

Circulating Qi in Diseased Tissue (a special meditation art)

Jianqing Wu, Ph.D., J.D.

May 8, 2018

Circulating or moving Qi along meridian is a well known healing method. However, it is hard to learn and its effect is very slow. Circulating Qi into a diseased lesion is even harder. Its health benefits are slow like any of other cures. A super majority of people would abandon this method after they practice it for a few times without feeling benefits.

Qi is the magic matter that can stop pain and dispel virtually any disease. Chinese Medicine has a saying that “where Qi can move smoothly, there is no pain; and where there is a stagnant Qi, there is a pain.” This is a statement held by people for thousands of years. It is absolute truth.

However, we must interpreting pain broadly to include any diseases. We show this is not only a correct statement, it reveals a deepest secret of Qi in the human body. Circulating Qi is an essential ability of martial artists in ancient times. In that time, people survival depended upon their ability to fight and they could not go to hospitals to have their wound treated. People often fought and suffered from injuries. They needed to strengthen their fighting capability and skills to recover from temporary wounds and permanent injuries. Circulating Qi was the most powerful method for achieving both. Circulating Qi in muscles and the body can dramatically intensify their physical strengths because circulating Qi can actually improve energy metabolism. If their energy metabolism is improved, the potential force of muscles is much larger than that of modern human beings.

However, the biggest utility of circulating Qi is actually stopping pain, improving physical condition, and speeding up recovery from injuries. Those functions are also critical. For example, Chinese literature reveals stories about the extraordinary fighting capabilities of martial artists. When they were beaten and fell, they could stand up and continue fighting. When they sustained massive injuries, they could regain fighting skills with short times of recovery. We heard stories that reflect they could continue fighting as long as they were not killed. The mystery is that martial artists developed very strong ability to circulate Qi. By actively circulating Qi, they could quickly clear up stagnant blood from bruises and damaged tissues, improve blood circulation in damaged organs, and thus restore fighting ability.

Qi is the most powerful MATTER to stop pain. It has two kinds of pain killing effects. The first effect is that circulating Qi in the brain region can change sensitivity for feeling pain. If a person pays attention to existing pains and discomfort, he or she can easily notice it by experience. When the whole body Qi is raised, all small pain and discomfort will disappear. Then, they all will come back when Qi subsides. This effect is similar to pain killer which also affects the central nerve system. The ability to desensitize would depend upon the ability to generate strong Qi. In comparison, the effect of pain killer would depend upon types of pain killers and dosages. The problem is that ordinary people are unable to use this method, but pain killers could work on all people quickly. As to working time scale, they can be similar. It may take minutes for pain killers to take effects, and similarly a person with well developed skills can easily stop pain in minutes. Unfortunately, people with weak skills may need

hours to feel limited pain-stopping effectiveness.

The second effect is that Qi moving in a lesion can dispel pain in the lesion. This is just a local effect. However, it is hard for ordinary people to circulate Qi in lesion. This was known for at least four thousand years. Most pain-relieving methods such as massaging, push-and-pull, and acupuncture are related to Qi.

Wu has used Qi as the primary means for managing cold and flu for decades. At the first blush, one could say it might be too slow to work on the massive tissue damages that are normally caused by cold bacteria and flu virus. This use of Qi is seldom mentioned in Chinese medical literature. We found circulating Qi is largely useless when it is used when a cold or flu is just fully developed. At the time when the respiration system has suffered the maximum damages, Qi in the lungs is extremely weak due to the damages caused by infection. At this point, one could not internally detect the existence of the lungs. Circulating Qi is very hard (except for professional martial artists who did it in his lifetime).

Circulating Qi can change the prognosis of cold or flu and may reduce risk of complications if it is wisely used in right timings. We believe that it can have three great benefits. First, regular circulating Qi in the lungs on daily basis can dramatically reduce frequency of getting cold and flu. When the lungs and chest have plenty of Qi, the body can fight against virus and bacteria much better. This is exactly Chinese Medicine predicts: when blood circulation is good and Qi is ample, disease agent cannot get the person. Second, if a person is exposed to cold temperature or an infection source, circulating Qi at the earliest time in the lungs may prevent the cold or flu from being fully developed. One has to circulate Qi for a sufficient time as soon as the exposure in order to achieve this benefit. If this attempt fails, a cold and flu will be fully developed, but the symptom will be milder, thereby reducing risk of causing complications. Finally, circulating Qi can shorten time of recovery in the recovery process (when the lungs “come back”) and help get rid of lingering symptoms faster.

