

Head injury and Crane's Neck

Story by Ginny Walden; Article by Ruth Goto

Darlene Rose had a major car accident 18 years ago and suffered severe injuries to her head. There was a liquid infection between her brain and skin and skull. The doctors said there was no way they could drain it and so there was nothing more they could do.

Her head and face were distended, altering her features. When she woke up in the morning the room would be spinning. Her eyes were blurry and colors were dim and indistinguishable, like red was gray. When I met her she stuttered, unable to complete a sentence because she heard an echo, or two voices, when someone spoke to her. Because of this handicap she was unable to work and was always fearful.

Then she took a Chi-Lel class in Honolulu. She felt chi immediately and felt positive. She practiced Six Directions and Lift Chi Up And Pour Chi Down daily for six months. During this time her stuttering stopped and her slow speech improved. She knew Chi-Lel was working so she no longer felt fearful and continued her practice faithfully. I called her to join a level 2 class and learn Body And Mind Method. She was enthusiastic. I spoke to her again two weeks after the class. She said that since the class had ended, when she practiced Crane's Neck and Dragon's Head a thick green liquid drained out of her nose and mouth for 1 hour. At first she felt afraid. But then she remembered the chi effect in the 101 Miracles book and continued practice with courage. She knew it was the infection in her brain draining. Over some days the pus slowly changed to yellow then became like a thick white pudding.

As she told me this at class I noticed her speech was normal and her face showed normal features. She said her vision was clear and she could now see the beauty of colors, the echo in her head was gone, and there was no more spinning. All the symptoms she had suffered for 18 years were gone! She spoke with such joy of her recovery to the class, saying, "I love this Chi-Lel. It has saved my life. Now I can get a job! I want everyone to know about Chi-Lel!"



Darlene Rose (right) and Ginny Walden

During my training at the center in the early 90's, we spent a lot of time working on the Crane's Neck and Dragon's Horn. Dr. Pang repeatedly pointed out the Crane's Neck and Dragon's Horn is one of the most important sections of the Body & Mind Method. It lays the groundwork for the rest of the method. According to Chinese Medicine, problems in the neck area can cause 36 kind of illness. In this issue of News, Ginny Walden tells Darlene Rose's story of recovering from head injury by practicing Crane's Neck and Dragon's Horns. Eva Lew tells her experience of being worked on and practicing at the same time. The article on Crane's Neck details the technique and purposes of the movements.

Very often, students give up on Wall Squatting due to difficulty. Rosalia and Lucio of Italy use imagery to make Wall Squatting a breeze. Rosa use the same technique to heal her back pain. If you have difficulty doing Wall Squatting, try imagery.

Emotion healings are very subtle and are ignored by most people. Jimmy Vega, Christine Jordan and Deborah Lissom tell how Chi-Lel™ helps them to deal with emotions.

All these healing stories have a common thread----practice. No matter how good the method is, it is useless if you do not practice.

Wall Squatting with Imagery

ROSALIA'S DREAM

by Rosalia, Verona, Italy

I had a car accident seven years ago. Since then I have had nausea and vertigo due to the cervical trauma.

One night, almost one year ago, I felt ill; I could not walk because of the vertigo, I had a crashing headache and nausea. I felt like a boat in a storm. I did not know what to do. As I did not have even the strength to walk, I started to think about Lao-Shi. I fell asleep and soon afterward I started dreaming. I saw Lao-Shi coming towards my bed, and telling me what to do about my pain. In the dream I was told to wall squat holding myself to the jamb door. In addition, I have been showed how to do the movement and what to feel inside and outside my body. A ball started to form at the level of the first cervical vertebra and then it moved inside the spine, into the bone marrow, till sacrum.

At this level the ball rested on the sacrum moving the sacrum forward, while the coccyx was moving upward hooking around the ball preventing this one to drop.

At the sacrum half of the ball was outside and half inside the bone. The outside part allow me to be light and hanging, while the inside part allowed me to be balanced and grounded. In the dream this was the image to help me to go down during the wall squatting.

The image which allowed me to stand up during wall squatting came just after the first image. I saw Lao-Shi hand taking gently and firmly the outside part of the ball; rolling and pulling it through the bone



Rosalia and Lucio

marrow of the spine. During the ascent the ball became smaller and lighter disappearing at the first cervical vertebra.

When I woke up, I crawled towards the jamb door. Then I tried to wall squat and as soon as I finish the second wall squatting I went to the toilet to vomit. Afterwards I tried to do two wall squatting and the I went to bed.

