

Press Release

Penn State University Conference on Qigong

The International Yan Xin Qigong Association

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CONFERENCE ON CHINESE HEALING RESEARCH

From June 23 to June 25, 2000, over 500 enthusiastic scientists and scholars descended on the picturesque campus of Penn State University for a unique, indeed historic, scientific conference on the Qigong health practices and the Bi-gu phenomena. Sponsored by the STS Program of Penn State University, the University of Arizona Program in Integrative Medicine, and Friends of Health, an organization championing the cause of all Integrative medicine. The conference was organized and chaired by Prof. Rustum Roy, a senior member of the U.S. National Academy of Engineering and the founding Director of the Materials Research Laboratory at the University.

Officially titled "The New Century First National Conference on the Bigu Manifestation (without food), Health Effects and Scientific Research of Yan Xin Qigong.," this Conference formally introduced to the Western academic community, step-by-step, the Bigu phenomenon in Yan Xin Qigong, (see website at www.yanxinqigong.net) as well as related dramatic scientific research results. It was also viewed as the launching of a scientific discourse between the Eastern and Western philosophical and scientific systems that will add significantly to human health and world peace.

Prof. Roy believes that the discoveries from scientific experiments in Yan Xin Qigong may open up really new opportunities in "integrative science." In 1999, in the journal "Materials Research Innovation," a paper reported on some of the results obtained by Dr. Yan Xin and collaborating scientists from leading Universities. The results indicated that the external qi of Qigong effects changes in the structure and properties of certain materials from water to lithium niobate. The implication of these claims can no longer be avoided. The conference attracted many senior scientists. Besides Prof. Rustum Roy, these included Prof. Hans-Peter Duerr, past Director of the Max-Planck Institute of Theoretical Physics in Munich (Albert Einstein was its first director), successor and colleague of Werner Heisenberg (a father of quantum mechanics), and Prof. D. M. Roy, materials scientist, member of National Academy of Engineering, Prof. Larry Brown, member of National Academy of Sciences, Prof. Jerry Wolf, Harvard Medical School, Prof. Joie Jones, professor of radiology, U.C. Irvine and Dr. Johanne Boisvert, program manager of Quebec's Agriculture Department, Canada. The majority of the attendees had advanced degrees in science and technology, including over 150 Ph.D.'s.

Yan Xin Qigong belongs to a traditional, Chinese comprehensive and scientific discipline newly formed and awaiting substantive exploration. The "Bigu" phenomenon, which occurs among certain Qigong practitioners, entails the cessation of eating solid food for periods of weeks to months and years while

maintaining a normal daily life. During Bigu, people also experience increased energy, mental clarity, and physical well-being and strength. About 50 scientific reports were presented, including individual Bigu case reports, experimental studies of Bigu at the cell level, qigong health effects, effects of qigong in physical, chemical and life science as well as industrial applications of qigong. People from all walks of life reported their Bigu experience, including a dozen each of U.S. medical doctors and university professors. One of the more dramatic findings presented at this conference was the blood chemistry research that showed the chemical difference and metabolic response that differentiates the Bigu state from fasting.