



# The Rising Lotus QiGong Newsletter

www.TheRisingLotus.com

September/October 2008

## QiGong Calendar

**Sept 10:** University of East West Medicine, Medical Qigong Class begins; I'm teaching! [www.uewm.edu](http://www.uewm.edu)

**Sept 19-21:** 11<sup>th</sup> World Congress Qigong/TCM, San Francisco [www.eastwestqi.com](http://www.eastwestqi.com)  
Sunday 10:30am "Effectively Treating Children with Medical Qigong Therapy" presented by Christina J Barea

**Oct 11-12:** 3<sup>rd</sup> Annual Global Chinese Medicine Conference; Santa Clara Convention Center  
<http://www.uewm.edu/news/>

**Oct 24-26:** 5<sup>th</sup> Annual Daoist Gathering; Oakland [www.thetaoistcenter.com](http://www.thetaoistcenter.com)

**Nov 8-23:** China Trip - Ordination Ceremony

## Digital Thermography

Safer & More Effective Than X-Rays

For over 60 years, X-Rays have been the preferred method for detecting breast cysts and tumors, but it's no secret that radiation is also a cause for cancer. Are you perplexed at the conundrum? You should be! And even more so knowing that there is a more effective and safer way of performing breast exams. It's called Digital Thermography. Digital Thermography measures levels of heat emitted in tissues. One of the biggest tell-tale signs of malignant cancer is heat in the area of the tumor. Digital Thermography can detect low-levels of concentrated heat deep within the tissue even before X-rays can detect a mass. In addition, digital thermography does not use radiation for detection, eliminating the exposure to cancer producing rays!

Contact your health insurance to find a provider or "google" digital thermography + the name of your city. Unfortunately, so many clinics are still supporting the use of X-ray machines due to "medical politics" but that's a story for another day...

I wish you a healthy and cancer-free life.

*Welcome to the first edition of The Rising Lotus Qigong Newsletter. This little project is something I've wanted to do for sometime to bring the Qigong world to your inbox. It's a great way to communicate what's happening with events and classes as well as provide some great tips. Please feel free to pass on the information to anyone who may enjoy reading the contents. I hope you enjoy this edition and remember, I'm always an email or phone call away.*

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*Christina J Barea, MMQ  
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## Medical Qigong; a Powerful Ally in the Battle Against Breast Cancer

October is Breast Cancer Awareness Month ([www.nbcam.org](http://www.nbcam.org)), and thousands of women are participating in walks, fundraisers and other events to help raise awareness and money with the goal of finding a cure. To help find a cure and effective treatments it's crucial to understand where it comes from. Breast Cancer can develop for a myriad of reasons such as:

- Environmental factors
- genetic predisposition
- long-term suppressed emotions (grief)
- hormonal supplements (birth control pills)
- restrictive or synthetic clothing (poly fibers and underwire bras)
- exposure to excessive X-Rays.

Medical Qigong Therapy is a branch of Traditional Chinese Medicine which has been developed over 3000 years and has been incredibly effective at bringing thousands of people into remission each year. Medical QiGong Therapy counts on self-treatment qigong exercises and visualization, herbal remedies, and Doctor/patient treatments which have successfully helped thousands of women avoid mastectomies, radiation and chemotherapy.

One of the facets of Medical QiGong Therapy is the use of sound to break up "stagnation". The sound waves travel through the cancer and break the bonds of the cells and allow for greater oxygenation. The two main enemies of cancer are heat and oxygen.

I'd like to share with you an effective qigong sound treatment for Breast Cancer, cysts and tumors. \*If the breast has malignant tumors, please consult with a qualified practitioner for follow up treatments.

1. hold your hands over the affected breast(s).
2. Bring your awareness and your breath to that area for about 30 seconds.
3. Visualize the cancer cells dying, the tumor shrinking and the disease having no power over you. Inhale and then exhale making the "shang" sound. It should be long and deep (feeling the vibration in the breast) so it sounds like you're ringing a bell. "Shaaaaaaaannng".
4. As you make the sound, visualize the cancer exiting the body and draining into the Earth.
5. Repeat 9 times.
6. When you're finished, take 3 deep breaths visualizing a river of water running through your body from head to toe.

\*Please note that other healing systems will guide you to fill the area with white light. It is NOT advisable to do this cancer unless you have advanced training in energetic medicine and are familiar with methods of containing the tumor. White light can actually feed the cancer and cause the tumor to grow. Other steps must be in place before filling the area with white light.

*If you're undergoing Western therapy for cancer either with chemotherapy or radiation, try adding seaweed to your diet to help clear the toxins. Try wakame, nori or kelp on your salads, rice and in soups. For recipes, contact me at [Christina@therisinglotus.com](mailto:Christina@therisinglotus.com)*