

# **Chinese Fragrant Qigong**

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27133 Forest Springs Lane  
Corvallis, OR 97330**



## Introduction

Fragrant Qigong first began to be publicly taught by Grand Master Tian, Rui-sheng. He was born and has been living in Luo Yang, an ancient capital of nine dynasties and is the only inheritor of this type of qigong. It is a high-level Buddhist type of qigong started by a monk two thousands years ago. It is called "Fragrant qigong" because when exercising, the person can notice a fragrant smell. It will help people develop their wisdom. Qigong is an ancient but also a modern, advanced, unrevealed, profound science, only when a person exercises to a certain level can this person understand it. Master Tian's demonstrations in large meetings have convinced millions of people to exercise qigong.

There are always police officers sent by the Public Security Bureau to ensure the security when there are many people receiving Master Tian's treatment. Master Tian can let cigarettes smell stink if those people want to quit smoking, he can remove tumors and many other diseases right away of many people, he can let pictures and words shown on the audience's notebooks and paper, he can let their fingers or feet suddenly stick together and can't not separate until he gives out order, and there is often bright colorful aura around him when he wants people to see. A lot more phenomenon has happened around Master Tian. One of them, in April 1995, over one hundred people who had pockmarked faces all have their smooth skin again, according to the survey and report.

These phenomenon came from his fifty years of exercise. When he was twelve, he was very sick and his family was too poor to take him to see a doctor. An old monk, named Shi Wu Kong, showed up at his door, and told him he was going to cure him and teach him qigong, but tell him he won't start teaching for fifty years. Fifty years later, in May 1988, the political situation was much better for qigong people. Master Tian announced he was going to teach qigong, which surprised people around him because Tian had been an ordinary-looking worker who had never shown any sign that he knew about qigong. His first workshop was to treat two hundred people including seventeen mute people. The first night one mute person recovered his hearing and was able to speak

simple sentences. When the workshop finished, which was a total of thirty hours, fifteen of the mute people were able to talk and many of the sick people got well. That news spread quickly and people began to know about him. His teacher had predicted the right time for him to teach.

Master Tian has been fully supported by the authorities, and a dozen high leaders wrote big-brush calligraphy for him, which is a great honor in the Chinese culture. Many high leaders in the government learned his qigong and some top leaders have autographed his book.

He treats patients by lecturing and other methods. He tells people that only by consistently exercising qigong can a person be healed and remain healthy.

He says that only good people can learn his qigong, but not criminals—it will only make their health worse. But if they want to change their ways, they can also learn his qigong a week later. He and his family have been living an ordinary life and donate money to people who need it.

People can learn the first level by watching his tape. To learn the second level, it is better to learn from a Fragrant Qigong teacher. This qigong doesn't require mind work and it is best to have many people exercise together. Exercising while talking or watching TV is fine. If one person exercises alone, the person better turn on the TV so that his or her mind won't focus on the exercise.

Master Tian only allows the beginning and second level exercises to be taught, not the advanced type—he teaches only qualified people himself.

Master Tian says that he donates this qigong to the people in the world who love peace. He has students in many countries, including the United States. He and Dr. Yan Xin are called “living Buddhas” by the public in China, but they both say they are only human beings.

This form of qigong is easy to learn, but contains abstruse theory. This form won't cause problems. It has become the most popular qigong

in China, and is spread to many other countries.

The beginning level exercises are mainly for building the foundation of improved health, and help the person become smarter and more energetic. When one person practices this qigong the whole family benefits. You can do it while watching TV, in a car, on the phone, walking etc. It consists mainly of movements of the upper body. The basic level should be done for 3-6 months, while you become healthy, before learning the second level forms.

And, you must do it relaxed, and with a smile.

A positive attitude is important because you are sending a message to your body, so the mind and the qigong can “unite” to fight disease. If you are suspicious about your exercise, then you are sending some negative energy inside your body and your body and mind will stop working together.

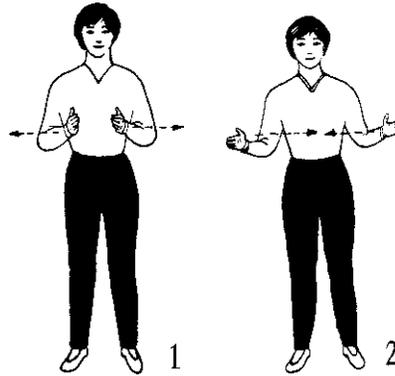
A qigong master is able to treat a patient without letting the patient know about it. He or she is also able to treat when a patient is rejecting the treatment, but it will take a lot more energy for the qigong master to “fight “ that negative energy and the master even may be harmed. And usually a qigong master would like to treat a patient who wants to learn qigong. When the master is giving qi treatment, it is sort of like giving his blood to the patient (but not exactly the same. The master can gain his energy back fast by exercising.)

You can heal yourself and remain healthy by consistently exercising this qigong. You must do the beginning level for three to six months and feel much improved or even healed, then you can start learning the second level from a qigong teacher. If after three months you have not felt any improvement, Master Tian suggests you change to another type of qigong, because this type might be not fit you.

## Beginning Level

### Preparation:

Relax your whole body. Smile and keep your eyes open. Feet should be shoulder width apart and parallel. Now put your hands in front of your chest, palms facing each other. Close your hands in front of your chest, without touching, and pull out. Do this 5 - 10 times. You may adjust your speed of movements. (Fig. 1 and 2)

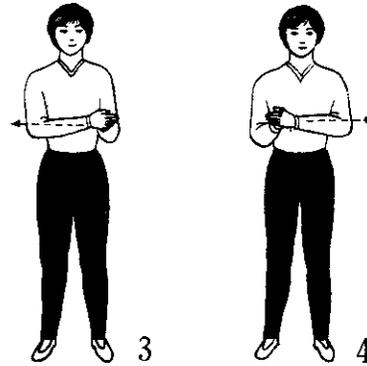


### Routine One

After you are familiar with the movements, you don't need to count. But in the beginning you must do each movement 36 to 54 times.

