

Chi Kung

(Qi Gong)



*A Brief Introduction
To Chinese Medical
Breathing Exercises*

By Dan Brulé

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From Book I of the Nei Ching:

"...In ancient times, there were the so called spiritual men; they mastered the universe, and controlled yin and yang. They breathed the essence of life; they were independent in preserving their spirit, and their muscles and flesh remained unchanged. Therefore, they could enjoy a long life, just as there is no end to heaven and earth..."

TAO: "...the way, and the method of maintaining the harmony between this world and the beyond.. ."
"...the key to the mysterious intermingling of heaven and earth..."
"...Those who follow the Tao achieve the formula of perpetual youth, and will maintain a youthful body..."

YIN: "In and down flowing. Shady, cloudy element; contracting; female; moon; night; water; cold..."

YANG: "...sunny, clear element; expanding; male; sun; day; fire; heat. Up and out flowing..."

"...Yin is contained within yang. Yang is contained within Yin. Both are ever-present, in constantly changing relationship, and determining all happenings in nature and life. The principle of these two elements form the basis of the entire universe..."

MAN/WOMAN: "...is the product of heaven and earth, the interaction of yin and yang..."

HEALING: "...In olden times, the treatment of disease consisted merely of transmitting the essence (chi), and in the transformation of the life-giving principle..."

The Nei Ching is the most ancient Chinese medical text in existence. Translated by Ilza Veith, University of California Press, Berkeley:

The Yellow Emperor's Classic of Internal Medicine
Printed 1949, reprinted 1972: ISBN 0-520-02158-4

BRIEF HISTORY AND BACKGROUND

Chi Kung (Qi Gong) underlies all of the Chinese martial arts and healing arts. There are five major schools of Chi Kung, each with a number of sub-sects and systems:

1. Buddhist: aimed at mental clarity and liberation
2. Taoist: for longevity and cultivation of character
3. Confucian: self-knowledge, moral matters, and energy training
4. Martial Arts: bodily health and self-defense, mental mastery
5. Medical: prevention of disease, treatment of illness and injury

The system I teach is rooted in the healing tradition, and based on the essence of all the schools: training of body, mind, and chi (vital energy). The practice consists of several specific healing postures (body), a number of methods for quieting and focusing (mind), and a unique series of energy breathing exercises (chi).

When you complete the course, you will be able to select and combine appropriate postures, meditative techniques and breathing exercises, based on your level of skill, degree of health, and purpose for training, thereby designing your own unique Chi Kung practice.

The source of this system is Hu Bin. I was guided to these methods in 1983, when Leonard Orr (the Father of Rebirthing) gave me a book that he had found in Hong Kong. It was an English version, derived from a Greek translation, of the original Chinese text written by Hu Bin. For two years, I studied every word, and practiced each exercise religiously. Then, I wrote to the publisher in Kowloon in the hopes of communicating with the author.

In June of 1985, I received a formal invitation from the master himself. Two months later, I flew to Communist China on a one-way ticket. I found myself on the streets of Beijing excited about the opportunity of a lifetime: to train directly under the highest living Chi Kung master in the world!

For one month, he blessed me with all that I could hold, and more than I could integrate. I visited hospitals where Chinese Medical Breathing Exercises were taught, and I observed it in practice with a wide variety of ailments. Hu Bin demonstrated miraculous abilities, and he led me to remarkable people who had reached very high levels of human potential. I witnessed a number of extraordinary feats, and I was inspired to practice.

At Hu Bin's request, and after ten years of practice, I began to pass on what I had learned. I am willing to share this art and science with anyone who is sincere in their desire to learn, grow, heal or teach.

THE BENEFITS OF CHI KUNG

- Strengthens the immune system.
- Builds up resistance to illness and injury.
- Speeds the recovery from trauma and disease.
- Produces profound relaxation and inner peace, grace under pressure and calmness under fire.
- Normalizes physiological functioning upset by drugs, chemical imbalances, and lifestyle factors.
- Improves central nervous system function, enhancing sympathetic and para-sympathetic activities.
- Awakens regenerative healing abilities, restores prenatal state of abundant creative energy.
- Trains the mind, improves powers of concentration and observation, deepens meditation, heightens intuition.
- Replaces energy lost through normal growth and aging, stress, as well as physical, mental, and emotional activity or abuse.
- Strengthens muscles, tendons, nerves, bones and vital organs.
- Compensates for inherited limitations and genetic weaknesses, as well as negative habits and tendencies, including childhood patterns, religious programming and cultural conditioning.
- Develops the ability to resist external influences and to overcome environmental forces.
- Increases awareness and control of subtle energies within and around you and others.
- Adds years to your life, and life to your years.

THE THERAPEUTIC EFFECT

A beneficial adjusting effect on the central and peripheral nervous system, as well as the cardiovascular, pulmonary, renal, lymphatic, endocrine, gastrointestinal, and musculoskeletal systems. It corrects abnormal or unhealthy reactions of the human organism. Practice inevitably gives the exerciser more control over one's body, mind, emotions, reflexes, reactions, and responses.

