

# Managing Stress with Qigong

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Gordon Faulkner

*(courtesy of Sing Dragon Publishing Company)*

Believe or not, we need some stress to survive. Nevertheless, without proper relief, stress accumulates and it can lead to serious health issues. [Qigong](#) is an ancient Chinese healing art. There are variations of Qigong forms practiced by many Eastern cultures. The practice of Qigong is often recommended to alleviate stress and maintain good health. It is no wonder the most popular medical TV program host and cardiologist Dr. Mehmet Oz advises that “If you want to be healthy and live to be 100, do Qigong.”

[Gordon Faulkner](#) is Principal Instructor at the [Chanquanshu School of Daoist Arts](#) in this Scottish Highlands. He has also taught Qigong to cancer patients at [Maggie’s Cancer Caring Center in Highlands](#) -- First Lady Michelle Obama visited Maggie’s Cancer Caring Center in London last year and call Maggie’s Center a community Jewel. In early 1994 Gordon Faulkner began to study the [Daoyin Yangsheng Gong system of Medical Qigong](#) with Professor [Zhang Guangde](#) from the Beijing University of Physical Education. This involved several visits to China culminating with becoming one of the first Westerners to be qualified as a Senior Judge certified by the China Daoyin Yangsheng Gong Association and the China Wushu Society. Later, in 1999, he became a closed-door (or In-chamber) disciple of Professor Zhang Guangde. Mr. Faulkner is a Certified International Judge of Daoyin Yangsheng Gong and President of the Scotland and Wales Daoyin Yangsheng Gong Association.

According to Gordon, the Daoyin is the oldest Qigong form and was widely practiced throughout the Chinese history. But it declined towards the end of Qing Dynasty along with other Qigong forms until it resurfaced in 1950s. Professor Zhang Guangde created the modern Daoyin Yangsheng Gong for nurturing the body and the mind. There are many different forms in Daoyin Yangsheng Gong for various health purposes. Gordon Faulkner selected some of them and created the modern Daoyin Yangsheng system for stress management. Faulkner works to dispel Qigong's mystique and educate individuals on its benefits with his new book *Managing Stress with Qigong* [November 2010, Singing Dragon, paperback, 256 pages]. He shows that Daoyin Qigong is a natural yet extremely powerful way of combating chronic stress and its related effects. Using detailed instructions and at least six photographs for each movements, Faulkner creates an informative handbook, which is helpful for anyone either with or without prior experience.

*Managing Stress with Qigong* combines pictures of physical postures with instructive breathing techniques to promote harmony between the body and the mind. "It is my belief that the Oriental approach to dealing with stress gives one greater prospects for recovery," writes Faulkner. "Physical therapy in the West is concerned mainly with physical problems while in the Orient physical therapy goes beyond this to encompass all types of illness."

One feature of Faulkner's book is that he analyzes the stress from both a Western perspective as well as an Eastern approach. His modern Daoyin Yangsheng Gong consists of two exercises: stress relief and stress prevention. Each has eight movements. They are compact and can easily fit into a busy schedule. Like most Qigong forms, Mr. Faulkner's exercises also have sedentary forms. Likewise, he provides the same detailed explanations and illustrations.

Other features of this book are the discussion of the general and specific principles of each of the movements, the theory of the Five Elements (*wu xing*) in the Traditional Chinese Medicine (TCM), and the internal life energy (Qi) system. Gordon explains these complex subjects with simple English which can be easily understood.

"The Qigong in this book was designed with a very specific purpose in mind," writes Faulkner. "That purpose was to deal with the non-specific condition called chronic stress." Carole Bridge, Center Head, Maggie's Cancer Center at Highlands, praised Mr. Faulkner's work at the Center as well as the book. Patrick Zentler-Munro is a medical physician and was skeptical about alternative therapy. Dr. Zentler-Munro, having survived very extensive surgery for cancer two years ago and later becoming a student of Mr. Faulkner, recommends the book as well.



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