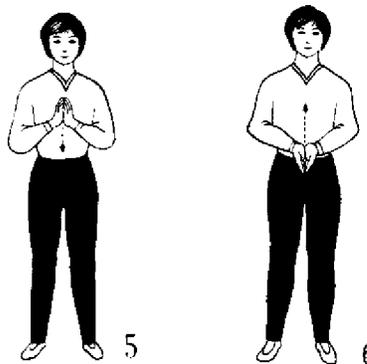
#### Step One Jin Long Bai Wei

When finishing the preparation, put your hands together, fingers facing front with a space between your palms. Move your hands together from left to right at a 45 degree angle at chest level. Do this movement 36 times or no more than 54 times. Do not move the upper body, focus on the hand and arm movements only. (Fig. 3 and 4)



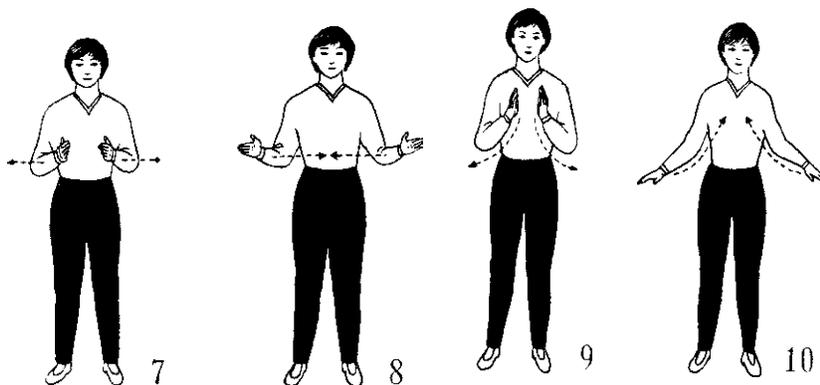
#### Step Two Yu Feng Dian Tou

Put your hands together in prayer position with fingertips pointing upward. Leave some space between the palms. Hands at chest level. Move hands down to lower stomach and up 36 to 54 times. Do not shake your arms, your head and body don't move. (Fig. 5 and 6)



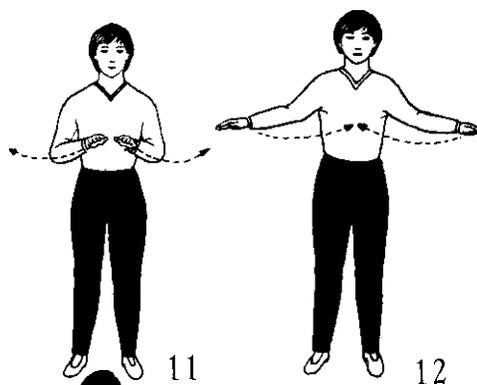
### Step Three: Fo Ta Piao Xiang

Palm facing palm, close and open them in front of your chest 5 times, as in the preparation (Fig. 7 and 8.). Then move your hands first up, then down and outward as in Fig. 9, then up and inward as in Fig. 10. Your palms never face outward when moving hands outward. When your hands go up, raise them no higher than your shoulders. When your hands move down, the palms face downward. Don't straighten your arms or move your shoulders. Do it 36 to 54 times.



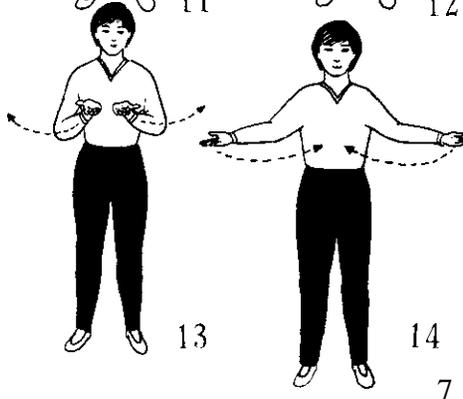
### Step Four: Po Sa Fu Qin

Palms face down at stomach level, fingers pointed forward. Move hands to the sides and back. Don't cross your hands. Do 36 to 54 times. Do not move the upper arms or turn the wrists. Arms do not straighten. (Fig. 11 and 12)



### Step Five Buo Yu Shuang Fen

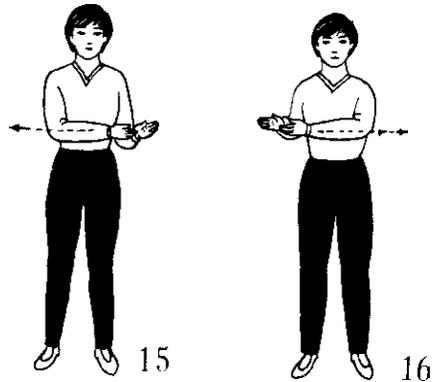
Palms facing up at stomach level, fingers pointing forward. Move hands to the side and back. Do this 36 to 54 times. Arms do not straighten. When bringing the hands together, don't cross the hands. (Fig. 13 and 14)



Routing Two Niu Zhuan Qian Kun

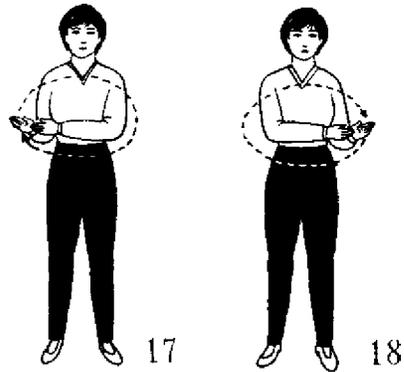
Step Six Feng Bai He ye

When ending step six with the hands together, turn palms facing each other, approximately 20 cm apart. Move lower arms 36 to 54 times from side to side, 45 degrees to each side. Don't move the upper body, upper arms or wrists. (Fig. 15 and 16)



Step Seven Zuo Zhuan Qian Kun

Same hand position with palms facing, about 20 cm. apart, move from right to left counterclockwise, in an egg-shaped circle 36-54 times. Hands always lower than the shoulders and not lower than the lower stomach. When moving, your two palms are always facing each other. (Fig. 17 and 18)

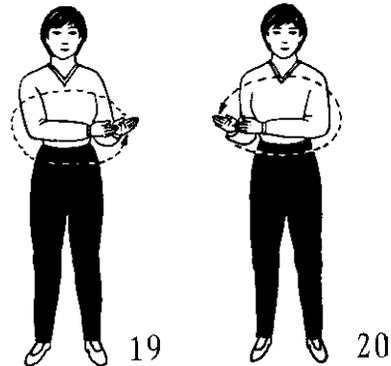


People who have heart problems or high blood pressure, keep your hands lower.

