

# SECRETS AND BENEFITS ♦ OF ♦ INTERNAL QIGONG CULTIVATION



LECTURES BY QIGONG MASTER  
DR. YAN XIN

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# Foreword

In your hands, you are holding perhaps the most remarkable volume you will ever read. Five years ago, savvy Westerners could have only dreamed of a book like this in English. Ten years ago, only a small number of scholars had unearthed this information from original Chinese texts. Twenty years ago, only a select few were vaguely aware of the existence of Traditional Chinese Qigong. Some of the information contained in the manuscript will seem fantastic, and some will seem mundane. Rest assured that the fantastic and mundane can quickly become each other. I can guarantee that this book will fundamentally alter your current perception of the world.

Over sixty books have been written in Chinese about Dr. Yan Xin and his qigong healing. For the first time, Dr. Yan Xin, the foremost known master in Traditional Chinese Qigong, has graciously allowed us to present some of his lectures in English. These lectures were originally spoken extemporaneously in Mandarin, the primary spoken language of Mainland China. These lectures were taped, transcribed in Chinese, translated into English and finally edited into the chapters that follow. A team of translators and editors has spent hundreds of hours in an effort to retain every nuance of Dr. Yan Xin's original message. The result is a unique document which reveals previously hidden information. It has been our privilege to make this information available - your responsibility is to make use of it.

Dr. Yan's lectures are the stuff of legends. I have been fortunate to attend more than a dozen of them. Each has been a new revelation. He sometimes speaks for eight hours, or longer, without apparent fatigue. Every time I hear him, I am inspired by his subtle wisdom. Meditation techniques are demonstrated, ethical issues discussed, value systems are illuminated, and much, much more. In these lectures, everyone is an active participant in the transmission of high level information.

Dr. Yan Xin's lectures generate a very strong qi field in the lecture space. I have seen the air become so thick with qi that I was not able to see across a brightly lit room. Lecture attendees, and group practitioners commonly report the beneficial effects that are described in Chapter two. My expectation is that by reading this book you will be participating in that qi field, and will benefit greatly from doing so. This moment in time is unique, I encourage you to take advantage of this historical opportunity.

Ted Moorman

President

The International Yan Xin Qigong Association

#### Editors' note:

Dr. Yan Xin wears plain glass spectacles as shown in the front cover photograph for a special purpose. Dr. Yan Xin has powerful qi-emitting abilities. Since he emits qi through his eyes, people who are directly exposed to his eyesight experience very strong reactions. As a result, he wears plain glass spectacles so that he can regulate this effect. During a newspaper interview in the early 1990's, Dr. Yan Xin took off his glasses and looked directly at a woman who was in the room. The woman began crying uncontrollably, and when she finally stopped, she explained that she didn't feel sad, but couldn't help crying. It was later discovered that she had medical problems, and her crying was a qigong healing reaction. By taking off his glasses, Dr. Yan Xin emitted energy and treated her on the spot.

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# Introduction

On April 27, 1984, in the Chinese province of Sichuan (Szechuan), a young man on a bicycle was hit by a truck. X-ray photos from the Southwest Hospital revealed comminuted fractures of both shoulder blades and a dislocation of the left shoulder. The man's name was Su Ping. Then twenty-two years old, he was a metal arrangement worker at the Chongqing Special Steel Plant. The doctor's prognosis stated: "Both arms will be permanently disabled." Learning this, a colleague from the steel works advised him to seek out Dr. Yan Xin (pronounced "yan shin") at the Chongqing Institute of Traditional Chinese Medicine.

Su Ping later recounted in interviews with Ao Dalun, a reporter from Chongqing Worker's Daily: "After examining my x-ray photos, Dr. Yan Xin untied the bandages on my arms and helped me crawl onto the examination table. He moved both of his hands and then pounded and stroked my back. At the time it felt as though he was only wiping my back. My whole body was very relaxed. After feeling hot, tingling, and bloated for a while, suddenly there was a changed feeling in my wounded areas. I now felt a coolness seeping in, as though an electric fan was blowing on my back. A few minutes later, Dr. Yan Xin left me for other patients."