The next morning I was fine and since that day I have not had vertigo, nausea and headache anymore. I feel that when I use this visualization my dantian is moving freely.

Lucio's Image

by Lucio, Verona, Italy

I was walking downstairs with Rosalia and as my knee was hurting, I was recovering from a recent sport accident, I was limping. She noticed my effort to walk downstairs therefore she suggested to use my dantian and to move my sacrum forward. She told me to visualize a big ball over the sacrum. As soon I used my dantian and that image I manage to walk downstairs easily and painless.

In the afternoon we had the Chi-Lel seminar and we did some exercise. Time run and we did some wall squatting. During the exercise I imagined to have a big ball in my dantian and a rope connected to that. I visualize somebody to pull me down from a cliff and then pulling me up. This image helped me a lot during wall squatting. In addition I followed the Luke advice which was given to me previously; I touched with my nose and forehead the wall, then I bent my knees slightly and imagine they were fixed like a hinge. Finally I went down using the image reaching a point comfortable for my spine. Then I let my Dantian to be pull up hence going up. I discovered with this method that is not necessary to touch the floor. The exercise is more effective and more beneficial when is performed properly.

How to heal Back Pain with "Rosalla Spine" Visual

by Luke Chan

Inspired by Rosalia's dream of visualizing a hand holding a ball moving up from the coccyx, vertebra by vertebra, through the spine to the neck vertebrae, Rosa of Italy came up with a modified version specific for healing pack pain.

According to Rosa, she had cracked her sacrum vertebrae (Between S-2 and S-3) during a ski accident. She also developed a hernia disc in the neck vertebrae. Because of the years of suffering, Rosa had memorized every vertebra of her spine. During the Body and Mind Method's "Bend Body Arch Back", she visualized her vertebrae become very big (not logical thinking, but rather in cartoon type of visualizing). When she began to bend, she visualized the cartilage between the first and second cervical vertebrae become a jelly like, movable, heavy mass which filled up the first vertebra (C-1). The weight of the jelly mass caused the first vertebra to bend. Then she repeated the same process for the second vertebra (C-2) and so on until the whole spine had bent down. When the direction was reversed, she visualized the opposite with the coccyx being filled up first. She spent a few minutes for each cycle of up and down and she reported immediate relief of her hernia disc and sacrum disc.

By visualizing a physical object moving, Rosa had actually moved the non-physical, invisible, colorless, weightless, great-healing-power chi through her spine, cleaning and healing the chi-blocked area. She felt much better as a result of cleaning up her "chimney".



Rosa (right) and her mother

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Tragedy Hit Home

by Jimmy Vega, Millesville, PA



Jimmy Vega (right) and Frank Chan

The tragedy on Sept. 11 in the World Trade Center took the life of my beloved sister Diana J. O'Connor, 37 years old, who worked in the 104th floor. She was my second youngest sister from a family of 15 sibling. She leaves behind a daughter Amanda, 2 years old and a husband.

I am a doctor of healing Arts, a Chiropractor with a degree in Pharmacy. I have been practicing Chi-Lel™ Qigong becoming certified in 1997. During this tragedy, I was doing La Chi everyday but her death gave me a new meaning with deeper understanding of life and training. This tragedy is my wake up call. I double count all my blessing with a new desire to train everyday and make Chi-Lel™ a way of life.

Chi-Lel™ has helped me in many ways. It has increased my flexibility. I am more aware, improved my quality

of life, clarity of mind and it has helped me during this stressful times. I thank God for all my good friends, family and teachers Master Luke Chan and Master Frank Chan for allowing me to be their student. I fell like I am part of a big special family of hope, love, peace and compassion.

Chi-Lel™ has become my way of life and it will change the world but first you have to change from within. What you need to succeed is a positive attitude. Today you are one day younger than tomorrow.

Practice- you must plant the seeds before you can reap the fruits. Patient-plan for today and resolve to take one step at a time. Persistence- set goals and do not give up as soon as you encounter obstacles. Faith that works- all endeavors are motivated by people who want to move upward. Trust- that it will, celebrate life now, is the perfect moment, for it is a gift from God. Miracle- one day at a time. Love- keeps us alive.

Come and join the Chi-Lel™ family and fly with the eagles. Skip a meal but never your training. The road to success was never easy but life's tragedies makes us appreciate one another and brings us closer.