Step Eight You Zhuan Qian Kun

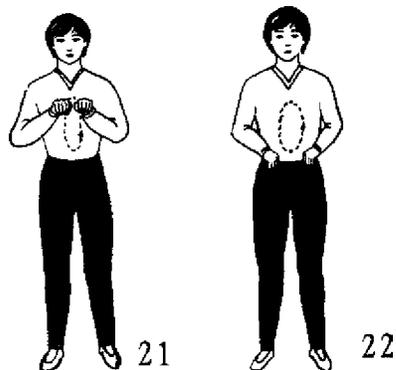
Continue as in the above movement, now move the hands in a clockwise direction 36-54 times. (Fig 19 and 20)

People with heart problems or high blood pressure keep hands lower.



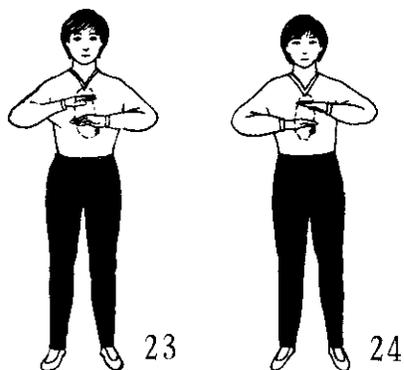
### Step Nine Yao Lu Du Hai

After finishing the above, palms facing downward, move your hands and arms in a circle, as if you were rowing a boat, fingers stretch out but arms not straight, reaching out as if grabbing the oars, while pulling back your hands, form "empty" fists, keep them relaxed and slightly open. Move upward close to the body and down away from the body. 36-54 times. (# 21-22)



### Step Ten Fa Lun Chang Zhuan

Start with your right hand palm on top and left hand below. There should be approximately a 10 cm distance between the hands. Move the upper hand forward down and backward with the other hand following, hands outward and down in an oval shape near chest, both palms staying at a vertical level for 36-54 times. The circle should be egg-shaped, and hands always at the chest. (#23-24)

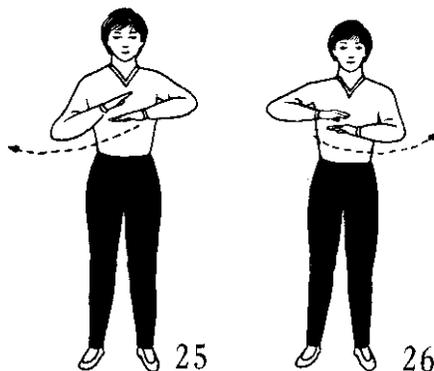


### Route Three Pu Du Zhong Sheng

#### Step Eleven Da Mo Du Hai

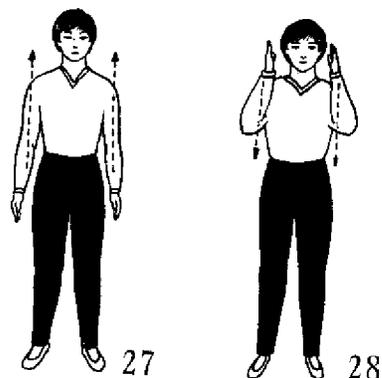
(Da Mo was Lord Buddha's 28th inheritor who settled down in China according to the order of the 27th Buddha. He helped establish Buddha's dharma, and Zen, and great aspiration.)

Start with right hand palm facing the left hand, about 4 cm apart, swing both hands to the left and then to the right. Do this 36-54 times. When swing, don't move body, keep the two hands always together but about 4 cm apart. (#25-26)



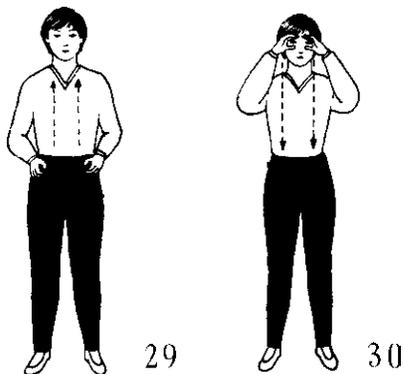
### Step Twelve Fo Feng Guan Er

Palms on both the front of your thighs, move hands up high at the ears, as if hearing something. Then move down. Arms stay close to the body, moving only the lower arms and arms not stretched. Palms facing the ears but don't touch the ears. On the down swing, keep hands close to the lower stomach sides. Do this 36-54 times. (Fig. 27 and 28)



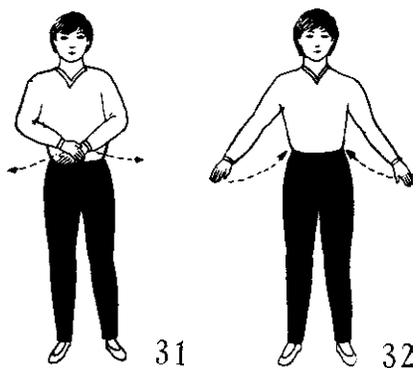
### Step Thirteen Yao Yan Fo Guang

Forms hands into half-circle like duck mouth, move your hands up from lower Dan Tian up to eyes about 5-10 cm away from eyes. Don't touch your eyes. Don't wear glasses (contact lenses are OK). Do this 36-54 times. (#29-30)



### Step Fourteen Pu Du Zhong Sheng

Both male or female, with right hand on top, cross over the left hand in the center of the body and then swing outward to the sides at a 45 degree angle. Don't swing too wide. Do this 36-54 times. (#31-32)



### Step Fifteen Tongzi Bai Fo

Bring hands together in front of your chest/heart but keep a little space between the palms, fingers pointing up and slightly forward. Stay relaxed and in this position for 3 minutes quietly. Eyes may closed or half closed or open, meditate.

People who have heart problems or high blood pressure keep hands a little lower.

Ending form: Slowly let your hands down, then raise them slowly to shoulder level while inhaling through your nose. Your fingers form empty fists. then hands bring down and open your fingers, exhale slowly through mouth, and hands to the level a little lower than lower stomach. Then rubbing hands until hot, dry-wash your face. May also massage the sick spot. (Fig. 33 thru 38)



33



34

For people with heart problems, high blood pressure or high cholesterol, when raising your hands, don't raise them to the shoulders, but only to chest level.



