



# Drömmen om det goda

## **Peace Power Qigong effective against frustration**

by Anna Prim

Practicing Peace Power Qigong helps us handle our frustrations and get in harmony with life, twins Anna and Maria Rabic at Sollentuna gymnasium say. They are two of the first batch of young people who have tried this new Chinese health-promoting method for senior level and high school students. No one has told them. They have figured it out themselves from their experiences of the slow, focused movements of the age-old Chinese health form. The method is designed to help young people balance their hormones and emotions, get in touch with their inner strength and wisdom and take good care of themselves.

The Peace Power Qigong movements are meditative yet powerful. Every movement involves special focus and visualization. When the students cross their right leg over their left and slowly dive toward the earth and then with large, sweeping wing beats swing themselves up into the sky, they ARE peace eagles. In the big, luminous room with mirrors on one wall the special condensed atmosphere that comes from focused presence is tangible.

Qigong has strong effects on the students, Ylva Ramsell says, the children's health and sports teacher. For many years she has enriched her teaching with courses in body balancing for her students. It puts the youngsters in contact with their inner strength. This can rapidly change their general status for the better. I've seen that happen many times.

The Peace Power method is a medical Qigong, developed by the Biyun School, It forms part of the peace project The Dream of the Good.

The Biyun method has become something of a people's Qigong in Sweden during the last ten years. Approximately 90.000 Swedes are practicing the method. It is used within many Swedish county councils. Nowadays, it is also possible to study the method at the University of Örebro.

In China, traditionally the cause of mental and physical trouble is believed to be a blockage of the life force. The doctor's task is to discover and help dissolve the blockage in a timely fashion. The imbalance which according to the Chinese qigong masters are at the root of the discord in the world lies within us humans, in our outlook on ourselves and on life. Peace is something that comes from within and it presupposes a certain amount of peace of mind and balance.

The exaggerated egocentricity and fixation on material possessions in our society is due, to a large extent, to the fact that our attention is always directed outwards. This can be counteracted by the practice of Qigong, which in a natural way shifts the attention inwards and grounds us. Peace Power Qigong incorporates several elements from the Kung Fu tradition of Shaolin Monastery. The ancient Chinese medical knowledge was often transmitted from generation to generation in a family.

many qigong masters learnt their methods and were initiated in the old Chinese healing methods as young children.

We live in turbulent times, where children and young people, who are in a sensitive developmental phase, are very vulnerable, according to Traditional Chinese Medicine. Its doctors were also often trained in observing the circulation of the life force in human beings since childhood.

Peace Power Qigong is practiced with great empathy. You feel and visualize that you are very big, reaching up to the sky with one hand and touching the earth with the other. Exhaling you make the sound "hou" and become one with the thought "I give peace power to nature". "Hou" helps you relax and gives you strength. You make a difference and open up to wisdom! The treasures of the mountain are collected from different directions. The four corners of the earth are connected to the inner organs. You rotate in harmony with heaven and earth and learn to squeeze the life force into a condensed ball that you use to revitalize your body and mind.

Imagine that you are a playing sea turtle and make its special shushing sound. The sound "shu" is one of the classic healing sounds of Chinese medicine and is considered to have a beneficial effect on the liver, blood and its circulation. Furthermore, it is said to be good for the eyes and reduces anger and irritation. In order for it to have the intended effect you have to empty your lungs completely on exhale.

Another healing sound is "khyy". In Peace Power Qigong it is pronounced softly and calmly on a long exhalation. It benefits the kidneys and is helpful against anxiety and fears etc. Finally, you collect the life force from nature and heaven with outstretched arms. Simultaneously, you link the root of the nose with the energy area Dan Tian, which is situated about an inch below the navel. This gives special grounding and balance.

After these movements you rub and pat your body from top to bottom. This stimulates not only the muscles and blood flow but also the circulation of the life force in the organism and mind, according to ancient Chinese medical knowledge.

Finally, you practice a few moments of quiet Qigong. You visualize that you're using your power to spread love and peace among people and animals and to care for the earth.

"Lots of things are going on in the minds of young people. They are subject to a lot of physical and mental stress today. They know that life is more than possessions, celebrity, aggression and sex", says Anna Bornstein initiator of the Dream of the Good. "The state of the world is a big problem that hinders their natural development, . The earth and nature is in the process of being destroyed. They know that their task is to turn this development around. They need moral consciousness and spiritual strength to succeed with this task. Young people are very interested in learning to use their energy in constructive ways and listen inwards to their true self. In this way they develop an understanding for things that you can't see and touch. This gives them strength and insight to transform our earth and our outlook."

The Peace Power Qigong is part of an extensive Swedish research project with grade school students (14-15 years), "Barn i balance" (Children in balance), where methods that can reduce the inner and outer stress in children and strengthen the children's inner potential are examined.

The Dream of the Good, offers training in Peace Power Qigong for teachers, so that they can teach the method in the classroom. The training comprises a total of four days.

About the Biyun method:

The Biyun method is a form of medical Qigong, rooted in ancient Chinese medicine and consists of slow, soft and simple movements. It benefits and strengthens joints, muscles, tendons, nerves and circulation. Western science has shown that these slow, focused movements are good for stress-related conditions. They promote the creation of new stem cells in the brain and are good for the overall functioning of the brain and the nervous system (among others, Peter Eriksson, stem cell researcher, Sahlgrenska University Hospital in Göteborg, Professor Herbert Benson, Harvard School of Medicine and the Benson-Henry Institute for Mind Body Medicine in Boston, Professor Jon Kabat-Zinn, University of Massachusetts).

Your mental attitude, how and what you think, how focused and attentive you are when you are performing the movements, these are things that are at least as important, maybe even more important than the movements themselves. The Children's Qigong is designed for preschool, junior level and middle school students.