My sister's spirit lives on as I will continue on my journey to a new level of training. Life will never be the same for America, the whole world, and my family since this tragedy. God did not give me a spirit of fear but of love, compassion and hope for better world

I dedicate this article to my sister Diana J. O'Connor.

Chi-Lel™ and Emotions

By Christine Jordan, Prescott, AZ

I have been practicing Chilel for over four years. My main gongs throughout this time have been LCUPCD, wallsquatting , push -pulls, haola hula, 6-directions, and now Body-mind level two.

I have been very fortunate in my life to have had no severe physical health challenges, but quite often our health challenges are not so outwardly apparent. Some have emotional or mental challenges.

Many people, especially women have had issues related to abuse in their lives. Physical, emotional, and mental abuse can create blockages in their body and mind . Since I have personally had these experiences in my life, I would like to share how much Chilel has helped me with that. Practicing Chilel can give a person back their feelings of well being, being comfortable with themselves, confidence, feelings of being safe, and clarity and peace of mind. Often people who have been abused are guarded in their chi field, very

tight, and restricted. With release- absorb, one relearns how to relax and open their chi field with confidence and also to absorb and let chi flow in with a feeling of safety. When we feel full of healing loving chi, because of our daily practice, we have an abundance of chi for positive interaction of giving and receiving.

Practicing Chilel causes the emotional and mental blockages that are sometimes obvious, but more often subtle to gradually become less solid and finally evaporate, disperse, and disappear!! So if you want to feel peace, clarity, love, and compassion for yourself and others, practice Chilel every day and never give up!!



Christine Jordan

Anger

by Deborah Lissom, Corydon, IN

According to Chinese medicine, anger, fear, resentment all go into the kidneys. That has been such a problem for me all my life. And of course, what do I have? Kidney disease! I was headed toward dialysis, and suffered from so many kidney related problems. Now, I have the answer for me.

Wall Squats! Everyone's favorite! I could not do more than 10 for the longest time until one workshop when Luke put on a tape with over 100 release/absorbs, and I did the whole thing! Since then I have overcome my disease, and I do 100 squats per day.

Try it. I do it whenever I get upset. Even if I just do 10-20. It really helps. I used to get so mad at myself for getting mad! (knowing I was hurting my kidneys) that I would stand against the wall and say I would just do wall squats, until every ounce of anger left my body. It always worked!

For online newsletter, please sign up at www.chilel.com

Crane's Neck and Dragon's Horns

By Frank Chan

Crane's Neck

Forward direction:

The forward direction focuses on the cervical vertebrae pushing backward and pulling upward. Using the head as the moving point and Dazhui (T-1) as the pivotal point, and by extending and bending the cervical vertebrae while the chin is making circular movements, one imitates the head movements of a walking crane in order to achieve the purpose of exercising the cervical vertebrae and the head. (Fig 1-5)

- a. **First tuck in the chin:** Baihui moves forward and downward as if looking at the shirt buttons; the chin tucks in to the limit.
- b. **Pull the cervical vertebrae:** Hold the chin position as the cervical vertebrae push backward and upward. With Baihui leading, the head pushes upward and pulls up each cervical vertebra, one at a time.
- c. **Lean the head backward:** With the chin still tucked in, lean the head backward to the limit; then relax Yuzheng and Baihui.
- d. **Move the chin upward:** The neck begins to relax, and Baihui pulls upward and backward. At the same time, the chin moves upward to the limit while drawing a circle.
- e. **Forward and downward:** The chin continues to move forward and downward to draw a circle.
- f. **Inward:** Baihui moves forward, downward and inward, as if to touch the chest, to help the chin move inward. This will create a downward and inward force in Baihui, and a backward and upward force in the chin. Imagine the chin brushing the thoracic vertebrae and pulling the cervical vertebrae upward, from number seven to Yuzheng, one vertebra at a time. Using Dazhui as the pivotal point, and following the movements from a to f, one has



Fig 1



Fig 2



Fig 3



Fig 4



Fig 5

Backward (reverse) direction:

This movement imitates the crane's eating and drinking movements. The principles are the same for the reverse movements as for the forward movements except the movements are in opposite directions.

a. Tuck in the chin: Tuck in the chin till it touches the throat and hold the position.

b. Move the chin downward: Baihui pulls upward, forward and downward. The chin moves downward as if brushing the inner side of the cervical vertebrae.

c. Forward and upward: The chin pushes forward and then upward. Following the upward movement of the chin, the body pulls upward at the same time till the chin cannot move anymore.

d. Pull cervical vertebrae: Move Baihui backward and pull cervical vertebrae upward; at the same time tuck in the chin.

e. Tuck in the chin: Continue to push and pull up Baihui, and tuck in the chin till it touches the throat. The movements from a to e form a circle. Repeat 9 times.