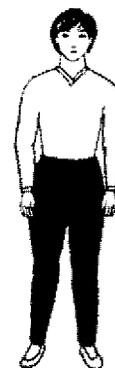
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36



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38

## **Some of the many stories from people who have been healed by Fragrant Qigong:**

1. Shanxi Province Railroad Hospital, MD Hu Wei-ying wrote: I am a retired physician-in-charge. I had osteoarthritis, spine and shoulder, knees joints hyperosteoegeny for years and no medicine had helped and my sickness was getting worse and worse. I suffered so much. At first someone suggested me learn Fragrant Qigong, I didn't believe it and didn't go to the class. But after my friend persuaded me repeatedly, I thought maybe I'd give it a try. I went to the class. On June 22nd, 1990, when I was watching the tape in the evening, suddenly my hands felt numb, swollen, and sore, and I smelled a fragrant smell from time to time! After I went home, at midnight I suddenly saw a milky light before my eyes, and then my left leg felt a sharp pain. It lasted a few minutes. I realized it was the power from the Fragrant Qigong. I got up and tried to walk. My leg felt good and had no more problem. I was overwhelmed and ever since then, I have been actively and persistently exercising qigong and I am healthy and happy.

2. From Zhu Zhuang Village, Pei county, Jiangsu province, Zhu Xing-shun, April, 1991: I got rheumatoid arthritis ten years ago. During the past eight years, I spent a lot of money to treat it but it got worse and worse. My back and legs became deformed. In May, 1989, I went to Xu Zhou City Hospital and the doctor said I needed an operation. My shin bones were replaced with metal. After two months and spending 3,740 yuan, my waist and hipbone were so painful that I had to use crutches. November 1990, I started learning Fragrant Qigong. Surprisingly, after a few days, my pain was much reduced. After two months, my hipbone was no longer painful, and I didn't need the crutches. After four months, I was able to ride bicycle! Now my back has become straight again and I am healthy and happy! Thanks Master Tian!

3. From Wei Hai Vocational School, math teacher Wang Yuan-fen: I had severe vegetative nerve functional disturbances. I was not able to work, cook, nor even able to stand hearing any noise or people talking to me. I felt as if I had two big fires blowing heat under my two knees, the terrible burn almost made me paralyzed. And there was a half square foot area around my stomach that made me feel so "empty" that I couldn't take it anymore. Whenever I said something or did something, I would feel the terrible burning. I could only lie on my back, and even the quilt seemed very heavy. Even my period came three or four times a month. Hospitals failed to help me. I almost lost my memory. And I wanted to kill myself. So I tried qigong. After I exercised Fragrant Qigong for two months, the above symptoms all disappeared, and even my nearsightedness, waist

pain, loose teeth all healed! And I felt strong energy on my palms. So I was excited and began treating my friends. The result was, my friends got well, but I threw up and began to have fever and pain. After I listened to Master Tian's lecture, I realized I was not qualified to treat sick people yet because I was not trained.

4. From Ji Long Hospital and Chang Geng Hospital In Tai Wan: These two hospitals have been using Fragrant Qigong to treat and teach their diabetic patients and the results are good. Dr. Huan Bi-Yu also had diabetes, but she healed herself by exercising Fragrant Qigong. She said they treat the patients with diet, medicine and qigong. One worker at the hospital, Chen Bi-Xia, also has cured her own diabetes by exercising Fragrant Qigong for a year. Now she is guiding the patients to exercise in the hospital.

There are too many such stories from mainland China and Tai Wan and other places. Sorry that I only translate these four.

## Questions and Answers of Fragrant Qigong

(This Q. and A. article is written by Grand master Tian's students, and checked by Tian. No one is allowed to correct or explain the content in their own words. Otherwise, they will suffer the consequences of any ensuing problems.)

The following introduction is not from the above resource, but from somewhere else. -- translator Yanling Johnson

Fragrant qigong is named this way because when you exercise correctly, your whole body will smell of different fragrant flowers. Grand Fragrant Qigong Master Tian, Rui-shen started teaching this type of qigong in 1989. He learned it fifty years ago when he was severely ill, at the age of twelve. He had a skin disease and his skin was rotting and falling off. An old monk, Wu Kong, cured him using qigong and then taught him. He told him not to teach this qigong for fifty years. Now Fragrant Qigong has become the most popular qigong in China and has helped hundreds of thousands of people. It is easy to learn and can be done while chatting or watching TV without causing problems. However, Master Tian only allows his students to teach the beginning and second level. The more advanced type can only be taught by himself to ensure that he can choose the students. The students don't choose him! When he treats patients, Master Tian uses talking, laughter, his eyes, nose, mouth, ears, hands and/or knees. He is a very good-hearted person. He warned his students that people who do bad things shouldn't learn his qigong. If they do they will feel worse. But, if they change and start doing good deeds to help people, they can learn.

Following are some questions from people along with the answers given by Grand Fragrant Qigong Master Tian, Rui-shen:

**Question (Q):** Which type does of qigong is Fragrant Qigong?

**Answer (A):** Chinese qigong has a long history with six main families: Buddhist, Taoist, medical treatments, Confucian, martial arts and folk types. This qigong belongs to one of the top Buddhist types, and has been passed on secretly.

**Q:** What is the difference between Buddhist qigong and the Buddhist religion?

**A:** Qigong is an exercise for health and longevity, and for gaining more skill. Religion is a personal belief. A Buddhist does not necessarily learn qigong; and a qigong student is not necessarily a Buddhist.

**Q:** What does “Wu Zhi” mean in this context (“to develop intelligence”)?

**A:** Qigong helps the brain function better and reveals a human being’s potential power.

**Q:** How does this qigong function?

**A:** The beginning and second level forms help adjust the body’s systems and physiological functions, treats physical problems so health is restored, develops intelligence and molds a person’s temperament.

**Q:** What kind of diseases does this qigong treat?

**A:** It treats almost all kinds of diseases because it adjusts the entire body. It treats the diseases using the body’s own functions and power. But some patients should not exercise this qigong. Cases that are not appropriate for this qigong are people who are mentally ill, late stage cancer patients, those who have severe heart disease, people who are dying or not fully conscious, people with acute bleeding who need surgery, people with rabies or who have been bit by a poisonous snake and hyperactive children.

