

# Healing with Daoist Energetic Medicine



## According to Chinese Medicine

When the body's energy is flowing freely and is balanced, neither excess nor deficient, the process of healing naturally occurs. The immune system can be invigorated, and the fight or flight response can return to relaxation and peace. A feeling of groundedness, and connection to the beauty and satisfaction of the senses can return.

In addition, Daoist medicine treats the Spirit. In the core of our being, we are innately good. We have a pure, clear, true self. Often obscured by busy mind and stress, worries and fears, and feeling overloaded. Our contented, clear self is easier to access when Qi and Spirit are in order.

With care and training, energy can flow and balance, minds and bodies relax. This is the Root of healing. Practicing daily, symptoms can recede and virtue can be restored. We can seek our purpose and our destiny in this life.

### What is Qigong?

Qigong means "energy training", and also "breath training". Using movement exercises, breath work, meditation, and lifestyle support, Daoist medicine trains our Qi and synchronizes body and mind, comforting emotions, energy, and spirit.

### Medical Qigong

Medical Qigong combines the skill and knowledge of Qigong training, Chinese medicine theory, and lifestyle support, to offer deep, complementary, holistic medicine for the whole person.

### Medical Qigong is Good for Symptoms and Peace of Mind

Suppressed emotions and stagnant energy are a root cause of health and emotional challenges. Emotional intensity hurts and blocks our Qi. The smooth flow and balance of Qi can be temporarily restored when we receive energetic healing, and gradually stabilized as our practice of self-healing qigong exercises, breathwork, and meditation deepens.

### A Healing Session

A session begins with dialog about the client's health concerns and what will occur during the session. Conversation, a health questionnaire, plus energetic assessment during treatment clarify the diagnostic process.

Energetic healing occurs on a massage table or chair, fully clothed. Treatment may include Sound Healing, Qi Emission Therapy, Invisible Needle Therapy, Removing Energetic Cords, Distant Healing, and other modalities



Most clients report safe, pleasant, dreamy, flowing, and sometimes color sensations during treatment. Occasionally catharsis occurs during or after a session. In general, the medicine regards this as a healthy part of having a good release.

The general protocol is profoundly thorough, accomplishing most of what people need from energetic treatment. It can be followed by focused and specialized treatment for individual conditions.

For those who are interested, a personal prescribed qigong, breath exercise, or meditation is offered during a healing session. Like energetic treatment and prescribed qigong exercises, clinical hypnosis is also available, benefitting many conditions that are resistant to treatment.

### Classes and Private Learning Sessions

We offer self-healing classes that teach movement and standing qigong, breathing methods, and meditation in a class setting. Some students prefer the privacy and personal focus of private qigong lessons.

### Lifestyle Support

Medical qigong is the branch of Chinese medicine that traditionally taught how to develop a healthy lifestyle. Life challenges including relationships, communication, emotional challenges, addiction recovery, nutrition, sleep and dreams, and other areas can be addressed creatively in healing sessions. Our practice of Daoist medicine is influenced by experience of Buddhism, Christian Alchemy and Spiritual Direction, the 12 Steps, and the wisdom of Milton Erickson.

### Professional Training in Daoist Energetic Medicine

Training and receiving certification in Daoist medicine is an exciting transformational path. Experiential learning is the core of our programs. Each 32 hour course includes scholarship, texts and competencies. Follow these links for more info about our certification training:

[www.qigong-clinic.com/curriculumstudy.pdf](http://www.qigong-clinic.com/curriculumstudy.pdf)

[www.qigong-clinic.com/P1flyer.pdf](http://www.qigong-clinic.com/P1flyer.pdf)

We offer:

**CE Credits for Acupuncturists and Massage Therapists**  
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