

COMBAT & HEALING



June 1995 No. 21

COMBAT & HEALING

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ABOUT THE COVER

Our Two Representatives From Sweden, Tobias Duse and Kennett Sjogren. Both of their schools are growing quickly with some of the most enthusiastic students I have come across. Both will be out here for the July camp. Allan Williams and some of his advanced students. Allan teaches on the Gold Coast in Queensland and has been studying with Erle Montague since 1983.

CONTENTS

1 W.T.B.A. NEWS

4 Loyalty & Martial Training

Some words of experience from Michael Babin

6 The Triplets Of Imortality.

From Tormod Ngren Norway. Very Interesting reading.

9 Herbs To Move The Blood, John Ross Perth Western Australia

John Ross, gives some good advice to everyone about using specific herbs to get the blood and qi moving

11 An Examination Of The Role Of The Lymphatics In Possible Curative Phenomenon Associated With Qigong, By Dr. Lindsay Anglen USA.

A long and interesting article from one of our supporters in the U.S.A.

17 Gathering Of The Tribes 1994 By My Hobson.

My shares her experience at the 1994 WTBA camp.

Recommended Reading

Australasian Fighting Arts magazine
POB 673 Manly NSW 2095 Australia

Write for subscription rates. Erle Montague has his own column in this magazine. Has been running since 1973.

W.T.B.A. NEWS

This year started out with a bang and many changes. The grading scheme has been well accepted with one change (one that Steve Bloom DID suggest in his earlier submission), that of Senior Student Grade. Mark Boys was left off the list in earlier editions, so Mark, here you are on the list as a Senior Instructor, Branch (Normanville South Australia), Mike Babin has an article in this edition relating to the problem that we as instructors face in dealing with disloyal students who think that they know it all! This seems to be an universal problem. How do we know who will remain loyal, and how much we should give to students?

China Trip

I will briefly cover the China trip here as it is now the end of May and I have to get this magazine off to the printers. I have just returned from China where I learnt, as previously stated, the five more qi disruptive forms, or Wudang forms. It was one hell of a trip and I wouldn't advise people to try it the way I did it. I originally had arranged with the China Sports Dept. in China to do this trip, but when I saw the itinerary of nine days sight seeing all over China, I changed my mind and decided to do it myself. So I arranged through the only English speaking student of *Master Liang Shih-kan* to meet them at the Wutang station. I flew to Beijing, took an internal flight to Wuhan and then by train to Wutang. To my amazement, there was actually someone at the station to meet me! *Mr. Fu Wen-shi*, an English speaking (of sorts) student of Mr. Liang. Expecting to be taken to Wudang Mountain, I was surprised when I was taken to a small village just outside of Wutang. There, I was told that the Taiji on Wutang Shan was only for tourists (typical), and that I would train with Master Liang at his house! Well, I knew that there would be some kind of 'test' before I got to train with Master Liang, so I was ready the next morning for this. Up at 5 a.m. I was greeted by the class of only five students who were doing some sort of sparring with each other. The fifth student greeted me and using body language asked me to attack him. So I threw an ineffectual punch at him, not wishing to be bad mannered, and he hammered my arm so hard that an instant lump

rose. I noticed, out of the corner of my eye some smiles, "could they be smirks" I asked myself. OK, I now knew what was on, so when I was asked to attack again, I struck this student on the side of the jaw hard enough to knock him down. That was the first challenge, I had expected three in all. Some words from a distance, I guess from Liang and another student came to me. This time, **He** attacked me. Not wishing to be struck again, I moved to the side and tapped him lightly around GB 24 with my right palm, then did the wrong thing, stopped and turned around to see what the master now had to say. This young chap attacked me from behind, a stinging strike to the back of my neck which caused me to see stars! I was not going to go down, so instinctively swung my right palm around striking him again around GB 24. This time I did not pull the strike and Mr. smart arse went down. My neck is still sore and I have trouble turning my head. Not much of a challenge I suppose, but it was enough for me at my age, and I guess this is where the blown up stories of the old Chinese challenges have come from. Probably it was no more than what I experienced. But then I have always said that we must invest in loss in order to gain something great.

The trip was worth it all however as I was then taken in by Master Liang and taught over the three days the remaining 5 short forms which I filmed myself doing each evening so that I have an exact record of what was taught. I was not allowed to film the others so I kept my camera secreted in my room and only took it out when I was supposed to be sleeping. I made some good friends at Wudang even though I was only there for such a brief time. But that seems to be the way with the Chinese. I still have friends who write to me every Christmas and Chinese New Year from Hong Kong when I was there for a brief period in 1981. I'll have more on what I learnt next issue. I am still correlating what was taught and still researching exactly how these qi disruptive techniques work. I had a few done on me and they are quite amazing. Mr. Liang is about early 80s I should imagine, but is still alert and quite strong for his age. His hands still move like lightning and his qi disruptive methods are devastating with a different method for each major point. These are only ever taught within the con-



Our Oslo Group

text of the nine qi disruptive forms though. The forms that I already knew were basically correct with the addition of two more disruptive methods in forms No. 2 and 4.

European Tour

Earlier this year I visited our schools in London, Wales, Manchester, Oslo and Vasteras in Sweden. It was good to meet up with my old friends again, and I regret having to curtail my overseas tours from now onwards. In fact I had to cancel my USA/Canada tour due for March/April this year. Something happened this time. I almost went blind as a result of being broken from my roots for so long and then having to work as soon as I alighted from the flights. I was told by my Chinese Doctor that I would live no longer than 50 if I kept up this pace, due to my extreme sensitivity to the earth, from my training. By the time I arrived at Sweden, I was almost dead on my feet. I have never experienced this before and wish never to again. When I arrived back home, I could only do qigong each morning and slow form which got me back to my normal healthy self. It took around four weeks before I could say that I was firing again. The reason is that I take my teaching very seriously and wish all of my students to have a better life from what I give. If I could be some kind of businessman and not really care what I taught, just taking the money and running, it would be easier. But because I care about my students, I worry that what I am giving them is what they need, and

this is so draining. Energy is literally drained out of the body when one has to give out to so many students at once. It's wonderful though as all of my students are so caring and eager to learn. But from now onwards, you will just all have to come out here to me if you wish me to keep on putting out the information and researching.

Our London lot were just as earthy as usual and a large class learnt the 'Mother Applications' from the small san-sau. Jim Uglow will be here in July for our 3 week workshop for the end two weeks so I urge you all to try and get out to this as it will be one hell of a gathering. I was picked up after the Sunday class in London by Peter Jones and Lee, who drove me to Wales arriving around 11 p.m. that evening! Carlo Carlino (Joke Killer) came with me after having taken the London workshop, and

also up to Manchester. Carlo is a beautiful Italian man who made many friends in England and learnt some profanities from the Welsh contingent! The workshops in Wales were very well attended with around 40 people showing up in Gorseinon. Many from Tony Court's school came along with Tony and most of Peter and Keith's students turned up. Manching also attended.

Up at 4 a.m. on the Thursday morning driving to Manchester. Bill Barnes met Carlo and I at Birmingham for the rest of the trip. The lads in Manchester wanted to do stick work, so we did the nine preliminary training forms over the three days live in workshop. Many sore arms, legs and bodies later, they actually had the whole thing down, helped along by Miriam Barnes, Norma Leggit and Margaret Jones who looked after the whole group cooking wise. It was a lovely idea to have a live in workshop, freezing mornings and clear days out at a orphanage just outside of Manchester.

