

"To Qi? or Not to Qi?" Tomu tests another healer's emitted energy.

What is Research?

Audrey used to work for an AIDS researcher with MD and PhD at a major university hospital, who was devoting his life to testing AIDS cures. After 5 years, he had made little progress.

One day, a patient with AIDS came to visit Dr. Fu. She pondered his condition and hypothesized, "A combination of astragalus, shou wu, and banlangen should strengthen his immune system." Within three weeks his killer "T" cells had increased by a factor of four and his symptoms had almost vanished. Other AIDS patients had a similar response.

Good research is not determined by long hours or expensive equipment. Good research involves coming up with effective answers. Yet many don't care about Dr. Fu's answer, first because it is not patentable and second because it is the *wrong* answer, "Qi."

An example of bad research is a test to see if selected healers could sense the location of the hand of the principal investigator, a nine year old school girl. Based on this limited study, which showed systematic bias, JAMA published an unjustified (and biased) conclusion: that non contact healing methods were "*groundless and that further use of Therapeutic Touch by health professionals is unjustified.*"¹

So the next time a skeptic attacks you, quoting biased statistics, trust your instinct: Ignore his logic and send him love. He probably needs it.

-Richard H Lee

Measuring Qi

Qi is so easy to measure that it's a puzzle how scientists ever missed it (unless, of course, they never looked for it).

On a recent trip to China we conducted a most interesting experiment with CHI tour participants. We took Kirlian photographs of 25 blindfolded test subjects then let participants apply whatever non-contact healing methods they were familiar with, which varied from Therapeutic Touch, Qigong, and Reiki, to no formal training at all.

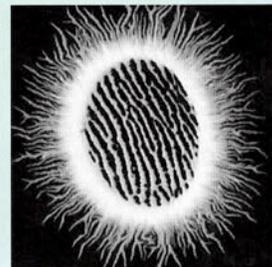
Most of these participants, whether physicians, chiropractors, massage therapists, or researchers, were able to change the Kirlian images of blindfolded test subjects significantly.² Thus, the ability to influence energy fields at a distance appears not to be limited to people calling themselves healers.

Some skeptics try to prove that healers cannot accelerate recovery by arguing that there is no mechanism, but they haven't examined the extensive work that has been done:

Continued on Page 2

Images of Non-Contact Healing

Baseline photo of the finger of a blindfolded test subject before receiving healing energy



Kirlian photo of test subject after 2 minutes of non-contact therapy

While some healing practitioners were able to cause spectacular changes in the Kirlian images, such as shown above, most were able to cause some increase in brightness. ($t < .0005$)² After the initial tests, group participants completed an 8 day

Qigong training, then the test was repeated and it was discovered that their ability to increase the brightness of a blindfolded test subject's Kirlian image had doubled. Thus it appears that training increases this healing ability.

The full paper is published at www.chinahealthways.com/TT

Mechanisms for Non-contact Healing

As you can see from the box to the right, electrostatic, magnetic and light waves are all well established, possible mechanisms for non-contact healing. Even when presented with this information, he is likely to respond, "But there is no solid evidence to prove that any of these energy fields emitted by a healer are the causative mechanism for non-contact healing.

One form of energy which has been verified in this way is infrasonic sound emitted from the hands of healers. You can often even see the hands of healers tremble visibly when held close to a patient. While average people produce some sound from their hands, many powerful healers in China have been measured to emit sound a thousand times more intense. This measured signal, when produced by a machine, provides physiological response and accelerated healing.

Searching for a Mechanism

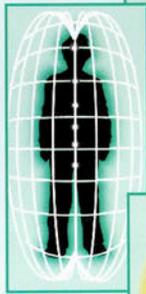
Prof. Liu Guolong, MD., PhD, started out as a skeptic trying to disprove the existence of the phenomenon of healing using his specialty, EEG. He was astounded to discover that healers could alter a blindfolded test subject's EEG

Possible Mechanisms for Healers

Electric



Magnetic



Light



Electrostatic waves are observed in the body in such measures as EEG and EMG. Experiments show that EEG in test subject and healer tend to synchronize,^{3,4} and "copper wall" experiments conducted by Elmer Green show that healers produce voltages as high as 190 volts, 100,000 times greater than EEG voltages.⁵

Magnetic waves are measurable around all organs in the body using superconducting magnetometers. The brain produces extremely weak signals in the 10⁻⁹ gauss range, the heart produces signals in the 10⁻⁶ gauss range, and during healing, the hands of capable healers have been measured to produce signals in the 10⁻³ gauss range, 1000 as strong as that from the heart.⁶

Coherent light is produced by the human body.⁷ And emitted Qi has been shown to light production (mitosis radiation) of bean sprouts.⁸ Also, light has been shown to influence health in a variety of ways.

