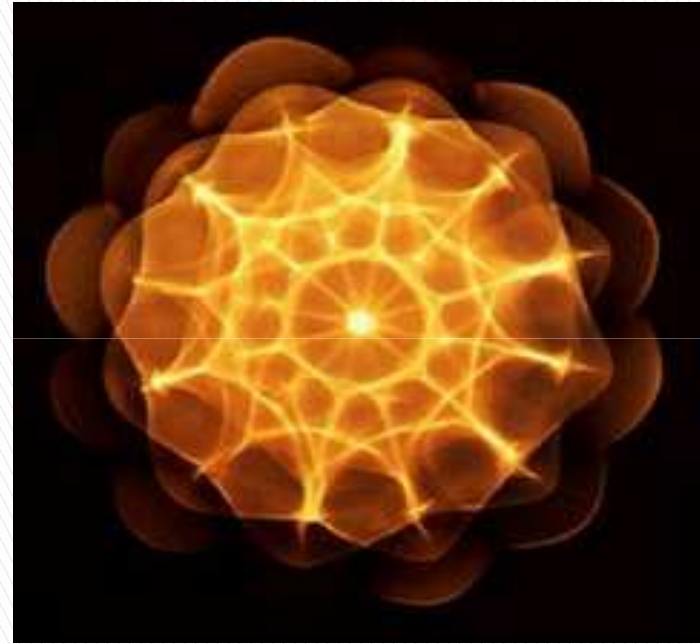


Dr Jenny placed the material on a metal plate attached to a crystal oscillator which was controlled by a frequency generator capable of producing a wide range of vibrations. He then filmed and photographed what happened on the plate.