**Q:** How many times a day should this qigong be exercised?

**A:** Although this qigong looks simple, it is powerful in attacking disease. Because of this, don’t exercise too often. Twice a day is enough, but no more than three times a day. Do it consistently, otherwise the results will be affected.

**Q:** How many repetitions for each movement is best?

**A:** Each movement requires 36 repetitions. However, you can do the movements up to 54 times. If a person is weak, you may reduce the number of repetitions at first, then gradually add more. The principle is that you feel comfortable.

**Q:** How can the speed of the movement be mastered?

**A:** Be moderate in speed, neither too fast nor too slow. If you move 36 times, the beginning level should take approximately 15-18 minutes. The second level can take between 17-20 minutes. Do not take less than the minimum time recommended. Older or weak people can start slower.

**Q:** What is a suitable place for this exercise?

**A:** There is no specific requirements for a site. However, the place should be aesthetically pleasing, and it would be better if it had some ginkgo, pine or fir trees. It is fine to exercise indoors too. Do not exercise in a place where there is stagnant, dirty water or polluted air. Also, do not exercise within 10 meters of a high voltage area. Do not exercise in a wild area, or a cemetery. Make sure the location is a safe place where you are not in danger of falling.

**Q:** Why is it inappropriate to exercise close to a road?

**A:** Roads are dangerous because someone might suddenly experience a spontaneous movement and hurt themselves in traffic.

**Q:** Why is it not good to exercise outside late at night?

**A:** Generally, before 5:30 a.m. and after dark it is not good to exercise outside because the yin qi is heavy, and the qi field is not very good. It may cause your yin and yang to go out of balance. Also, the evil wind may harm you which may cause problems.

**Q:** When is the best time to exercise?

**A:** This qigong has no specific requirements concerning time. You can exercise anytime during the 24 hour day. However, don't do it 20 minutes before or after a meal.

**Q:** Why is it not good to exercise when there is a strong wind or heavy fog?

**A:** It is easy to catch cold in strong winds. There are a lot of harmful elements in the fog. For these reasons you should exercise inside instead of outside during times of high wind or fog.

**Q:** Why is it not good to exercise when outraged or drunk?

**A:** Because in both situations the qi will be stuck and it won't easy move, so problem may occur.

**Q:** Can a person exercise on a trip?

**A:** Yes. It can be done on trains, airplanes, ships, and buses.

**Q:** What other conditions should a person take caution in exercising?

**A:** Do not exercise during a lunar or solar eclipse period. If someone you loved just died, stop exercising for a while.

**Q:** What should a high blood pressure patient pay attention to?

**A:** His or her movements should be lower in relationship to the body.

**Q:** What should senior citizens pay attention to?

**A:** They should dress warm enough in cold weather and not exercise outside if it is cold. The speed of movement should be flexible, don't force quick movements. If the full movement cannot be performed then use the mind to visualize the complete movement.

**Q:** What should a young person should pay attention to?

**A:** To a young person, he or she should be patient and not too anxious about quick results. Conform to the movement and its nature, otherwise

problems may arise. Constant effort yields sure success.

**Q:** Should a woman exercise during her period or pregnancy?

**A:** During menstruation it is OK. The qigong can help adjust irregular periods. For a pregnant woman, stop exercising when six months pregnant.

**Q:** What about hemiplegia and deformity in patients?

**A:** They may exercise the beginning level. The patient can use a wheel chair to exercise. If half of the body is paralyzed, or the hand, use the mind to think of the movement and move the parts which can move. The result will be the same.

**Q:** What should people who work with chemicals do?

**A:** He can do the "releasing dirty or sick qi" qigong to release the poison before going to bed.

**Q:** What kind of patient should reduce sexual activity?

**A:** This pertains to all sick people, they should reduce sexual activity. But to TB patients, people with kidney disease, and long term back pain caused by kidney problems, do not be sexually active for 100 days when first beginning the exercises.

**Q:** What about in a very hot weather?

**A:** Continue the exercise but do not face the fan while exercising. Don't exercise in an open air hallway, especially with your back facing the wind. Right after exercising, do not have a cold drink, nor a cold shower.

**Q:** What kind of qi feeling can one expect when exercising the beginning level?

**A:** It is normal that the person might feel hot, numb, cold, ant-like crawling on the skin (itchy), floating, light, swollen, pain, etc. It is the qi working.

**Q:** Why do people yawn, doze off, burp, fart, sweat or tremble when exercising?

**A:** All the above are normal. When exercising, the sick qi will drain out of the body as the qi is treating the sickness.

**Q:** Why do some people who are exercising the beginning level feel cold qi going out of their fingers or bottom of their feet?

**A:** The beginning level is mainly for releasing sick qi. Sick qi is yin qi and it is cold, so to feel this way is normal. It is the body expelling the sick qi.

**Q:** When can a person begin to learn the second level? Why must there be a 3-6 month time period of exercising the beginning level before one

can learn the second level?

**A:** The beginning level is for treating diseases and to prepare for the second level. If both have been learned at the same time, it is necessary to stop exercising the second level until the disease has been healed, or the person's condition has improved. Then the second level can be exercised. Usually after 3-6 months of exercising the first level, the person can start the second level. When they start learning the second level, they should still continue doing level one. For beginners, it is best to exercise level one for 6 months before they move on to the second level. For people who have already learned qigong, the time may be less. But for some sick people, the time may be even longer. It all depends on how a person feels. If after 6 months they learn the second level but don't feel very well, they should go back to the first level until they feel ready for the advanced level. Do not obsess on obtaining quick healing results. It violates the principle of learning qigong and can only harm you.

**Q:** Is it all right to do the beginning and the second level exercises consecutively?

**A:** You may do them together, or separately at a different hours of the day. However, when you do them together, at the end of the first level form, you don't need do the ending form. Instead, just go immediately into the second level form. If you feel tired after the beginning level, you may end the first and rest a while, then start the second.

**Q:** If I do them together, how many times is it good to do them during a day?

**A:** Two times each day, both forms.

**Q:** If after a period of exercising both forms, the person's sickness is cured, should they continue exercising?

**A:** The body and the inner organs will get always be getting older with time, and there are always germs present in the environment which may cause sickness. Only by doing qigong persistently can a person remain healthy and achieve longevity.

**Q:** Why doesn't this type of qigong need the mental work?

**A:** It is determined by the core theory of this qigong. It is the key reason that this qigong is more powerful, and has quicker effects without causing problems.