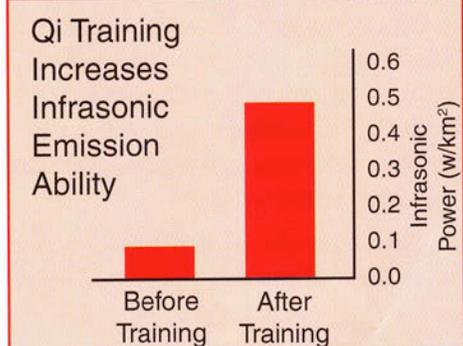
While each of these forms of energy is known to be produced by the body and to influence the body, we don't yet know if these energies, when emitted from the hand of a healer, accelerate recovery. A fourth mechanism, infrasonic sound, is a proven mechanism, as described in the text.

from across the room, even when the test subject was an anesthetized animal. In searching for a mechanism, he then used an early model of the Infrasonic QGM, which reproduced only the infrasonic component of the healer's energy output, and found a similar shift in EEG, as shown in the table below.⁹ He concluded that infrasonic sound is a mechanism by which information is transferred between healer and patient.

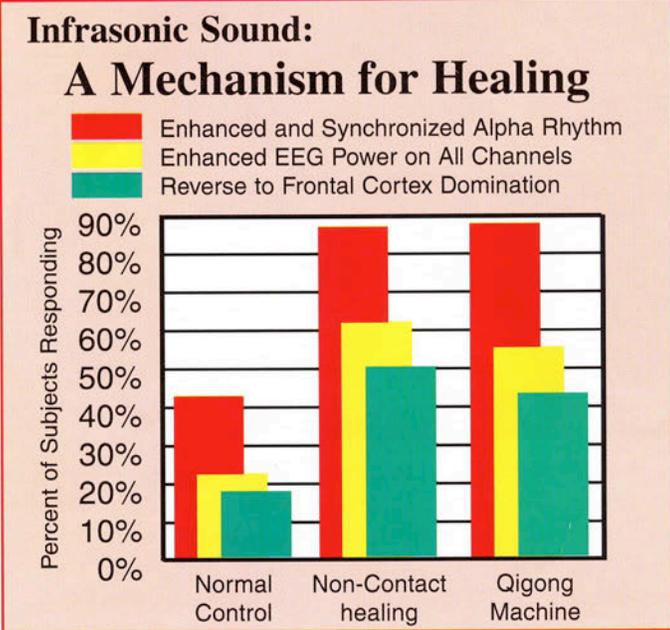
participant "emit qi" into an infrasonic microphone. Then, after attending an intensive Qigong training, and repeating this test, we discovered that their ability to emit infrasonic sound increased by a factor of five!¹⁰

Infrasonic Training

In our efforts to verify infrasonic emission from healers, we conducted a second research experiment during our latest trip to China. We had each



This suggests that even a relatively short duration Qigong training session may significantly increase healing ability.



Prof. Liu found that emitted Qi caused a similar shift to Alpha as induced by infrasonic sound.⁹

National Qigong Association Meets This Month

The American National Qigong Association is currently working toward setting up national standards for training and certification of Qigong practitioners. Their annual convention in Ohio on August 21-23 will include: Qigong and Women's Health, Morality and Cultivation, The Three Dan Tian, Cultivating the Three Treasures of Jing, Qi, and Shen, Purging the Pathogens, Healing the Emotional Body, Sex, Chi, and Spirit - Secrets of Taoist Inner Alchemy, Qigong and Immortality, Qigong in a Healthcare Practice, and more. Call (440) 842-8042 to register.

The Role of Chaos

Vibrational trembling appears to be a way memory is stored or processed in the physical body. Chaotic sound penetrates this field of vibrational activity, softening this memory and allowing us to more easily let go of fixated thoughts, addictive desires, and compulsive actions.

