Quantum-Qigong – how it is done and why

Abstract

Qigong masters are able to interact with the Qi-field of energy and information.
Quantum-Qigong allows students to do the same for a few minutes.
Science has proofed that the (Qi)-field contains all potentialities.
“Quantum-Qigong” as name is chosen, because it is rooted in quantum-physics and –biology.
During Quantum-Qigong we have the chance to speak, think and feel a certain potentiality of Qi, we wish for.
Using Quantum-Qigong during my lessons, we save about 50% of learning time, compared to more traditional forms of teaching an may obtain fast improvements of health.
A demonstration of Quantum qigong – how it is done
An explanation of Quantum qigong by quantum physics and quantum biology

Quantum qigong – how it is done and why

Qigong masters are able to interact voluntary with the Qi-field of energy and information. This allows them to perform in an unmatched way for their own good, for the good of their patients and for the good of society. Furthermore Qigong-masters are able to determine the space of time they are using their qigong state of mind.

Having been a professional teacher all my life I was not happy with the traditional way of teaching Qigong. I used methodology and didactics to improve my own teachings. I have written a book about this subject and published various articles on my website. I am aiming at giving my students the chance to experience Qi as early as possible. Qigong-meditation and its placement within a lesson play a vital role.

Being a child of the west and having a scientific background I have always been interested in taking any myth out of Qigong and trying to explain
Qigong by means of natural sciences. In 2011 I presented a paper in Jinang in which I showed how information travels from our brains to every single cell in our bodies. Combining this knowledge with the traditional Qigong-methods to remove stagnant and bad Qi from our systems I created a Qigong-form for reducing chronic pain and improve chronic illnesses. I named this form Neurogong. [1]You may still read an English text about Neurogong on my website. [2]

But still I have had this dream of enabling me and my students to enter this Qigong-state of mind reliably and as early as possible, if only for a few minutes. What good could be done for them, and what good could they do for themselves.

I thought about it, I wished for it and I dreamed about it. And I meditated about it.

One morning last year I woke up and a solution dawned upon me.

I tried it for myself and it worked. I twisted it a little bit and then I tried it together with students whom I where teaching for up to 7 years. It worked. I tried it together with students, who had never learned Qigong before and were my students for only 4 weeks. It worked.

I use this state of mind of my students to teach new forms of Qigong. Normally we save about 50% of time compared to a more traditional form of teaching.

Depending on the chosen property of Qi you can obtain fast changes in health. I have seen shoulders that were stiff for years change to normal flexibility after only 5 to 6 qigong lessons. As one pupil said: “It`s as if my shoulder has forgotten that it can`t move.”

Teaching Qigong I have to fulfill 3 criterions:

- I must be able to do it myself
- I must be able to teach it
- I must be able to explain it

I have named this form of Qigong meditation “Quantum Qigong”, because it is deeply rooted in quantum physics and quantum biology.

Before I fulfill my third criterion and explain to you Quantum Qigong I want to show you how it is done. And if you like to, you can experience it for yourself.
I suspect that you are all students, teachers or masters of Qigong. So you can easily imagine that you have just begun a lesson. You have done some preparatory movements to flex your body and maybe you have pressed some acupressure points to strengthen your health. Now it is time for Qigong meditation. Please close your eyes. Relax. You have just performed some form of Qigong meditations that allow you to gather Qi and store it in Xia Dantian. A few minutes have passed. Your body now easily remembers how that feels. You are now precisely in that state.

Now we begin Quantum Qigong.

We imagine a golden ball of Qi shortly above our head. By willpower and imagination, we pull it into our head, let it sink, passing our eyes, our throat, our heart and our stomach, sinking further down into Xia Dantian. There we can see it, or feel it as warmth, or sense a slight pressure. We let it grow. It grows and grows, now touching our bodies from within. It grows further and further, until we stand inside a large bubble of Qi, well protected. We now feel inside our body. Perhaps we will find a pain or a region of discomfort. We then lead Qi to this part of our body. We feel Qi arriving there, dampening the pain or discomfort. The pain gets less and less and less. Maybe we don’t feel the pain or discomfort anymore. We now concentrate on the inside of our palms, especially Laogong.

We feel the palms of our hands, especially Laogong. Qi is streaming into our hands. Therefore our hands feel warm and soft. Qi is flowing from the palms into our fingers. Therefore they feel warm and soft. Qi reduces the pain in our finger joints. Because of Qi they can move more freely. Qi helps to prevent any damage while moving the fingers.

Still Qi is entering Laogong. It is flowing into our wrists. Therefore they feel warm and soft. Qi reduces the pain in our wrists. There is a lot of space in our wrists for Qi to fill. Because of Qi we can move our wrists easier. Qi helps to prevent any damage while moving our wrists.

