

# Healing

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When we come to this world, we have many difficulties ahead of us. These difficulties make us stronger, more mature and, for some of us, make our hearts better. Others might become more cunning or tricky. Whichever way we want to go, it is our own choice and no one can force us. Particularly when we are over 30 years old we cannot blame anyone else for the mistakes we make. So we should be careful when we make any decisions after the age of 30. This is our philosophical and psychological training and development. But there is universal law:- what goes around comes around. In other words, "cause and effect".

However, our bodies also have to go through difficulties and these are sickness and injury. Everybody must pass through these and each time we do, it makes our bodies stronger. Of course, we might become very sick and this is a very big test. Some people will always take medicine to help heal themselves, whether it be western medicine or herbs. Some people will instead try to heal themselves using Traditional Chinese Medicine, homeopathy, massage, acupuncture, etc. But myself and for others like me, we will practise Qigong to heal ourselves.

I have been training Qigong and martial arts for over 35 years. It helps me a lot when I am not well. I can still catch colds and flu, but I can practise my Qigong I am able to recover more quickly and my practice also means I have less chance of getting these problems. Sometimes I can even injure myself. If I am doing too much physical exercise, I can hurt my shoulders, back, ankles etc. I can even hurt myself accidentally tripping on an uneven road. However, as soon as I feel any pain, I will straight away move the area that hurts. I move until I feel better and so I do not suffer any injuries for very long.

Because we do Qigong, when we have a problem, we can do some practise for ourselves rather than have to ask others for help. Of course, if you do not know any Qigong, there is not a lot you can do, so you have to rely on a therapist or doctor. But asking others for help is never as good as being able to help yourself. So you can see that our lives are a test both mentally and physically.

Mentally we need to learn more philosophy and develop a better heart. We also need to learn how to let go and do the right thing. Then we will be hurt less and we will be happier. A close friend, a partner or member of your family can hurt you the most, so you have to learn how to forgive and forget instead of carrying things forever. When you can do this, you can move on and do the things you should do, instead of thinking about the past.

There is a story about two young girls. They were very close and had a good friendship together at university. After graduation they decided to live together for three years, so they found a good house and began to decorate it very beautifully and started to enjoy their new life. After one year, however, one of the young girls met a boy and fell in love. So she decided to live with her boy friend. Her roommate asked her not to do this and reminded her that they promised each other that they would live together for three years. But the girl who had the boy friend did not listen and moved out anyway. The one left alone was very upset at her friend and found she did not even want to talk to her anymore because she felt so betrayed. At the end, it spoiled their friendship and there were no longer friends.

In this kind of situation, the person who is upset can easily become ill because they are holding so many emotions and all our emotions, if held on to for too long, will affect our health. If we cannot let go and accept changing circumstances in life, then we all will be ill mentally, particularly it is more difficult when we are older. The older we are, the weaker the body becomes and so it is more difficult to handle emotions but the way to keep our health is to take things as they come and not get upset over things easily. Meditation can help us calm our emotions and balance the internal organs

For physical illness and injuries we need to learn how to move our bodies in the right way to help facilitate healing. Our bodies are designed to move rather than stay still and sit too long. We need to sit still when we are meditating, but when we do so we must still keep a good posture, be relaxed and empty the mind. This will let the Qi flow but if we just collapse – i.e. lose the posture – then this is not relaxation and can actually deform the body and block the Qi. Still, though, for physical problems, movement like Qigong is the best way to heal them.

Once I hurt my ankle when I tripped on an uneven road in an old street in Italy. Straight away I gently moved my ankle to create more circulation. In the end, after about half an hour, I felt all right and could walk properly again. So as soon as we injure ourselves, we should move the area gently but not too hard. We must listen to our bodies and relax more. This will create good circulation and in the end we will find ourselves feeling better.

All this is based on Qigong training. When we practise enough Qigong we know about relaxation, correct posture and how to move from the waist (Dantian) as this is the principle of Qigong. Of course, you must be used to practising Qigong and be familiar with the Qigong attitude of movement. We should move with relaxation and without too much force. You must listen to your body and see if you feel better. If you only feel pain, then it is the wrong movement, but if you first feel pain and then relief after moving, this means that the movement is right. When you move the injured area, you also need to rest afterwards, then it will gradually get better.

If you have an internal problem, such as with the heart, lungs, kidneys, liver, stomach or other internal organs, then we still need to move in a relaxed way, like in all Qigong practise. Or course, the best thing to do is practise Balancing Qigong, Healthy Living Gong and Wild Goose Qigong as these are all skills that have been proven to help many people and the Wild Goose Qigong has survived for over 1800 years which means the skill is right. These skill all will make the organs better.

Today there are many kinds of disease and we can become very confused when thinking about how to heal ourselves when ill from them. I believe that no matter what kind of disease you may have, that they all relate to the organs. Also if you have a problem with another part of the body, it will eventually affect the organs as well. So our internal organs are a very important key for overcoming any disease. If we can keep all our internal organs healthy and strong, then we can make injuries and disease go as well. Our whole body is connected, if one part gets better, then eventually all the other parts will become better as well.

During the 90's I used to teach in London and would travel down each week from my home in Manchester, so I travelled a lot. Normally I would get home at 1 o'clock in the morning and sometimes if the train was delayed, even later. When I first began teaching in London, though, the train back to Manchester arrived at 3 o'clock in the morning, as it was a slow train. But then I was young and so I could manage it. However, as time went on, I found the next day after I got home, I started to have headaches. So I knew I was using too much energy and was working too hard. So I started to rearrange my teaching time and also cancelled my Qigong Healing Clinic to save my energy. Life was like this until 1999 when I moved to Seattle, USA and then there were no more late trains' home.

My headaches would go after I practised Qigong but sometimes it would take one or two days. The more practise I did the quicker they would go. In the beginning I would feel the headache worse after practised Qigong. This was because my body would become very sensitive and I could feel more. But in the end my headache went because I had more Qi and more blood as well. The headache was caused because my blood circulation was low and my body felt cold. This also meant I was weaker than usual.

Blood circulation is related to the liver, so by practising more Qigong I could cultivate more Qi and more blood together. Blood and Qi come together. No one can have a lot of Qi and weak blood; if you have good Qi then you will also have good blood and good circulation. Then the body will feel warm and this warmth comes from inside out and is not the same as standing next to a heater.

So, sometimes, I do not need to know too much detail about diseases. All I need to do is keep the internal organs healthy and strong. It is like a car, as long as it has a good engine, it can run. Just because a car is shiny, does not mean it can run. The engine is the most important thing, so our internal organs are very important. Even if the brain has a problem, we need to keep the internal organs healthy then we will have good circulation and this will supply all other areas.

When the internal organs are strong, it also maintains the body's metabolism. Then the body can renew any bad cells or tissue and grow new ones. So in this situation you will get better, you will live and eventually you will be all right. Perhaps you might never become 100% 'normal', but you can live life like that without any trouble.

Illness or injury is a test for our lives. We just need to keep passing all the tests. When we are older they might be difficult, but we should not give up and we need to fight to overcome the test or until the tests do not affect us and we decide to move on to the next level and then there are no more tests. However, each test does not mean we need someone to give something to us, we need to find things for ourselves and this makes us stronger.