**Q:** What does "no mental work" mean?

**A:** No mental work means you don't need to focus your mind on a certain area of the body. It means you don't focus your mind on yourself, or on the surface of your body, or internally, but let your mind naturally be relaxed.

**Q:** Why shouldn't the repeated movements be counted?

**A:** To count numbers is also a type of mental work. In the very beginning the student must count 36 times to master the timing of the movements. After mastering the qigong, there is no further need of counting, making sure however, the repetitions are not fewer than 36.

**Q:** Why when exercising should one not think of their own disease?

**A:** To think of the disease is another form of mental work and it will affect the movement of qi. This is not good for the qi to treat the sick spot. Besides, you give yourself a negative message at the same time and that will affect the results.

**Q:** Does that mean, by not purposely coordinating the breathing, the breathing becomes natural?

**A:** To adjust the breathing means to allow the breathing to be naturally, soft and rhythmic. It is emphasized, this does not mean one should focus the mind on adjusting the breathing. Natural breathing has already adjusted the breathe, and this is the highest level, the best way.

**Q:** Why doesn't this qigong mention the channels?

**A:** This qigong is very efficient at smoothing the channels. This is not explained to the students because then the students may approach the exercise from a mental standpoint which does not complement this qigong's principle. Besides, this qigong has its unique way of smoothing the channels. It adjusts the whole body system, not individual parts, to reach the best qigong state.

**Q:** What does "special way of smoothing qi channels" mean?

**A:** It may be explained this way: it works beginning from the points, spreading gradually and radiating out, there is no limitation, the qi moves inside and outside the body. The student is merged within the qi. The qi is both in and out. The Dan Tian points can be at any location of the body.

**Q:** Can one experience and feel the qi when exercising?"

**A:** No. Do not try to feel the movement of qi, it is severe mental work and if it is done for a long time, the student will have problems.

**Q:** Which is better, to exercise alone or with a group?

**A:** When exercising outside, it is better to join others. If you exercise inside your house do it with your spouse or another person. A pair can nurture each other with yin and yang energy. If alone, don't use mental work or be in a meditative state when exercising this qigong. It is better

to watch TV or listen to some music while exercising.

**Q:** What should one pay attention to when listening to music?

**A:** Listen to the music as if not listening at all. Hear it, but do not listen. If you listen too attentively, it is the same as mental work. The mood should be happy, relaxing; not serious or too quiet otherwise it severely affect the results.

**Q:** Why is it wrong to exercise two different types of qigong at the same time?

**A:** While you exercise this qigong, do not practice another type. One reason is the other type might require a lot of mental work, then you will bring the mental work into this qigong. Another reason is that this qigong has its special way of working on the qi channels. So, using two different types may cause the qi channels to become tangled, which is difficult to resolve.

**Q:** Why it is not good to mix other types of qigong when exercising the “Developing Intelligence” qigong?

**A:** Someone may think this qigong to be very simple and short, so they add some other movements from another type of qigong that they learned before. Someone even adds mental work to it. For a short time, they may feel strong qi, but after a while, they will certainly cause themselves problems.

**Q:** If someone feels they can exercise more than two times a day, is this all right?

**A:** At most, three times a day, no more than this. Otherwise the results will be bad. The key point is not the number of times, but the mood. As long as they remain in the qi state, relaxed and happy, they are making progress.

**Q:** Can someone exercise Tai Ji Quan (boxing) or Tai Ji sword together with this qigong? Is it all right to do physical exercise at the same time?

**A:** There are some differences between this qigong, Tai Ji boxing and sword exercise. They have some mental work and focus on breathing, which is not good for this qigong. However, they are also physical exercise. As long as no mental work is done when exercising those two, it should be all right. Don't do this qigong immediately following hard physical exercise. Instead, rest until you are calm. Some physical exercises have qigong movements and mental work. As long as you don't do those movements, it should be OK.

**Q:** Why are there no spontaneous movements in this qigong? What should be done if it happens?

**A:** Because spontaneous movement uses a lot of energy, if they occur for a long time, it can be harmful. If this happens, keep your mind on the bottom of your feet (males on the left foot; females on the right) and say quietly to yourself, "I want the inner qigong, not the movement." Then allow the qi to move into the earth. If the movement still doesn't stop, relax the whole body and finish the qigong at once. If someone is unable to stop the spontaneous movement by themselves, they will need another person whose qi is stronger to help them end the form. If there is no one else around, they should quietly say three times, "Please, master, please help me end the form." Then think of the bottom of the foot for 3 minutes (males on the left and females on the right) imagining that the qi is going down into the earth 20 inches deep. But first, one should stop the thoughts of moving before even beginning to exercise.

**Q:** Why is it bad to disturb another person when they are exercising qigong?

**A:** When a person is exercising qigong, their qi is moving around and the entire body is adjusting itself. If they are disturbed or startled by someone or something, their qi may get stuck or tangled which will cause them problems.

**Q:** If this occurs, what should this person do?

**A:** Do not just stop exercising. Continue exercising, and when you feel calm, end the form immediately.

**Q:** Is it all right to wear gloves in cold weather?

**A:** If the gloves are not too tight, yes. In cold winter a heavy coat may also be worn. Clothes must be comfortable and loose enough so that the qi and blood circulation are not impeded.

**Q:** Why do you emphasize the ending form?

**A:** The ending form looks simple, but it is very important. In the middle of your exercise if the phone rings or a guest arrives, and you must go; you must do the ending form before you go. This is true even if you have only performed a few movements. It is like you not harvesting in autumn after growing grains in the summer if you don't end the form. In addition, failing to complete the form can cause qi to stick if you suddenly stop the qigong. The ending form must be correct, do not add or delete movements, nor create your own. But high blood pressure patients should lower the posture for the movements.

**Q:** If someone starts to treat patients after gaining qi from exercising the second level is this good or not?

**A:** Many people gain qi after exercising the second level for a year or more and are able to treat some patients. But this qigong is mainly for

self-healing, not for treating others.