The internal massaging action, especially during reverse respiration is 3 to 4 times greater than normal. Peristalsis is increased, absorption and circulation are greatly improved. Intra-abdominal pressure changes rhythmically, having a significant positive effect on the stomach, liver, intestines, spleen, kidneys, etc.

Many factors are clearly altered in a beneficial way:

- respiratory rate is decreased
- the duration of each respiratory movement is lengthened
- tidal volume and vital capacity are increased
- the ratio of expiratory to inspiratory time is increased
- the amplitude of diaphragm movement increases
- the volume of ventilated air per minute lessens
- oxygen consumption decreases
- metabolism improves

Experiments show that beneficial effects extend to the parasympathetic nervous system when the expiratory center is activated, and the stimulation spreads to the sympathetic nervous system when the inspiratory center is excited. As a result of this, breathers are able to normalize, harmonize, and correct disturbances in the function of their autonomic (involuntary) nervous system.

The Chinese government began scientific medical research into Chi Kung back in the 1950's. And all over the world, study after study confirms the therapeutic effect of breathing exercises. Even the most conservative and "straight" medical people agree that breathing exercises are certainly beneficial. The disagreement is only about the degree of influence that specific breathing techniques have on various conditions.

You can be the judge of that! You can be your own scientist. By experimenting with these proven methods, you can see and feel for yourself how beneficial they are. Don't wait for the rest of the world, or the AMA, or the FDA to come around, You can begin to awaken your human and divine potential today. Self Mastery is only a breath away!

Benjamin Franklin told us: *"...You will observe with concern how long a useful truth may be known and exist, before it is generally received and practiced on..."*

THREE PRINCIPLES OF CHI KUNG

I. REGULATE BODY

Healing Postures:

1. Supine position
2. Lying on side
3. Normal Sitting Posture
4. Cross Legged Postures
5. Standing Poses
6. Walking Exercise

II. REGULATE MIND

Getting Into Quietness:

1. Adhering Thought
2. Free Respiration
3. Counting Breaths
4. Reading Silently
5. Listening Inward
6. Other methods

III. REGULATE BREATH

Breathing Exercises:

1. Natural Respiration
2. Favorable Respiration
3. Reverse Respiration
4. Holding Exercises
5. Nasal Inhale/Oral Exhale
6. Du and Ren Channel Breathing
7. Latent Respiration
8. Genuine Respiration

HEALING POSTURES

Chi Kung can be practiced by anyone of any age, from the very old bed ridden or "terminally ill" patient to the young agile child and the "super fit" athlete. Any number of different postures may be specifically chosen and applied to suit the individual.

Certain general rules apply to all postures. The chin is tucked in, elongating the back of the neck slightly. The tip of the tongue touches the hard palate. Eyes are slightly open or softly closed, with a downward gaze. A hint of a smile is formed on the face. These things are important, they help to form a complete circuit, and allow subtle energy to circulate properly.

1. LYING ON BACK

Lay on your back on a firm mattress (or padded surface) flat, or with your head and shoulders slightly propped up. Spine straight. Legs extended. A small pillow or rolled blanket may be placed under the knees if needed for back comfort. Arms are resting by your side.

2. LYING ON SIDE

Head raised slightly on pillow in order to line up straight with spine. Bottom leg straight. Top leg bent, with knee touching bed surface, and ankle resting on the bottom leg. Top arm along side with palm down, resting on the hip or buttock. Bottom arm bent with palm up resting near face.

The choice of whether to lay on left or right side depends on the illness, or organs being treated or charged.

3. NORMAL SITTING POSTURE

Back straight, leaning slightly forward. The thighs and Legs are bent to form right angles. Feet flat or crossed, touching the ground. Knees comfortably apart. Hands are clasped with the right thumb pressing on the left palm; or the hands may be placed palms down resting naturally on the knees. Shoulders and chest are relaxed.

4. CROSS LEGGED POSTURES

Freely Crossed legs Forming a loose figure eight. The hands are clasped together resting on the lap, or placed on the knees.

Half or Full Lotus Right over left or vice-versa. The hands are clasped together resting on the lap, or placed on the knees.

5. STANDING POSES

Three-Round Style Feet shoulder width apart. Toes pointed in slightly. Knees unlocked. Hands raised as if holding a small ball. Arms also form a round circle.

Clock Pose In ancient times, China used a sun dial, the center of which was a straight pole. You stand tall, but without stiffness, arms held out by your sides.

Resting Pose Here, you stand straight, with elbows bent, and the hands clasped behind your lower back. (Like a relaxed "parade rest" in the military)

GETTING INTO QUIETNESS

This is classic meditation. It refers to the practice of adjusting one's mind, whereby the "cerebral cortex" of the brain (the rational mind) enters "a state of protective inhibition." The deeper you are able to go into this state of quietness, the more powerful your Chi Kung will be.

