

NURTURING OUR TARO PATCHES

BIG ISLAND VISIT BY DR. LIU YA FEI
MASTER OF INNER NOURISHING QIGONG

BY JIMMY TOYAMA

In August 2016 Big Islanders will have a great opportunity to meet and hear from a Master of Inner Nourishing Qigong, a medical form of Qigong. The visiting **MASTER** is **DR. LIU YA FEI** from Beidaihe, Hebei, China. DR. Liu Ya Fei, a Doctor of Traditional Chinese Medicine (TCM) will speak on Monday 22 August 2016, 7 to 9 pm, at the UH-Hilo University Campus Board (UCB), room 100. Her presentation topic will be the **“PATH TO HEALTH AND WELL BEING.”** This Lecture is **FREE AND OPEN TO THE PUBLIC.**

Dr. Liu Ya Fei will also present at several lecture/workshops. The first will be at the Independent Physicians Association (IPA) symposium at the Fairmont Hotel, Waikoloa, 19 to 21 August 2016. Dr. Liu will be speaking to private sector physicians about the theory and practice of medical qigong. At the IPA symposium, Dr Liu will also demonstrate various qigong practices. A beneficiary of medical qigong will share with the IPA symposium the benefits he gained through qigong meditation and movements. Workshops for the general public will be conducted 24 to 26 August 2016 in Hilo, A fee will be charged for each of the 3 day workshops.

Dr. Liu Ya Fei's visit to Hawaii is being sponsored by HiQi4health of Hilo, Hawaii. HiQi4health is an organization made up of people interested in qigong who have attended tai chi and qigong classes and training at the training base at Beidaihe, Hebei, China. The mission of HiQi4health is “to promote health and wellbeing through education about qi cultivation practices to both the community and health professionals.”

Dr. Liu Ya Fei's father, DR LIU GUIZHEN the sixth generation successor of Inner Nourishing Qigong, is known in China as the father of modern medical Qigong and is credited for coining the phrase “Qigong.” Due to Dr. Liu Guizhen's efforts, the National Beidaihe Qigong Hospital was established in Beidaihe, Hebei, China in 1956. Throughout his life, Dr. Liu Guizhen strove to teach and popularize qigong because he personally experienced the benefits of qigong. As a young man he suffered tuberculosis, insomnia, and stomach ulcers which caused him to nearly lose his life. By studying Nei Yang Gong Qigong under his uncle, the 5th generation successor of Nei Yang Gong Qigong, he regained his health.

Dr. Liu Guizhen's legacy is being carried out by his daughter, Dr. Liu Ya Fei, the seventh generational successor. She is a retired Vice Director of the National Beidaihe Medical Qigong Hospital and Training Base at Beidaihe, Hebei, China. This is the only state approved medical qigong hospital in China. Dr Liu Ya Fei is an international trainer and healer with over 20 years of experience. She has taught and practiced in Europe, Pacific Rim, and the United States. As a Traditional Chinese Medicine physician, Dr. Liu Ya Fei prescribes specific qigong forms of treatment for a variety of medical problems such as diabetes, heart disease, digestive problems, and cancer. Treatment outcomes have been documented in research studies.

Qigong integrates physical postures, breathing techniques and focused intention. The word **“QIGONG” (CHI KUNG)** is made up of two words. **“Qi”** is pronounced **“CHEE”** and is usually translated to mean the life force or vital-energy that flows through all things in the universe, inclusive of the human body. The second word, **“GONG,”** pronounced **“GUNG,”**

refers to **ACCOMPLISHMENT OR SKILL** that's cultivated through steady practice. Together "QIGONG" means cultivating energy, a system practiced for health maintenance, healing and, increasing vitality. Qigong practices fall into three classes—martial, medical or spiritual. All practices have three things in common. They all involve a posture, breathing, and mental focus. Some practices increase the qi (vital-energy); others circulate it, use it to cleanse and heal the body, store it, or emit qi to heal others.

NEI YANG GONG QIGONG or INNER-NOURISHING QIGONG, of Dr. Liu Ya Fei's lineage, is a medical qigong and a time honored mindfulness practice that comes to us via 450 years of evolvment from the Ming/Qing Dynasty of China. Historically, like other forms of qigong, Nei Yang Gong Qigong was originally static—quiescent. The quiescent forms of qigong are similar to meditation performed in sitting, lying, or standing positions. There is no physical movements involved. However, in the late 20th century Nie Yang Gong Qigong branched out into dynamic physical movements. Motional forms are embodied in self massage and in the two sets of forms. The first set of forms transforms the muscles and tendons and mobilizes qi. The second form regulates the qi and prolongs life. Mind, body, and spirit are synthesized in both the static and dynamic forms.

These practices will be guided by internationally renowned Master of Nei Yang Gong Qigong, Dr. Liu Ya Fei. In December of this year Tai Ji Master and Physician of Traditional Chinese Medicine, Dr. Feng Yijian, is planning to visit Hilo to conduct classes in Nei Yang Gong Qigong. For people interested in walking the path of Nei Yang Gong Qigong, there are certified and qualified teachers locally who have been trained for seven or more years at the training base at the Beidaihe training base.

For further information call 808 961-6922 and leave a message or email Jana Ching at [<jana.hiqi@gmail.org>](mailto:jana.hiqi@gmail.org)