

TAIJI HEALING:

By Erle Montague

There are three areas of Taijiquan healing. The first area is that of **healing oneself**. Here, we use the postures from the Taijiquan form as a qigong exercise. The ancients who invented the postures of what is today known as Taijiquan had an in-depth knowledge of what movements caused what meridians and hence what organs to be worked thus sending life-giving and healing Qi to that particular part of the body. The movements were based upon martial arts as China's history is steeped in the wushu or 'war arts'. So they worked out what movements caused Qi to be sent to the area that was doing the work and through which organs etc. So a movement such as "*Brush Knee and Twist Step*" sent the Qi through the heart in order to do that kind of work dictated by the application of the movement. Hence it is very important to also know about the martial applications of the form so that the mind is able to visualize these applications thus fooling the subconscious into sending Qi to these areas to do that kind of work.

The second area is that of **teaching others** to do the movements so that they are able to gain the healing benefits from the postures. So the Taiji 'doctor' would send his patient home with a posture to perform, as well as some herbs to take to enhance the movement.

The last area is that of '**Medical Taijiquan**' where the 'doctor' actually performs the martial arts applications (in a soft, healing manner) on the patient. Another important reason to know the martial applications.

You cannot divorce the martial from the healing, to do so you are not performing real Taijiquan.

This section deals with the Tai chi self-healing and what it means. It's not just a matter of doing the form and hoping for the best! And it is also not a matter of just doing the postures and knowing what each posture is meant for. There are also secondary postures to use along with the major postures when the opposite condition applies, for instance if we are using a heart posture for a heart ailment which is yin in aspect, then we would use this posture only if we were treating a yang state i.e.; too much yang, too much sexual urge or pre ejaculation etc. If however we were treating a state that required less Yin, is the case of not enough sexual urge etc., then we would also use the small intestine qigong, which is yang. The small intestine is the heart's opposite organ; they work together and must be kept in a state of balanced yin and yang. For this we have a number of Qi massage routines that will balance out the Qi in the six main pairs of meridians. We also have specific self-qigong methods that will do the same when a qigong doctor is not available.

In my book series, "**Internal Gung-fu, the Complete Story**", I will be covering all of the Taijiquan healing methods in the three areas.

ORGAN	POSTURE	STATE	CONDITION
COLON	Use the posture of " <i>Grasping Bird's Tail</i> " up to the posture of "Push. Repeat ten times.	YANG	If treating a yin disease such as diarrhea use this qigong only.
COLON	Use the qigong for the Lungs, i.e.; The posture known as " <i>Fishes in eight</i> ". Go into it ten times and hold at the end of each time as qigong for one minute.	YIN	Use this as well as the above if the state is Yang such as constipation.
LUNGS	The posture of " <i>Fishes in eight</i> ". Do the posture as a continuing movement in groups of six repetitions.	YIN	Use by itself if a Yang condition like inflammation etc. But OK for all lung ailments.

<p>LUNGS</p>	<p>Use the posture of <i>"Grasp Bird's Tail"</i> as above.</p>	<p>YANG</p>	<p>Use if liquid on lings etc. Along with the above as an adjunct to it.</p>
<p>STOMACH</p>	<p>Use the posture of <i>"Single Whip"</i> or Tan Pien for Digestion as a static qigong, or <i>Wave Hands Like Clouds</i> to balance out the energy.</p>	<p>YANG</p>	<p>Use by itself for all stomach ailments or in particular if too little stomach activity e.g.; too yin.</p>
<p>STOMACH SPLEEN</p>	<p>Use the posture of <i>"Parting Horse's Mane"</i> with <i>Wave Hands Like Clouds</i>. Do one set of postures then go straight into the next.</p>	<p>YIN</p>	<p>Use with the main one of Tan pien if too yang activity in the stomach. Heart burn etc.</p>
<p>LIVER GALL BLADDER</p>	<p>Use the posture of: <i>"Lift Hands"</i> as a static qigong</p>	<p>YIN</p>	<p>Use by itself for all liver ailments but in particular if too angry, red face etc. i.e.; too</p>

	for three minutes on each leg.		yang.
LIVER	Use the posture of: <i>"Step Back And repulse Monkey"</i> . Do the set three times on each side.	YANG	Use with the above if a yin condition exists, dull and listless etc.
Central Nervous System	Use the posture of <i>"Shoulder Press"</i> . Go into it from <i>Roll Back</i> and hold for 5 minutes, then go into <i>Stork Spreads Wings</i> and hold for five minutes.		This qigong is one by itself and also acts upon the cerebrum making it more alert, good for exams etc.
HEART	Use the posture of: <i>Brush Knee Twist Step</i> . Simply do the set of postures on each side equally in sets of three as a	YIN	Use for all heart states, but in particular if too much fire in heart, can't sleep etc. For pre-ejaculation.