The effectiveness of your breathing exercises is determined primarily by the degree of mental quietness or meditative awareness you attain. When you are in this state, your habitual reactions to external stimuli decrease, and you may even lose the sensations of physical weight and body position. It may appear to be sleep or unconsciousness, but it really isn't. There are five traditional methods of entering this state:

1. ADHERING THOUGHT

This refers to meditating on the umbilical region, concentrating the mind on a particular point in the body, known as sinking into the "dan tien" or "qi hai" point. It lies about two inches below the navel. With practice, it becomes easier and easier to be free of distracting thoughts. You begin by gently, but continually and repeatedly returning your attention to that one single point.

2. FREE RESPIRATION

Also known as "Breath Watching." Here, you meditate on the natural flow of the breath itself, by noticing the sensations at the tip of your nose. Or, pay attention to your own passive respiratory movements, such as the rising and falling of the chest or abdomen. Remember, don't do anything to the breath. Simply become a detached, neutral observer of the breath.

3. COUNTING BREATHS

One complete breath involves a cycle of one inhale and one exhale. This method requires that you mentally count your breaths to yourself from 1 to 10. Again, note that you don't breathe in any particular way. You simply let the breath be natural, and keep track of the cycles by counting from 1 to 10 over and over again.

Methods of Getting into Quietness, Continued..

4. READING SILENTLY

The idea here is to replace all miscellaneous thoughts with a single simple thought. You can picture in your mind the word "peace" or "relax" or "health" or "joy" etc. This can also take the form of what is known in yoga as "mantra meditation." That is, repeating a word or phrase over and over, displacing all random or negative thoughts with a chosen prayer or idea. I find it useful to attach a thought to the inhale, and one to the exhale, such as: thinking "strong" on the inhale, thinking "calm" on the exhale. Simplicity is the key.

5. LISTENING INWARD

Turn your sense of hearing around and focus it internally. Listen for internal breathing sounds (there shouldn't be any!). I originally learned this method in the following way. I was instructed to listen outwardly to the sounds in the room, and then to go out further to the sounds on the street, and further still, as if searching, reaching out with my hearing for the most distant sound. Then, to turn this technique inward, listening into the "silent sounds" within.

Hu Bin advises that one begin with the method of adhering thought, then to pass gradually on to watching, counting, and to listening. And it's perfectly OK to choose one of the five methods and stick to it.

6. OTHER METHODS

Meditating on the Moon, the stars, the sunrise or the sunset; staring at a flame, a holy picture, or the ocean also works, but watching TV doesn't! Some people focus on one of their chakras (energy centers). But be aware that focusing on the third eye or the crown chakra can raise your blood pressure, focusing on the root chakra can lower your blood pressure. And by focusing on the heart chakra you can awaken emotional energy. Keep in mind that the traditional focus in Chi Kung practice is the "dan tien," which is also the center of gravity in the body. And don't forget that the purpose of these methods is to go deeply into a quiet, calm, centered state of conscious awareness.

The Essence of Quietness is Unity of Consciousness and Vital Energy

"No thought. No movement. No ego."

BREATHING EXERCISES

1. NATURAL RESPIRATION

This is your normal resting pattern of breath. Natural respiration refers to the way you ordinarily breathe, when there is no extra energy demand on the system beyond your normal quiet state. It is somewhat shallow, or superficial. It serves only to maintain your basic physiological activities, your normal biological functioning. It is not controlled by your conscious will. By the way, over time, as a result of Chi Kung practice, this pattern will tend to become deeper, slower, and more regular.

Natural Respiration is used deliberately between exercises, for the sake of balance, in order to rest, and for the purpose of integration. It is also used as a way of "letting go into quietness."

2. FAVORABLE RESPIRATION

This is classic "Abdominal Breathing," also known as "belly breathing." It is practiced slowly without forcing or straining. When you inhale, the diaphragm moves down and the belly pops out. On the you exhale, your belly goes in, and the diaphragm goes up. This exercise causes a gentle extension, or exaggeration of the body's normal, healthy breathing wave.

In general, the greater the excursion your diaphragm (range of up and down motion), the healthier you will be. Also, one way of testing a Chi Kung practitioner's degree of skill, or level of attainment, is by checking how low (and how effortlessly) the breath sinks into the belly.

3. REVERSE RESPIRATION

Also called "Paradoxical Breathing:" this exercise involves the opposite movements from those described above in Favorable Respiration. During this exercise, the belly is sucked in and the diaphragm is held up during the inhale. During the exhale, the diaphragm is pushed down and the belly protrudes. This is an advanced exercise and tends to involve slight exertion, so it is done only for short periods of time, and always balanced with a period of favorable and natural respiration.

4. HOLDING EXERCISES

Holding exercises are advanced techniques, used to train awareness. They are used to train and move from shallow thoracic patterns to deeper abdominal patterns, and finally to inner "dan-tien" breathing. The breath is either held out after the exhale, or held in after the inhale. Holding takes place for 5 or 6 seconds at a time. Holding exercises are always followed by quietness and natural respiration. Then another cycle of holding exercises are done, and followed again by quietness and natural respiration. This alternating exercise pattern is done for only 10 - 20 minutes at a time.

