

Deliah Rosel - Healing Therapies

Chi-Lel™ Qigong: The Self Healing Method of China's largest medicineless hospital

by Deliah Rosel

Chi-Lel™ Qigong is practiced daily by more than eight million people in China. This potent self-healing art form was recently brought to this country by Master Luke Chan. Luke is the first Master outside of China, certified by the Huaxia Zhineng Qigong Healing Center, the largest medicineless hospital in the world.

The Center, founded in the early 1980's by Grandmaster Pang Ming, M.D. has treated more than 100,000 people with 180 different diseases and achieved an overall success rate of 95%. Dr. Pang is one of the pioneer grandmasters who has opened the 5,000 year old Qigong secrets to the general public, substantiating the miraculous healings at the Center through Western medical diagnostic techniques.

This self-healing form teaches you to balance and move "chi"—the energy that runs in the meridians of your body. According to Chinese medical philosophy keeping this energy balanced and moving promotes health and well-being.

In this workshop you will learn three methods to balance your internal "chi" and expand and exchange energy with nature's Wan-Yan "chi." "*Lift Chi Up and Pour Chi Down*" is the basis of this self-healing art. The 21 minute form will start you on the road to better health. "*Three Centers Merge*" is a standing meditation practice and "*Wall Squatting*" is a previously well-kept secret that strengthens and balances all the meridians in your body. The gentle movements combined with visualizations are easy to learn and simply require daily practice and dedication to achieve the healing results you desire.

You will also learn the skill of giving healing "chi" to others, without depleting your own energy. This is important for healing practitioners as well as anyone wishing to help their family and loved ones.

You leave the workshop having everything you need to continue the practice on your own—with an instructional audiotape to guide you through the exercises and a copy of Luke Chan's book, ***101 Miracles of Natural Healing*** containing a written and pictorial explanation of the form and inspirational stories of people who have healed themselves at the Center. The rest is up to you!

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