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# Qigong

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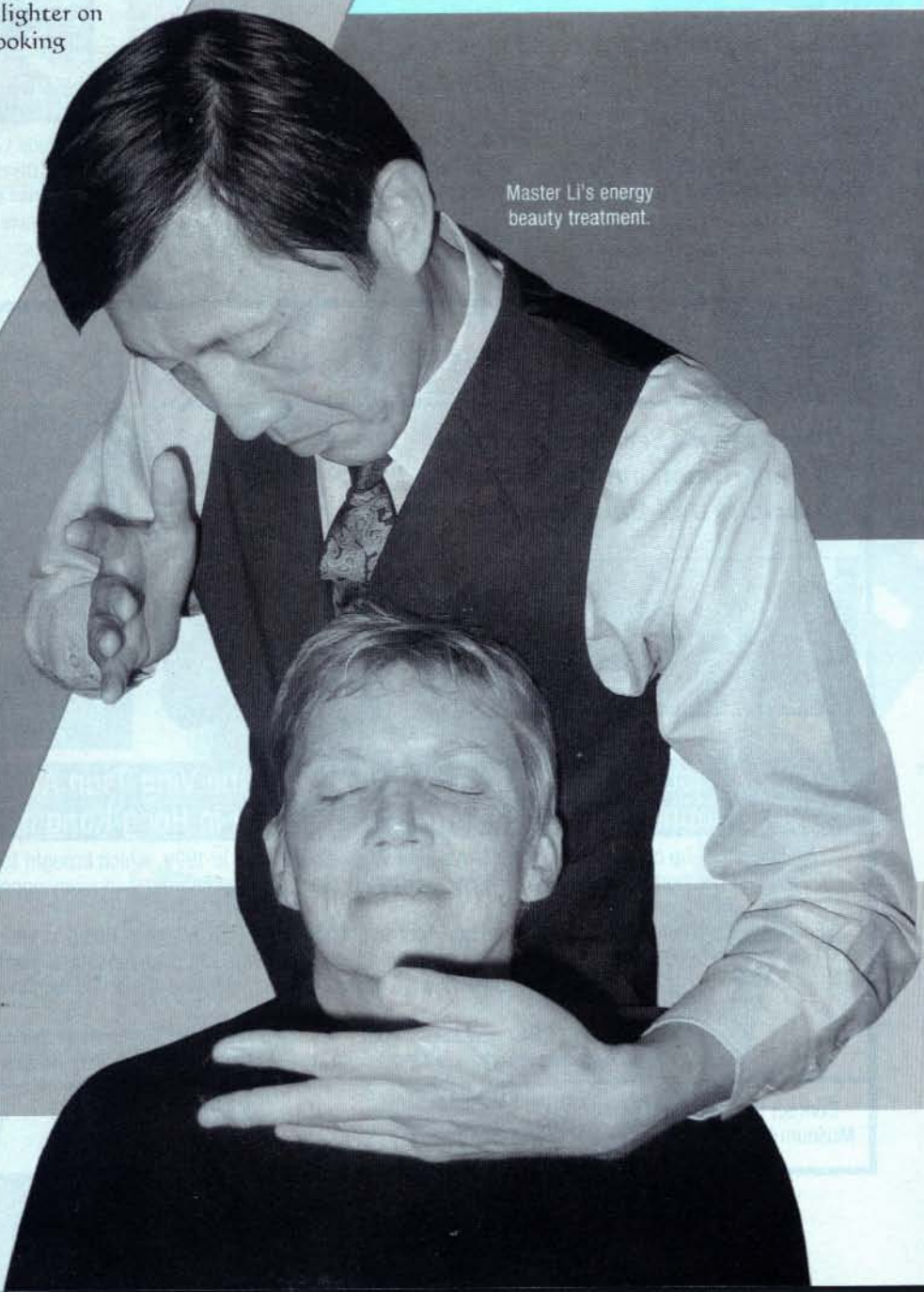
By Helen A. Buckett

**D**uring the Seventh World Congress on Qigong, chaired by Dr. Effie Poy Yew Chow, many seekers gathered in San Francisco to discuss ideas and meet other people interested in qigong. In the midst of the congress, a lady walked around showing off the wonderful effects of her facial qigong treatment. Samantha Vessel of Maui, Hawaii, had just finished a session with Master Li Jixing 李紀星. Master Li only worked on one side of her face and everyone could see that the facial muscles were visibly tighter and the wrinkles were lighter on that side, giving an overall younger looking appearance than the other side.

on a retreat to lose weight. While they could easily shed a few pounds, they needed to change their lifestyles when they left in order to keep the weight off. Otherwise, they would return to being overweight as soon after they returned home. Matsuura served as a translator for Master Li in all his quotations below.

Barbara Matsuura, a student of Master Li who resides in Tokyo, Japan, took a moment during the Congress to explain Master Li's qigong. Matsuura originally went to Master Li with back pain and has been learning from the master since. She recalled that after a few sessions, her back pain was gone, but it returned soon after she stopped going. Master Li told her that just getting therapy for the back was not enough. She had to change the lifestyle that had brought on the back pain or else it would surely come back. He likened it to people going

Master Li's energy beauty treatment.



# OTOX

## Face Lift by Projected Qi

Master Li practices one of the most controversial fields of qigong – projecting or emitting *qi*. Qi emitters advocate this highly unique skill for healing, usually in conjunction with the patient's own qigong practice. For many, it's similar to faith healings and greeted with much skepticism. But the effects of Master Li's treatments are as clear as the noses on his patient's faces. "Aging is related closely with basic energy," states Master Li in mandarin. "Changes in the energy field of each cell

energy back to its most favorable condition. So, after the treatment, the patient will feel their entire body has been rejuvenated."

Master Li stresses that your body has to be completely relaxed and all your meridians must be open to allow nature's energy to come in. This natural energy will come to you like flowing water because you are nature's energy. If your muscles are all tense, the energy won't be able to come into your body. In order to help students learn not to tense their muscles and let energy from their

Before energy beauty treatment.



After energy beauty treatment.



**Qi emitters advocate this highly unique skill for healing, usually in conjunction with the patient's own qigong practice.**

will affect the body. Human energy is a part of nature's energy. Changes in your smallest cells will end with energy changes and be influenced by the changes in nature's energy.

"When I perform the facial qigong on Sam," continued Li, "first, I try to sense if her energy field's structure has any changes, especially negative changes. Then, I proceed to adjust them to more desirable conditions. The length of the treatment is around forty-five minutes. Sometimes it takes longer, depending upon the person's age, physical and mental conditions such as stress level, state of restfulness, skin turgor, and so on. Sometimes I need to show an instant result in a short period of time. It will take a lot of my concentration and energy like those performances during a TV interview. Some of my patients have more time. They come in once or twice a week for a period of three months. The changes are more gradual, but last longer. When I perform the facial qigong, even though the emphasis is on reducing facial wrinkles, the entire body will get the beneficial effect. I am trying to adjust the whole body's cellular

surroundings enter them, the basic exercise is based on a simple stance with arms extended. Most people cannot keep their arms extended for a long period of time because they fill their arms up with strength. If you just relax without tensing up your muscles, you don't have to do anything. Your arms just stay there. They can just float there for an hour. However, if you are consciously thinking that you are holding your arms up with your muscles, then keeping your arms extended becomes much more difficult. You have to have a blend of inner and external energy that flows through the body.

Master Li and Barbara Matsuura practice qigong near a Japanese shrine.