WATER

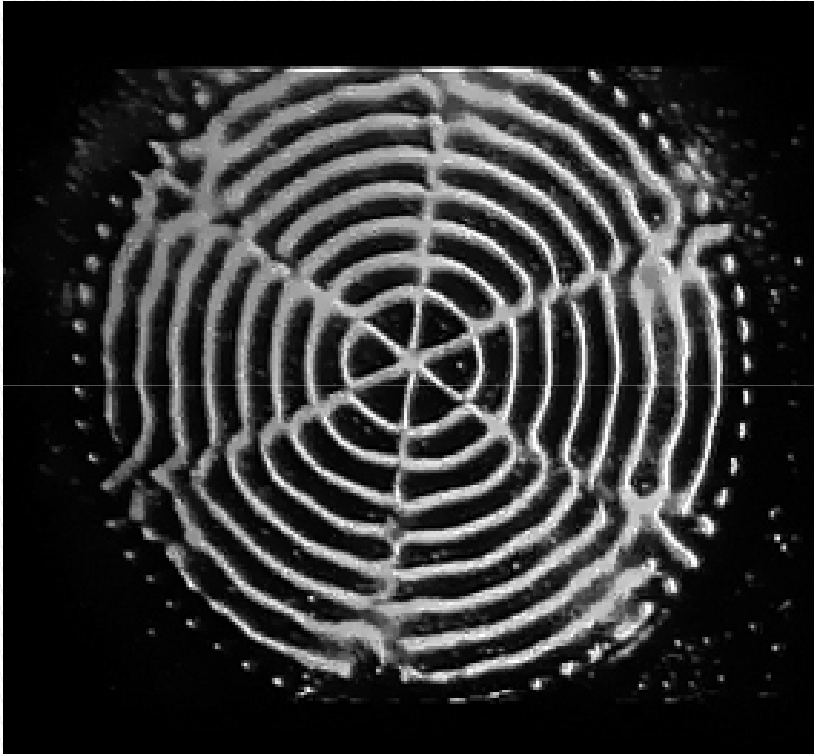


Lower Vibration

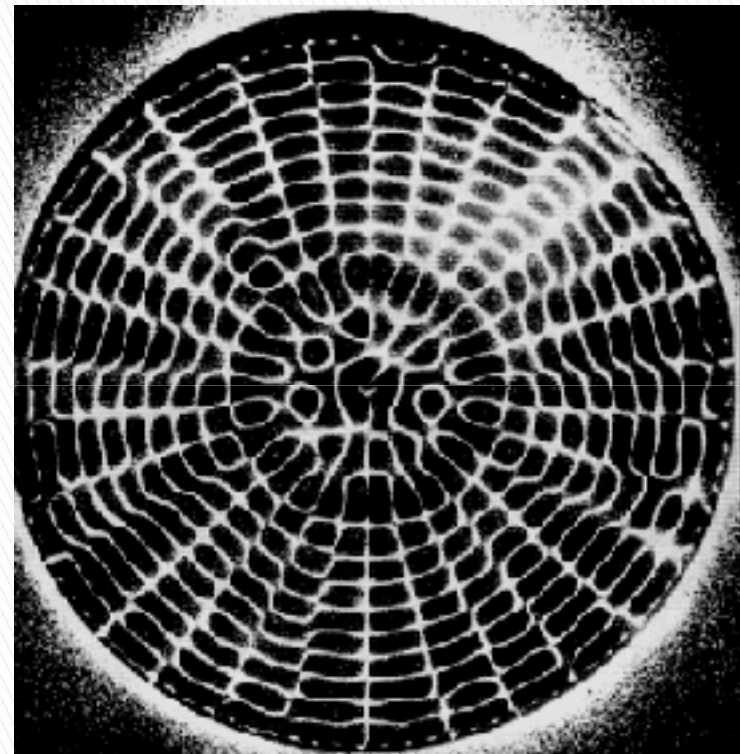


Higher Vibration

SAND



Lower Vibration



Higher Vibration

OM



Sri Yantra: Considered to be the pattern created by “OM”