Su Ping continued, "About half an hour later Dr. Yan Xin returned. He asked me to turn over. I thought I had misunderstood him, so I just turned my head and looked at him. Unexpectedly he said to me gently: 'Don't be afraid. Just turn over as if you were not hurt.' With all my might I turned, and I actually turned myself over! 'Do some push-ups,' said Dr. Yan Xin. I asked, 'Can I?' 'What are you afraid of, you're all right now.' Hearing these words I got very excited. I pushed my two hands down and got up! I did four or five push-ups in a row and perspired profusely. Dr. Yan Xin asked 'Feel any pain?' 'No, not at all,' I replied in a loud voice. 'Then you should get out of bed.'

Happily, I got out of bed and stood on the floor. Dr. Yan Xin took a look at me, then suddenly pointed his hand to a horizontal wooden bar above the door of the clinic and said to me: 'Hold on to it and pull your body up.' Thinking my hands would not be able to reach the wooden bar, I put a square stool under the door. However, Dr. Yan Xin walked over and kicked it away with his right foot. 'You still want to use this? Jump on and hold on to the bar.' I was still hesitating. He took one step and suddenly raised my right hand. 'Any pain?' 'No.' 'Then jump on.' I simply had to do it. I jumped up, and my hands grabbed the bar, leaving my entire body completely suspended in mid air. At that moment, all kinds of feelings welled up in my heart. I remained in that position for over twenty minutes...."

"Finally, Dr. Yan Xin let me come down. He then asked me to do some shadowboxing and arm twisting. He even asked me to join my two hands, one from over the shoulder and the other from the back, like cross drawing a sword from my back."

"After Dr. Yan Xin's treatment, my two arms were fully recovered. I got back my former job handling metals. I can now easily pry up steel ingots of seven to eight hundred pounds or carry three to four hundred pounds of steel, feeling no pain...."

The reporter, Ao Dalun, paid three follow-up visits to Su Ping to observe the long-term curative effects. During his final visit on February 2, 1985, Ao Dalun saw that Su Ping was in excellent condition. To be prudent, Ao Dalun also copied down the results of Su Ping's x-ray examination taken at the Southwest Hospital before he went back to work. The examination, reported by military medical officers Li Yanyu and Xu Weiman, read as follows: "The fracture of the right shoulder blade was treated, and the fracture line has disappeared. There is no sign of dislocation in the right shoulder blade and the bone density of joints in the left shoulder has no sign of obvious abnormal changes."

The above is one of the many documented healing cases Dr. Yan Xin affected through the use of his highly cultivated internal qigong (pronounced "chee gung") capabilities. This case vividly illustrates the efficacy of qigong healing, and the level of qigong accomplishment that humans are capable of reaching.

One may wonder, who is Dr. Yan Xin, how was this phenomenon possible, what are the secrets behind successful qigong healing, how does qigong relate to me, and how can it benefit my life?

Qigong is generally associated with a broad range of mental and physical training exercises that are widely regarded as beneficial for disease elimination and prevention, as well as health maintenance and enhancement. The word "qigong" is created by combining two characters in Chinese. The first character, "qi" (pronounced "chee"), literally air, represents a flowing energy material that exists in everything and permeates the universe. A related term in English that approximates the rich connotations of the Chinese character qi is "bio-energy." Through practice, people learn to interact with and utilize the universal energy that exists around and within them. This methodology is called "gong." The Chinese character "gong" represents the effort laced into qi practice, as well as the power gained through cultivating energy. In other words, qigong literally means: "the meditation practice of cultivating bio-energy."

Qigong originated in China, where it is now a household name. Qigong is also well appreciated in Japan and throughout Asia. It is estimated that over one hundred million people worldwide practice qigong in one form or another. Qigong has rapidly spread to the rest of the world, and an increasing number of people in North America now practice and benefit from qigong. As such, qigong and qi are becoming standard English words. Qigong was featured in Bill Moyers' 1994 TV series, "Healing and the Mind." In September 1996, "Life" magazine published an article on qigong, "The Healing Revolution." In March 1997, "Health" magazine published an article entitled "My Quest for Qi" which examined the health benefits of qigong.

The physical health benefits of qigong, achieved through self-practice as well as treatment from accomplished qigong masters, are an important and obvious aspect of qigong. The Chinese Ministry of Health recognizes qigong as medically effective. Qigong and human body science programs have now been inserted into the curriculum of major universities in China.

The Chinese government promotes qigong practice and therapy as an effective means of improving public health. Qigong healing is now an officially recognized medical treatment in China, covered by government insurance. However, there is more to qigong than merely the physical improvement of one's health.

