

Two Myths about the Group Qi-Therapy (Qi-Healing)

There is a very interesting pattern I have been observing for quite a while: the group Qi-Healings we organise are attended mainly by two groups of people. The first one consists of the most advanced and dedicated teachers and practitioners. In the second group are the people with health issues who join in order to work on and improve their health.

The missing group is the one of those who don't have any obvious health problems.

It sounds logical that people who are unwell would be interested in these sessions but why on earth all the experienced practitioners are also there? Don't they have anything more interesting to do?!? Or maybe there is a good reason for them being there - maybe they are not that stupid after all...

Myth No.1: Group Qi-therapy is for sick people only – if I am healthy, it is of no use to me.

Yes, this sounds very logical! Why would I need a healing if I am not sick? If we look at things in a narrow way, this makes perfect sense. However, if we look deeper and try to understand how the Qi-therapy works, we may start seeing things differently. It is true that the Qi-healing is beneficial for people with health issues. It is even more true that it is beneficial for those who are healthy. In my opinion the group healing sessions are an excellent way to work on and develop further all aspects of our life: starting with enhancing our physical health to beyond what is normally seen as 'healthy', improving the functions of all systems of the body, increasing the quantity and quality of our Qi (Qi Zhi), and ending with the ability of the mind to relax and focus, stay calm and go deep, be in full control of life. The purpose built qi-field of these sessions, its strength and information creates a very special and difficult to find environment we can use not only to replenish our Jing, Qi and Shen but develop very special skills and grow. In my experience the qi-field of these sessions can be compared only to the qi-field of our retreats and is a precious opportunity one shouldn't dismiss that easily. It is an opportunity for a breakthrough in our practice, development and process of self-realisation.

Myth No.2: My existing healing qi-reaction may worsen if I attend a Group Qi-therapy.

Yes, this also sounds logical but it is logical only to those who don't know the logic of qi... The main principle of dealing with qi-reactions is: 1) Stay calm & positive; 2) Use your Qigong practice to assist the process of self-healing.

Let's look at the first requirement first: *1) Stay calm & positive.* The qi-field we are in during the group healing is probably the most calm and positive environment you can think of. If we immerse ourselves in this rich of healthy and positive information qi-field, it won't be that difficult to satisfy this requirement. You may find that your attitude is very different after the session and the only thing you need to do is to keep it that way.

2) Use your Qigong practice to assist the process of self-healing. Actually, the group qi-therapy is a form of qigong practice. And because of the stronger qi-field, we can say it is a very effective way of practicing Qigong - a Qigong practice that is especially designed to promote and speed up the healing process. Not to mention that it is much easier than practicing Qigong alone at home – the Qi and Consciousness of all people around you will be supporting you in your effort. And without making much effort you will be supporting the others too.

I hope the above will be of help to those who are new to the Logic of Qi ;).

Qi-eerio,
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