



Qigong

Science of Life: Theory and Practice

8 November 2012

Sigmund Freud University
Schnirchgasse 9a
A 1030 Vienna

For the first time lectures on Qigong will be held at Sigmund Freud University. The aim is to give some insight into the phenomenon of Qigong and to encourage and foster the scientific discourse on this topic in Austria. We will look at Qigong from theoretical and practical perspectives and hope to open new ways for discussion and research. Speakers from Austria, China, Holland, Ireland and Malaysia will talk about the philosophical background of Qigong, will introduce modern medical research on Qi and Qigong, will provide information on Qigong in the treatment of drug addiction, will give psychoanalytical reflections on Qigong practice and will share their personal narrations of healing.

The film “Looking for Qi” from Maria Geyerhalter Arlamovsky introduces us to the world of Zhineng Qigong in a colorful and artistic way. Practical exercises from different Qigong schools conducted by the experienced teachers will give the participants a taste of Qigong and aim to help bringing theory and practice, mind and body together.

The talks will be held in English language to give the students of the International Program at SFU and guests from the international community the possibility for participation. Students of the German Program are warmly welcome. The lectures are open to the public.

Schedule

Morning

9:00am: Reception

9:15am: Opening

Address of welcome by **Elisabeth Vykoukal**, Head of the International Program at SFU

9:30am – 10:30am: Árpád Romándy “Introduction to the Tradition of Qigong”

10:45am – 11:30am: Shuren Li “Modern Medical Research on Qi Gong”

11:45am – 12:30pm: Qi Wang “Zhineng Qigong in the Treatment of Drug Addiction”

12:30pm – 1:15pm: Kerry McBride “Medical Qigong for the Initial Stages of Withdrawal and Detoxification of Drug and Alcohol Addiction”

1:15pm – 2:30pm: Lunch break – small buffet and time for networking

Afternoon

2:30pm – 3:15pm: Christine Korischek “Psychoanalytic Reflections on the Practice of Chanmi Qigong”

3:30pm – 4:45pm: Maria Geyrhalter Arlamovsky “Looking for Qi“ (Film)

5pm – 5:45pm: Reinier Bosch “An Autobiographical Narrative of Healing”

6pm – 7pm: Ooi Kean Hin “How Qigong works – a look in the Three Levels Theory of Matter as proposed by Dr. Pang Ming”

Requirements for Participation:

We warmly welcome everybody interested in the topic! For those who are not enrolled at SFU we kindly ask for a seminar fee. Reduction for students from other institutions of learning is possible.

Seminar fee: 50€ for the whole day
25€ for half day

For **registration** please contact: christine.korischek@sfu.ac.at

For further **information**: www.sfu.ac.at
www.qigongforum.at

Abstracts

Árpád Romándy “Introduction to the Tradition of Qigong”

The term *qigong* literally translates as practice of *qi*. *Qi*, one of the most important concepts in the Chinese tradition, is the foundation of reality as an all-pervading force of creation and transformation. Ancient Chinese medical literature and Daoist scriptures offer very detailed descriptions of life's processes as a unified whole of complex, interrelated functional patterns of *qi*.

Both Daoist and Chinese medical understanding of *qi* are based on the notion that these complex patterns are self-emergent - *ziran*, which means "so-by-itself" or "becoming-by-itself". In this notion, self-organisation is seen as a fundamental property of *qi*. The strategy of *qigong* allows the person to connect with and support the natural behaviour of *qi*, which moves, develops and differentiates in a functionally ordered way.

Qigong posits two modes of consciousness, a "horizontal" and a "vertical" mode, respectively called *shishen*, the "discerning spirit", and *yuanshen*, the "original spirit". The former is associated with conscious mental processes; the latter is seen as being rooted in those deeper layers of reality, from where the natural order of *qi* emerges. Any therapeutic potential of *Qigong* is understood as an aspect of the ordering effect, which results from the restoration of the *yuanshen* to its proper functioning. This restoration, traditionally known as a "return to the origin", is the fundamental purpose of all methods of *qigong* practice.