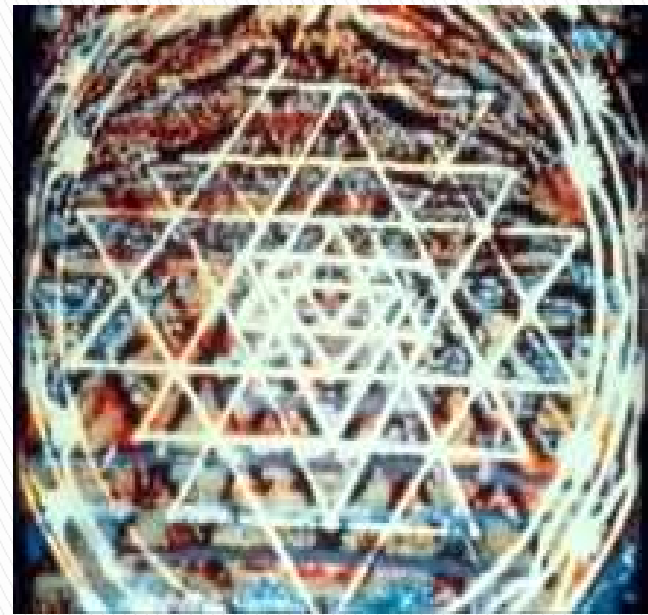


Image resulting from voice singing “OM” into a microphone

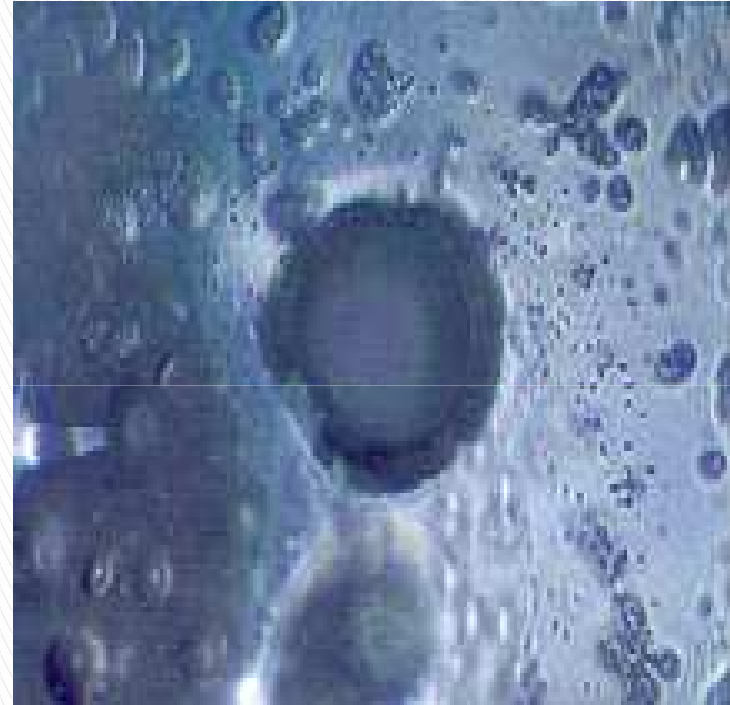


INTENTION

Dr Emoto's Work: Words create shapes



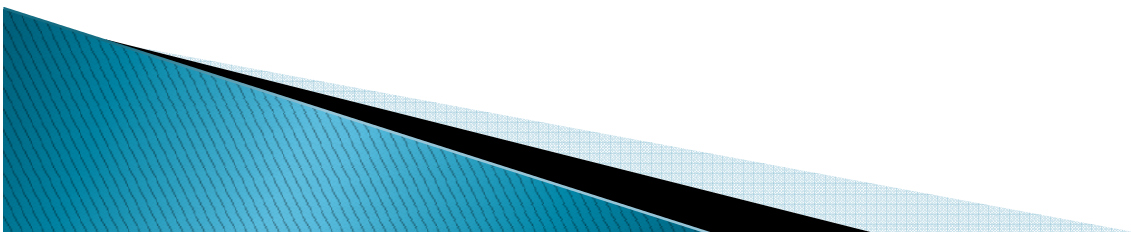
Water crystal formed with intention of love & gratitude



Water exposed to cellular phone

CONTINUUM & WAVE MOTION

- ▶ **Emilie Conrad, founder of Continuum Movement, and discover “wave movement.”**
 - 1974 Research Project with Dr. Valerie Hunt, a Professor of Kinesiology at UCLA. Dr. Hunt used electromyography to measure the effects of the sound in combination with undulating wave movements generated by Emilie. Studies showed that the undulating wave movements were demonstrating recorded frequencies that were 200,000 cycles per second, as opposed to muscular movement recordings that showed 250 cycles per second.
- ▶ **Emilie went on to discover that by activating the water molecules in the body through sound and movement can over time override the nervous system and allow voluntary movement where before none existed in people with long term paralysis.**



Sound and intention can create extraordinary changes in the body and consciousness

- ▶ Our whole body, especially our skin, is like an ear
- ▶ Sound creates a wave-like phenomenon in every water molecule in our bodies (which are 70%–90% water)
- ▶ Water will take the energetic fingerprint of your thoughts and words, and organize itself into something beautiful or not, based on the nature of your intention.
- ▶ If the cells in your body are comprised of about 60%–80% water (about average for an adult human body), what effect do your negative thoughts or self-deprecating words have on your cell structure and overall health?

What are the implications for physical changes and healing?

Can sound also change our inner landscape?