When someone is full of anger at being blocked from acquiring the object of desire, he may tremble extensively in the Theta range of EEG. And when someone is overloaded with the stress of excess thinking (worry) and approaching a nervous breakdown, he will also tremble, but this time in the Beta range. This excess vibrational activity consumes the body's Qi and causes the person to become emotionally, mentally, and physically rigid.

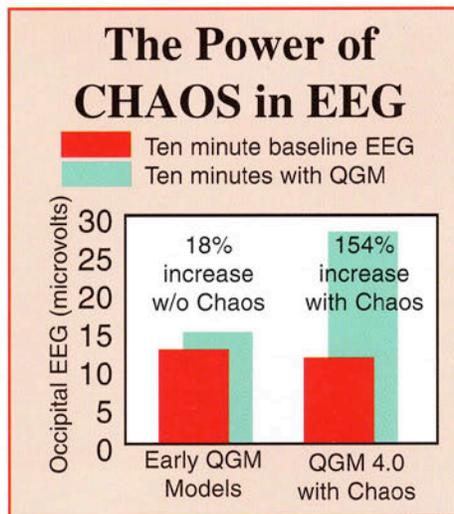
A healer who applies chaotic sound breaks up these repeating patterns, freeing the patient from frustration and worry. As the patient relaxes, capacity to process thoughts and emotions increases, new answers are found, and the increased freedom and flexibility are experienced as increased vitality. Thus, where physical memory inhibits healing, adding chaos can accelerate recovery.

Laboratory Testing

Dale Patterson, a board certified EEG technician trained in biofeedback became intrigued with the QGM when one of his patients brought one in. He recorded EEG brain maps first with an early model of the QGM which produced a clinically significant 18% increase in Alpha.¹¹ He then used the Q4 with chaos which was eight times more effective! (see graph this page.)

Yet Skeptics Remain

With all the scientific evidence, you would think that scientifically minded skeptics would throw in the towel. Those who actually look at the tremendous body of research usually do. But don't be surprised if powerful skeptics continue to intimidate.



We at CHI are bracing ourselves for the angry phone calls once skeptics get hold of this newsletter.

Notes:

- ¹ JAMA, April 1 98, Vol. 279, No. 13, p. 1009
- ² Effect of TT on Kirlian Images of Test Subjects, www.chinahealthways.com/TT
- ³ Ghoneum, M, Enhancement of Human NK cell

activity with Johrei, 8th ISSSEEM Conference Proceedings, June 20, 1998.

- ⁴ Sugano, H et.al. Effects of Subtle Energies on Brain Function, 8th ISSSEEM Conference Proceedings, June 20, 1998.
- ⁵ Cohen, K, The Way of Qigong, p 49 Random House, 1997
- ⁶ Oschman, J, The Scientific Basis of Energy Medicine, Journal of Bodywork and Movement Therapies, 1998.
- ⁷ Hyland, Gerald, Body's ability to Emit Light Arouses New Hopes and Fears on Radiation from Mobile Phones, Department of Physics, University of Warwick. www.warwick.ac.uk/news/pr/97
- ⁸ Liu, Y et.al. The effects of Taoist Qigong on the Photon Emission from the Body Surface and Cells, Proceedings of the First World Conference for Academic Exchange of Medical Qigong, Beijing, China, 1988.
- ⁹ Peng, Y., and Liu, G., The effect of Emitted Qi and Infrasonic Sound on Somatosensory Evoked Potential (SEP) and Slow Vertex Response (SVR), Proceedings of the First World Conference for Academic Exchange of Medical Qigong, Beijing, China, 1988.
- ¹⁰ Enhancing Infrasonic Emission, www.chinahealthways.com/infrasonic
- ¹¹ Patterson, D, The Effect of the Infrasonic QGM2 on Alpha Brain Waves, Turnersville Biofeedback and Behavioral Medicine Center, 1995.



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Ki Development Association

P.O. Box 10243
New Brunswick, New Jersey 08906-0243 USA
Web: www.webnova.com/ki

China Healthways Institute,

20, July 1998

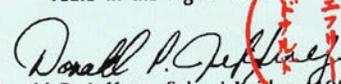
Upon receiving the QGM, I tried it immediately. Still recovering from spinal surgery just this last May, I had three discs (C5/C6, C6/C7, C7/T1) removed from my neck with a two inch metal plate screwed into the vertebra. I was also suffering from a lower disc herniation (L4/L5), four disc bulges, degenerative disc disease, and arthritis, all due to a car accident several years ago.