Árpád Romándy has been teaching qigong in Austria, Germany, Italy and Ireland for 24 years. He gained much of his acumen in qigong as student and protégé of Professor Lin Zhongpeng, Director of the Chinese Qigong College for Advanced Studies in Beijing and considered to be China's leading academic expert on the classical theory and methods of Qigong. For ten years he acted as translator for Professor Cong Yongchun, head of the qigong department at the Fuzhou University of TCM, in Austria and Germany. In close cooperation with Professor Lin, he developed his teaching of advanced seminars for experienced qigong teachers. He is a long-standing Member of the Board of Directors and Deputy General Secretary of the World Academic Society of Medical Qigong, China, and sits on the WASMQ's Experts Commission.

Shuren Li “Modern Medical Research on Qi Gong”

Medical research studies on Qigong are mainly dealing with the effects of Qigong and exploring its mechanism of function using scientific approaches and experimental methods for the purpose of establishing modern theoretical framework on Qigong.

Following subjects will be mentioned during the lecture: Firstly, the development of modern medical studies on Qigong; Secondly, the physiological and psychological effects of Qigong; Finally, the controversy of the medical research on Qigong and the main issue in dispute.

Prof. Dr. Shuren Li is Associate University Professor at the Medical University of Vienna. He has studied Medicine at the Tongji Medical University in Wuhan, China and at the Medical College of the University Vienna. He is a specialist for internal medicine and nuclear medicine and has conducted a range of research projects since 1993.

Qi Wang “Zhineng Qigong in the Treatment of Drug Addiction”

In the first part of the lecture the results of a study on the use of Qigong in the treatment of drug addiction, which was conducted in a prison in the People’s Republic of China, will be described and discussed. Furthermore the psychodynamics of addiction and the related aspects of Qigong therapy will be explicated. Some suggestions on the use of Qigong therapy in the treatment of drug addiction will be given. At the end of the lecture the difference between Zhineng Qigong and autogenous training will be elaborated.

Dr. med. Qi Wang was borne in the People’s Republic of China. She has studied Biomedicine and earned her doctorate in Heidelberg, Germany. She has a deep interest on Chinese culture and medicine (Qigong, Buddhism, Daoism and Confucianism). Dr. Wang has worked in the field of internal medicine in Germany and since two years she is assistant physician at the university hospital for psychiatry in Zürich. She has been practicing meditation and Qigong since her youth and started to teach Qigong and participate in research projects on Qigong about fifteen years ago. In cooperation with a second author she wrote an article on the influence of Qi on the elasticity and resilience of the Os Femoris, which was published in Chinese language in the Journal of Zhineng-Qigong Science 1997.

Kerry McBride “Medical Qigong for the Initial Stages of Withdrawal and Detoxification of Drug and Alcohol Addiction”

Anxiety, restlessness, panic attacks, aggressive behaviour, insomnia, bodily aches and pains, mental anguish, confusion, fear and an inability to "switch off" are common symptomatic manifestations for the heroin or alcohol addict who is going through Cold Turkey - the initial stages of withdrawal.

An 11 month field-trial study using special medical qigong techniques was developed and conducted in a residential detox center for addicts. No psychoactive drugs, barbiturates or tranquilizers were used in the facility, and the initial therapeutic aim of the study was to induce a "qigong state" in the patients, which could be self-reproduced in order to ameliorate the acute symptoms of withdrawal while supporting their fundamental physical resources.

Based on a TCM assessment of the characteristic nature of the patients' state of imbalance, the main medical qigong strategy used in this programme was "Bringing Down the Heart Fire - *Jiang Xin Huo* 降心火". This relates to the notion of the heart as the "seat of the mind", and to clearing the heat of excessive, fire-like symptoms while restoring the ground for composure.

In this trial, medical qigong showed its potential as a higher-level treatment, creating the conditions needed to alter destructive psychological behaviour while repairing physiological damage.

