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How does Qigong work? Guo Lin Qigong.

Medical Qigong, for instance, involves the concepts of concentration and dispersion of Qi. Practicing Medical Qigong strengthens this natural process. If this process functions normally, then the human body is operating at its optimum potential. The reason we have illness is that this process has been disrupted.

The special style practiced by the Cancer Recovery Clubs of China was developed by a woman named Guo Lin - so it is called Guo Lin Chi Gong. Guo Lin developed this type of Chi Gong to fight her own cancer and after many years began to teach others. Recently as the Chinese government began to allow people to publicly practice Chi Gong again after the Communist takeover Guo Lin Chi Gong has grown tremendously in popularity.

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Guo Lin wrote, to achieve a reasonable treatment, organically combine Chinese and Western medicine, qigong, diet, and psychology. Adopt their respective strengths and avoid their shortcomings. This will make us more likely to recover, live longer, and live a better quantity of life. Guolin New Qigong: An Introduction, p.

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