Qigong is a training method which helps one strengthen and gain control over their own life-force, or qi. It is an ancient system of knowledge and processes that originated in China more than seven thousand years ago. Since antiquity, those who practiced qigong have sought to understand the laws that regulate life, nature and change. Humans are constituent parts of the ever-changing universe, and qigong practice helps individuals to develop and enhance this connection.

"Secrets and Benefits of Internal Qigong Cultivation," is the first comprehensive book in English on Traditional Chinese Qigong - the root of all forms of modern qigong. This book contains English translations of speeches given by Dr. Yan Xin on a wide range of topics related to qigong cultivation. In order to protect the integrity of the thoughts of Dr. Yan Xin, these speeches have been edited as conservatively as possible.

The speeches in this book were given to audiences whose level of qigong experience, scientific knowledge, and educational background differed greatly. Thus, the breadth and depth of the speeches vary considerably. Due to the complexity of the subject matter, Dr. Yan Xin discusses qigong from a variety of different angles which include philosophy, metaphor, stories, technical detail, factual information and scientific data. He also addresses the various aspects and levels that a qigong practitioner may encounter along their qigong journey. The full understanding of these teachings may not be completely evident at first glance; rather, these teachings should be digested, understood, and incorporated over time through study of the text, as well as individual and group practice, and through the application of qigong practice in daily life. As one's practice develops, awareness increases and the meaning and relevance of these teachings becomes more deeply understood.

This book begins by discussing the history, benefits and scientific nature of qigong, helping a beginner become familiar

with qigong. The simple, pure and genuine forms of qigong which developed in remote antiquity are called Traditional Chinese Qigong. These forms have proven benefits in various aspects of human activity. In recent years, modern science has verified the objective existence of qi and confirmed the beneficial physical effects of qigong.

Many people are currently searching for a fundamental and long-lasting guide to their personal journey in this world. This book provides actual insights and philosophy on the larger scope of qigong, and how it relates to one's life. Traditional Chinese Qigong offers a meaningful path for human beings to follow, and a practical way to achieve that path. Through practicing Traditional Chinese Qigong one develops a deeper understanding of virtue, wisdom and compassion. This makes it possible for individuals to become happier, promote healthy living, discover life's meaning, contribute to society and the planet, and accumulate even more virtue.

These speeches also contain advanced principles and methods of qigong cultivation. Advanced level internal qigong cultivates successively finer matters that carry higher and higher energies. They are similar to the elementary particles in high-energy physics in that matter is represented by energy, and energy and matter are interchangeable. It is these high energy matters that are responsible for incredible qigong phenomena, which include subtle wonders, mysterious wonders, and incredible wonders. The instantaneous healing of fractured bones by Dr. Yan Xin, described at the beginning of this book, is a good example of an incredible wonder produced by high-level internal qigong.

This book also presents a number of personal experiences from Western practitioners of Yan Xin Qigong. The benefits received by these practitioners were comprehensive, including improved health, increased vitality, enhanced mental capacity, and improved personal character.

Three Yan Xin Qigong practice methods are presented as well. These include the first step of the Child Longevity Nine Step Method, Wisdom Enhancement Method, and Eyesight Preservation and Improvement Method. Until recently, the methods of Traditional Chinese Qigong had been transmitted in

secrecy, passed down from master to highly select student. Dr. Yan Xin, a medical doctor and qigong master, has distilled the principles and methods from Traditional Chinese Qigong and adapted them for modern society. These methods have passed the test of effectiveness over many thousands of years. The most popular form of Yan Xin Qigong is the Child Longevity Nine Step Method. It is an advanced qigong method that also serves as a basis for further advanced internal qigong cultivation. The training methods of Yan Xin Qigong precede all religions, serve no ideology, are suitable for people of all backgrounds, and are completely safe.

Yan Xin Qigong is an advanced Chinese internal qigong technique that, through special means and training methods, helps practitioners learn to harness "qi." As it provides mental and physical training it helps one access latent potential, cultivate mental and physical energy, good character, and a healthy lifestyle. These techniques enhance wisdom, reduce stress, increase happiness and improve work efficiency. Yan Xin Qigong practice promotes a way of knowing that strengthens and increases awareness of the connection between mind and body, self and others, and self with the universe. This training helps people overcome challenges such as individual illness, individual and social stress, and social conflict.

