

# Qigong

noun: the circulating [life energy](#) that in Chinese philosophy is thought to be inherent in all things; in traditional Chinese medicine the balance of negative and positive forms in the body is believed to be essential for good health See [Chi](#), [Qi](#), [Bioenergy](#), [Life Force](#), [Mind Force](#), [Undifferentiated Mind](#).

---

**Qigong** is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused [intention](#).

The word **Qigong** ([Chi Kung](#)) is made up of two Chinese words. [Qi](#) is pronounced chee and is usually translated to mean the [life force](#) or vital-energy that flows through all things in the universe.

The second word, [Gong](#), pronounced gung, means accomplishment, or skill that is cultivated through steady practice. Together, **Qigong** ([Chi Kung](#)) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

**Qigong** is an integration of physical postures, breathing techniques, and focused intentions.

<http://nqa.org/resources/what-is-qigong/>[↗](#)

Invalid YouTube URL provided

## Level 1

Invalid YouTube URL provided

## Level 2

Invalid YouTube URL provided

## Level 3

Invalid YouTube URL provided

## Level 3a

Invalid YouTube URL provided

## Level 3b

Invalid YouTube URL provided

## Level 3c

Invalid YouTube URL provided

## Level 4

Invalid YouTube URL provided

## Level 4b - Moving Objects

^Invalid YouTube URL provided

## Level 4d

**Level 5 and above:** Allowed only to Authentic **qigong** practitioners. In order to know much stronger and much more [supernatural](#) top secret abilities, people must be true practitioners with high [moral](#) standards!

Grand Master Li Hongzhi in his famous "Zhuan Falun" taught that:

"...The hard **qigong** is a form of clustered energy-matter that is solely for striking and hitting. Let me give you an example. After attending our Falun Dafa class, a practitioner in Beijing could not press anything with his hands. When he was shopping for a baby carriage, he was surprised that the baby carriage would collapse with a crash when he checked its sturdiness with his hands. When he went home and sat in a chair, he could not press it with his hands. If he did, the chair would break. He asked me what was going on. I did not tell him because I did not want him to develop an attachment. I just said that it was all natural, let it be, and ignore it since it was all good. If that supernormal ability is used well, a piece of rock could be smashed into powder with a pinch of his hand. Isn't this the hard **qigong**? Nevertheless, he had never practiced the hard **qigong**. In internal cultivation practices, these supernormal abilities can usually be developed. But because it is difficult to handle one's xinxing well, one usually is not allowed to use them even if they have been developed. In particular, at the low level of cultivation practice, one's xinxing has not been upgraded. Thus, the supernormal abilities that are developed at the low level will not be granted at all. As time goes by and your level is upgraded, these things will no longer be of any use and will not need to be provided.

"How is martial arts **qigong** practiced specifically? In practicing martial arts **qigong**, one must regulate the **qi**, but it is not easy to regulate **qi** at the beginning. Though one may want to regulate **qi**, one might not be able to do so. What should one do, then? One must exercise his hands, both sides of his chest, his feet, legs, arms, and head. How does one exercise them? Some people punch a tree with their hands or palms, and some people slap a rock with their hands. How painful it must be for the bones to make such contact, as they will bleed when only a small amount of force is exerted! The **qi** still cannot be regulated. What should be done? One will start to swing one's arms and make the **blood** move backward to the arms, and one's arms and hands will thus swell. They will actually be swollen. After that, when one slaps a rock, the bones will be padded and will not make direct contact with the rock. Thus they will not feel the **pain** as much. As one continues to practice, the master will teach this person. As time passes, he will learn to regulate **qi**. Nevertheless, the ability to regulate **qi** alone is not good enough, for in an actual combat the opponent will not wait for you. Of course, when one can regulate **qi**, one is able to resist attacks and may not feel the **pain** after being hit with a very thick club. After directing **qi** to the arms, the arms will swell. But at the beginning, **qi** is the most primitive thing and can be transformed into a high-energy matter as one continues to practice. When it is transformed into a high-energy matter, it will gradually form an energy cluster of great **density**, and this energy cluster has intelligence. Therefore, it is also a supernormal ability cluster, or namely, a type of supernormal ability. Nevertheless, this supernormal ability is solely for striking and warding off blows. It will not work if used to treat illnesses. Because this high-energy matter exists in another **dimension** and does not travel in our **dimension**, its time travels faster than ours. When you punch someone, you do not need to direct **qi** or think about it as the **gong** will be there already. When you try to ward off someone's attack, the **gong** will also be there already. No matter how quickly you throw a punch, it will travel faster than you do as the time concepts are different on the two sides. Through practicing martial arts **qigong**, one can develop the so-called Iron Sand Palm, Cinnabar Palm, Vajra Leg, and Arhat Foot. These are the skills of everyday people. Through practice, an ordinary person can achieve this level." Zhuan Falun, Lecture 6, Part 6, Paragraph 5-6

See Also

---

**Chapter II - The Nature of Mind Power Chapter VIII - Mind Power in Action Chi Life Force Mind and Matter Mind as Flow or Stream Mind Force Mind in Matter Mind Over Matter Mind Power Part 18 - Mind as an Engineerable Force Pyrokinesis Qi Telekinesis 1.1 - Mind is deemed a force 1.19 - Matter Evolves from Mind 7B.12 - Mind Force 7B.13 - Mind Force in Machinery**