

Healing with Daoist Energetic Medicine



According to Chinese Medicine

The condition of health is based on the free flow and balance of the body's energy. A sense of clarity and cheerfulness is present, the immune system strengthens, and we find ourselves more resilient and strong rather than anxious or fearful. A feeling of presence and groundedness can accompany this free flowing and balanced energy, and peace and contentment begin to return.

Although our very nature seems to be innately good and pure, when mind is busy and distracted, we miss opportunities for "choice points". These are strategic moments when we can choose "new learning", reconnect with our best qualities and resources. It's easy to lose track of our natural abilities for curiosity and clarity, tolerance and acceptance. It's easy to forget Spirit.

It's a circular process: reconnecting with balanced, flowing energy, and relaxation, we are more resilient in the face of challenges. Using qigong daily is like cleaning your eye glasses or your windshield: having more clarity, we feel encouraged to extend further. As "new learning" becomes available, it becomes easier to reconnect with Spirit, and symptoms tend to recede.

What is Qigong?

Qigong means "energy training", and also "breath training". Qigong synchronizes body and mind by utilizing exercises, breath work, focusing, and meditation.

Medical Qigong

Medical qigong combines qigong knowledge with Chinese medicine and Five Element theories, and lifestyle support, to offer deep, complementary medicine for the whole person.

Medical Qigong is Good for Symptoms and Peace of Mind

Suppressed emotions and blocked energy deeply affect our qi. Intense emotions are among the most damaging of influences. Energetic treatment, qigong prescriptions, meditation, and internal focusing help to restore the smooth flow and balance of qi.

A Healing Session

A session begins with a dialog about the client's concerns, a health questionnaire, perhaps deep listening. We discuss options of what can occur during the session. Energetic healing can occur on a massage table or chair, fully clothed. Treatment may include Sound Healing, Qi Emission Therapy, Invisible Needle Therapy, Removing Energetic Cords, Distant Healing, and other modalities such as internal focusing and guided imagery. Most clients



report safe, pleasant, dreamy, flowing, and sometimes color sensations during treatment. Occasionally catharsis occurs during or after a session. In general, the medicine regards this as a healthy part of having a good release.

Although medical qigong is not a panacea, the general protocol is thorough, accomplishing most of what people need from energetic treatment. It can be followed by specialized focus on individual conditions. A personal qigong exercise prescription is usually offered to the client.

Internal focusing, guided imagery, and clinical hypnosis have been shown to effectively support and benefit many conditions. Please inquire about these options if you're interested.

Classes and Private Learning Sessions

Public qigong classes are a great way to deepen your experience and learning. The skills taught include medical qigong exercises, breathing methods, meditation, and skillful internal focusing. Private lessons offer the ability to focus exclusively on the student's concerns and interests.

Lifestyle Support

Chinese medical qigong practitioners traditionally offered good advice and support for how to develop a healthy lifestyle. Our habits in relationships, communication, emotional challenges, addiction recovery, eating habits, sleep and dreams, and other areas influence our energy, health, and emotions. These can be addressed creatively and respectfully in healing sessions.

Professional Training in Daoist Energetic Medicine

Training in Daoist medicine is an exciting transformational path. Experiential learning is the core of our certification programs. Each 32 hour course includes scholarship, texts, and competencies. Please follow these links for more information about our certification training:

<http://qigong-clinic.com/curriculumstudy.pdf>
<http://qigong-clinic.com/flyer.pdf>

Partial Scholarships for Enrolled Students CE Credits for Oregon Massage Therapists and for Acupuncturists

Please let us know how we can assist you further.



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