Up at 4 am again on the Sunday morning for a flight to Oslo where a very large class was waiting for me. Ken Johnson, Steve Bloom, Anita Johnson, Tormod and gentle giant Tron have done an amazing job of spreading the good word about the WTBA in Scandinavia, so much so that I think that Scandinavia will be the biggest growth area for us. Again in a car with Kennet and Tobias our Swedish reps driving across Norway and Sweden to Vasteras a large city about 70 miles from Stockholm where Kennet Sjogren has his school. Kennet did a great job in organizing the workshop with people



Our Swedish Group

coming from as far off as Udevalla and Stockholm.

People who are normally outright skeptics asked to have 'it' done to



Tina Pia & Marco, Denmark

Original Qi Disruptive Form Taught

For the first time, I have taught the first of the nine Qi disruptive forms or katas. While I was teaching in Oslo, I decided to begin teaching these forms to my friends only. And as my Oslo group are all my friends... I was delighted at the excellence most in the group picked up this short but very complicated form. I have never before taught this or any of these forms to anyone other than my own children. And I will probably not put them onto tape as I only wish to teach them personally. Well, maybe a special tape for specific *TRUSTED* students.

For the first time, I have taught the first of the nine Qi disruptive forms or katas.

We had some brain drain at the end, but it was worth it. The 'testing' was also done to demonstrate the effectiveness of these disruptive methods.

them, and they are always amazed at the outcome when they try to use their muscles straight afterwards. I am happy in not traveling so much or even at all now as I have made sure that my schools and those who represent me overseas are of the very highest standard. And with a solid structure to the organization and sub-organizations, those schools will grow and prosper. I now have students who are of higher standard than any I have ever taught, both in North America and Europe.

Our funds are slowly growing for the Marae and clearing and building should begin this year. Unfortunately, Tim, our treasurer will be shifting house down to the South Coast of NSW in Australia. Tim will set up a school in his new area as his standard has increased greatly this year. I will be giving more and more work in the way of workshops to my advanced students from this year onwards to give them the practice they need to advance themselves.

I look forward to seeing and training with many of my friends in July at our first 3 week Instructor's camp, the first of many I hope.



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Loyalty & Martial Training

by Michael Babin

In the last year or so, I have noticed a disturbing trend in articles written by leading tai chi authorities: Erle Montague in Australia; Dan Docherty in England and Dr. Yang Jwing-ming in the United States. The tone and/or substance of their comments makes it obvious that these instructors feel betrayed in some way by former senior students.

Speaking from my own experience, I certified only two senior students as instructors before switching over to Erle's forms and methods a few years ago. One of these had studied with me for five years, pestered me to be certified and, after successfully testing, immediately stopped practicing tai chi, much less beginning to teach it.

As betrayals go, this was relatively mild, he didn't slander me, steal my students or my wife. However, it still hurt to know that the long-term effort I had invested with him was, in a sense, wasted. "How sharper than a serpent's tooth is an ungrateful student" to paraphrase Shakespeare.

Money has a way of corrupting relationships and the loss of a previously close relationship leaves the instructor feeling betrayed and exploited

Over the years, there have been other minor betrayals and, sadly, the root cause of martial disloyalty often seems to be ego and money. Either the senior student feels (usually prematurely) that he or she no longer needs the instructor or decides that there is a good living to be made by exploiting what they have learned or their former relationship with the instructor (especially if the latter is well-known).

Money has a way of corrupting relationships and the loss of a pre-

viously close relationship leaves the instructor feeling betrayed and exploited. We end up thinking of our senior students as being, in some ways, almost like our children. When they act in a way that we don't approve of or in a way that we know is wrong, it hurts in a way that can't be appreciated unless you've had that kind of relationship (or been a parent).

In addition, as in any relationship, it's difficult to really know someone until you've been close to them for sometime. Initially, a student can seem personable, talented and ethical and end up being anything but!

Even one such incident can leave an instructor reluctant to put as much into subsequent teacher/student relationships. When I first started teaching t'ai chi in 1985, I was full of good intentions. None of this old-world elitist reluctance to give "the good oil" to any student who came to class. I would be a shining example of sharing everything I knew with anyone who wanted it, upon demand.

A decade later, my attitudes to teaching have certainly changed. I have acquired a great deal of sympathy for those old-timers who refused to share the essence of their understanding unless they were reasonably sure of the motives and aptitudes of a student.

Now, I'm not saying that the average student of today should kowtow to an instructor, shower him or her with presents and hang around their front door day-and-night until accepted as a student. Such may have been appropriate in another time, another culture, it's not so appropriate today.

It is also true that good students are almost as rare as good instructors; but, at least for the first few years, the student who wishes to learn deeply needs the instructor more than the latter needs students!

Conversely, it is also essential that the instructor not give up on the

teaching process simply because of one or two bad experiences over the years.

What The Student Owes the Instructor

As a beginner, you owe your instructor the respect and courtesy you expect to receive from him or her; combined with patience and effort to learn the skills being offered. You should try his or her approach for at least six months to a year before switching teachers or stopping altogether.

You can rationalize any form of human behavior and disloyalty is no exception.

As a senior student, you owe your instructor that same respect you expressed as a beginner combined with loyalty. This, however, should not be a feudal willingness to suspend your ethics or disbeliefs and "do what you're told, no matter what".

Rather, martial loyalty implies an honest and mutual exchange and the willingness on your part to trust the instructor's motives and skills without losing sight of the fact that he or she is human and will make mistakes.

Good senior students are essential to an instructor, they challenge him or her constructively, ensuring that he or she continues to evolve as a martial artist and stays on track. In the days of the ancient Roman Republic, a successful general would occasionally be allowed the honor of parading at the head of his troops in Rome itself. By tradition, a servant rode behind the general in his chariot, whispering "Remember, you, too, are mortal!"

Just as with martial instructors, this doesn't always work and some be-

come egoists content to surround themselves with students whose only talents lie in flattery and/or hero-worship.

The Chinese, ever pragmatic, were on the right track with the Confucian concept of loyalty which, though extremely strict and hierarchical, had a safety valve — if you successfully revolted against the Emperor than it was obvious that Heaven was on your side and that you deserved to replace the old dynasty with your own!

You can rationalize any form of human behavior and disloyalty is no exception.

In the end, loyalty is a two-way street, both the instructor and the student must contribute to the relationship if it is to survive and help both to evolve as individuals and martial artists.

Editor's note:

So, for all you wingers out there who winged that you did not see a Michael Babin article last issue, here he is back again! It was my fault as I had to be overseas and had to get the magazine finished before I left, hence Michael's article being left out as I had not received it from him at that time.

However, we now have five articles from Michael (how did he get to have two children!) who must have been working all day and night to get them to me. Michael Babin is one a W.T.B.A. friend and exceptional martial artist in the true sense. Should you ever get to one of his workshops, it will be well worth the travel and time.

Erle:

New Videos From MTG Publishing:

Dim-Mak A To Z

Volumes 1 to 5 are now ready. 6 should be ready by the time this magazine goes out. And Volume 7 should not be far behind.

New Book:

Dim-Mak's 12 Most Deadly Katas

Published By Paladin Press in the U.S.A. It will be published in May 1995. The cost will be US\$25.00 plus postage. By Erle Montaigue.

Paladin Press already publish authors of the WTBA.

Michael Babin:

T'ai Chi Ch'uan, The Martial Side:

Erle Montaigue:

Advanced Dim-Mak

Dim-Mak Death Point Striking.

Tape: "Secrets Of Dim-Mak"

Erle Montaigue & Michael Babin:

Power T'ai Chi Ch'uan, published in September 1995, one that everyone has been waiting for.

