

REN XUE

Safety

Qigong/Qi Reactions

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, unhealthy Qi and information in the body will be transformed or normalized. 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 are stirred up and worked on very intensively within a short time, the unhealthy Qi and information may temporarily become active and cause symptoms, and these symptoms are Qi reactions.

At the initial stages of Qigong practice, Qi reactions can often manifest as a flaring up of the symptoms of existing problems, or the recurrence of symptoms of old problems. Qi 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 the release of phlegm. When clearing occurs in the digestive system, there can be diarrhea. All of these are common Qi reactions.

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

Qi 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.

Qi 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 easy for new Qigong practitioners to determine whether a symptom they are experiencing is a Qi 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 Qi reaction? When a Qi 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, but we also want this

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process to be as brief as possible because Qi reactions are not pleasant. 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 them. 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 Qi 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 continue practicing. Sometimes Qi 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 Pulling Qi can be used. Still Qigong can also be helpful. Sometimes Qi 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 it dissipates, it is necessary to work on the underlying causes, especially the patterns.

How about when a symptom is a real symptom, rather than a Qi 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 Qi reaction or a symptom of a health problem, perhaps it is not necessary to make the distinction.

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