	Moving qigong.		
HEART SMALL INTESTINE	Use the posture of: <i>"Fan Through Back"</i> as a static qigong, holding it on both sides for three minutes.	YANG	If too much sleep, not enough sexual urge etc.
DIGESTION GENERAL	Do the posture of <i>"Play Pipa"</i> , go into this from <i>Brush Knee Twist Step</i> . Hold for 5 minutes and repeat five times.		
GLANDS GENERAL	Use <i>"Step Forward, Parry and Punch"</i> , from <i>B.K.T.S.</i> , up to <i>punch</i> , hold at end for 3 minutes, repeat five times.		

<p>GENERAL GASTRIC TROUBLES</p>	<p>Repeat from the posture at the end of the third of <i>Press</i>, to <i>Apparent Close Up</i> and hold at end for one minute and repeat ten times.</p>		
<p>GENERAL REJUVENATION OF THE INTERNAL ORGANS</p>	<p>Use <i>Embrace Tiger, Return To Mountains</i>, go into it from <i>Cross Hands</i>, repeat ten times.</p>		
<p>GENERAL GASTRO INTESTINAL</p>	<p><i>Wave Hands Like Clouds</i>. Repeat as many times as you like. But usually ten X four steps.</p>		
<p>WEIGHT LOSS</p>	<p>From the Old Yang Style, use <i>Fist Under Elbow</i>. This should only be form the Yang Lu-</p>		

	<p>ch'an style of Taijiquan and not from the yang Cheng-fu system! As many times as you like. Also use <i>Lotus Kick</i>.</p>		
WEIGHT GAIN	<p>Use <i>Fist Under Elbow</i> from Yang Cheng-Fu Form and hold as qigong for five minutes each side.</p>		
GALL BLADDER	<p>Use "<i>Step Back And Repulse Monkey</i>" from the Yang Cheng Fu form.</p>	<p>YANG</p>	<p>If too yin, not enough bile etc., not working too well. If you have bad lower back pain especially in the mornings. Repeat five times X five. But also use for overall Gall Bladder.</p>
GALL BLADDER	<p><i>Lift Hands</i> from '<i>Stroke Horse's Mane</i>' into it and hold for five</p>	<p>YIN</p>	<p>Use if too much bile or too yang activity. Use it with the above.</p>

<p>LIVER</p>	<p>minutes on both sides.</p>		
<p>LUNGS/SPLEEN</p>	<p>IN GENERAL</p>	<p>Use <i>Stroking The Horse's Mane</i>, be sure to swivel on the heels. Repeat five times holding the finishing posture for three minutes.</p>	
<p>SEXUAL PROBLEMS</p>	<p><i>NEEDLE AT SEA BOTTOM.</i> This one is also use to increase the life force to the spine especially when used with <i>LOTUS KICK YANG CHENG-FU STYLE.</i></p>	<p>Go into this one from <i>BKTS</i> and hold for one minute then slowly come up and repeat on the other side.</p>	
<p>SMALL INTESTINE</p>	<p><i>Fan Through Back</i> Hold the Static Qigong for five minutes.</p>	<p>YANG</p>	<p>Use by itself for overall but in particular if too little activity in small intestine i.e.; too yin.</p>

<p>SMALL INTESTINE</p> <p>HEART</p>	<p><i>Brush Knee Twist Step</i></p>	<p>YIN</p>	<p>Use with the above if too much small intestine activity, i.e.; too yang.</p>
<p>TO REMOVE EXCESS FAT</p>	<p><i>Turn Around And Chop With Fist, Yang Cheng-Fu Style. Do it as many times as you like.</i></p>		
<p>STOMACH</p>	<p><i>Wave Hands Like Clouds: Do the set of postures on both sides as many times as you wish. You could even go around in circles if you wish. This is the only set of postures that you are able to change from both yang style forms.</i></p>	<p>YANG</p>	<p>If not enough activity, but overall good qigong for stomach.</p>
<p>STOMACH</p>	<p><i>Parting the Horse's Mane, use with the above</i></p>	<p>YIN</p>	<p>Use with <i>Wave Hands</i> if too yang in Stomach.</p>