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The Triplets Of Immortality

By Tormod Ngren (Norway)

Martial arts, like any other human endeavour, is basically built upon souls urge to grow into perfection. Of course, there is the element of survival, health, fighting, the need of self-affirmation through grace and admiration and all that. Whatever the driving force, it really does not matter. in the long run, maybe what's going on is simply the moth's helpless, irreversible and predestined flight towards the sun. The beautiful symbolism of this is reflected in man, our world's most sophisticated creature. It just so happens that the human moth loves drama and never stops imagining, creating turmoil, making the journey less obvious. He manages to create such a nest of non-necessities, that he loses touch of himself. He starts to doubt himself, his abilities, his immortality and becomes more absorbed in the mire of delusions than the clean, simple journey towards self-recognition. In contrast to the flight of the moth, man survives.

Once born into this world of duality, we lose track of our innate nature and through the sense-organs get caught up in the affairs of the world. The Buddhists say we start to suffer, the Christians talk about inherited sin and so on. Obviously what the religious teachings have in common is a diffuse memory of another state that we were also, in addition to this one. Of course, clouded with the superstition, the emotions and intellectual merry-go-rounds on our planet, the final product that makes up our religious doctrines rely on everything else but the simple journey back, the liberation of soul in man, God-realisation or whatever word comes closest to your heart.

How does this relate to a martial artist, whose interest is cultivating chi for fighting and/or healing, who spends hours and hours over, on bagwa, dim mak or whatever? Depending on the level you are working on, I think at one stage it becomes inevitable to disregard the inner pull. Whatever began as a fas-

ination and a juvenile search for the mystery forces, develops, if it is nourished properly, into something else.

What happens in a man when he inwardly feels that his grandest achievement through decades of sparring is the touch of healing? What a cataclysmic waste of time! Wouldn't you say? I want to be a 'fearsome fighter, perspiring testosterone in buckets. Don't give me this crap! Give your enemy a hug! - Is that what comes out of endless hours of training? If healing is what it is all about, why not spend the time at med. school and really do it?

No, my dear friend, you see what can be expected when tuning into the martial arts with your whole self. The raw material is carved and cannot afterwards do anything but shine, because it is its nature. There is no longer a conscious showing off, no performance, no effort or technique attached to this, simply ... being ... here ... now. ... "isness, hereness and nowness."

From this comes everything. The intention was never to fight, but to recognise soul within.

***Once born into this world
of duality, we lose track
of our innate nature and
through the sense-organs
get caught up in the
affairs of the world.***

If I may, I would like to go some more into details on this matter. The instrument we call martial arts is in fact a fantastic tool to refine or carve raw material into jewels. As probably most people have come to realise on the way, an excellent tool is no guarantee for success. There is still the individual's level of development and intention that determines how far he or she can progress. As said earlier, you may start the path being fascinated and wanting mysterious chi to push your opponent twenty feet away without even touching, you may

want to be the biggest, the best whatever . . but as you grow, your ambitions change and the insight that follows pulls you in new directions that initially seemed dull, pointless or just not there . .

***whoever doesn't change
with the winds, will be
rigid and die.***

Actually, in the old classics , it states quite clearly that whoever doesn't change with the winds, will be rigid and die. In other words, to reject progress is to stagnate - and to stagnate is to loose. In the practical sense., this means that it literally becomes impossible to be "just" a good martial artist on the physical and the chi level if not also the refinement of the shen (spirit) follows.

Starting with chi gong/ t'ai chi training makes yuan chi return to the ming men. This is an ignition of dormant fire that initiates a lot of healing and anti-aging forces. Jing is created, recreates, converts into chi and finally to shen. In this running course also the emotional and intellectual energies connected to the organs undergoes an energetic transformation. Through the three jiaos (triple heater circulation) the yuan chi that arises from tan tien activation , will flush through the basic organs and literally clean them ad modum the five element system.

With proper chi gong training , gestalt therapy or any similar supporting act, one may lose the mental garbage stuck in the organs and be free of their pathological inductions to the system. Simply technique is not sufficient to cool down a hyperactive liver, resulting in aggressive tendencies. An inner reflection and realisation of the illusive nature of our emotions /intellect is also required. Otherwise our martial training will be no more than an analogue to a pain killer pill, what regards to balancing our Inner selves. You will feel good after training, but maybe just

a few minutes later the pathological functions of mind induces more fire, dampness or whatever , entering into the mainstream of society. The keyword is detachment through insight, a quality that is easily attained, supported and induced by chi-strengthening exercises.

There will probably just be a handful of brilliant martial artists around at any time, who have mastered the complete development process. Certainly, many will claim such a status but the claim of itself simply tells the world where in the kingdom of vegetables they are, at the time . Still, the feeling of mastery or 'spiritual' freedom can be accomplished for us mortals, the same way the "gurus" have - through the here and now.

***There will probably just
be a handful of brilliant
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any time, who have
mastered the complete
development process.***

Here and now is in fact the key to it all . Because the value of "here" is a term not bound to geography. it is rather a feeling of self. If you are in Australia, in the UK, Scandinavia of the States, the feeling of being "here" is the same everywhere. It is just the physical surroundings that change and plug into our- senses a separate understanding of Space ;'which is "here and not there. Spend some time - contemplating on this and you will probably realise that in no way can you ever be separated from anything, as long as you move in the "geoplasm" of here. . To be some megalomaniac, one may say that through "here" you are everywhere - now.

The same applies for time. The breaking up of existence itself into 24 hours cycles is convenient as nature follows this rhythm. Even our bodies do. Nevertheless, time

tends to limit our understanding and thinking. Basically I think this has to do with the fact that introducing this way of monitoring existence and placing phenomena into order, tilts us away from "now" and into a yin/yang wandering from the past Yin, back and forth into the future yang, sometimes through the nowness. Due to the way society is based on not being present now, very much of our activities follow this order. The - state- of now is constantly were the demands of life are not met. Always something has to be improved.

The whole juvenile period is spent indoctrinating us that our present state of life is just transient and of limited value. Asking a kid "what will you be when you grow up" is acceptable maybe a few times, but many times is criminal ! The kid will start to think that he isn't complete until he grows up and into the role. The only sensible answer to such a framing question should be "me". The investment on education will bring you the Job and social acknowledgment that will give you self-realisation etc.... Still, when the future becomes now to the individual, this false yang activity induces new parameters of life that need to be filled , before .. the individual can be happy . When the goal is reached, one turns into the past to live on the memories , simply because the instrument of experiencing "now" is retarded. In a way this is a worse retardation to Soul than that of our mental disabled persons. For instance a person having Downs syndrome is much more in the now than us, because he doesn't buy the illusions of time that we swallow . Sadly, it usually takes a serious disease or another personal disaster to get out of the time - trap.

Living now is like when you're occupied with something that takes your Interest and suddenly realises that you have been in it for three hours and not 20 minutes as you had planned. Being now also means thinking like ; two years ago when you were in bed with

that beautiful woman at the Plaza - you were here and now not there and then. In two years you will still be here and now. You can never be more than here and now. but you can certainly be ignorant of it.

If you also can accept the simple fact that you actually are - you are - you exist - not your body or the person you make up today, but you - then you already have defeated the major illusions that keep us spinning on this planet and glimpsed what the Ancients called the Wu - the great void. Often they referred to it as emptiness, but that is probably In lack of ways to describe this state of Soul. If you have had the privilege of out of body experiences you might know this , but this is not necessary.

Here, now and being of itself is actually one and the same feeling or experience of ourselves as Souls . It is practical to separate it so that them mind can grasp the idea, but it is artificial to separate here from now, from beingness. If you just a few times plug into this state of being, the mere change of consciousness will trigger off an expanding soul energy that fills the gap between soul and the sense-organs. It is the true beginning of the mystery that doesn't stop. You may want to think of these basic qualities of being as rest points or doses of absoluteness that we can plug into and experience " the kingdom come" today - without having to be a saint. It is almost like small neutral energy-zones where the worlds of duality cannot penetrate..