My findings upon trying the QGM were "Overwhelming." Being a Ki/Qi master and a martial artist for over thirty years, I was only able to stop approximately 65% of the pain at times. The QGM however, after only ten minutes of use, was able to temporarily stop 95% of my pain.

I found that the QGM could not only duplicate my Qi, but it is also stronger and can penetrate deeper for an unlimited amount of time. After using the QGM, not only am I pain free for several hours, but I am also energized as well.

I honestly believe that the continued growth in the use of the QGM by the medical profession will bring a better understanding of traditional Chinese medicine by the populous, resulting in a need for proper and quality instruction in Ki/Qi.

Yours in the higher arts


Donald P. Jeffrey, Soke / Kaiden (10th)
President, Ki Development Association

Eight Points to QGM Success

by Audrey Brennan

Professional Communications Coordinator

Doctors often ask me how best to apply the Qigong Machine. Because it is useful in hundreds of conditions, this is difficult. However, it is safe to say that, beyond the "put it where it hurts" approach (which is usually highly successful) the eight points indicated in the chart to the right are very useful.

I speak to hundreds of doctors each month on uses of the QGM. Most are eager to share their enthusiasm or to learn more about how other doctors are using the device.

About one in each thousand callers is what Richard has called a scientific skeptic who tries to persuade me that I

don't have enough scientific evidence to back up this machine. I tell him of the clinical and laboratory research on bronchial, pulmonary, digestive EEG, and immune functions, and he responds that, since these are not double blind, placebo controlled studies, he has no interest in even looking at them, and repeats that I have no significant scientific evidence.

I tell him that, since 1992, I have spoken to thousands of doctors who have reported remarkable successes in treating hundreds of different diseases, which he immediately dismisses as anecdotal.

Finally, I suggest that he try the QGM on a friend or family member who is suffering from chronic pain fatigue or low energy and see for himself if it works. He inevitably refuses to try it "because it couldn't possibly work."

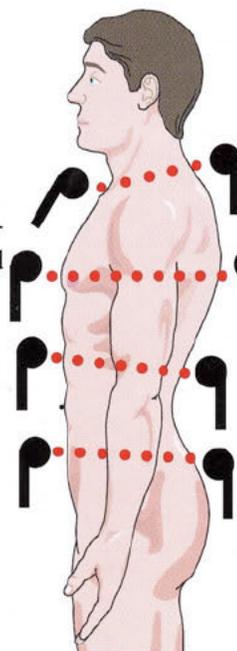
Internal Organ Therapy

CV-22 for cough, asthma, hoarseness, sore throat.

CV-17 for pulmonary weakness, cough, chest pain, and congestion.

CV-13 for vomiting, nausea, gastric pain, and ulcer.

CV-6 for strengthened kidney function, irregular menstruation, back ache, constipation, edema, sexual organ disorders.



Spinal Therapy

C-7 to relieve cervical pain and muscle spasm, and increase circulation.

T-3-5 to relieve mid thoracic tension.

L-1 to relieve mid-back tightness and pain. Facilitate vertebral movement.

L-5 to relieve lumbar pain and tension and promote circulation in intervertebral disks and surrounding tissue.

The Infratonic QGM is most often used on the back for spinal pain and nerve impingement and over areas of incision or injury to relieve pain, promote circulation, and accelerate recovery.

China Healthways Institute is dedicated to educating western health care providers about the importance of vital energy (Qi) in health and patient recovery. We believe that incorporating an understanding of the energetic nature of healing will greatly enhance our health care system and drastically reduce both side effects and medical costs.

Our quarterly publication, **China Healthways Newsletter**, is written by Richard H. Lee, our director. It is distributed free-of-charge. If you wish to support our efforts, please try an Infratonic QGM or a CHlonizer, buy a book, or join us for a trip. You can support us most of all by teaching Qi and establishing a daily practice of Qi enhancement.

If you know of others who would like to receive our newsletter, please contact us.

Website: www.chinahealthways.com
e-mail address: chi@exo.com
Fax line: (949) 498-0947
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China Healthways Institute
115 N. El Camino Real
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(800) 743-5608

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