Qigong with Chanting:

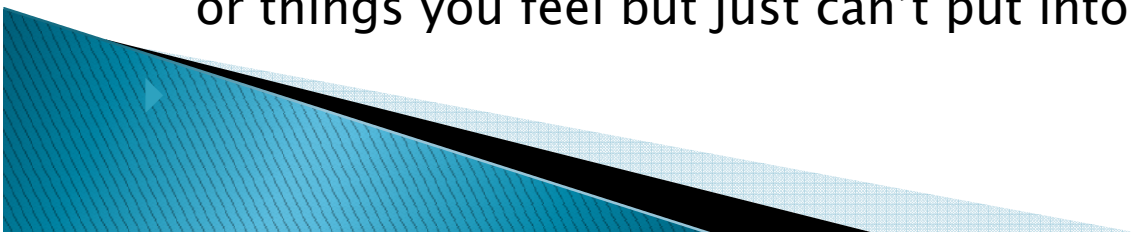
Using sound to dissolve old patterns and generate a harmonious healing state

- ▶ Maybe you never thought about it, but when you are cheering for your favorite sports team, you are chanting. Whether it is protesters in an anti-war demonstration, marines marching in cadence or monks in a monastery, chanting rituals have been part of cultures around the world. Now modern medical researchers are finding that even the simplest forms of chanting are good for your health. Chanting triggers the relaxation response, slows heartbeat, brain waves, and respiration, stimulates the production of endorphins, and even lowers blood pressure. Several studies from the University of Pennsylvania School of Medicine and the Alzheimer's Research and Prevention Foundation have demonstrated that 12 minutes a day of chanting 4 tones (not words) accompanied by specified movements of the fingers improved memory and brain function in patients with mild cognitive impairment after an 8 week period of time. Dr. Valerie Hunt, Professor Emeritus from UCLA, demonstrated that individuals with long term paralysis were able to initiate voluntary movements after using Continuum sound practices, Continuum being a system of using different sounds, tones and vibrations to activate the fluid system of the body (founded by Emile Conrad).
- ▶ Removing blocks and circulating chi through the microcosmic orbit is a classic Tai Chi practice. The microcosmic orbit is a pathway which consists of the fire channel which moves up the spine and the water channel which descends through the central front midline of the body. The two channels meet at the roof of the mouth, with the tongue as the connector. Like the head of a serpent, the tip of the tongue is considered to be the top of the water channel that runs through the midline of the body. The following practice, which is inspired by Continuum, opens the water channel of the orbit.

Practice #1 :Qigong with Chanting

Opening the water channel of the Microcosmic Orbit

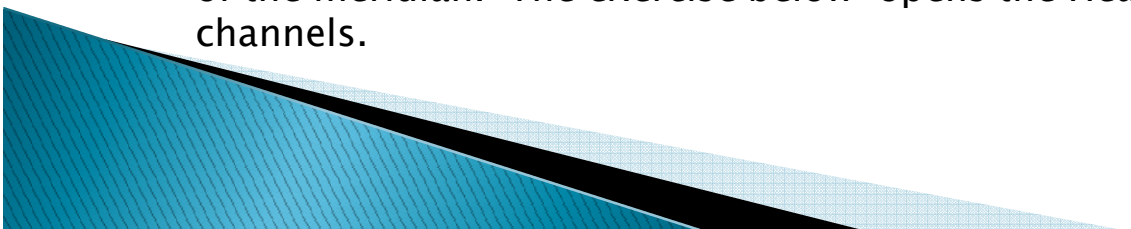
- ▶ Sit comfortably in a chair with spine straight, legs uncrossed, and both feet on the floor
- ▶ Now practice each of the 3 elements of the exercise separately until you feel comfortable doing them:
- ▶ Shift weight from side to side, as though rocking a baby
- ▶ Move your tongue in a circle inside your mouth and outside the teeth. Try moving the circle clockwise, then change directions and go counterclockwise
- ▶ Make a humming sound, finding a tone that sounds right to you
- ▶ Now do all three at the same time-- rocking, circling the tongue, and humming--for 5 minutes
- ▶ Sit quietly for 1–minutes, bringing an attitude of curiosity and open attention toward what you notice in your “inside” body--sensations, temperature, movement, colors, emotions, images, sounds, words, or things you feel but just can’t put into words.