Conclusion:

A subtle change of attitude - from the world that goes yin/yang all the time and into the here - now -beingness , maybe the only indicators of non yin/yang existence, you can also enjoy the prosperity and wealth as could the old saints and masters . Whether you will succeed or not, simply depends upon your willingness to let go of the things in the dual world that attaches you to it. You don't have to be drastic about this. If you di-

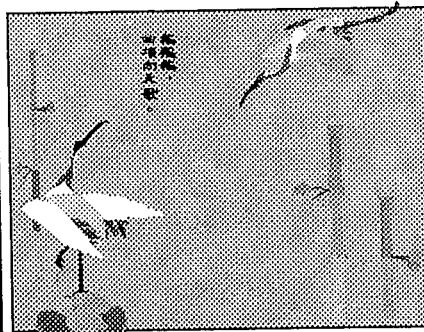
vorce your wife, quit your job and end up by the feet of a holy man in India - to experience the here and now - then maybe you have not understood the points of this articles. If you want to withdraw from materialistic living and spend most of your time eating grass and banning the civilized world, still you have not understood.

The more you dwell in the here and now and the consequence of the here and now, the less will be your attachment to the outer world.

The issue here is that whatever fills up your consciousness at any given event in time - in the here and now determines the level you are at. The more you dwell in the here and now and the consequence of the here and now, the less will be your attachment to the outer world. This is just as difficult for a poor as a rich, for a genius as an idiot, for a master as a novice.

The final transformation then will occur and Soul will manifest in your daily life, filling each and every corner with knowledge, love and beingness , Instead of a restless ship, traveling anywhere it sees, a flash of light, you are now the light yourself, master of your own destiny and a light to your fellowman.

Thank you for sharing the here and now with me ...



JULY CAMP

The free 3 week instructor's advancement training camp is filling up fast. In fact at this time we have over 60 people booked from all over the world.

Many have asked about the training and what we will be doing.

I always work the content when I see who is attending. However, I should imagine that we will cover a major form, either Cheng-fu or Lu-ch'an. Then we will also begin the 10 Dim-Mak/Fa-Jing Ch'uan forms as well as push hands and probably the first of the original Wutang Qi disruptive katas or forms.

I will be attending the camp from the major part of the training, around 2 hours early morning and then again afternoon for around 1.5 hours. The rest of the time will be spent training with all of the other instructors who attend or going over what you learnt at the previous lessons etc.

Obviously many who have not been out to Australia before will wish to see some of this great country so we will pass around the hat and get some money together to hire a bus perhaps on a week day to go see some highlights of this diverse area.

The accommodation will be sharing, so please just cope with being in with other people as it's only for 3 weeks and one hell of a lot can be learnt in this time. So make do with what we've got and you will definitely get what you came for. More knowledge and understanding of the internal martial/healing arts.

Herbs To Move The Blood

By John Ross WTBA Senior Instructor
Western Australia

Traditional Chinese Medicine describes two conditions: "Qi Stasis" and "Blood Stasis" which are of interest to the martial artist as they are often incurred by traumatic injury.

Qi stasis refers to a condition where the circulation of qi in the body is blocked or impeded. It usually causes local symptoms of swelling soreness, aching and muscle tightness or generalised symptoms such as cold hands and feet, and emotional erratic such as depression vacillating with irritable or anger.

Blood stasis is considered one step worse than qi stasis and indicates that the blood is not circulating correctly.

Blood stasis is considered one step worse than qi stasis and indicates that the blood is not circulating correctly. This usually causes symptoms of severe sharp pain and abnormal growths of tissue, (such as tumour, cysts or bruises).

Qi and blood are independent, yet closely related in the human body. Should blood stagnate, the qi will stagnate. Blood is known to be the 'mother of Qi' as it nourishes the qi, whereas qi is known to be the 'mover of blood' as it gives blood the drive to circulate.

Proper qi and blood circulation are of great importance to the body's well-being, not only physically, but mentally, emotionally and spiritually. It is common to see a person who suffers from severe blood and qi stasis, to also suffer from severe imbalance of the emotions and mind.

It is of great benefit if a martial arts instructor is able to observe his or her student's state of qi. For instance, should a student have qi stasis in their body, the qi is circulating poorly to some areas of the

body. (as typically seen in someone with cold hands and feet). This can be a dangerous situation when the student works out hard without sufficient warm ups. Broken capillaries and tissue will be harder to repair than in a normal condition. Blood stasis can be caused by severe bruising to the body. Too much bruising strains the body significantly. When bruising occurs, the blood actually dies in the area due to the damage to the capillaries. This means extra work load for the body as it has to push new blood through the area which has become stagnant and then push the old dead cells further on to be broken down and excreted by the liver, kidneys and bowels. Chinese Medicine offers many medicinal plants and substances which help to move the blood and dissolve blood stasis. Generally when 'blood movers' are used, 'qi movers' are also added to give extra support.

As mentioned above, qi and blood are inextricably linked so it helps and works together with the other. An excellent 'blood mover' is the *peach kernel*, (*tao ren*). Another good mover is *safron* (*hong hua*). *Tumeric* is another mover which is commonly found in the house. Vinegar is a substance which helps move qi and blood and will also thin the blood at the same time. It is therefore useful to take small amounts of vinegar daily with your herbs if you are treating bruising, qi or blood stasis.

These herbs can be taken in the form of strong tea to affect the whole physiology of the body.

These herbs can be taken in the form of strong tea to affect the whole physiology of the body. They can be applied externally, directly into painful bruised 'blood stagnant' areas. In this case the herbs can be ground up finely (using a blender or coffee grinder)

and then added to sufficient honey to make a paste. This can be applied onto the skin and then banded up and left overnight and changed the next morning.

ANGELICA

An extremely valuable herb used for both moving and tonifying blood is 'Angelica' or (Dang Gui). When blood in the body is tonified, bruising is less likely to occur. However, when tonifying blood, care should be taken to also move the blood slightly. Angelica is superior in this sense, as it successfully does both. Tonifies and moves the blood.

CAUTION!

A note of caution for people using these herbs. These herbs have a powerful action on the body and should not be taken if a woman is pregnant or if a person is very weak and frail.

The following is a combination of herbs that I have found to be excellent in my clinical work in the treatment of external injuries for strain and sprains, bruising and any blood stasis.

I must stress, it is only to be used **EXTERNALLY!**

APPLICATION & PREPARATION

It can be applied by firstly simmering the herbs in water for approximately 10 minutes, then soaking a towel in your herbal mixture and apply warm to the injury. (15 minutes)

By grinding the herbs and adding honey, apply as a poultice in soaking the herbs in 80% alcohol (Vodka etc.) for approximately one month or more.

Ru Xiang (Olibanum Gummi):	9 grams	Reduces swelling and promotes healing. Invigorates blood and promotes the circulation of qi. Relaxes the sinews.
Yuan Hu Sua (Corydalis Yanhusuo Rhizoma)	9 grams	Reduces swelling and promotes healing. Invigorates blood and promotes the circulation of qi. Relaxes the sinews.
Yuan Hu Sua (Corydalis Yanhusuo Rhizoma)	9 grams	Invigorates blood, stop spain, moves the qi.
Tao Ren (Persicae Semen):	6 grams	Breaks Up Congealed blood.
San Leng (Sparganii, Rhizoma):	6 grams	Forcefully breaks up congealed blood, moves the qi, alleviates pain.
Shen Jin Cao :	12 grams	Invigorates blood and eases pain.
Tou Gu Cao :	12 grams	Invigorates Blood eases pain.
Hong Hua (Carthami Tinctorii):	9 grams	Invigorates the blood and dispels congealed blood and alleviates pain.
Jiang Huang (Curcumae Rhizoma { Tumeric }):	6 grams	Invigorates blood, moves the qi to stop pain.
Ze lan (Lycopi Lucidi, Herba):	6 grams	Moves the blood, invigorates the blood to lose swelling.
Sheng Jiang (Zingiberis {ginger}):	6 grams	Warms and soothes.
Rou Gui (Cinnamoni Cassiae Cortex { cinnamon }):	9 grams	Warms the channels and alleviates pain.