**Q:** Why do some people feel dizzy or heavy-headed when exercising? What should be done if this happens?

**A:** These problems are due to using the mind, or the hand position is a little higher than required. It could also be caused by having anxiety of being healed. For an elderly person, it is sometimes caused by their movements being too fast. This can also happen if the second form is started too soon after learning the first form without enough preparation. Another cause can be exercising right after being upset and angry. It can also occur if someone does the Dragon Girl Twining Silk movement with palms facing upward. Or maybe someone's body is not relaxed enough, etc. If the causes are not one of the above, then it is due to the disease and the qi treating it. First, determine the reason, then remedy it accordingly. If it is the qi treating the disease, relax and let it be. Soon the person will feel fine.

**Q:** When someone feels the qi moving from their lower Dan Tian to the top of their head, and feels energetic and healthy, what is this?

**A:** When exercising to a certain level, if someone feels this way it is a good sign. Their small heavenly channel is going to be unblocked and dredged. It should be of no concern whether the qi moves up the middle of the back (which happens for most people), or up the front of the body, then making circles. Don't try to feel it and do not add any mental work when this happens. Otherwise it may cause problems.

**Q:** Why do some people feel their sickness getting worse when exercising?

**A:** After exercising for a time, some people may get well and feel much better, but some people will feel their disease has gotten worse. This is the qi attacking the sickness, it is not a bad sign. Sometimes it is an old disease which has been hidden that emerges. Qi works in different ways according to each individual. Don't be suspicious of it, it can only do you good. Just continue doing qigong and the disease will be cured. The patient can also receive treatments from his doctor at the same time, but do not let other qigong masters treat him.

**Q:** Why would someone begin feeling a new pain after exercising qigong?

**A:** There are two cases: one may be the hidden disease which was unknown to the person, and second, after exercising for a while, the good qi is still not plentiful and the person remains weak, then a new sick qi may invade them which can cause disease. They can see a doctor simultaneously, but in neither case should they stop exercising qigong.

**Q:** Why do some people heal faster than others?

**A:** Generally, to have faith in qigong will achieve quicker results. People who are more sensitive and open minded, or people who are always cheerful will get quick results. Thin people will get well faster than heavy people, too. To those who still have suspicions about qigong, the negative message you give to your body will affect the results. Also it depends on the way qigong is done; relaxed or not, with or without a smile, mental work or no mental work. Even worrying too much about the sickness will affect the speed of healing.

**Q:** How can we become sensitive to receiving messages?

**A:** This is decided by a person's physiology, psychology, etc., and everyone will feel different when receiving information. Generally there are the following:

1. Open minded type: It's easier for this type of person. This group comprises about 85% of all qigong students. A few of these individuals are more sensitive than the others. They can receive information much quicker and in large amounts.
2. Inaccessible type: In the beginning, this person may not feel any messages, but after exercising for a while, they will feel it. Some may feel it but not understand that it is a message (information). Having faith and persistence is very important. Ten percent of qigong students are of this type.
3. Exclusive: It is hard for this type of person to receive messages. After a long time these people can improve their health by learning qigong. If they are persistent in exercising qigong, they may change and someday receive some messages. Some people may never achieve results despite practicing for a few months. If this happens, the person should stop this type of qigong and change to some other type of qigong. Because of the different sensitivities, the healing time will vary too.

**Q:** What is the truth about qigong healing?

**A:** That qigong can improve health and treat diseases has been proven by facts. But it is not all-powerful, it can't cure all diseases.

1. Qigong has cured many difficult and chronic disease and has its own specialty. But physicians and medical doctors all have their own field of specialty and can't take each other's place.
2. Qigong healing mainly depends on the person themselves, not on the master. After someone has recovered and goes back to work, the problem may reappear again in a lesser form which is normal. The person must continue doing the exercise in the

appropriate manner so that the healing results will be stable.

**Q:** Should the patient totally depend on the qigong master to heal them?

**A:** External cause becomes operative through internal cause. Qigong adjusts the whole body to treat disease, and explores the potential of the highest functions of a human being to build up health and longevity. This can only be accomplished by oneself. If a person totally depends on a healer, temporarily the patient's symptom may be relieved, but the "root" of the disease is not gone. Even a high-level master can only help the patient get well for a certain period, or be cured immediately. To build stable health, the person must depend on themselves.

**Q:** Is it necessary to wait 30 minutes after exercising qigong before doing "Getting Rid of Sick Qi Qigong" prior to bed?

**A:** Doing "Getting Rid of Sick Qi Qigong" can only help clean out the dirty, or sick qi. It is better to do this much later after the exercises. However, if there is no time, it can be done immediately following the exercises.

**Q:** Will this qigong cause any problems?

**A:** This qigong does not emphasize mental work, nor focused breathing methods. All movements are done naturally to avoid causing problems. However, if a person does not follow the rules and causes themselves a problem, it is not caused by this qigong, rather by themselves.

**Q:** What is the purpose of Grand Master Tian's and other masters performing their super powers?

**A:** It is a means of showing the purpose of learning qigong, human's self-healing power, and an ability to store health. Qigong healing is a channel healing. The message itself is a moving material, and has power. When many students are together and relaxed where qigong is practiced, the combined energies form a very powerful qi field and a powerful energy for healing is available.

**Q:** In such a place, how should the students cooperate together?

**A:** Students should focus themselves collectively into the master's message and let the energy work through them. They should relax their bodies and minds, feet touching the floor, smiling slightly, receiving the messages, answer the questions the master asks and following the instructions. To cooperate is very important in qigong healing. Some people may be healed right away, some may be healed when they go home, and for some, it may take longer. In a word, the message and the belief in the message, determine the timing of the healing and the results.

**Q:** Why is it better to learn in a workshop than to exercise alone?

**A:** Because more people will form a stronger qi energy field, so the power to treat disease will be stronger and people will create a synergism.

That's why it is important to attend workshops more often.

**Q:** Why in a workshop will a person feel healthier and stronger, but after leaving the class recovery is slower and it is harder to feel the power?

**A:** When with many people, the healing power is so strong the symptom can disappear under the powerful attack of the qi. But the "root" has not been eliminated. Being away from the group for a long time will make the healing process slow down. If a person does not persist in exercising, or does not have faith, or exercises in an incorrect manner, or because of other reasons, they will not make progress. In fact, progress may even be backward. So check the causes. Persistence is the main factor in recovery.

**Q:** After practicing for a time, strange things have been reported to happen to some people, such as seeing signs, pictures, or hearing sounds, etc. Why? How should it be dealt with?

