

**Healing Wisdom From China brought to Centre County**

Qi Gong is not a household word – yet. But if even a fraction of the scientific data and the direct personal evidence presented to an enthusiastic audience of over 500 persons at a conference on Chinese healing practices in the Robeson Center proves true, you will hear a lot more about it in the years ahead. This was Centre County’s biggest gathering of Chinese professionals from all over the U.S. and the world. Organized by Prof. Rustum Roy, it was greeted by Mayor Welch, Commissioner Conklin, and University Vice President Asbury.

Qi Gong is a several thousand-year-old practice for body-mind-spirit development and healing. Some startling benefits in the realm of healing, of cancer, managing difficult pregnancies, and stress-related diseases and so on, were reported. Experiments on the effects of “chi” by the grand master Yan Xin, (a kind of combination of Michael Jordan and Albert Einstein in talents) directly measured on chemical and physical reactions in leading Universities, were as new and unexpected and hence resisted, as the report by Wilhelm Roentgen was 100 years ago when he discovered X-rays. The most intriguing, first time ever, public announcement was the extraordinary phenomenon called “Bi-gu,” (without food). Many of the Yan Xin Qi Gong practitioners find themselves in this state- where they do not need to eat solid food at all-for weeks, months and even years. The conference had over 100 attendees who had experienced this state while maintaining more than normal active professional lives in U.S. corporate and academic research centers. A dozen persons were present who had not eaten solid food for 5-10 years. Large groups of scientists, doctors, both Chinese and Western reported on their experiences. To hint at what could be happening, Prof. Roy used the analogy of a very efficient car like the new Toyota, which can do 100 miles to the gallon instead of only 15 or 20 miles per gallon. The Bi-gu state is a mind-body-spirit “balanced” state which needs only 250-300 calories instead of the usual 2000 calories to run the human engine for a day. Families with young children were among the most intriguing and attractive subjects who were in this Bi-Gu state. Extensive research including continuous 24 hr/day TV monitoring at a major U.S. University provided more evidence on the special nature of this state. The conference was a landmark event as a call to the science and medicine communities for studying carefully its value to U.S. and world society.