5. NASAL INHALE/ORAL EXHALE

Breathe in through the nose and out through the mouth. This is useful when the air passages are blocked or congested. It is also used during body movement exercises, and specific energy channeling techniques. (Also, see chapter on "Healing Breath Sounds.")

6. DU AND REN CHANNEL BREATHING

This is done with Reverse Respiration, through the nose. A circle of energy is formed or imagined running down the front of the torso and up the back. It is called the "Lesser Respiratory Cycle," and is also known as "the Microcosmic Orbit." It acts to charge the immune system, and balance and fortify various energy centers.

7. LATENT RESPIRATION

This "subtle breathing" develops from mastery of Favorable Respiration and Reverse Respiration. It involves very subtle air flow, yet deep and continuous inhales and gentle smooth exhales. This type of breathing occurs during the shift to "Energy Breathing." It happens spontaneously after extensive practice of the first six exercises.

8. GENUINE RESPIRATION

"...When the outer breath stops, but the inner breath goes on moving..." it is also called "Umbilical Breathing," and "The Fetal Breath." This is a spontaneous breathless state in which the dan-tien spins and pulses with energy. It occurs only during deep relaxation and extreme quietness of mind. It is a very advanced level that comes only after intense purification, and deliberate cultivation of Spiritual Power. This phase of breathing emerges when your sense of separateness is replaced by the awareness of Oneness and Wholeness. It results from a conscious experience of Infinite Being, and love toward all of life, all of nature, and for the entire universe.

ADVANCED TECHNIQUES

1. GREATER RESPIRATORY CYCLE

This exercise expands on the Lesser Respiratory cycle. The energy breaks loose, branching at the perineum, and running down channels along the inside of the legs. Then it moves up from the feet along the outside of the legs, joining again at the perineum and traveling up the spine, along the path of the Lesser Cycle.

2. PUMPING CHI

This is built on the Favorable Respiration exercise, where you extend and intensify the exhale, drawing the anus and perineum upward as the air is expelled. The belly button is pressed toward the spine, and the abdominal organs are tucked up under the rib cage, as the diaphragm is positioned and squeezed very high toward the end of the exhale. The breath is then "pounded" by gravity into the lower abdomen during a powerful yet passive inhale. The body is allowed to move in harmony with the natural wave of breath energy.

3. RUNNING ENERGY (REVERSE VARIANT)

Done in conjunction with Reverse Respiration, the energy runs through the channels of the Lesser and Greater Cycles. The anus and perineum are drawn upward, but this time during the inhale phase. On the exhale, gravity and relaxation returns everything to its normal position.

GENERAL INDICATIONS AND CONTRA INDICATIONS

POINTS OF FOCUS

Concentrating the mind on the upper dan tien or "yin tang" (third eye), or for that matter the tip of the nose, will elevate blood pressure. Focusing on the lower dan tien (such as the umbilicus or the perineum) will lower the blood pressure.

For chronic kidney disease, it is best to focus on the "ming men" point ("the gate of life"), which is at the midline of the back between the 2nd and 3rd lumbar vertebrae.

Concentrating the mind on the "internal dan tien" a point in the lower abdomen behind the umbilicus (three tenths from the anterior and seven tenths from the posterior), will activate circulation, aid in digestion and absorption, and improves metabolism. Feel for a pulsing sensation within the viscera.

You can concentrate on specific organs, and imagine a comfortable warmth, for example in the kidneys, the liver, the spleen, the lungs, etc., for diseases affecting those organs. This connects to the ancient idea that "where there is consciousness, there will be vital energy; where there is vital energy, the blood will be activated." Where consciousness goes, chi flows. Where chi goes, circulation (blood, hormones, etc.) flows.

BODY POSTURES

Sitting is the best all around posture for Chi Kung exercises. But for the chronically ill, with little energy and resistance, the lying posture is best. When the condition isn't that bad, and specifically for hypertension, cardiac and cerebral atherosclerotic, sitting posture is preferred.

For hepatitis, lie on the left side. For heart or stomach disease, lie on the right side. Lying on the back is best for chronic bronchitis and bronchial asthma. (Supine position requires elevating the head and shoulders about 8 inches.) As the patient improves, sitting and lying positions are combined alternately.

Standing poses are recommended when outdoor training is advised. Standing and walking exercises are recommended for physical training, and in cases where sitting and lying can not be tolerated.

MORE ON THE REATHING EXERCISES

With breath training, habitual thoracic movement is changed to natural abdominal movement: superficial breathing to deep breathing. Eventually, a lower abdominal breathing will emerge ("dan tien breathing").

In general, the following essential points are always followed: inspirations and expirations are relaxed, not strained or forced. Breathing is stable and deep, soft, smooth, and gentle. All of the organs and tissues and structure related to respiration should be involved.