While circulating Qi is a potential alternative to cold medicines and can reduce chance of getting complications for some people, it is far too expensive in time value. Spending two hours to five hours is far too expensive, compared with ten dollars for fast fixes or the cost for a doctor visit. One benefit is that it avoids side effects of drugs. We believe that circulating Qi can be better than drugs for certain people who cannot tolerate drugs and can master the skill.

Circulating Qi can also speed up wound healing. This utility must be well known by ancient martial artists, but not mentioned in medical literature. We have no doubt about this effect. After a wound has been treated, circulating Qi around the wound can speed up the healing process. The reason is obvious: when strong Qi is circulated, it changes physiological properties near the wound and improves blood circulation in tissue close to the wound. An improved blood circulation can reduce inflammation and reduce the chance of infection. It may reduce scarring by reducing inflammation.

One form of moving Qi practice is called “Small Zhou Tian,” which is well known in Qigong literature. We also see teachings that reverse Qi moving direction of “Small Zhou Tian.” It is generally believed, when a person is in a meditated state, Qi will flow according to certain natural paths. This might be how ancient people found Qi paths and then based upon their experience, they mapped out those channels.

Natural Qi moving channels are most probably nerve signal moving in the connected nerves or signals

moving inside the brain. Qi reflects a life energy that most people can feel in different degrees. However, Qi in organs and non-sensory tissues can be felt by only a small number of people in special conditions. Among the contributors of Chinese Medicine are monks, diotists, and Ru practitioners. Most of them spent most their days in meditation and explore their inner bodies in extremely quiet and deeply meditated states. That was their daily life. That might how they found Qi, Qi flow, and channels.

We try to connect Qi with anatomy. Based upon human anatomy, each organ has a corresponding regulatory region in the brain. Thus, a Qi moving path connecting two organs (which may be two parts) must also have correspondent signal paths between two regulatory regions inside the brain. Thus, Qi moving between different organs happen in a normal condition, but cannot be detected in normal situation. When a person is in an extremely deep meditation, moving Qi may be detected. While people always say that Qi is moving on the body, it is hard to exclude a possible that Qi might also move between regulatory regions of the brain. For example, the brain has two regions respectively for controlling the heart and the kidneys. The two regions are connected in the neuron network in the brain; and thus we cannot exclude the possibility that when the kidneys need to increase heart output, they send signals to the region for regulating the kidneys, the kidney-regulating region then transmits signals to the region that regulates the heart to urge the heart to increase heart output. This does not negate the hormone-based regulatory mechanisms. Hormone release is only a secondary action to prepare all parts of the body for accepting increased heart output. Based upon this hypothesis, the brain would have a signal firing path inside the brain which is correspondent to Qi moving path in the body. Thus, exercise for improving Qi flow on the body would also stimulate the signals-moving path inside the brain.

It is known that Qi can be forced to move in a path that is not consistent with known natural Qi path. Let say that one circulates Q from the kidneys to the heart through a different path; it would create a signal firing path in the brain, which would be different from the normal signal firing path. If one doer it for a sufficiently long time, it may replace the natural path so that some regulatory functions might be done through the new path. This is consistent with the fact that a person can develop new brain functions after normal brain tissues die from stroke. It is well known that creating an artificial path, just like developing a new function, is difficult. This may be why circulating Qi by will is exceptionally rare. It is also why people could need many years, often several decades, to develop the skill required to move strong Qi along any part of the body.

The ability to generate new Qi path is theoretically significant because it could be used to correct brain damages that have impaired normal signals firing moving patterns in the brain. In other words, this method may be used to develop new paths for controlling body functions.