The keys to the crane's neck practice:

Tucking in the chin and pushing out and pulling up the cervical vertebrae. In the beginning stage of practice, use the chin to draw a maximum circle while Dazhui serves as a stationary point.

Common mistakes:

1. The movements of the chin tucking in and Baihui pulling upward are not synchronized (they should be done at the same time).
2. In the movements of the head leaning backward and the chin moving upward and forward, the chin's path is not round enough (it should be a circular path).

Dragon's Horns

- a. Head leans to the left:** The left dragon's horn (the skull bone "bulges" approximately 2 inches above the ears) leans to the left, and the left shoulder and left ribs



Fig 6



Fig 7



Fig 8

relax. The left ribs slightly lean downward, and the head leans to the left to the maximum. Use the left ear to touch the left shoulder. The left dragon's horn pushes outward and upward and back to the beginning position.

- b. Head leans to the right:** The right dragon's horn leans to the right, and the right shoulder and right ribs relax. The right ribs slightly lean downward, the head leans to the right to the maximum. Use the right ear to touch the right shoulder. The right dragon's horn pushes outward and upward and back to the beginning position.

The keys to the dragon's horns practice:

Keep the chin stationary; the face always facing the front. Use the dragon's horns to draw, in an upward motion, a sleeping 8 or an infinity sign. When first learning the movements, it is advisable to use the hands to help push up the dragon's horns. Put both hands on the dragon's horns, and lean the head to the left. By relaxing the left side of the body (including the waist), the body will automatically lean to the left. Then the left hand pushes the left dragon's horn up (the horn is pulled up), and the body will be pulled up at the same time. As the left horn reaches the top, lean to the right and push upward. If one can relax, each vertebra in the spine will move.

Common mistakes:

One uses too much force and is not relaxed enough when pushing upward; the head just sways from side to side; the chin moves too much.

Purpose of Crane's Neck and Dragon's Horns

By tucking in the chin and pulling up the cervical vertebrae, one opens up the pressure points and activates and moves up the qi in the Governing Meridian. When the head leans backward and then moves upward and relaxes Yuzheng, qi will move from the tailbone to Dazhui, to Yuzheng, and will finally reach Baihui. As the head moves forward and downward with the chin tucked in, qi will be moved down to the Conception Meridian and Dantien. By doing the simple crane's neck movement, one can activate the Governing and Conception Meridians. With the hands pressing Jingmen (at the tip of 12th ribs), Zhangmen (slightly under tip of 11th ribs) and Daimai (about 1 inch below Zhangmen) and with the synchronization of the body movements (open-close), pulling the cervical vertebrae can activate the body's Main Meridians. Up to a certain point, one crane's neck is equivalent to one Microcosmic Orbit. Although Chi-Lel does not focus on the Microcosmic Orbit, it would achieve the same benefits.

The dragon's horns movements will activate the Gallbladder meridian first and then stimulate the Liver meridian. According to traditional Chinese medicine, Shuyang qi (qi in the Gallbladder Meridian) can activate the Chingyang qi in the inner organs. If one were to practice the dragon's horns movements with the eyes closed, gradually one would feel that the body is very light and would have a very comfortable upward feeling. This is the sensation of Chingyang qi moving upward. When the Chingyang qi concentrates in the head, the brain will be nourished.

Activating the Governing, Conception and Gallbladder Meridians will increase and strengthen the circulation of qi to the head. By exercising the head, the brain is nourished. The snake-like movements in the spine not only loosen up and stretch the vertebrae, but also massage the nervous system and the spinal cord and increase the blood flow in the spine.

These exercises are very good for improving functions in the head (including the brain, the blood vessels and the nerves), in the cervical vertebrae, and in the spine. Practicing this exercise can normalize and improve the blood and lymphatic circulation in the neck and head areas. It is also very effective in treating vertigo, headache, tinnitus and abnormalities in the nervous system.

*Abridged from Frank Chan's upcoming book-
"Chi-lel Qigong: Body and Mind Method".*

Workshop & Retreat Schedule

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Chi-Lel Qigong™ Workshop ~ Workshop begins at 9am and ends at 4:30pm unless specified.