- Favorable Respiration is recommended for cardiovascular and cerebrovascular disease (heart and brain problems) and for hypertension (high blood pressure).
- Reverse Respiration is used to prevent and to treat all kinds of digestive problems.
- Nasal Inhale/Oral Exhale is good for respiratory illnesses, such as asthma, bronchitis and the common cold.
- Du and Ren Channel breathing are excellent for nervous system disorders.
- Holding exercises are good for constipation, gastritis, colitis, ulcers, and other digestive problems; also holding exercises are good for low blood pressure. Holding combined with Reverse Respiration is a particularly potent exercise for treating digestive system disorders.
- Don't do holding exercises in cases of bronchitis, emphysema, high blood pressure, or heart disease.
- In cases of the seriously or chronically ill, as well as in the training of advanced students, traditional practitioners advise going at least one hundred days with no sexual activity. This allows for accumulation and preservation of energy.
- Circular, rhythmic breathing exercises activate spiritual awareness, and produce powerful energy states. These techniques are used to break long standing subconscious patterns. They are used to access and release suppressed emotions, to clear psychological blocks, to resolve early life issues, and to recover from traumatic events.
- Specific Breath Sounds activate certain energy centers and channels in the body, and stimulate various organs and systems. These aspects are presented as part of the individualized or advanced one-on-one training.

THREE TYPES OF EXERCISES

Based on the purpose of training, and the resulting effects, Chi Kung exercises can be divided into three basic types:

- 1. RELAXATION EXERCISES**
- 2. STRENGTHENING EXERCISES**
- 3. INNER TRAINING EXERCISES**

RELAXED AND QUIET BREATHING EXERCISE

Indications: Hypertension, heart diseases, atherosclerosis, arthritis, bronchitis, emphysema, pulmonary carcinoma, asthma, peptic ulcer, hepatitis, gastritis, pancreatitis, nephritis, pyelonephritis, etc.

Contra-indications: Schizophrenia, melancholia, depression, high-fever, hemorrhage, etc.

1. PREPARATION

Clear about 45 minutes when you can be assured of no disturbances or distractions. Select a space that is appropriate for, and conducive to, deep meditation (Fresh air, good ventilation, comfortable temperature, etc.) Wear loose fitting clothes, comfortable or no shoes.

2. SITTING POSTURE

Choose a chair that allows your feet to touch the floor, and knees to be bent at right angles. Sitting with back straight, leaning slightly forward. Eyes gazing downward, lightly closed. Tip of the tongue touching the hard palate. Hands resting on legs, or clasped on lap.

3. RELAX INTO QUIETNESS

Let go of all mental tension. Complete relaxation of the abdomen, and its contents. Check state of relaxation, progressively from head down to feet. The back of the head is elongated slightly and jaw tucked in a bit. Cheek is relaxed, not thrown out. Slight smile on face.

4. DO NATURAL BREATHING SEQUENCE

The breathing should be natural, gentle abdominal breathing. Allow your vital energy to sink into the "dan tien." Picture or think the word "Quiet" during each inhale, and picture or silently say the word "Relaxed" with every exhale. It is very important to stay conscious of the breathing. Don't become anxious. Stay with the process, step by step. 20 - 30 min. is enough.

5. SITTING QUIETLY.

A period of quiet sitting follows the period of breathing movement. Keep the mind "stuck" onto the "dan tien" below the navel, returning your attention to that point again and again, whenever you notice distracting thoughts.

6. ENDING OF EXERCISE

Massage the umbilical region. Put one palm over the other and work outward on a clockwise spiral track for about 30 seconds. Then reverse the direction, and circle back, spiraling in toward the umbilical point for another 30 seconds. Follow the exercise with light stretching or gentle movement.

MORE ON "QUIETNESS"

An electroencephalogram of an "average" person normally reveals high frequency, low amplitude waves of 50 μV with no synchronization.

But the EEG of a Chi Kung Breather reveals numerous waves of 8 hertz frequency, with its amplitude as high as 180 μV

There is also a tendency of synchronization of waves in different cerebral areas, especially in the frontal and parietal lobes.

The longer one practices breathing, the better the synchronization of waves, and the wider it extends toward the low frequency wave segments: proving that brain function is greatly improved.

Since the frontal lobe of the cortex is the highest center of the central nervous system, and is responsible for the activity of one's consciousness, breathing exercises obviously concentrate on the highest as well as the most basic human functions.

SIGNS AND SYMPTOMS

Certain "normal" reactions are commonly associated with breathing practice. Although all of the following reactions are not experienced by everyone, most people will experience some of them sooner or later. In general, it's best not to seek these things; and when they occur, don't be overly attached or distracted by them. Just allow and enjoy them as they come and go!

1. Increase in saliva. When the tongue is turned upward and touching the palate, your mouth may water. Just swallow the secretions consciously from time to time. This is helpful in the prevention and treatment of various digestive problems and illnesses.

2. Clarity and energy. These feelings usually arise during or after the exercise, and may persist for some time. This clearheaded, calm energized state has a relaxing quality to it. (Energized does not mean excited.)

3. Improved sleep patterns. As you progress, you will find that you sleep more soundly. You will experience less fatigue in general. Chi Kung's effect on insomnia is particularly conspicuous and beneficial.