Our society as a whole is searching for solutions to alleviate the tangled web of social problems we presently face. Enormous advances in science and technology have created a modern society that is rapidly evolving. Yet, we are encountering an increasing number of problems that cannot be effectively dealt with by science and technology alone. These problems include persistent terminal diseases such as cancer, AIDS, and chronic fatigue syndrome; as well as serious human conflicts within and among different societies, and the conflict between human beings and Nature. Perhaps reestablishing, strengthening, and increasing the awareness of the link between human beings and the natural world can offer new insights on the solutions to these problems. Because of its emphasis on virtue and harmony between human beings and the universe, Yan Xin Qigong seems to offer a realistic way to help us meet these challenges.

People from all walks of life can benefit from this book. It offers much to those searching for better health, individuals seeking to enhance life's meaning, scientists trying to uncover various mysteries of life and nature, thinkers attempting to discover our proper place in the universe, and leaders working to solve social problems.

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# About Dr. Yan Xin

For his extraordinary qigong abilities, profound knowledge of Chinese medicine and pioneering scientific studies, Dr. Yan Xin has become a legend among Chinese qigong masters. He is a widely recognized qigong doctor in China and was the first to introduce this tremendous human capability to rigorous modern scientific research.

Dr. Yan Xin was born in 1950 in Fuyan village in the Chinese province of Sichuan. Fuyan is a small mountainous village of several hundred people in northwestern Sichuan, a region rich in Chinese culture. He was discovered at the age of four by a qigong master living nearby as a hermit. In this way his qigong training began. Subsequently, he received instruction in Traditional Chinese Qigong, Traditional Chinese Medicine, martial arts, and many other disciplines from nearly thirty of China's most talented qigong masters. Most of these masters are still unknown to the general public.

In 1961, at the age of eleven, he went to Jiangyou Middle and High School, graduating in 1969. Upon graduation, he worked and attended Mianyang and Jiangyou Medical Schools in order to study Western medicine. From 1974 to 1977, he attended the Chengdu Institute of Traditional Chinese Medicine and graduated first in his class. He returned to Mianyang Medical School to teach for the next five years. Using his qigong capabilities, still unknown to others at the time, he carried more than five times the normal teaching load and consistently produced the highest-ranked classes of Chinese medicine graduates in the school.

In 1982, he became a physician at the Chongqing Institute of Traditional Chinese Medicine in Chongqing, Sichuan where he treated dozens of patients daily using qigong methods. His treatments were so highly effective, with immediate results, that he became known as "The Miracle Doctor" for his cures. As his reputation grew, more and more people throughout



China sought Dr. Yan Xin's help for their serious, and often difficult to treat, health problems. As a result, in 1984, Dr. Yan Xin started a healing journey that led him from the country's south to north. He helped numerous people along the way and changed many lives from despair to happiness. The seemingly miraculous healing results deeply touched a broad section of the society and made qigong a household name in China.

In 1986, Dr. Yan Xin traveled to Beijing to facilitate the exploration of the fundamentals of qigong from a contemporary scientific perspective. There he collaborated with scientists from Beijing University, Tsinghua University, The Chinese Academy of Sciences (Academia Sinica) and other institutions of higher learning and research. The scope of these studies was broad, including many fields of science and technology such as medicine, physics, chemistry, biology, industrial production, agriculture, astronomy, and geology. More than sixty papers have been published in professional scientific journals and conference proceedings pertaining to some of the scientific research results which Dr. Yan Xin, along with his collaborators, has achieved.

Dr. Yan Xin's collaborative research studies transform the accepted view of the nature of the world. Their results have demonstrated that human potential is far greater than previously thought, and these results have drawn much attention from China's top scientists. Upon reviewing these results, the Chairman of the Chinese National Association of Scientists, Dr. Qian Xueshen, formerly Goddard Professor of Rocket Science at California Institute of Technology, proclaimed them to be "new scientific discoveries, the prelude to a scientific revolution, and worthy of Nobel prizes."

In order to better share the benefits of qigong with others, Dr. Yan Xin invented and gave qi-emitting lectures to very large audiences. During such lectures, while discussing qigong theory and practice, he emitted qi to audiences with profound effects. The emitted external qi induces and excites the latent functions and energies to affect unimaginable changes in human bodies. As a result of attending these lectures, thousands of people have been cured of disease including major illnesses such as cancer, AIDS, diabetes, heart disease and traumatic