AN EXAMINATION OF THE ROLE OF THE LYMPHATICS IN POSSIBLE CURATIVE PHENOMENON ASSOCIATED WITH QIGONG

By Dr Lindsay Anglen

Qigong when translated into English means something to the effect of “energy work” or “vital energy techniques”, as far as I can tell. I have studied qigong and such meditations for many years with varying degrees of success and understanding. I have come to believe in health benefits from the practice.

Taiji is a form of qigong. It is recognised by its slow purposeful movements and the seemingly tranquil state achieved by its practitioners. It is used in some orthodox treatment facilities for various illness and conditions that are hard to treat by orthodox medical practices.

Qi is some mysterious energy that flows in and around us and when explained sounds like a discourse from the venerable Obi Wan Kenobi in the STAR WARS movies. Some theorise qi to be an electrical phenomenon. It has been found that there are currents of electrical energy on the surface of the skin that flow in the patterns attributed by the ancients as being those of what are known in the west as “acupuncture meridians.” Whether qi is entirely electrical, or if electrical changes are simply effects associated with other processes is debatable.

In the process of researching possible mechanisms behind historical claims concerning health benefits from the practice known as qigong, I have come to realise and appreciate the many different levels that people come from, when discussing this topic. As far as technical levels there are those unfamiliar with qigong entirely who think it is a Chinese culinary dish. Others may be like I was twenty some years ago who have stumbled across some books on Taiji by Gia Fu Feng, or an obscure book on Silk Weaving Exercises. Others may have been oriental Medical Doctors in Taiwan for many years such as a friend of mine (Ken Fish) in Gaithersburg, Maryland. Others such as Jim Lacy have studied martial qigong for over a decade. Interest levels also differ widely.

The area in which I have found the greatest disparity, is in the efforts of lucid explanation of what actually occurs in qigong. I have seen and heard explanations ranging from qigong being “nothing more than deep relaxation responses” to something to do with controlling the electromagnetic fields from and surrounding the earth. I, myself, have tried to research with as scientific a mind as possible what is really occurring.

The process has often felt like an archaeological expedition. I feel very excited when I unearth some small tidbit of information possibly related to the health practices of qigong. Keeping in mind the different levels of interest and technological knowledge possessed by potential readers, and trying to keep as scientific as possible I would like to elucidate on a physiological mechanism that I feel responsible for some of the health benefits noted from the practice of qigong.

*because I have not seen or
done something does not
mean it can't be seen or
done*

I would like to take a moment to give my definition of scientific. To me it is synonymous with truth. If it is true it is science. Of course many things are true according to the person's perception (i.e. is a specific painting “art” or not). However, many things are not perception based. Such things are not validated by a consensus of “people in the know”. For example, many contemporary scholars of the Wright brothers felt it was impossible to create a flying machine. But the outcome of the Wright brothers' attempts was not dependent on the belief of such “scientists”. Similar things have occurred frequently in history (ex. Man going to the moon). Some continue to disbelieve even after the event occurs. So in writing this article I

will try to stay with what I "know" is true, avoiding speculation.

At the same time I won't be discounting theories of others. Simply just because I have not seen or done something does not mean it can't be seen or done. It just means that I have not seen it or done it.

The human body to a large extent is electric. The brain is similar to a car battery in that it is a hollow box filled with electrically charged fluid, and it sends its electric charges down wires called nerves. We also know that each individual cell in the body is electrically charged also. To keep these little electric cells powered they must convert glucose to energy. Also the potassium inside the cell must be kept high and the sodium must be kept low. Excess fluid and sodium are bad for the cells.

Blood pressure is effected by the amount of fluid in the vessels, and draining excess fluid puts a strain on kidneys.

Too much fluid in tissue may cause deem and swelling and can be uncomfortable. Sodium effects fluid retention. Many people with cardiovascular problems are advised to restrict their salt intake. Blood pressure is effected by the amount of fluid in the vessels, and draining excess fluid puts a strain on kidneys. Too much water damages crops, and can also damage human tissue.

The blood proteins of albumin, globulin and fibrinogen help keep water in the blood stream by what is known as osmotic pressure. Because of electrostatic charges proteins (which are negatively charged) pull positively charged sodium to them. This pulls water in a related fashion.

Blood passes through larger vessels into progressively smaller vessels until it reaches the smallest vessels known as capillaries. In the capillaries the exchange of

gases and nutrients contained in the blood occurs with the surrounding tissues. Capillaries are so small that single normal sized red blood cells can pass through only one at a time. Capillaries have pores that allow dissolved material to pass through, but these pores are too small to allow red blood cells to leak out (under normal conditions).

Dissolved blood proteins will leak out of capillaries into the interstitial. The interstitial is the space between individual tissue cells. If each cell was a separate room, then the interstitium would be the hallway between, if each cell was a separate crop field, then the interstitial would be the irrigation canals running between them.

Once in the interstitial, dissolved proteins cannot just easily jump back into the blood stream because of the afore mentioned osmotic pressure. They must return via the lymphatics.

In several encyclopedias it has been written that if an individual goes into a state of shock the capillaries can dilate and plasma proteins and fluid can leak out of the blood stream. As a result of shock death can occur very quickly. Shock can occur from electrical jolts, physical trauma, or even severe emotional trauma. People have been said to go into shock from hearing about the death of a loved one. If this is true, then the event doesn't need to really happen; as long as the person really believed it happened.

The same process can occur on a small level and one can experience as a result: pain, inflammation, decreased energy, high blood pressure, etc.

As brief explanations, lets start with pain:

One reason pain occurs in muscles is hypoxia. Hypoxia is an abnormally low concentration of oxygen. This happens to runners who run so fast they go into "oxygen debt". The muscles scream for oxygen. Lactic acid builds up also, but this is not the main reason for intense short lived pain, but can re-

sult in longer lasting aches. Protein trapped in tissue draws water to it creating a boggy swollen condition. This area becomes somewhat "stagnant" like a marsh. A small circulating stream, if dammed, can become a stagnant marsh. This, resulting lack of circulation, prevents the proper influx of oxygen resulting in a state of hypoxia. Decreased oxygenation can also result in decreased energy. Obstruction of flow and trapped fluid needing to be drained can result in increased blood pressure and increased work load on the kidneys.

It is known that it is the role of the lymphatics to bring these trapped proteins back to the blood stream. When fluid leaves the blood stream it becomes the domain of lymph. Interstitial gradually flows into small tubes called lymph capillaries. These flow into larger and larger vessels that have one way check valves. These valves are important to prevent the back-flow of lymph in the wrong direction. The lymph vessels flow into lymph nodes. Lymph nodes produce lymphocytes and plasma cells. They are an important part of the immune defence and antibody formation. They also act as miniature purification plants. Finally the lymph vessels flow into the subclavian vein and the nutritive material is returned to the blood stream. Lymphatics keeps blood proteins circulating.

The fluid as it leaves the blood stream is supposed to be loaded with a whole bunch of good junk that is thorn to nourish our cells. This fluid flows into the interstitial irrigation canals) and bathes all the tissues (crop fields) supplying them with nutrients, and at the same time draining off waste products and any accumulated toxins. If negatively charged proteins become trapped in the interstitial several adverse changes will occur. The area will become oedematous and swollen, resulting in a flooding of the "crops". Stagnation will result, and this will cause a state of hypoxia to occur thereby starving the tissues of oxygen. Proteins can become trapped because of physi-

cal trauma such as a blow to an area, a burn, or electrical shock. We have also discussed how it may occur from emotional trauma. Again another reason we cannot afford the luxury of a negative thought.