Still Qi is rushing into our palms. It is flowing through the forearms into the elbows. There is a lot of space for Qi. Qi reduces the pain in our elbows. Because of Qi we can move our elbows a lot easier. Qi strengthens our elbows. Qi helps to prevent any damage to our elbows while moving them.

And still Qi is rushing into our palms. It is flowing gently through our arms into our shoulders. There is a lot of space for fresh Qi. Qi reduces the pain
in our shoulders. Qi helps to prevent any damage in our shoulders. We can move our shoulders without any fear far better than before.

From fingertips to shoulder our arms are filled with fresh pulsing Qi which helps to restore our flexibility and strength we had when we were much younger.

We now open our eyes and remain in the Qigong-state we have arrived at during our Quantum meditation. We now start our form “The 8 Trigrams”.

Well actually we won`t do this. But I hope you have enjoyed your first Quantum qigong. And maybe you can imagine that your fingers, wrists, elbows and shoulders are now in a better position to perform The 8 Trigrams than five minutes earlier.

You might say now “Well but was this really Qigong? Was it not more a form of hypnosis?”

To discuss this point, let us look at the following slide.

If we watch the outer surface, we can see men acting in society and economy. Scientists have found many laws, explaining what is happening in society and economy. But only after they realized deeper lying psychology, there laws became more meaningful.
Psychologists have done a lot, to explain the acts, feelings and emotions of mankind. But things got really exiting, after they could look into our brains. The better they understood our biological foundations, the more relevant their findings became.

It is the same with molecules and atoms. The more we knew about them, the better we could determine the role the human cells play in the biology of men.

Well, atoms are built of photons and quantum physics and quantum biology tell us, how material and energy influence each other.

The world of photons is really weird, especially if they are entangled. If you try to cut a photon in half, you have not to half photons but two photons that are entangled. No matter how far you separate them, what you dodo to one of them, you do to the other in no time. If for instance you change the spin of one entangled photon, you change in no time the spin of its twin, no matter how far they are separated. The speed of light is not fast enough to transfer this information. I have warned you, it is weird. Scientists speak of a holographic process. In a hologram any information is known to the whole of the hologram. If you change or add any information at one piece of the hologram, you change it in no time anywhere in the hologram. But are we, the humans of body mind and soul, holographic? We are because all the photons we consist of are entangled. They have to, because we consist of cells, which all owe their lives to the cleavage of one cell.

But it can get even more weird: a photon that is changed in the future can change its entangled twin in the past. Please, I don`t ask you or me to understand this. But I ask you and me to ponder what this could mean for changing our health, to rejuvenate us.

But how are photons, and by them, DNA and whole cells changed?

It is done by the field or matrix how the field is also called.

If you change the electrical energy of the field, you change the energy of the dipol of the atoms. This is called the Stark effect.[1]

You may also change the magnetic energy of the field, thereby changing the electron coupling. This is called the Zeeman effect. [2]

As we all know, we are surrounded by our own energy field. The heart is the organ with the strongest electrical and magnetic field of all our
organs, brain included. And the ancient traditions know that the heart is the center of our feelings.

If we want to improve our health, it is our brain that has to decide what to do. And it is in our heart that we have to produce corresponding feelings.

OK, let us leave theory and return to Quantum qigong. The experience you have just had was comprised of three parts.

The first one, beginning with the golden qi ball hovering about your heads and ending with you standing in a large bubble of Qi well protected is the first part of the general part you will always use, no matter what you are aiming at. Its sole purpose is to make you stop thinking. By imagining the golden qi ball sinking inside your body you cannot think about anything. Instead you will feel warm, comfortably and relaxed. Standing in your bubble of qi well protected you will feel safe and prepared to venture out.

The second one helps you to feel inside your body. This is part two of the general introduction To feel a pain or a region of discomfort is something anybody can do from the beginning on. Maybe it might even be better to feel something positive going on in your body. But I know that not every beginner will be able to do that. But pain and discomfort, ah everybody knows how that feels. Important is you feeling inside of your body.

The general, introductory part ends by you imagining qi rushing or flowing into your body.

Now the third, specific part begins You imagine and feel qi performing useful tasks. You imagine and feel the results you have wished for.

It is important that you formulate a text that lets you envision and feel a process and its results.

Now let us have a last look at quantum qigong
It is your attention that evokes the feelings of processes and results qi should produce. And it is your attention that perceives qi doing exactly what your feelings command. Thus you change your reality. It helps that you create an even increasing loop.

Literature

[1] Wilfried Ströver
Betreff Qigong
22 Aufsätze zu den Themen Unterricht-Gesundheit-Wissenschaft-Neue Formen

Neurogong For a Relieved Life
www.Leben-aus-der-Quelle.com
Menüpunkt: „Was ich für Sie tun kann“ > „Fachartikel“