4. Sensations of warmth. In addition to the fact that body temperature normally rises by one half degree during practice, activation and accumulation of vital energy produces pleasurable warm feelings, that will in time, circulate through the du and ren channels.

5. Improved appetite and increased peristalsis. Abdominal breathing exercises result in improved digestion of food, absorption of nutrients, and elimination of wastes.

6. Itching and tingling sensations, slight muscular twitching. Experienced Chi Kung practitioners say that these phenomena are due to the activation and circulation of vital energy. You can gently stroke or rub the activated area, but you'll find that they fade quickly when you remove your awareness from them.

7. Improved metabolism. Chi Kung results in improved function and increased secretions of the endocrine, salivary, sweat and sebaceous glands. Nails and hair grow faster than usual.

8. Various pleasurable feelings and relaxing sensations. Certain enjoyable feelings often arise spontaneously. They can be compared to those normally associated with sitting in the sun, by the ocean, under a tree, at a concert, in a garden, with a loved one, etc.

"ABNORMAL" REACTIONS

Without expert guidance, it is easy to get off track and into bad habits. An arrow that misses its mark by an inch at fifty feet, will be off by a foot at a hundred yards. Slight changes in course long into a journey are quite useless if you took off in the wrong direction to begin with. The following signs and symptoms usually mean that you are forcing or trying to rush the process. They are not dangerous in and of themselves, but they can aggravate certain medical conditions, and they will certainly disturb your progress.

Dizziness, head ache or pressure is caused by forced concentration, struggling with distractions, or incomplete relaxation of the jaw, neck or back muscles during breathing exercises. Can also be due to premature use of advanced techniques. Check your practice habits. Relax your approach. Return to the basics.

Chest pain or tightness, tachycardia, shortness of breath can be the result of over training, or forced, prolonged breath holding. Can also be due to exaggerating the posture by throwing out the chest and arching the back. These things violate the essentials of Chi Kung practice. Take your time, be natural, and make sure that you balance active exercises with passive training.

Tremors, shaking: to some extent these things are normal reactions to the activation and circulation of energy in the body. If the actions are extreme or repeated, some adjustment in your practice may be in order.

Dry throat, ringing in the ears is due to pushing ahead with breath training without sufficient relaxation and quietness. They are easily corrected by relaxing the muscles and settling into quietness.

REVIEW OF SOME ESSENTIALS

RELAXED, QUIET AND NATURAL

It may be tempting to turn Chi Kung exercises into a "work out." But remember that it is more mental than muscle, it is more meditation than movement, more subtle than obvious. Avoid pushing, forcing, straining.

UNITY OF CONSCIOUSNESS AND VITAL ENERGY

In martial arts, there is a classic teaching: "one pointedness of mind and body." There is tremendous power in bringing the mind and body together. In such a situation, control of a third force manifests itself: chi. This is how bricks are broken, and huge attackers are thrown around by skinny old men. In Chi Kung, the focus is unity of mind and breath. When you bring your mind or consciousness together with your breath or vital energy, you can mend a bone, you can repair an internal organ, you can build up the immune system.

COMBINE THE ELEMENTS OF MOVEMENT AND STILLNESS. ALTERNATE BETWEEN ACTIVE AND PASSIVE MOVEMENTS.

Balance and rhythm are universal principles. You must make them essential qualities of your practice. Alternate your exercises. Balance any active techniques with passive forms. Precede and follow dynamic exercises with stillness. After sitting still for some time, do light exercise as an ending process.

PATIENCE/ PERSISTENCE

My teacher Hu Bin told me that he once practiced a technique for ten years, with no results. Ten years with no results! I told him that I, and most Americans couldn't conceive of such a thing. Heck, we try something, and if nothing happens in five minutes, we throw it away and try something else. Patience is just not built into our culture. On the contrary, we look for short cuts. We're in a hurry for results. We want immediate effects. We need to learn and practice patience and persistence. If you practice, you will find that the rewards are immense. The benefits can sneak up on you, and you will also experience quantum leaps from time to time.

CONTINUITY/ REGULARITY

There is power in ritual. Doing the same thing at the same time every day has an almost magical effect. It is very important that breathing practice move up your value scale to the level of brushing your teeth, bathing, eating, sleeping, and going to the bathroom.

BREATH SOUNDS

When we share a common language, and have common experiences, we can use simple references and familiar words to teach certain sounds.

For example:

Shape your lips as if sucking through a straw. Give the breath an "OOH shape." It sounds like the "oo" in "who," "you," "stew," "shoe," etc.

Based on those written instructions alone, I feel fairly confident that you will "get it." So far so good. But now, I'd like you to make the "hxxkhgh" sound as in the Russian word for bread ("kghlyeb"). Get it?

The Russian alphabet has letters and sounds that English doesn't have. I only know a few words in Chinese, but I'm willing to bet that the same holds true. You may have to be Chinese to get some of these sounds exactly right! Using references to our language may bring us close, but it won't allow us to duplicate the genuine sound.

