

From Depleted to Energised: Qigong Restoring Optimal Health With Ancient Biohacking

Modern biohacking generally relies upon wearable technology and manufactured supplements to upgrade human performance.

By using conscious movement, breath work and focused intention, Qigong serves to cultivate and optimise human biology.

No pills. No gimmicks. No negative side effects or costly gadgets. Just movement, breathing and mental focus.

Historical evidence indicates that Qigong began its evolution in Ancient China as a branch of the Chinese Medicinal family in the form of curative and preventative healthcare.

Qigong is often compared to acupuncture. Its primary focus is a self directed means of restoring the smooth flow of energy throughout the meridians of the body in a similar way that acupuncture needles do.

There are hospitals in China and throughout the world that are dedicated to making Qigong more widely available as a healing modality due to its low cost and efficacy.

The Wahzhan Zhineng Chigong Clinic and Training Centre in Qinhua Dao China is a specialized holistic healing facility founded in 1988 by Dr Pang Ming that uses no drugs, no herbs, no special diets nor surgeries of any kind. Its sole focus is on Chi -life force energy.

Zhineng Chigong Therapy centers on harnessing and directing life-force energy to encourage the free flow of energy to remove physical blockages.

Medical records for over 10,000 specific cases selected for study at The Wahzhan Zhineng Chigong Clinic and Training Centre indicate that an overall success rate of 95% was achieved. The diseases treated at the center include diabetes,

arthritis, coronary disease, paralysis, lupus and cancer.

Ancient Sages and Indigenous Peoples understood that everything that is alive contains an intangible form of energy that is essential to its existence and vitality.

This energy or Qi, is an essence that we are born with but must also be cultivated and cared for throughout our lifetime to ensure vigour and longevity. If it is neglected or abused, it dissipates and eventually depletes itself.

Qigong offers a means of not only ensuring this energy remains robust and optimal, but also, aligns us with our highest potential.

Our modern world offers many 'conveniences' that ultimately rob of us this elusive yet precious esprit. Often, its not until we reach a crises point such as an emotional breakdown, loss of a loved one, illness or bankruptcy that we become alerted as to how out of balance our lives are.

Qigong quietly slipped into my world as a means of exercising at home as a single parent. Almost immediately, I noticed that I was more patient, my focus sharpened, I had more energy, slept soundly and was able to make better choices. And it required not more than 10 minutes a day.

I believe that genuine wisdom arises from

experience. I teach Qigong because I know firsthand what it's like to be overwhelmed, burnt out, addicted and depressed. I also know that this ancient form of biohacking delivered me to the other side of a mindset that was mostly miserable.

If you're ready to positively transform your life, Qigong may be for you. It requires nothing more than an open mind, a few minutes a day and a willingness to begin valuing yourself.

