WHAT IS QIGONG?

Qigong is a Chinese word. Qi means energy and gong or gung means work or skill. Qigong means the work of developing skills with human energy. Many traditions in Chinese thought have elaborated methods of working with human energy fields. In fact there are vast knowledge bases in Asiatic Cultures relating to the mind, body and life in ways we simply know nothing about. Qigong finds expression in multiple avenues of Chinese society including philosophy, religion, academics and the martial arts. This holistic view, including the body and mind together in these varied disciplines has contributed greatly to the uniqueness of their culture. The roots of these practices are often found in monastic traditions from Buddhism, Taoism, and Confucianism. However there is nothing intrinsically religious in the practice of these exercises.

As a discipline within Traditional Chinese Medicine (TCM) qigong has become systematized. Patient methodologies include movements, meditations, and breathing practices. They are designed to enhance and rebalance the energetic substructure underlying our physical organism. Practitioner-applied treatments can be administered with hands on or off the body. They can be applied to groups as well.

PURPOSE OF THE CLASS

We will explore the healing and self-development potential of several forms of qigong. Participants will acquire skills to help themselves and reduce reliance on the medical system.

“Practice this way, and your internal energy will expand outward easily of it’s own accord. Your weaknesses will become strengths and you will easily come to self-realization”. Wang Xiangzhai

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“Standing can be compared to the work of Zen: first, you start with the precepts, then you cultivate wisdom, then you verify with the mind, and finally you achieve enlightenment in the void. Only when we have completed the work of understanding emptiness and the exploration of polarities, can we practice the Tao. So in this respect, the work of Zen and the martial arts are the same.”

Wang Xiangzhai, founder of the Yiquan system of qigong and martial art

The uniqueness of standing meditation lies in the distinction that one can rest and exercise at the same time. All cells and physiologic processes in the body become coordinated, slowing or accelerating as needs dictate. The heart and lungs are not overtaxed as with other forms of exercise, and yet one breathes easier and circulation is enhanced after performing it.

Standing Meditation

For as long as I’ve been an osteopath (over 20 years), I’ve engaged in a peculiar form of standing meditation. There are several forms but the one I practice is derived from an art called Yiquan (EE-Chwan). It is similar to Tai Chi Chuan (Taijiquan) but the main practice involves meditation while holding fast to advanced principles of posture instead of the moving form. Using a few simple instructions, one develops first great health and balance, my teachers call it ‘central equilibrium’. Later intuition and abilities relating to healing and martial arts develop, along with a degree of enlightenment. One of the very best decisions of my life was to persevere in the standing meditation. There are moving and partner practices within Yiquan but the primary practice consists of standing or postural meditation. The combination of standing meditation and Soaring Crane Qigong are two of the fastest and safest ways to develop extraordinary energy.
Dr Laseter's Healing Qigong

Learning to work with Energy
I struggled with the energetic dimension of this work for years. For starters I didn’t have much energy. I tried to superimpose my osteopathic knowledge on it and work through the anatomy. Results were limited until I met Master Sam Tam of Vancouver, Canada. He is a living example of the treasures to be found within the expansive Chinese heritage relating to the study of energy. Not only was he able to give me a sense of greater energy, he teaches me how to use it with my patients. Many people drawn to these things are very intelligent but often over-think these arts. Understanding only comes through first-hand experience, not language and thought. One of Master Tam’s senior students put it best. Jordan Misner of windrivertaichi.com recently told me,

“Chris, it is a feeling not a conceptual idea. You can have a conceptual idea about riding a bike and still fail until all of a sudden you are riding it, that results from a feeling of balance rather than an idea of balance. That's why this is a very old qi passed from teacher to student via direct hands-on transmission. Through Sifu (teacher) we feel his teachers hands and their teachers hands as well as our teachers hands. Every time you experience what he teaches directly without concept a little bit is planted in your nervous system and one day when you least expect it viola! You’ll get it ... this has been how I have tried to approach this and it works for me, but I still am really only a student with a long ways to go.”

Pictures and descriptions of Master Tam’s art can be viewed on Jordan’s site.

Soaring Crane Qigong
This is considered a medical qigong, and one of the top two or three forms in China. It is practiced by 30 million people. Master Tam studied with the founder and his teaching is more current than the book the founder wrote.

QIGONG CURRICULUM
Yiquan Qigong
Standing Meditation

Soaring Crane Qigong
Stepping Practice/Cancer Walking Qigong
Partner Practices: Push Hands and Fa Jin
Soaring Crane Qigong
5-Set Sequence: one per class
Seated Meditation
Heart Meditation
5-Element Meditation
Breathing Qigong
Yang Clearing Breath
Assisted Wave Breathing
Pelvic and Brain-Back Breathing

Acupressure
Dantien, Triple Heater, Extremity Protocols
Rolling the Spinal Cord

Qigong Group Healing

TAI CHI CLASS
This class will use methodologies of Internal Martial Arts (IMA's, Taiji and Yiquan) complement and expand the healing and self-development potentials of our Qigong Class. These IMA’s represent a significant continuation of qigong healing practices. They also expand our efforts to include the martial dimension of these arts. This is not as daunting as it sounds. Most practitioners of Taiji today are in their 50’s and 60’s.
They do it for fun and health. This is the most economical way to work with me. The classes will be informal and you may come whenever convenient. Private lessons are also an option, but my time is unfortunately limited.

**TAI CHI CURRICULUM**

*Yang Short Form*

*Partner Practices: Push Hands and Fa Jin*

*Taiji Sword, Stick and Fan*

*Yiquan standing and partner practices*

*5-Animal Qigong*

Guided Healing Work with partners

**LOGISTICS**

**Fall/Winter 2012 Meeting Dates:**
September 8, October 20, November 17, & December 15

Optional Fifth class January 2013 (date TBD) covers Soaring Crane's 5th set and more focused healing work

**Qigong Class Cost:** $220 ($55/class; 4 classes paid upfront) Those paying for set of 4 classes can make up missed classes for free at next offering.

Alternatively $65 per class

5th Class: $55/65 depending on whether paid for set of four initially.

**Times:** Qigong Class- Saturdays, 10AM to 1PM

Optional (and FREE) Partner Practice Class- Saturdays, 2-3PM, following Qigong Class

**Tai Chi Class Times and Cost:**

Wednesdays, 7-8:30PM, $15 per class

Call my office (Dr Laseter’s) to be sure class is being offered that week

**Location:** Loeffler-Pitt Dental Associates
2131 Oregon Pike
Lancaster, PA 17601

Right off Route 30, across from the Jewish Community Center

**Private Lessons**

For the most serious I may offer one-to-one instruction.

**Contact and Registration:** Dr Laseter
101 Good Dr Suite 4
Lancaster, PA 17603
[chrislaseter@mac.com](mailto:chrislaseter@mac.com)

**Disclaimer:** These classes are not designed to offer individual medical advice or treatment. The goal is to impart general health information and training in a supervised environment.

**About Dr Laseter**

I practice osteopathic manual medicine as a board-certified specialist. Additionally, I trained in pediatrics, family practice, and acupuncture. I enjoy teaching Cranial Osteopathy for our schools and professional societies. I was fortunate to train with many of the greatest osteopathic practitioners from Europe and North America. Over the past five years I have begun to synthesize my osteopathic, qigong and Traditional Chinese Medicine concepts.

I began studying Taiji and Yiquan around 1990. I didn’t do much with it for 15 years but relied on daily standing meditation and qigong to enhance my work. For the past seven years I’ve made a serious study of these arts and also Baguazhuang for 3 years.