So, reading about sounds is obviously not a good way to learn them. In fact, sounds are impossible to convey in a book. They have a vibrational quality that you need to feel, as well as hear, making them difficult to teach and learn even in person.

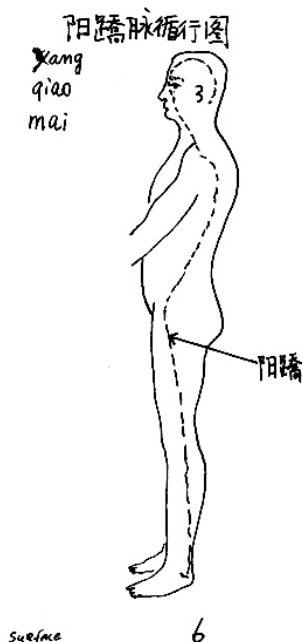
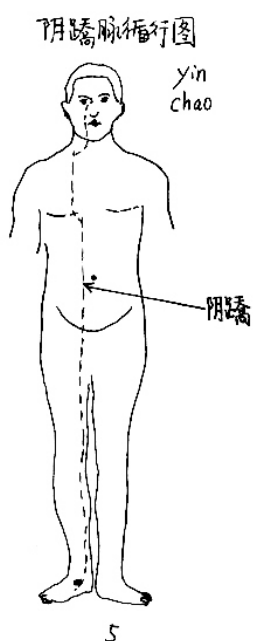
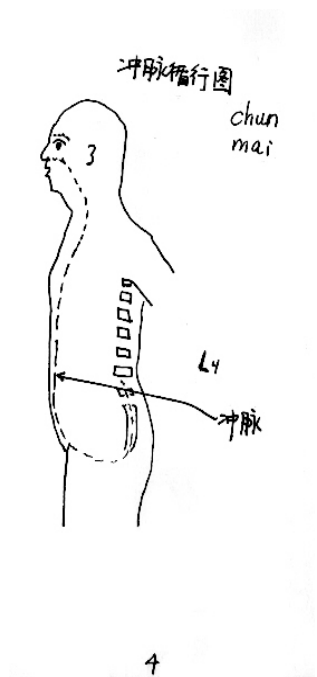
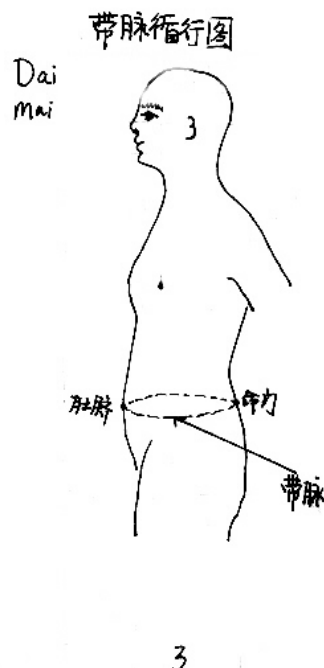
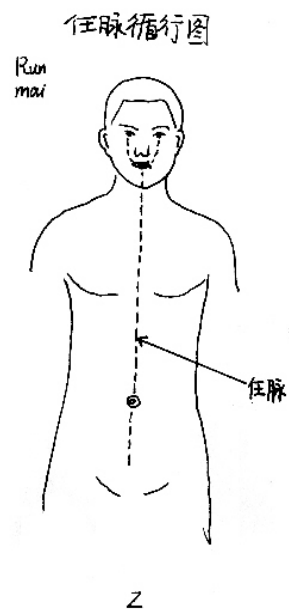
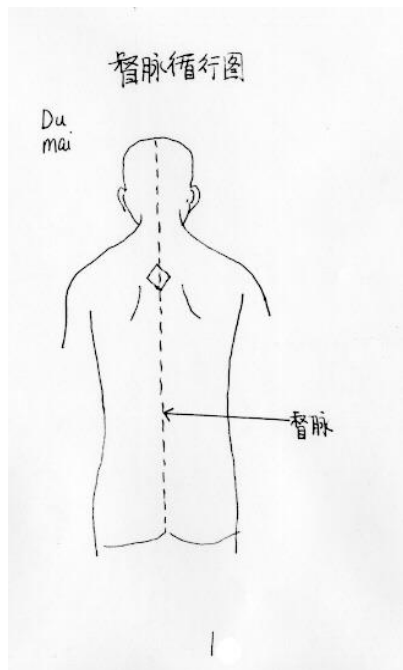
Having said all that, I still present them here for your information:

THE SIX HEALING SOUNDS

1. SHZEU (the "eu" is pronounced like "u" in French)
2. KHEU (same "French pronunciation" of the vowel sound)
3. SZZ (Just like it sounds!)
4. HHOO (like an half whispering owl imitation)
5. CHREE (roll the "r" a bit, but keep it hard)
6. SCHZEE (this combines the "sh" and "Z" and "e" sound)

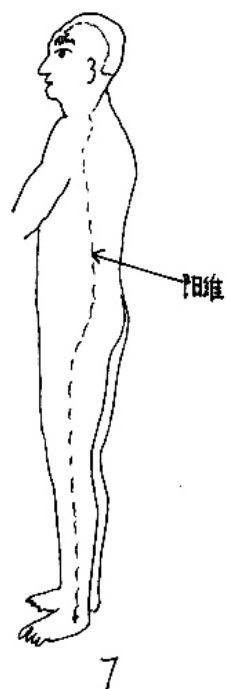
The sounds are pronounced as a short word with each exhale. The practice is to repeat one sound 10 or 20 times, then go to the next, and repeat it 10 to 20 times. Keep going through the list like that. Or, you can select one sound and stick with it for 20 to 30 minutes. The purpose of these sounds is to exercise and fine tune the respiratory system.