Kerry McBride has been a consultant in Traditional Chinese Medicine for the last 18 years, and was a senior lecturer at the Irish College of Traditional Chinese Medicine. She was a Founding Member of the Professional Register of Chinese Herbal Medicine in Ireland and of the Traditional Chinese Medicine Council of Ireland. In 2001 she completed a two-year certified clinical qigong training at Guangzhou University of TCM. Since 2003, she has been a Scholar Member of the World Academic Society of Medical Qigong in China, and teaches qigong seminars in Ireland, Austria and Italy.

Christine Korischek: “Psychoanalytic Reflections on the Practice of Chanmi Qigong”

Starting from my personal experiences with the practice of Chanmi Qigong, a Buddhist Qigong school, and lying on the couch, I will give some psychoanalytic reflections on Chanmi Qigong in this talk. Both, Psychoanalysis and Chanmi Qigong, can be seen as a dynamic process of holistic personal growth and self-cultivation. They both bring about change in our bodies and minds. In the talk some communalities and differences between these two approaches shall be examined and discussed.

Mag. Dr. Christine Korischek is a research member at the Department of Transcultural and Historical Research in Psychotherapy at SFU. She has studied Sinology at the University of Vienna and has earned her doctorate in June 2012 at SFU. Since the year 2000 she has been practicing Chanmi Qigong with Master Jiang Xueying in Vienna.

Maria Geyrhalter Arlamovsky “Looking for Qi“ (Film)

The film "Looking for Qi" was part of my master thesis at Donau University Krems, Departement for Intercultural Competence. I travelled to China with my son Sebastian Arlamovsky, who is a cameraman, and my chinese-german Qigong teacher, Ping Dietrich-Shi, to learn more about the healing powers of Zhineng Qigong. Zhineng Qigong is a modern medical Qigong form founded by Grandmaster Pang Ming who was forced to close down the world's only medicine-less hospital in 2001. In the film "Looking for Qi" students and teachers of Zhineng Qigong share their experiences with Qigong and talk about the inherent healing powers on body and soul of Qi and strong Qi-fields.

Mag. Maria Geyrhalter Arlamovsky, MA is a filmmaker and co-founder of the “Qigongforum Austria”. She wrote her Master thesis in 2011 about Zhineng Qigong from an intercultural point of view.

Reinier Bosch “An Autobiographical Narrative of Healing”

At the age of 26, a week before his graduation at the prestige school of Product Design in Eindhoven, cancer was discovered at the hospital. A tumor the size of a football was the challenge to overcome. This life changing experience were Zhineng Qigong played an important part will be the topic of the lecture. Both design and Zhineng is the Topic of his life.

Reinier Bosch, MA was born 1980 in Groningen, Holland. Now he has his company in product design in Amsterdam were he also teaches Chineng Qigong once a week. Reinier Bosch aims at creating objects that feel good; have the right volume, size, and form that conduct the energy of the universe optimally. To bring out these qualities, it is important to infuse the design process with as much energy as possible.

Ooi Kean Hin: "How Qigong Works - a look in the Three Levels Theory of Matter as proposed by Dr Pang Ming"

It is generally known that external qi therapy is beneficial to patients of various illnesses and external qi treatment can bring the desired changes to the subjects, but it is less known how external qi can bring the desired effect. The common question is where does the energy come from? All around the world qigong researchers have been looking for a new theory to explain how external qi could work. With the current development in modern science, particularly the confirmation that information can be

converted into energy, we will explain how external qi works by applying the Three Levels Theory of Matter as proposed by Dr. Pang Ming.

Ooi Kean Hin has studied pharmacy and started to learn Zhineng Qigong in the year 1997. He is the founder of Island Zhineng Qigong Center in Malaysia and author of several books on Zhineng Qigong. Ooin Kean Hin does Zhineng Qigong training on all levels and he is National Industry Expert of Qigong Therapy, Secretary of Federation of Malaysian Qigong Associations and the representative to Traditional & Complementary Medicines Division, Ministry of Health as well as Vice President of the Malaysia Zhineng Qigong Society.

He will be holding a Zhineng workshop in Vienna from November 9 to 11. (www.qigongforum.at)