

QIGONG INFO



BY RACHEL NEWTON

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Qigong

1. What is Qigong?

At its core, Qigong is a fusion of two Chinese words:

Qi – Uttered as "Chi" with a soft 'ch,' it encapsulates the concept of life force energy.

Gong – Denoting skill, practice, study, work, or cultivation.

Qigong, therefore, translates to the "Skillful practice of applying life-force energy." It is equally recognized as "Chinese Energetic Medicine" or "Shamanic Chinese Medicine." Practicing Qigong outdoors can boost your well-being even further as the discernible experience of Qi harmonizes and blends with the vitality found in nature. Although Qi may seem subtle in indoor settings, it continuously envelops us. From a scientific standpoint, this energy aligns with vital bodily elements such as oxygen and glucose.

2. History of Qigong.

Stretching back more than 5000 years, Qigong lays the groundwork for martial arts and acupuncture. Notably, Tai-Chi stands as a widely acknowledged manifestation of Qigong.

3. How does Qigong work and help us?

The mechanics of Qigong, commencing with the breath (oxygen), through deliberate movements and deep breathing, Qigong amplifies the circulation of oxygen in the blood, enhancing flexibility and range of motion. Beyond physical benefits, the practice serves as a powerful stress-reduction tool, lowering blood pressure, respiration rate, and cortisol levels associated with stress.

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3. How does Qigong work and help us? (cont.)

Qigong becomes a potent antidote to the fight, flight, or freeze response, inducing a state of profound relaxation. In this relaxed state, the body releases an array of beneficial hormones, including serotonin, dopamine, and endorphins. Qigong, therefore, aspires to achieve the parasympathetic state or homeostasis, reflecting a harmonious balance and optimal health.

[Third-party videos and resources linked are the property of their respective creators. All links are shared for educational purposes only.]

Here are a few Medical Qigong Treatment Videos, showcasing both touch and no-touch techniques:

- [A little of what to expect during a Medical Qigong healing session](#)
- [What does a Medical Qigong Therapy session look like?](#)
- [Clinical Qigong Therapy](#)

Qigong Sampler in the BC Forest (my video for those not familiar with Qigong):

[Qigong Sampler in the BC Forest - lifecareerstudio.com](#)

My Qigong Classes

[Here is a draft version of online Qigong classes I made Dec 22, 2021](#)

(Password: HealingQiWithRachel)

It has exercises like Pulling Down the Heavens & Guan Gong Strokes Beard. There are some extras in here I hope you will enjoy in the meantime too. The final transcription of subtitles is not updated, so please excuse that!

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Here are some Qigong videos I like to use for myself that I found on YouTube, but there are many more as well. These are general beginner level:

- [Qi Gong: 7 Minutes of Magic \(for Health\)](#)
- [5 Element Qigong Practice - full version](#)
- [John Weiss is one of my Qigong Teachers and has a wonderful YouTube Channel for all levels.](#)

Another favourite is a bit more advanced:

[Qi Gong #1 with Cheryl Irwin](#)

Here is a video about the physiology behind QiGong:

- [The Physiology of Tai Chi and QiGong](#)

And a documentary about Qigong:

- [Qigong Documentary Overview by Francesco Garri Garripoli](#)
- [Tai Chi vs Qi Gong: What's the Difference Between Tai Chi and Qi Gong?](#)

Curious to learn more?

If you would like more information about this fascinating practice, you can find more information on my website and YouTube Channel.

Feel free to contact me to learn more about Qigong and/or to book a class or healing session with me.



<https://www.youtube.com/@lifecareerstudio>

This document is for informational purposes only. It is not intended to replace professional medical advice or treatment.