During Chi Kung practice, certain energy channels or merifians are activated. When these channels "lit up" for me, I felt a distinct sense of warmth or electricity streaming through me. Master Hu waited until I reported them before discussing them. Had he told me about them first, I would have been "trying" too hard, and would have missed them! You may be different.



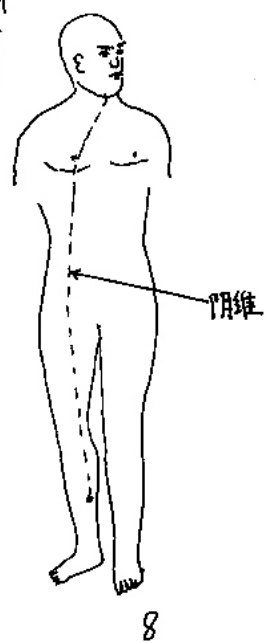
阳维脉循行示意图

Yang
Wei
mai



阴维脉循行图

Yin
Wei
mai





Exhale



Inhale

The above characters were drawn by my Teacher Hu Bin
The originals have an energy you can feel.
Often when people meditate on them, they seem to come alive and move.
If this happens, you may be open to a direct transmission.

About the Author

Dan Brulé (Guchu Ram Singh) began his Breathing Studies in 1969 as an X-ray Technician at BU Medical Center and Boston City Hospital. From 1970-76 he served in the US Navy as a Deep Sea Diver and Emergency Medical Rescue Specialist. He trained EMT, First Aid and CPR instructors for various agencies in several states. He was Director of Youth Education for the New Bedford Council on Alcohol, and the first President of the Southeastern Mass Self Esteem Council. In 1977 he presented the first Stress Program in the nation for Red Cross Volunteers.

In 1979 and 1980, he traveled throughout the US, Europe, and India, teaching and studying the Breath and Breathing with many famous teachers and healers. He co-founded and directed "The Growth Center Inc." and "Health Options:" two of New England's first Holistic Resource Centers. He attended UMass Dartmouth with focus on Human Development and Learning and Transpersonal Education. He graduated in 1984 with a Multi-disciplinary Degree in Business and Education.

In 1985 he designed and completed a Masters program in the Healing Arts at Lesley College. He studied at the Academy of Chinese Medicine in Beijing, the Himalayan Institute in Pennsylvania, the Rajneesh International Meditation University in Oregon and the Stough Institute in New York City.

Dan has also studied and traveled extensively with Leonard Orr. He lived with the legendary Babaji, spoken of in Yogananda's "Autobiography of a Yogi." He studied with Swami Rama, the Maharishi, Rajneesh/Osho, Stan Grof, and many others. Dan is one of the originators of *Breath Therapy*, and founded the Worldwide Spiritual Breathing Movement. He is an Internationally Certified Rebirther; and he is adept in Prana Yoga (The Hindu Science of Breath) and Chi Kung/Qi Gong (Chinese Medical Breathing Exercises).

In 1990, Mr. Brulé was invited to the First International Conference on Free Breathing in Moscow and formed One Sky International. The response was so enthusiastic and strong that he moved his practice to Russia during the collapse of Communism in order to work more closely with leaders in the World Peace and Human Potential Movement, and to cooperate with members of the Russian Academy of Science. He organized several successful Soviet-American joint ventures in business, culture, medicine and education; and he has facilitated a number of human service projects in the Former Republics.

He did community service work in the areas of youth risk behaviors and cardiovascular health, through the Southcoast Hospitals Group in New England. He has taught breathing through the Division of Continuing Studies at several universities, and at various locations throughout the USA. Few people in the world have more experience in Breathwork. More than 80,000 people in over 40 countries have learned Dan's Breathing Techniques, and now apply them in their lives and in their work.

"...In ancient times, there were the so called spiritual men; they mastered the universe, and controlled yin and yang. They breathed the essence of life; they were independent in preserving their spirit, and their muscles and flesh remained unchanged. Therefore, they could enjoy a long life, just as there is no end to heaven and earth..."



This Manual, like the breath itself is always changing. It is a work in progress. It is intended for use in conjunction with personal training in the Basics of Chi Kung with Dan Brulé. The Basic Chi Kung Training is offered at locations throughout the world. For more information, contact dan@breathmastery.com. Or visit www.breathmastery.com