Qigong with Affirmations:

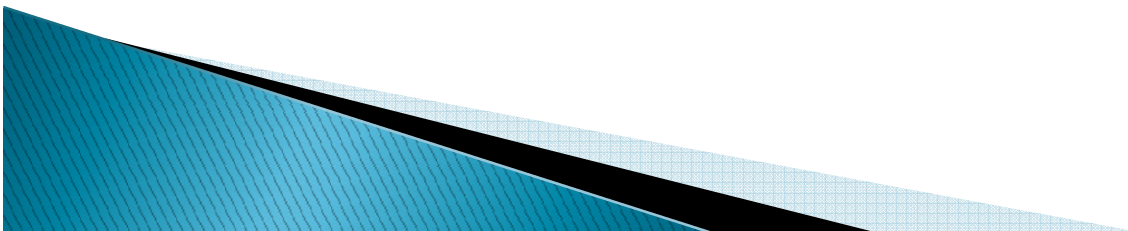
Using words that are precise, succinct, and specific to allow the conscious mind to set a positive direction for the unconscious mind to follow

- ▶ Affirmations have been called a beginners tool to reprogram the subconscious mind. Like it or not, everyone practices affirmations every day. Whatever we say repeatedly, our subconscious mind receives as truth and acts accordingly. Affirmations are based on the Cognitive Behavioral principle that when our thoughts are more positive than negative, our feelings change, and when our feelings change, our behavior follows. Another way to look at affirmations is that they are a “sound/vibrational” version of creative visualization. The affirmative statements stimulate the formation of mental images in the mind which express and make personal the positive goals and aims we have for ourselves. The conscious mind initiates this process, and then passes the ball to the unconscious mind. The individual using affirmations takes an active directive stance toward an issue or problem.
- ▶ In Tai Chi, each of the 12 major meridian channels which flow through the body has its own unique voice, an intelligence, that when the channel is open brings a particular positive and wise perspective to the internal awareness of the individual. Classically, qigong (movement) and neigong (mind focus) are used to clear blockages from the channel and open the chi flow that allows access to the wisdom and the internal power of the meridian. The exercise below opens the Heart and Small Intestine meridian channels.



Practice #2: Qigong with Affirmations

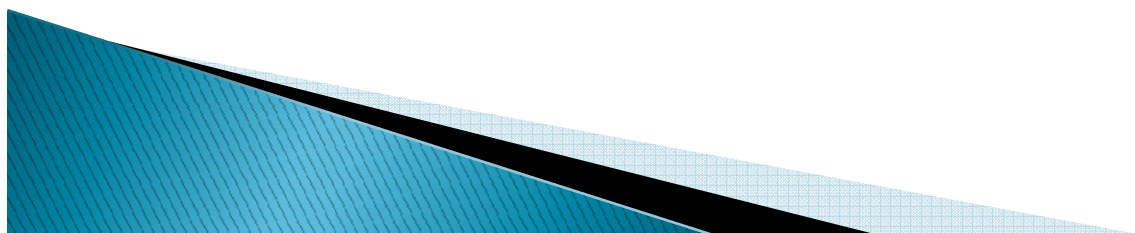
- ▶ I am humble, tolerant, & modest
- ▶ I am clean, good, & worthy of love
- ▶ I am content & tranquil
- ▶ I have faith, hope, & confidence in my future
- ▶ I have love & forgiveness in my heart
- ▶ I am full of joy
- ▶ I am peaceful, harmonious, balanced
- ▶ I am powerful & creative
- ▶ I am generous & relaxed
- ▶ I am light, buoyant, & full of hope
- ▶ I reach out with love & forgiveness
- ▶ I am happy, cheerful & full of good fortune
- ▶ All is well with my soul



Qigong with Neurolinguistic Programming:

Using words that are global universals and non-specific to access the unconscious mind and embody a desired internal state