"Movement of Lymph towards Heart depends partly on compression of lymphatic vessels by muscles of limbs and partly on 'suction' created by movements of respiration" taken from *ILLUSTRATED PHYSIOLOGY*, McNaught and Callander, Churchill Livingstone Publishers., Third edition, 1981. page 112.

Deep breathing and muscular movement is necessary to move the proteins back into the blood stream by way of the lymphatic system

Deep breathing and muscular movement is necessary to move the proteins back into the blood stream by way of the lymphatic system. They are the 2 components that completely power movement of lymph. To eliminate lymph flow, simply don't move much and also just breath very shallowly. This is one reason why too much bed rest can make us more sick. Even passive movement (when someone else moves us) is very beneficial.

Those familiar with qigong will see some of the direction I am heading with my chain of thought. Taiji is a popular form of qigong being a series of slow movements combined with a method of deep abdominal breathing. Not all qigong has movement, but all the various methods that I know of involve deep breathing. Concentration of the mind is important also.

Trapped proteins can become denatured also. Proteins can become denatured when they are in too acidic of an environment. Our body can (and most Americans bodies have) become too acidic from our sugary, preserved, car-

nivorous diets. Tissue can also become too acidic from an increase of carbon dioxide, an increase of lactic acid and a decrease of oxygen.

Due to the chances of electrical charges at a small localised tissue level (due to trapped electrically charged proteins); the influx of positively charged sodium and the associated decrease in oxygen can accelerate. Ion transfer in our body occurs to an extent due to electrostatic repulsion and attraction. Trapped proteins in several ways cause things to cluster and become difficult to move.

Trapped or clustered protein can be dissipated by correct electrical fields of varying sorts. Many Chiropractic Physicians, physiatrists, physical therapists and the like have found this true from clinical experience. The application of therapeutic ultrasound, electrical muscle stimulation (ex. TENS), and methods of this sort have been clinically effective for removing pain and deem. Acupuncture has been shown to cause small bio-electrical changes in tissue.

It's possible that improper electrical fields can cause a worsening of the problem. Statistics show that people who live around high tension power lines or work around unusually strong electrical fields may be more likely to have certain health problems.

Dr. Samuel West wrote an equation to explain some of these processes. Briefly: life processes in our bodies electrical energies. (It's true if you remove the electrical source (the brain) we die. If you pinch (compress) or cut a nerve (electrical wire) to any tissue or organ, the organ will malfunction or die to some degree as a result. That is why Chiropractic has had reported remarkable cures of individuals suffering from certain illnesses. Chiropractic removes irritation of nerves occurring at the spinal cord level where the majority of nerves exit the central nervous system at a cellular level, if there is interference with a cell's individual electrical field it will start to screw up.

Our electrical energy = our delicate mineral balance. We have already discussed briefly how certain minerals have specific electrical charges. Potassium is negatively charged, sodium is positively charged, oxygen (which is an element) is negatively charged etc.)

Our sodium and potassium pump = our electrical energy. (This pump works in our body to separate the charges. In a car battery we have a separation of charges that provide the batteries energy as the current runs from one charged area to another. The battery runs down if the charges lose their separation. We can recharge a "dead battery" by jumping it from another car, which causes a new separation of charges.] An upset electrical balance = an upset life process. Excess fluid, excess sodium, etc will upset the electrical balance around the cell. Imbalances will upset the little electrical generators.

In one published research study that I did, I evaluated the changes in skin electrical charges that occur when doing a specific qigong, I did this by measuring changes in electrical resistance on specific points on the skin. The points I used as reference points were the Yuan (source) wrist points. These points are acupuncture points that occur on the wrist. These points have been accepted for quite some time to be areas of lowered electrical resistance (increased conductance). There is a method of acupuncture evaluation that uses an instrument that measures these subtle electrical changes. This method is called ryodoryaku. Acupuncture treatments are then prescribed according to the findings of the readings. This form of evaluation simulates the traditional method of evaluation known as a "pulse diagnosis".

The instrument that I used is called an EMI (electro meridian imaging) and has a calibration control to take into account the factors of ambient and dermal moisture when measuring (as these effect skin conductance). Measurements too low or too high are considered bad. Acupuncture has been shown to balance out improper electrical

readings. In my study it was found that qigong also tended to balance out these areas also. It tended to bring down measurements that were too high and bring up areas that are too low. I have done some preliminary studies that have shown that some qigongs may actually cause imbalances to occur or worsen.

I believe that one mechanism that could explain this electrical change involves the lymphatics. If localised tissue bio-electrical irregularities are due to trapped electrically charged proteins (and the resulting cascade of events) then deep breathing and muscular movement would no doubt influence changes in this event, by moving the trapped components back into the blood via the lymph. We have already seen documented that the 2 components of lymph flow are muscular movement and respiration.

In Chinese medicine there is a lot of talk of ill health being the result of stagnant qi and blood. We can see from the above explanation how this might actually occur.

To quote from *Zhang Dai-zhao*: "According to TCM (traditional Chinese medical) theory and its differentiation, the main causative factors for the incidence of tumours and their pathological mechanism are due to Di, blood, phlegm, toxins and deficiency (respectively). (Their detailed discussion) is as follows.

Disharmony of the Qi and Blood means the imbalance of the Qi and Blood. When Qi is mentioned in Chinese medicine, it may have (either of) two meanings. One is the gaseous Qi of the atmospheric air. This is what in Chinese medicine is called Heavenly Qi (Tian Qi). Its abnormalities (in the human body) may manifest as asthma and tympanites. Another meaning of Qi is the various normal physiological functions. For example, among the five Zang [heart, liver, spleen, lung, and kidney. These are the yin/solid organs of transformation article authors note], the normal physiological functions of the heart are referred to as Heart

Di; the normal functions of the liver are Liver Di; the normal functions of the spleen are Spleen Qi (or Stomach/spleen Di) and the normal functions of the lungs are Lung Di.

Blood is the essence within the body which is derived from water and cereals (i.e. food). Normal functioning depends upon the balance of qi and blood in the body. If the qi and blood lose their balance, stagnation of qi and stasis of blood may result and which will (then) manifest as masses due to conglomeration of Qi and Blood.

The normal body fluid, such as the right amount of fluid within the thoracic and abdominal cavities, is referred to as Jin Ye. The body fluid tends to accumulate excessively in the interior of the body due to contraction of disease and failure to evacuate timely pathologic fluids, such as (inappropriate amounts of) thoracic and abdominal fluid and puffiness of the head, face, and limbs. Liquid retained in between the skin and flesh is called phlegm dampness in Chinese Medicine. If the phlegm and dampness fail to be dissolved over a protracted period of time, they will congeal and form a mass or an object causing swelling."

THE TREATMENT OF CANCER BY INTEGRATED CHINESE-WESTERN MEDICINE by Zhang Dai-zhao, translated by Zhang Ting-liang and Bob Flaws, Blue Poppy Press, Boulder Co. pp 15-17.

In this book it discusses the treatment of cancer from both a western and Chinese perspective. From it we can see the importance of avoiding stasis of blood and qi. It seems to define trapped protein and the resulting deem as "phlegm dampness" ("liquid retained between skin and flesh). Di, if it is considered to be bio-electric in nature, fits right in with this essay. The importance of timely evacuation of lymphatic fluid is also referred to. It seems to me what is termed blood by Zhang Dai Zhao, is more closely akin to lymph. It is described as the fluid ("water") and nutrients ("cereals" or "food").

