



**AATC**  
AUSTRALIAN ACADEMY OF TAI CHI



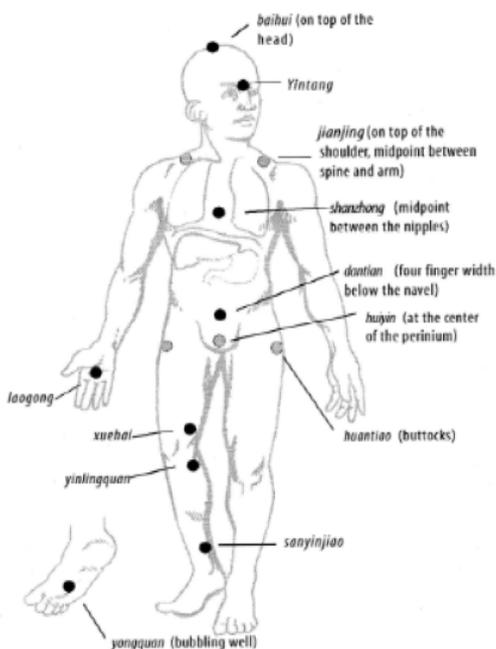
**Living  
Chi**

## Healing Power of Qi

“**Qigong**” or energy skill has been an integral part of Chinese culture since ancient times. Qi is cultivated for personal health, healing, and martial art power. It involves the study of the human body and mind, and its interaction with the environmental energies. Generally speaking, Qi is a Chinese term used to refer to all types of energy. In the human body it is referred to as the vital energy or life-force within that powers the human health. Healers use qigong for healing and preventing illness. Martial artists use qigong for developing strength and power. Others use qigong to attain a greater consciousness.

### Tai Chi, Qigong, TCM - Holistic Approach to Cancer

Cancer is caused by the abnormal growth of cells. The uncontrolled growth is unleashed by mutations—changes in DNA that specifically affect genes that incite unlimited cell growth. In a normal cell, powerful genetic circuits regulate cell division and cell death. In a cancer cell, these circuits have been broken, unleashing a cell that cannot stop growing. The secret to battling cancer, then, is to find means to prevent these mutations from occurring in susceptible cells, or to find means to eliminate the mutated cells without compromising normal growth. Cancer is not foreign to our bodies, but rather mutated, distorted versions of the very genes that perform vital cellular functions. And as we extend our life span, we inevitably unleash malignant growth (mutations in cancer genes accumulate with aging; cancer is thus intrinsically related to age).



Western medicine has made great strides in treating many kinds of cancer. Powerful new drugs have been developed that kill cancer cells. Surgical techniques have been refined, making it possible to cut out many kinds of cancer. As a result, a huge number of people are surviving cancer. While western medicine has had many successes in dealing with cancer itself, it does not sustain people through the harrowing process of diagnosis, treatment and recovery. It does not equip people to face the challenging issues that a cancer diagnosis brings.

As a complementary and alternative therapy, Tai Chi and Qigong relieve stress & pain, and enhances well-being in the cancer patient. Through Tai Chi & Qigong, we develop our qi energy. Having abundance energy enables us to move comfortably. If we lack energy, we become slow and sluggish. Energy transports our food properly through the digestive tract, and distribute blood and fluids properly. If our energy is lacking, our digestion & blood circulation will become sluggish, and weakens our metabolism. On a cellular level, our cells will not be able to excrete wastes properly. Toxins will build up, contributing to cancer development. Strong Qi energy is vital in

strengthening our immune system and help our body fight against cancer. Qi Energy protects us from illness: It is the force which help attacks any pathogens in the body, and prevents them from developing.

**Inflammation & Cancer** Major diseases like cardiovascular disease, type 2 diabetes, and cancer are linked to chronic inflammation. It torches the sensitive linings of arteries that feeds the heart and brain, leading to heart attacks and stroke. Inflammation chews up nerve cells in the brain and contribute to the development of dementia and Alzheimer's disease. Inflammation also promotes proliferation of abnormal cells and facilitate their conversion into cancer cells. In other words "chronic inflammation may be the engine that drives many of the most feared illnesses of middle and old age." Neuro-Scientists now postulate that the cause of cancer may be due to a "lack of flow electrons", thereby causing inflammation, a concept comparable to '**stagnant qi**' in Oriental medicine. (*See Tai Chi Qigong Anti-Cancer Healing Workshop*).

## UPCOMING EVENTS

### Tai Chi - Qigong - Acupoint Massage Workshop

Learn how to relax and centre your mind, activate reaction force, spinal thrust energy, and Qi projection. align posture, breathing, and mental focus, plus applications for health and Self Defence. . Learn how to locate key Acupressure points and massage techniques to treat common afflictions such as headaches, shoulder and back aches.

Sun 17th June 1.30 to 4.30pm Pioneer Hall, 84 Church St. [WOLLONGONG](#)

### Tai Chi Qigong Anti Cancer Workshop

Grandmaster Khor introduces TCM strategies in diet, exercise, mindful meditation, breathing, Qi massage, Bio-energetics, Stress Relief techniques to boost your immune system, reduce cell inflammation, and neutralise free radicals.

Sat 23rd June. 1.30 to 4.30pm Ringrose Public School, Ringrose Ave., GREYSTANES

30 June Ballina Workshop

7 - 9 Sept. Sydney Weekend Retreat Seminar

31 Aug - 2 Sept Brisbane Weekend Seminar

11 Aug Warriewood Workshop

**BOOKINGS: Australian Academy of Tai Chi Tel : 9797 9355 0417 650 962**

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“Online Videos” now available for monthly subscription. Watch it on your mobile phone or tablet.

### “Magical Wonderland China Tour” 16th - 30th Sept . 2018

**China's Atlantis** underwater city **Wudang Mountain**– Training with Taoist master  
**Mount Qingcheng** - Ancient Taoist Resort **Hangzhou** - Magical lake garden paradise  
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**Guiyang** – Walk the beautiful valley and then into the largest waterfall in China

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**Enquiries (02) 9797 9355 Book now with \$500 Deposit**

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