**A:** Qigong is a science that modern technology and scientific research cannot yet explain. Until a person reaches a high level, they will not be able to discover the explanations nor understand them. It is hard to explain. But no matter what happens, the signs that appear should not be focused on, consider them to be unreal, leave them alone. Also be happy when the sign seems like a good. Likewise, do not be afraid when it looks ugly or horrible. Don't fixate on it, or desire it. Don't talk about it to everyone. Otherwise this may cause problems. Just continue exercising and someday you will understand.

**Q:** What is "stealing qi"? Is there such a thing? If it happens, how it be handled?

**A:** "Stealing qi" is a phrase from some other type of qigong, it does not exist in Fragrant Qigong. The reason is:

1. This qigong does not need mental work, so the power gains naturally just in the exercise. If someone adds a thought "to steal qi", then they are operating against the rule of this qigong and can only harm themselves.

2. Different qigongs offer different powers. People who learn this qigong and achieve high power have the pure universe yang qi, the highest class of qi. It will be unnecessary for such people to steal low-class qi. It is impossible to steal this kind of qi.

3. To steal qi is degenerate, we are against this kind of behavior. But if you are worried that other people will steal qi from you, you are disarming yourself with the thought and this will only harm you. If there is someone who does such a bad thing, tell yourself

quietly that you refuse to allow your qi to be taken in such fallacies, and chant the six words: Wong, ma, nei, bei, mei, heng--, (the sounds are added by translator) then you can stop the stealing.

**Q:** Why does this type of qigong only teach the exercise without the theory?

**A:** It's not that we don't teach the theory, it is that we have not taught systematic theory. This is the abstruse nature of this qigong - no explanation is the profound element. Language is too limited to explain abstruse qigong theory. Language is rigid and lopsided, it can only pass the theory in its limitation. It will appear as if it has defined the theory, but in essence, the complete meaning has not been given and will never be explained. So as it spreads, the wider, the more varied, and even the wrong ideas are passed on. The best advice is to feel it, to sense it.

**Q:** How can the theory be understood and mastered?

**A:** It must be understood and sensed. You can only get it by long-term practice.

**Q:** How?

**A:** To understand can also mean to "suddenly get it." But it only comes after you have practiced for a long time, when your persistence has led to a certain level. It will happen when you have pondered it many, many times without success, and when you are thinking really hard and get stuck. Then, it may happen. It is like when you were lost in the mountains and walked around and around unable to find the way out, and all of a sudden, you found a sign which lead you out. It is an inspiration. It is a sudden understanding, a comprehension. Called an inspiration because it is not the logic, reasoning thinking that figures it out. It comes from the feeling, the sense, maybe from your subconscious. If it happens, it is a high-level leap.

**Q:** What is to "understand and comprehend?"

**A:** When learning this qigong, your eyes, ears, mouth and nose and body can all feel. This feeling can help you understand better the part of this exercise that the qigong does not explain. Such as a good morality, a smile, being relaxed with the pure yang energy, with no mental work, etc. This will also shed some understanding on why other people behave as they do. You will see why some people have mastered this qigong yet

still learn other types of qigong. You will see some signs or a part of the body that is super type of qigong. You will see some signs or a part of the body that will wonder why some people cause problems? You should think about these things and try to understand them.

**Q:** How? And what is the key to understanding and comprehending?

**A:** a) 1. Dare to question. To question is the highest principle of science. Always have questions.

2. One must have a long time of learning and practicing, studying, and researching qigong with great concentration.

3. Practice qigong seriously, learn the ability of giving up logical thinking in lieu of intuitive thinking and the power of qigong (or of the mind.)

4. Try to maintain the qi state all the time, to prepare the moment for inspiration.

5. As soon as an inspiration appears, catch it at once and memorize it, then think about it in a logical way so as to further stabilize it.

b) The key to the sudden “comprehending and understanding” is faith. Faith on this qigong is “being true”. Only by understanding why you have to have faith and practice truly, then you can gain.

**Q:** Fragrant Qigong is for gaining the “pure yang qi.” What is that?

**A:** Yang is the yang of “Yin and Yang”, it means the universally imperishable good qi. There is not the slightest evil qi in it. When one has gained this qi, each cell of this person’s whole body can give off a fragrant odor. It requires a high standard of morality.

**Q:** Can a person exercise in total stillness?

**A:** Impossible. If there is no movement at all, they may be dead. When a person meditates, they appear still and quiet, but actually their inside is full of movement. The heart beats, just like the earth has its movements inside all the time. The inside movements are going on more actively, one movement may produce many things. If there is no inner movement, it will not benefit the person.

**Q:** Since this qigong does not need mental work, does that mean never, at any time?

**A:** This qigong does not require mental work, but it doesn’t mean absolutely no thinking. Such as when a qigong master is healing a patient, he needs mental activity. When lecturing, he needs mental work, too. And when a person is getting rid of sick or dirty qi, it will require some mental work also.

**Q:** What does the power of qigong mean?

**A:** It is the power from the mind. It means the functioning, thinking and

working of the mind. In some special conditions, you may note that when thinking, the thought happens. Don't think it is only a thought. Thinking can be manifested. The movement of material produces power. It exists not according to what people want or do not want, this is a fact. To exercise qigong is to develop your brain's potential and when this power reaches a certain level, the mental power can be changed into matter. It has been proven by many qigong masters.

**Q:** What is the importance of mental work?

**A:** It affects the improvement of the qi, and the timing of healing. Positive thinking can pass a good message and good energy to the brain to stimulate the qi and assist in a quicker healing. Negative messages function on the contrary. That is why the teacher will tell the students not to think of their diseases when exercising. It does not mean that your mind should not be on your disease only when practice qigong, but never. Trust that qigong can heal you. That is why grand master Tian emphasizes faith constantly, because when you don't have faith, you have kept the positive healing message out of you.

**Q:** What do you mean by "High morals mean high qigong"?

**A:** Morals are the foundation of learning qigong. It means to help society, help people, not to steal from or harm people. It is not just the thought, but action. To smile often should come from the heart, not the surface. And only an open and aboveboard person can smile from the heart.

**Q:** If a person disregards morals, will they never gain the skill?

**A:** Yes, they may. But, they can only gain more yin energy, or a depraved life. Because of bad thoughts, as time goes on, too many negative messages will pass on to the brain and eventually they will be in trouble and experience problems. They will only harm themselves.