This is what plasma or lymph is. Basically blood minus the red blood cells is plasma. Plasma and lymph are very similar, the main difference being that plasma should have more protein. Blood, at least to my western mind, should refer to the fluid containing red blood cells. Also, the book's author explains in detail how such stasis and stagnation may lead to the development of various cancers. We know that many cancers thrive better in high sugar anaerobic conditions. This is created whenever we have trapped proteins in the interstitial as described above. The oxygen levels go down. This can create a situation conducive to many failing physiological conditions.

Many people explain a faltering lymphatic system only one way: We get a virus, germ or other unwanted growth. This germ proliferates and the resulting garbage produced overloads the lymphatics and clog them. Others would suggest another route: Our lymphatics don't drain properly because of trapped proteins and the related events. As these drainage pipes start to back up and overflow, the tissues (crop fields) become weakened and ripe for an infection to start.

The second analogy is like the trapped proteins being like drift wood getting stuck in the irrigation canals causing the water to back up. Then the canals overflow into the crop fields. This damages the crops and also creates a marsh-like environment in which malaria and other diseases can flourish. If we drain the swamps we eliminate the environment that allows water-born diseases to thrive.

Another place for the blockage to begin is in the liver. It is one of the biggest detoxification plants in our body. It is loaded with lymphatic. If the liver becomes congested from too fatty of a diet or other reasons then it can subsequently affect lymph flow. Then the tissues and then the blood can become toxic because of poor drainage.

I believe that like many circuits or loops, the process can break down either way. The body can get a

harmful pathogen, too many food preservatives and toxins, or many other such things and as a result the lymph can overload as a symptom.

Conversely the lymph drainage can become blocked as a result of too sedentary of a life, maybe as a result of scarring from a recent surgery, physical collapse of a vessel from an injury, or trapped proteins. Then it follows that the area is set up to have disease grow there.

I witnessed personally the massive flooding that occurred about a year ago that made headline news in papers and television around the country when the Missouri River overflowed its banks and flooded extensively. In such a situation pestilence and disease can flourish for a wide variety of reasons. Similar things can occur in the body from inappropriate fluid build up and retention.

In Dr. Samuel West's book *THE GOLDEN SEVEN PLUS ONE* he quotes Elisa Buenaventura who had a decade of research at Boston University Medical School, Tufts Medical School and Southwestern Medical School in biochemistry, biophysics, cell biology and cancer:

"Any Medical researcher who has worked with tissue cultures knows that cells can be kept alive indefinitely, but you must keep the proper chemical balance in and around the cell and eliminate the waste products of their metabolism. Cells are meant to be eternal. They should not die or degenerate if their environment is kept clean, nutritious and chemically balanced".

To keep them clean and chemically balanced is one of the functions of the lymphatic system. Qigong through its deep breathing and patterned muscular movements can accelerate the process.

Ancient Taoist qigong experts believed that qigong was "Nei Dan" or the internal elixir of immortality. They believed they could achieve immortality from qigong. While I personally believe it is appointed for every human to die, I believe also that qigong may be a valuable tool for the extension of

life. While several articles report of actual experiments in which there were human tissue cultures. "that wouldn't die", the same thing does not seem to hold true for humans in the real world. Probably partly because we are not as shielded from contaminants and pollution stresses in the same way a petri dish is. We are constantly bombarded with electric pollution smog, mental pollution (bad thoughts), impure foods (fast foods), etc, etc, etc.

Interestingly in Zhang Dai-zhao's book on pages 17 and 18 he lists 2 other factors in traditional Chinese medicine associated with cancer growth, those being: "disturbances of the 7 emotions" and "dietary irregularities". Again another evidence to eat good food and think good thoughts (love thy neighbour, pray for those who curse you, forgive those that spitefully use you and not get caught up in jealousy, anger and hatred).

IN traditional Chinese medicine qigong has retained a special place as a treatment method. Many readers may logically think that any exercise involving body movement and deep breathing would effect the positive changes we are talking about (and not just specifically qigong). However that has not been observed to be necessarily true.

I am currently doing analysis on live unchanged blood cells evaluating the effects of qigong. This involves using microphotography with still photos and live video tape footage. I am seeing that consistently there is a clearing of heavy proteins, increased separation of individual red blood cells (reduced clumping) and other such positive findings. Comparing that to brisk walking, I have found that while brisk walking does indeed make the components circulate faster it does not cause as dramatic a clearing of the heavy proteins, or a decrease clumping of red blood cells, and we are not seeing the findings associated with increased clearing by the lymphatics as well as the liver. Heavy exercise (such as overload weight-lifting) has been shown to actually increase the red blood cell clumping

and destruction, heavy trapped proteins and free radical damage.

Possibly part of the special effect of the qigong has to do with the added concentration of the mind. The results may be in part due to the special type of mental focus that is part of qigong. It may be that part of the answer to some healing is also in part to be found in the "mind". Maybe qigong and the mental practices associated with it should be adjunctive to certain therapies.

In the article *PROTEIN DYNAMICS IN SKELETAL MUSCLE AFTER TRAUMA: LOCAL AND SYSTEMIC EFFECTS* by Richard Downey, M.D. and others in the magazine *SURGERY*, the authors observed "in the injured Soleus muscle, both protein synthesis and breakdown were dramatically elevated, possibly reflecting a combination of altered cellular transport and tissue repair." Surgery it appears could be a source of localised trauma and localised shock. Such therapies of qigong and massage would seem to be good adjunctive procedures for many people after any surgery to prevent "stagnation of qi and stasis of blood".

At this point I would like to leave the comfort zone of the hard and factual and take a peek at the speculative. just to create some stir, controversy and thought.

It is known that the body is an electrical field. This field can be measured for some distance. In the Winter/spring 1995 edition of the *Tools For Exploration* catalogue there is for sale a piece of equipment known as the IBVA. It is described as "A fun, easy one channel Macbased brain-wave monitor/recorder with a unique radio headband (6"-35" range) allowing free movement." In other words this head-band broadcasts your electrical brain waves through the air up to 35 feet, which are then picked up and monitored by your computer. It retails for between \$1,300 and \$2,300 depending on the model.

In the film "The Incredible Machine" a train was shown that would run in response to a sensor

on someone's forehead. The sensor picked up subtle electrical energies and the person wearing the headband could start and stop the train at mental will.

There are many other such devices. An EEG picks up brain waves by little electrodes sitting on our scalp, and EKG picks up heart electrical waves by little electrodes sitting on the skin on our chest, an EMG picks up electrical waves from little electrodes sitting on our muscles. If the skin of our hand sits on another person's skin, our electrical energy is there also. We also know that the human body responds to electrical energy, be it from a TENS unit or high tension power lines near us.

It has been observed that medical therapies such as ultrasound and electrical muscle stimulation can dispel pain from an area of the body that is swollen and oedematous. This has been concluded to be due to the electric fields caused by the therapeutic instruments. It has been found that the best benefit is found in the use of micro-current electrical stimulation- a current so small that frequently it won't even be felt. The larger harder currents can sometimes cause even more pain later from what is known as the "rebound effect".

If it can be shown that the body responds best to microcurrent, then what about the micro-current produced by our human electric field? Could 2 people's bio-electric fields interact? Many of us have turned on a microwave while we watch TV and seen the interference occur, as indicated by the "snow" and interference seen on the T.V. Does this ever happen between 2 people (or between a person and a microwave)? Could 2 such patterns also be harmonious and create a better electrical balance? We all probably have experienced meeting someone, and mentally noted immediately feeling either soothed or put off by them.

