



Informed Consent Agreement Supporting Information

Yuan Gong and REN XUE seek to recognize the root causes of symptoms or disease. Yuan Gong is a comprehensive system that cultivates life as a whole, addressing the imbalances or blockages of Qi (energy) that contribute to illness and problems in life.

Yuan Gong is an alternative healthcare method that uses the mind, breath and body to effect continuous positive changes to Qi (energy), with the aim of improving health and elevation of the consciousness.

The goal of Yuan Gong practice is to create within your body and mind an optimum environment for healing to take place and to maximize your body's ability to heal itself and uplift the whole of life.

Qigong/Qi Reactions

Qigong practice and healing do not have side-effects. Even though Yuan Gong and REN XUE have very powerful healing effects and the Qifield for our event will be very strong, we expect most healing to take place without reactions. Despite the fact that reactions are a positive thing (as they signify good changes), when they do occur, it is important to understand what they are and know how to deal with them skilfully.

The purpose of Qigong practice is to build up the amount of Qi and to promote Qi flow in the body. When the Qi condition is improved, this will automatically work on the unhealthy Qi and information in the body, transforming or normalizing them smoothly. As a result, improvement of health can be experienced.

However, sometimes the process can be slightly more complicated. For example, if the amount and the flow of Qi are improved at a rapid rate, and the unhealthy Qi and information stirred up and worked on very intensively within a short time, the unhealthy Qi and information may react to this process before it is completely transformed. They will temporarily become active and cause symptoms, and these symptoms are Qi reactions.

At the initial stages of Qigong practice, Qigong reactions can often manifest as a flaring up of the symptoms of existing problems, or the recurrence of symptoms of old problems. Qigong reactions can take place in any part of the body, including organs. For example, when clearing occurs in the lungs there can be flu-like symptoms or passing out of phlegm. When clearing occurs in the digestive system, there can be diarrhoea. All of these are common Qigong reactions.

Qigong reactions can also manifest on the emotional level. For example, one can get angry for no reason. This is because the body holds unhealthy information that was created by previously experienced unhealthy emotions, especially emotions which have been frequently experienced. When Qi works on the organs, which are strongly related to emotions, emotional reactions can occur.

Qigong reactions can also occur on the consciousness level, especially when Qi and information reach the patterns of the consciousness. This is relatively rare for beginners unless one is also receiving information for work on patterns in a strong qifield. This type of reaction may manifest as getting stuck in certain negative thought patterns or processes.

Qigong reactions are a normal part of healing, no matter on which level they may occur. They signify positive changes and should be viewed accordingly. There is no need to worry or panic when they happen, and they certainly are not a reason for giving up Qigong practice.

Sometimes it is not that easy for new Qigong practitioners to determine whether a symptom they are experiencing is a Qigong reaction or a symptom of a health issue. But is it really necessary to make the distinction? Let's look at this more closely.

How do we deal with a Qigong reaction? When a Qigong reaction occurs, transformation and healing are happening. We should try to help with this process of transformation and healing so that it can go as well as possible. Not only that, we also want this process to be as brief as possible because Qigong reactions are not pleasant, to say the least. So what can we do to make this happen?

1. *Be calm and positive.*

Maintain a good state; be calm, relaxed and natural. Knowing that positive changes are happening, one should feel positive about it. Panicking and worrying will only interfere with this process and disturb Qi. When one suspects that something bad is happening, the unhealthy Qi and information can be reinforced, which will obstruct the transformation and healing. The process can take longer and the Qigong reactions may linger.

2. *Using Qigong Practice to Assist the Process*

Qigong practice will continue to promote the transformation and healing, so it is advisable to not stop practicing. Sometimes Qigong reactions may make practice difficult, so different practices can be used for different situations. For example, one may feel very physically tired and find moving Qigong difficult. In this case, gentle methods such as Open-Close Pulling Qi can be used. Still Qigong can also be helpful. Sometimes Qigong reactions can be on an emotional level, and one may find it difficult to focus or calm down. Moving Qigong in this case will be very useful in clearing the reactions.

Of course, if one has an emotional or mental reaction, once this is over it is necessary to work on the underlying causes, especially the patterns.

How about when a symptom is a real symptom, rather than a Qigong reaction? How do we deal with it? The answer is exactly the same: be calm and positive and continue to use Qigong to work on the unhealthy Qi and information in the body. If the way to deal with a symptom is the same regardless of whether it is a Qigong reaction or a symptom of a health problem, perhaps it is not necessary to make the distinction.

Please note that we are not saying Qigong is the only way to deal with a health problem or a symptom. When advising continued practice of Qigong, we don't mean to exclude the use of other modalities for the purpose of diagnosis or treatment.