Very few people can circulate Qi at will. Even many Qigong practitioners do not necessarily have this capability. That is why this art is rarely discussed, and has not been used in clinics in treating diseases. We stress it because it can selectively strengthen any part of the body and can have potential to fix specific problems in the brain. It is potentially most powerful cure for a large number of mental diseases caused by fault regulatory memory.

Most known teachings are hard to understand. If a person can circulate Qi directly on a diseased lesion, it has much stronger and faster healing effects. Three to five days are a time window to cure. Circulating Qi is safer than many herbs that were used to treat diseases. However, circulating Qi can also have side effects. As a general rule, side effect of any treatment is proportional to its healing power. If it has the power to correct structural problems by correctly using it, it would have risk of

causing structural damages if it is misused. It is said people can use mind to shut down life. However, this is an ability that most modern people cannot develop. If a side effect is experienced, people can simply stop circulating Qi, so it is hard to cause serious injuries. Thus, most side effects are just great discomforts. When the personal attention is directed to other things, the side effect will fade.

One Yinggao Xu disclosed a special deep breathing exercise method in Second Issue of New Chinese Medicine in 1954. Despite its name of deep breathing exercise, he actually guided Qi directly into his brain. He believed that the method would cure a large number of diseases. Several readers who have read his article responded with similar views. Based upon our understanding, circulating Qi in the nose region can cause great discomfort, and may be risky to guide Qi directly in the brain. On the other hand, circulating Qi in the brain is potentially the only method that can alter health problems that caused by abnormal neural signals. However, circulating Qi along the head surface is widely used by Qigong practitioners with little risks, but circulating Qi in the brain is rarely mentioned in literature. Maybe, those who can use it safely know secrets that general public does not know.

Only a small number of people use Qi to treat diseases although this skill is considered essential for martial artists in ancient times. We believe this ability is inherent in all human beings. It is difficult to learn due to lack of internal reference for instructions. This is like teaching someone to move one of the ears or one side of the nose: no amount of teachings can make people understand instructions. When a person figures out how to do it, it can be very simple.

We believe that most obvious reasons for failure to learn is an inability to gain full relaxation, difficulty to detect very weak Qi movement, inability to move Qi passing through certain points, and inability to guide Qi to a lesion. Most people cannot learn because they do not know that initial Qi is extremely weak. It is so weak that most people would believe they could not feel it, and just give up. If a person can feel Qi once, the person will be able to learn the full skill as a matter of time. Qi blockage in an intended circulating path is common and one has to learn to relax to pass. Virtually all Qigong teaching instructions stress calmness and relaxation. If a learner attends external matter, he will waste his time. If a learner cannot relax, he will not get much.

We disclose a special way of moving Qi. It is intended for a small number of readers who want to explore. First, identify the location where lesion is located, and then use mind power to loose up tissue in the inner lesion, and force it to warm up by moving mind in a circular path passing the center of the lesion. For a structural problem that has not destroyed nerves in the lesion, generating Qi inside the lesion may be better than circulating Qi in surrounding tissues. When the tissue in the lesion is warmed up, pain or discomfort disappears or subsides. After the exercise stops, pain or discomfort will come back. Circulate Qi again to stop the pain. So, keeping doing it until the frequency of experiencing pain or discomfort is gradually reduced. Even after pain is completely gone, it may come back some days. Still keep circulating Qi for up to a year after all symptoms are completely gone. We believe that 3 or 5 days time window is enough for curing only an acute disease such as bruise that has not resulted in a permanent memory in the brain. For chronic inflammation, tumor, and degraded organ tissues, one year is probably the minimum time for healing. In addition, additional time is required to prevent the disease form relapsing.

When the precise location of a disease is not clear, it is hard to find a right location for circulating Qi. There are three cases. In a first situation, the diseased tissue does not have any localized symptom. For example, when kidneys are sick, there is no pain in any of the kidneys or the locations of the kidneys.

Disease signs are shown in the whole body as well as changes tissue properties, blood composition, and urine chemicals. Pain is felt only in the back. One has to find the locations of the kidneys to circulate Qi. In this case, one has to find a location by imaging where a kidney is. In a second case, the disease location and subjective signs are inconsistent. For example, heart disease is often shown in some related locations such as the chest and one shoulder. In this situation, the person has two possible locations: one is the imagined location of the heart and the other is where pain is felt. It is more difficult to locate the imagined location.