Many have reported about external qi projection. This involved one person supposedly emitting qi from their hands to heal another. If a person's bio-electrical field extends up to 35 feet could such heal-

ing be the result of the dispersion of trapped proteins caused by the healer's bioelectrical field? Could much of the effects of massage be more due to the micro-current of the electrical energy from someone's hand rather than simply a mechanical pressure and friction? Could trapped proteins be the cause of such chronic painful conditions such as fibro-myalgia (myositis, myalgia, etc)? Could this explain why ultrasound, massage, Chiropractic and other such therapeutics have a beneficial effect on fibro-myalgia?

Most of us at one time or another have gotten an "owie" (also known as an ouchie). We tend to press or rub owies. For example, we bang our finger with a hammer and we automatically squeeze, suck or rub it. Many have had a stomach ache and will notice they may rub or press over their stomach. Could trapped proteins and the local change in bio-electric fields be the reason behind this natural reaction? Could this be a partial explanation of tension headaches? In other words we get stressed and think bad thoughts which create the events explained above which then results in painful muscular problems.

Could our body's cells live forever? I have already expressed my views on that. But if we were free of pollution, stress, electrical fields (in other words, live in a Veritable Garden of Eden) - how long could we live?

Hsing Yi is a form of Kung Fu that has a heavy emphasis on qigong. Its name means literally as far as I know "Mind Form". It indicates a type of intent or mental focus involved. How much does the electrical field of our brain/battery (aside from the good/bad nature of our thoughts) effect our balance? The mind is used heavily in all qigong to control the flow of "qi". How much effect of the effect is due to imagination and how much is electrically induced? How much does the electrical field in our peripheral body tissues effect the currents in the brain?

I don't know, but we do know that we are electrical. I know that

trapped proteins do occur and cause painful problems. I know that such adverse conditions can create other health problems. I know that lymphatic drainage is essential to the good healthy environment of individual tissue cells. I know that good thoughts are important to good health. I know that excess Twinkies (even vitamin fortified Twinkies) can create a toxic imbalance for our bodies to deal with.

Trapped proteins are not the only reason for ill health. But they can have far reaching consequences. If trapped proteins **Cause** the lymphatics to "clog" then that can subsequently effect the liver and colon where there is a high internal density of lymph vessels and therefore a close relationship with the lymph system. If the colon is affected then our normal colony of good bacteria can be thrown off balance. Our normal bacteria is involved with our immune system as well as the production of certain vitamins. Also if the liver develops such problems our delicate enzyme balance can be thrown off as well as our digestive process. The results of such problems with the colon, our good bacteria and our liver can be very far reaching.

The best medicine is preventative. A good friend of mine, Sam Reader (possibly the smartest man that ever lived), once revealed to me that he had an uncle who drove the old steam trains. He once asked this man what he feared most driving the trains (thinking it would be a car on the tracks or a cow or something big). His uncle told him what he feared most was a baby pig. Shocked, Sam asked why. His uncle told him that a train would just blow a car or a cow off the tracks. But a baby pig was so small, you could hardly see it, and it would slip under the cow catcher in the front. Once underneath the train it could derail the vehicle. The lesson in life being that it is the little things that keep us on track..... or derail us. So with those facts in mind: Good thoughts, Good exercise and Good food.

Gathering Of The Tribes

1994

By My Hobson

I arrived home from the 1994 W.T.B.A. camp to begin foundations of yet another water storage tank. Is this significant I had wondered as I rattled homeward on the train on the second day, still traveling up the East Coast of Australia to Mareeba in Northern Queensland?

Foundations

Foundations — basis, groundwork, underlying principle. My foundations were going to undertake a swift mending at this camp as were many other's as Erle took us through the first third of the Yang Cheng-fu form in precise detail at the basic level so that those among us who were teaching it, would be doing so with as much accuracy as possible. This brought out many questions from even the most advanced students and as we went into push hands and training basics, I became aware of how badly I needed "The Post" exercises to be able to comfortably stand on either leg on either leg and move the waist with ease, an ease that was still not in my form even after many years training.

As usual, the first two days were for ourselves, we picked up where we left off last year, were very sad of heart for not being with friends that hadn't been able to make it. Though sharing with those who could make it was bliss. It was fun to be again learning together.

Stick Form

A group of us had decided to go over the basic Taiji short stick form one morning when Erle drives up to the camp. We had gone two thirds of the way through the form and noticed that we were all doing something completely different at that point. We asked if Erle would watch and see who was doing it correctly and then correct us. "Show me the very first move", he asks. "Nah", it's further along in the form were we want to be corrected" we replied. "Show me the

first move" he insists, so this time we begin right at the very start, the first move. "Yes, you're all doing it differently all right! We all had a laugh and it was to be another one of many times of going back to basics.

I often wonder at Erle's intuitiveness, where he is able to teach us the right things at the right time in our training.

I often wonder at Erle's intuitiveness, where he is able to teach us the right things at the right time in our training. Last year's intensive learning of the Bagwazhang form and techniques from this form for those advanced students had had. It was mostly the 'yang' amongst us who had been forced to look to the



My Hobson (R) Mause Eaglen (L)

'yin' within with the circle form pushing for the inclusion of the yin. This rising yin had been giving some of the ladies like myself, with families, the understanding that although we were putting love out, we were not necessarily being open to its coming back in and we were certainly in need of balance for our lives and our art.

Was it coincidence that we also have on the itinerary, 'dim-mak push hands' and the 'mother' physical manifestations which will be on Sunday evening on a very

'yin' moon, leads us through 'post' exercises and qigongs around the fire in the crisp mountain air and culminating with the 'Mother Qigong'. I'd known of this qigong for years, so why had I never used it? My knees could have done with it, was the first way I was doing it not right? Most of us that evening, I'm sure, could have stood that way for a very long time without being used to it, the energy was so strong in the group. Mother, the basis of growth.

Mornings



WTBA CAMP GROUP 1994

Mornings were to have a subtle affect upon us as each day we learnt a set of the 'Twelve Meridian Healing Qigongs'. Many of us felt at the end of camp that we had entered a time of change that was taking us in varying directions. If so, we'll need strong foundations and I'm going to be looking to the twelve qigongs to help build mine.

To be with students that learn each week with Erle at a personal level was a special gift. Also too was the input from the advanced students enabling us to go home to the spread out corners of this country with a sack full of information and mind pictures to draw from in the year ahead and to those friends, a special thanks.

Thanks Erle for another great camp and to those who helped in the kitchen to provide us with yummy tucker. I look forward to the next camp that will enable us to meet others within the WTBA from across the world making it a special camp indeed — and it's not even a year away. (actually 3 months now).

My Hobson is a member of the W.T.B.A. and teaches in the far north of Queensland at Mareeba.

What Is It All About

The World Chinese Taiji Boxing Association is very simply, a group of people coming together in order to learn and share knowledge about life. It is not a martial arts organization, it is not a 'new age' awareness organization, just a bunch of friends, sharing and sometimes taking the piss!

There are no power struggles here, no-one setting themselves up as leaders, if we have knowledge, we share it, freely.

Obviously we must have people who are able to run things, like the upcoming WTBA Camp for which Mause Eaglen has been given this task.

The WTBA camp is very simply, people coming together to work with and to learn with Erle Montague, that's all. For three weeks, around 100 people will be packed in to a caravan park on Mount Warning, no grumbling because someone got a better 'room' than someone else, no being pissed off because we might be in with someone that perhaps we do not like so much, no complaining about the food, just good learning. People are coming



Guess Who: 1973 London

from all around the world to study with Erle Montague. They are not looking for competition, or hierarchy, just training.

If anyone does not wish to abide with the above, then they should not be a member of the W.T.B.A.

NB// Obviously the people who come from overseas have to pay more, (as opposed to nothing!) so they will have the pick of accommodation.