- ▶ In Neuro-Linguistic Programming we can gain access to the broadest spectrum of the issue at hand by using artfully vague universals to access the unconscious mind. The conscious mind always has an agenda. By using open ended non-specific language and a relaxed internal state, individuals can gain access to their unique full sensory experience of an issue, rather than what they think their response should be. When combined with appropriate movement, the individual can take both an open, receptive stance (yin) to the issue or problem, and an active solution-focused (yang) approach.
- ▶ While there are literally thousands of Tai Chi forms today, originally all Tai Chi was spontaneous, a responding from the internal core of the body to embrace and become one with an element of nature or an animal. Spontaneous Tai Chi is still practiced today in much the same way. To initiate spontaneous Tai Chi, first choose an energy to merge with, focus on the internal felt sense of that energy, and using this felt sense as a guide, allow the body to be shaped by that energy into a posture or movement. The posture and/or movement then becomes a vehicle of connection with the desired energy.



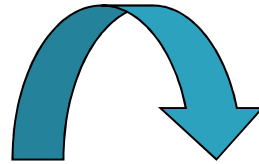
Qigong with Guided Imagery

Using words in the form of imagery, deep breathing, and relaxed but focused attention to connect with positive aspects of self, others, and the larger world

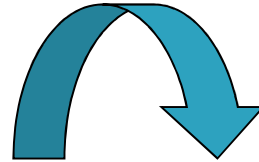
- ▶ Good guided imagery functions as a form of meditation. Words become like icons, tangible, audible pointers to a hidden, intangible, but greater reality. Guided imagery uses vivid sensory words and kinesthetic imagery in order to access the neural networks in the brain that store emotional and somatic memory. The amygdala is a part of the brain that scans incoming data for emotional impact and plays a key role in facilitating communication between the body and the mind. As pointed out by Candace Pert in her seminal article, *Wisdom of the Receptors: Neuropeptides, the Emotions, and BodyMind*, (*Advances*: 1986: 3(3): 8–16) neuropeptides are the “information packets” that enable this communication, and the amygdala, along with the hypothalamus, are rich in neuropeptide receptors. Guided imagery is highly effective at reframing and re-offering experiences, stressors, and beliefs to the amygdala “to create positive physical and emotional changes in the whole mind–body system” (*Belleruth Napierstek, Staying Well with Guided Imagery, 1994*).
- ▶ Typical to the Tai Chi way of thinking, if one wants to become more powerful, one must become more still. Standing meditation is considered to be the quickest and most effective way to cultivate and grow one’s own internal energy. The classical name for this practice is called Tree Standing, and it utilizes the imagery of the tree to guide the practice. Like the tree, the practitioner extends his or her roots deep beneath the ground towards the earth’s core and reaches upward through the crown and upper body imbibing the life-giving energy of the sun. As the standing progresses, just as trees gather life-giving energy from the earth and sky, the practitioner gathers the nourishing energies of the five elements of nature to strengthen and energize.

Practice #4: Qigong with Guided Imagery:
Standing like a Tree meditation to Access “oneness” and “community”

Concretize the concepts (**words**)

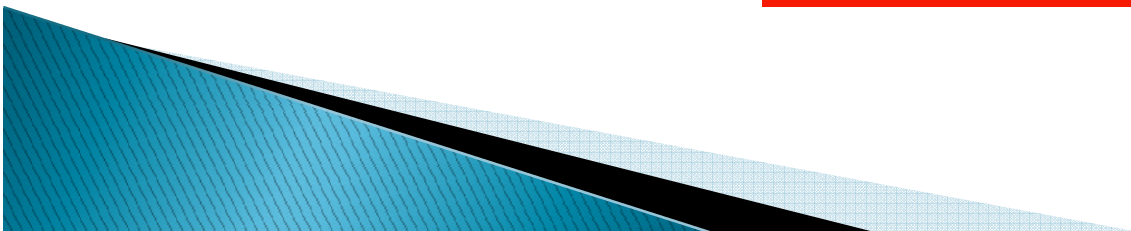


Into a body experience (**qigong**)



Into a shared energetic field (**chi**)

Practice: **Breathing From The Feet**





Practice:
**One
Breath**



Practice:

Opening The Heart

