

External Qi Wellness Sessions:



Why qigong?

When Dr. Oz was asked out of all the health practices that one could do, what was the one practice that he would choose and recommend people practice to stay healthy, he said, **"If you want to be healthy and live to 100, do qigong."** He added that qigong reverses the aging process.

How effective is qigong?

On the streets and in the parks of Beijing and other Chinese cities, every morning over 70 million people converge in parks to practice qigong in groups with the same intention – for good health, reversing age, eliminating chronic pain and illness and improving the functions of the mind. In addition, external qi treatments have been used for over 5,000 years on tens of millions of people to help people with more than 180 diseases, including cancer, return to wellness. How effective is this? **The Chinese match the average US lifespan while only spending less than 1% of what the US does on healthcare.**

The White House Commission on Complementary and Alternative Medicine says that conventional medicine is not effectively addressing chronic illness and diseases. And, there is a growing interest in the US in self-healing and trying new ways to improve health and energy. Some are looking to heal the root cause without medication or surgery. Others are looking for help with conditions which seem intractable or incurable.

Traditional Chinese Medicine says that optimum health is the result of the smooth, balanced flow of energy (qi) in the body. All "diseases" are symptoms of the imbalance of energy flow in the body. The qigong healing process is very gentle, yet powerful. For the last 14 years, Master Lin and a group of healers that he has trained have been providing external qi treatments for about 200 people per week or over 100,000 visits altogether out of Minneapolis, MN. They facilitate the healing process for a wide variety of energy blockages, which can manifest as asthma, arthritis, cancer, cardiovascular disease, chronic fatigue, colds, depression, fibromyalgia, headaches, pain, etc. Even if your body has massive or chronic blockages and the damage is irreversible, while qigong may not be able to help you physically, it can help with the emotional and spiritual aspects of your life. People keep coming for external qi treatments because they work. However, Master Lin does not believe that anyone can tell you exactly what is going to happen to you when you have a certain illness or injury because everyone is different and responds differently to the healing process.

What are the credentials of the person providing the external qi wellness sessions?

A passionate student of Spring Forest Qigong (SFQ), Lynn has completed 16 courses with Master Lin out of Minneapolis, MN, was the first person in the Northeast US to become certified as a SFQ instructor and is now the first student in Philadelphia who will earn the Master Healer certification this year. In partnership **with juju spa & organics**, she is spreading this wonderful healing modality to the Greater Philadelphia area.

What can I expect to experience during my external qi wellness sessions?

Eastern Medicine treatment modalities focus on partnering with clients with a goal towards returning them to wellness quickly along with tools to maintain their own wellness on an ongoing basis. During your external qi wellness session you will, first, share your physical, emotional and/or spiritual concerns with Lynn. Then, the universe works through Lynn who detects where the energy is trapped or congested, breaks up and dissipates the energy blockages and provides soothing healing energy. In fact, in our initial Free Introductory Sessions, a good portion of the attendees were able to see and/or feel this energy, many for the first time in their lives. After the external qi treatment, you review qigong techniques such as gentle movements, breathing and meditations that can be done at home to further help balance your energy. You sit or lie down comfortably throughout the session and all the healing work is done without touching the body. External qi wellness sessions generally last around an hour.

What are the costs?

We provide healings in two locations. To schedule an appointment at **HealQigong**, 771 East Lancaster Avenue, Villanova, PA 19085, call 610-331-8009. The cost for a session at **HealQigong** is \$65. To schedule an appointment at **juju spa and organics**, 728 South 4th Street, Philadelphia, PA 19147, call 215-922-3235 or 215-238-6080. The cost for a session at **juju** is \$70.