<p>SPLEEN</p>	<p><i>High Pat On Horse</i>, use as static qigong, hold for five minutes on each side. Or use <i>Parting Horse's Mane</i> as moving qigong.</p>	<p>YIN</p>	<p>Use if too much Yang in spleen.</p>
<p>SPLEEN STOMACH</p>	<p><i>Wave Hands Like Clouds</i></p>	<p>YANG</p>	<p>Use with the above if too little spleen activity, i.e.; too yin.</p>
<p>LUNGS AND COLON</p>	<p><i>Pulling The Bow</i>, plus <i>Lift hands to heaven</i>, that whole section that involves those two. Repeat five times.</p>	<p>General Overall toning of both these areas</p>	
<p>PERSON TOO YANG</p>	<p><i>Separation Of Right And Left Leg</i> in Yang Cheng-fu Style.</p>	<p>YIN</p>	

<p>PERSON TOO YIN</p>	<p><i>Separation Of Left And Right Leg, Old Yang Style.</i></p>	<p>YANG</p>	
<p>REJUVENATION</p>	<p>Use the <i>Sitting Like A Duck Posture</i>, from the 'Old Yang Style'. Go into it from standing if possible, no good for older people who are arthritic etc., Hold for three minutes on each side.</p>		
<p>KIDNEYS</p>	<p><i>Spin around and kick. Yang Cheng-fu.</i></p>	<p>YIN</p>	<p>Too fearful</p>
<p>KIDNEYS BLADDER</p>	<p>Use with the above. <i>Mailed Fist</i>, Old Yang as well as Tan Tien Pushing bit from Old Yang, Bit from end of Old Yang when you take the fist over your face and around bending backwards etc.</p>	<p>YANG</p>	<p>Takes Fear Away.</p>

BLADDER	<i>Mailed Fist</i> and Tan-tien pushing, and bit at end as above. Fist around head.	YANG	Controls sorrow.
BLADDER	<i>Spin around and kick</i>	YIN	Use with the above to balance emotions.
KIDNEYS	Overall, <i>Snake Creeps Down</i> .		Repeat and hold three times on each side for 3 minutes if possible, less if not.
STOMACH	Overall, use <i>Golden Cock Stands On One Leg</i>	Use as static qigong for 3 minutes on each leg.	
BLOOD CIRCULATION	General	<i>Step Forward to Seven Stars</i>	Hold As static qigong for 3 minutes on each leg X 3 times.

<p>JOINTS</p>	<p>Use moving '<i>Single Whip</i>' or <i>tan-pien</i> from <i>fishes</i> into it and hold for 3 minutes on each leg.</p>		
<p>SPINAL COLUMN</p>	<p>Use <i>lift hands</i> as moving and static to make Spinal Column elastic and maintain a youthful appearance.</p>		
<p>STOMACH</p>	<p>General, Hold <i>BKTS</i> as static on each side for five minutes X 3.</p>		
<p>YIN ORGANS:</p> <p>Liver</p>	<p>YANG ORGANS:</p> <p>Gall Bladder</p>	<p>An imbalance of yin or yang energy in these main organs causes disease so we try to balance the yin and yang energy using the above postures as Qigongs.</p>	

<p>Heart</p> <p>Spleen</p> <p>Lungs</p> <p>Kidneys</p> <p>These yin organs store energy for use later.</p>	<p>Small Intestine</p> <p>Stomach</p> <p>Colon</p> <p>Bladder</p> <p>These Yang organs ACTIVATE energy, i.e.; they cause the energy from the storage organs to do something.</p>		
<p>TRIPLE WARMER</p>	<p>We use the 3 warmer qigong exercise. This organ generally not known about in Western medicine is used to regulate the other organs and the amount of yin and yang energy. This is why we usually start with this one.</p>		

<p>GATE OF LIFE ORGAN</p>	<p>Again usually unknown in West. It produces semen in males and is the uterus in females. It regulates the regenerative energy and is therefore in control of happiness. We use the '<i>opening of the gates</i>' qigong for this one.</p>		