

Special Criteria for the Practice of the Fifth and Sixth Methods of Yuan Gong

The Fifth and Sixth Methods of Yuan Gong are built upon the previous four methods and they are meant to take practice to a deeper level. They belong to Still Qigong (Jing Gong) and consist of a series of special techniques which guide the practitioner to open Ren Mai, Du Mai, the Left and Right Channels and eventually the Central Channel. The practice of these two methods can help the practitioner gradually achieve harmony and unification of Xing (body), Qi, Yi (consciousness), Xin (heart) and Shen and raise the level of Qi and health. These practices can also contribute to the development of special abilities.

Consideration for safety and effectiveness are at their core of the design of these two methods. Generally speaking, these two methods are safe and effective and they are suitable for most people to learn and practise. There are about 20 techniques for different purposes and stages in these two methods and some of them can have a profound effect on the Qi, consciousness or brain. It is possible that past, current or potential mental or neurological conditions can be triggered. To avoid this, we need to establish criteria for anyone who intends to start the practice of the Fifth Method to determine whether or not it is suitable for them.

Below is a list of mental or neurological conditions that can cause mental instability, confusion/lack of clarity and loss of control of the mind/behaviour. **This is not an exhaustive list.** The list of conditions is divided into two time frames with guidelines for each.

Time Frame 1: This practice is not suitable if you have ever or currently have:

- Schizophrenia (diagnosed)
- Bi-polar disorder (diagnosed)
- Paranoia (diagnosed)
- Epilepsy (diagnosed)
- Hallucination as part of a mental health disorder
- Active suicidal tendencies
- Hospitalization for mental condition
- Autism spectrum disorder

NOTE: If you have a family history of the above conditions, we do not recommend the practice. But we leave it to you to make the final determination.

Time Frame 2 - If you have not had any symptoms, or relied on medication to control the symptoms, in the specified timeframe, you may try the practice at your own risk.

- Alcohol abuse – in the last 2 years
- Panic attacks – in the last 2 years
- Significant head injury – in the last 2 years
- Substance abuse – in the last 3 years
- Hallucination as part of regular substance use – in the last 3 years

Anxiety disorder (diagnosed) – in the last 5 years
Post traumatic stress disorder – in the last 5 years
Anorexia – in the last 5 years
Obsessive compulsive disorder – in the last 5 years
Self-harming behaviour – in the last 10 years
Recurrent suicidal thoughts – in the last 10 years
History of psychosis – in the last 10 years
Severe depression (diagnosed) – in the last 10 years
Personality disorder (diagnosed) – in the last 10 years
Active suicide attempt - in the last 15 years

These criteria are put in place for safety considerations, although it is not necessarily unsafe for those who have the above conditions to practice the Fifth and the Sixth Methods. For your own safety, we require that you follow the guidelines outlined above.

Having said all that, these two methods are designed with safety and effectiveness as the main considerations. So they should rate much higher than any other similar methods in these two areas. In fact, many things in life can trigger mental conditions in those who have them. We just don't want to put anyone who practices these methods at risk. For the majority of people who do not have the conditions listed above, there is no need to have doubt or even fear for the practice of these two methods. They are not only safe and effective but also very rare and special.