The fee is \$195 for both days and \$110 for one day. Workshops are conducted by Frank Chan

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6-day retreat: Friday March 15, 4pm to Wednesday March 17, 12:00 noon; \$725 (tuition, meals & lodging are included)

Oakwood Farm, Selma (near Muncie), IN

3-day retreat: Friday May 24, 4pm to Sunday May 26, 12:00 noon; \$335 (tuition, meals & lodging are included)

6-day retreat: Friday May 24, 4pm to Wednesday May 29, 12:00 noon; \$675 (tuition, meals & lodging are included)

Lily Dale Assembly, Lily Dale, NY (call 716 595-8721 to register)

3-day retreat: Friday July 5, 7pm to Sunday July 7, 5:00 noon; \$195 (tuition only)

6-day retreat: Friday July 5, 7pm to Wednesday May 29, 12:00 noon; \$345 (tuition only)

Stewart Mineral Springs, Weed (Mt. Shasta Area), CA

3-day retreat: Friday August 9, 4pm to Sunday August 11, 12:00 noon; \$345 (tuition, meals & lodging are included)

6-day retreat: Friday August 9, 4pm to Wednesday August 14, 12:00 noon; \$695 (tuition, meals & lodging are included)

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3-day retreat: Friday Sept 20, 4pm to Sunday Sept 22, 12:00 noon; \$345 (tuition, meals & lodging are included)

6-day retreat: Friday Sept 20, 4pm to Wednesday Sept 25, 12:00 noon; \$695 (tuition, meals & lodging are included)

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Month-long Chilel™ Qigong study with Luke Chan in China: email lukechan@chilel.com for details

November 9 - 23 study and tour in China: CEU's for nursing, acupuncture, massage therapies and chiropractor are pending. For details call 1 888 864-0588

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Chi-Lel™ Qigong: Body & Mind Method (Videotape, 83 Min)

Body & Mind Method is the second level of Chi-Lel™ Qigong. The main purpose is to loosen joints and tendons (from head to toes), open meridians and strengthen chi flow. This videotape consists of a demonstration of the Body & Mind Method and step-by-step instructions.



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Pain in the Neck and Other Ills

By Eva Lew, Roseville, CA

In November 2000, my neck suffered its second and more serious whiplash injury...this time my head was turned to the left instead of facing forward. I was fortunately practicing a gong of Body and Mind Method. After 2 days of continued practice, Crane's neck and Dragon's Head relieved my neck pain better than anti-inflammatory drugs!



Eva Lew

Last year, I heard about a technique called Seven Star which is designed to loosen up the muscles of the upper shoulder and cervical spine to increase chi and blood flow to the head and brain. The method was developed and clinically studied by Dr. Wang, an acupuncturist who was awarded special recognition by the Chinese medical community for this technique. Out of curiosity, I traveled with Frank Chan in November 2001 to Baidahue to study with Feng Lao-shi, a Tai Chi and Tui Na Master who works with Dr. Wang.

Feng Lao-shi first demonstrated the technique on several clients- one could not see well; another had

numbness in the hands. The first 3 steps of the Seven Stars technique loosen up the ligaments around the cervical vertebra and the muscles around the neck and shoulders. The fourth step activates the gallbladder channel by applying pressure to the acupuncture point Fengchi (GB 20). The remaining steps further loosen the muscles of the shoulders and upper back, culminating in 3 neck adjustments. Each treatment lasted about 20 minutes. The client with sight problems reported improved vision after 1 treatment. The man with hand numbness had already undergone several treatments and report improved sensation in the hands.

I then had the opportunity to experience the treatment. The ligament and muscle relaxation techniques penetrated deep into the tissues without much force- Dr. Wang said that mind intent is the most important factor. The acupressure was a little uncomfortable but not painful. I was apprehensive about the neck adjustments, but they were not uncomfortable at all. My vision was more clear after the treatment, but more noticeably, when I tried the Crane's neck/ Dragon's head on the day following the treatment, I can feel my head, neck, and entire spine connected for the first time.

For individuals interested in this technique, Frank will be conducting a study tour to China in November, 2002.

Treatments like the Seven Stars can improve vision and relieve neck pain but require a trained practitioner to administer. By practicing Crane's Neck and Dragon's head, however, one can achieve similar results and maintain them on his/her own time.



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