Circulating Qi on the pain-felt location is an indirect method. The disease location and pain location are connected by common nerves, chemical exchanges, and neural signal exchanges in the brain. In Chinese Medicine, using related locations to treat diseases is a widely used practice, and there is no point to dispute its validity. The problem is slow healing. A large number of treatments including acupuncture are based upon this inner-and-outer relationship.

In the last situation, a structural problem and pain point are in the same location. It is straight to circulate Qi where you feel the pain. If one feels pain or abnormal thing in a point, he can identify the point and circulate Qi in the point. If pain exists without feeling it, she or he may just move Qi passing the location where pain is felt.

For chronic diseases, circulating Qi is a very slow healing method that a super majority people would quickly reject it. However, it is the most effective method for correcting chronic problems. It is perhaps the only method for healing stubborn structural problems that have existed for many years. At this point, we could not find a single chemical-entity drug that can fix structural problems in the body.

When a person uses multiple measures to cure a disease, it would be impossible to determine which one actually cures the disease. However, it is pointless to try to know which of several measures are working. The need for identifying one or two “working” measures does not exist. For patients, what is important is to cure diseases. So, why the patient need to know which of a number of measures are responsible for curing a disease. Modern medicine has an incentive to know because it assumes that each disease can be treated by the same method. However, as we have made a long analysis that no two diseases can be treated by same methods because there are huge differences in disease cause factors.

The notion of treating same disease by using same treatment has never worked in two centuries. It is time to abandon this flawed notion. When that notion is abandoned, the need to identify one or two measures for a successful case is gone. Instead, a proper way of tracking a successful cure is to attribute the success to all treatment measures that are applied in a reasonably long time window as long as those measures are known to have beneficial effects on the disease.

We will use a hypothetical case to show how different methods can create wrong impressions in their benefits. Assuming that one person uses several methods to treat a special tinnitus (which is originated from the brain, but not the inner ear). One method is to use an old method to influence the brain signal misfiring by pulling Qi from the brain to the feet. This method can reduce annoying sound perceived for one or more days. The person also uses two more methods, one is used to promote the mind balance and the other is used to stimulate the kidneys and spinal cord by deep breaths and force induction. Some day, the tinnitus is completely gone. Our question is which methods cure the tinnitus.

The success must be attributed to all three methods. The first method is necessary to stop the adverse

impacts of the tinnitus by giving the person chances to get used to annoying sound. The second method is important to prepare the body to change physiological properties in favoring of getting rid of a fault of unknown nature. The last measure might be most critical. An improvement in the kidneys can improve bone marrow health. The bone marrow stem cells are responsible for repairing brain neurons. So, Chinese Medicine held “kidneys support bone health” and “bone health supports the brain.” Those guiding principles can be found in literature. Discoveries in stem cells research supports this principle that was known for thousands of years. Unfortunately, treating such a condition is like a hit-or-run game. Successful cases and recent findings point to conclusion that the cure must be through the kidneys. However, it is also possible that, without the cooperative effect of the second method, the last method alone could have failed. Then, all three methods are essential to the cure. Thus, it is entirely possible that the least helpful measure may actually have contributed more. This is also one reason why modern medicine fails: it always confirms fast fixes but rejects real cure.

Human ability to circulate Qi may be the reason for Chinese Medicine to swap the roles between Qi and blood. Chinese Medicine teaches that Qi leads blood. From human physiology, blood must lead Qi. If blood cannot reach a tissue, there is no way to generate Qi. Since Chinese Medicine was purely based on experience, people can actually move Qi to improve blood circulation. In other words, ancient people could prove it by subjective feeling. Because the blood and Qi must exist simultaneously, their precise order is meaningless. However, the ability of generating Qi to lead blood is vitally critical.

Due to the difficulty to learn, the method is not useful to general population. However, Qi is an important subject for research: human mind has a potential power for healing diseases, and creative methods may eventually be developed to cure diseases safely. For many diseases, cure is within the mind.