

## Six Main Characteristics of Heavenly Essence Qigong

Heavenly Essence Qigong (HEQ), which was originally called Chinese Life Preserving and Wisdom Developing Qigong or Zhong Gong, spread to millions of people like a whirlwind over the 10 years after it was first introduced at the Beijing Science and Technology University on Aug 8, 1987. By 1999, the official number of practitioners in China had reached 38 million. The following six main characteristics of this Qigong system are the secrets of its success:

### **1. HEQ is a very comprehensive life preservation and spiritual cultivation system.**

HEQ consists of Level One to Level Four plus a few advanced teachings. HEQ has integrated the essence of many traditional Qigong methods from Buddhist Qigong, Daoist Qigong, Medical Qigong, Confucius Qigong and Martial Qigong traditions. HEQ methods are suitable for males and females, young and old. This system is tailored to meet the various needs of students at different levels of practice. For example, its Level One Qigong includes twenty-two unique methods for different cultivation purposes, such as techniques to improve one's health, Daoist alchemical practice called Microcosmic Orbit, and Medical Qigong or Te Yi healing methods. Its last teaching, Yuan Dun Great Method, offers some unprecedented spiritual cultivation methods that lead to the cultivation of the Dao and enlightenment and is considered one of the highest spiritual teachings.

### **2. HEQ has an intriguing, flexible and progressive structure.**

HEQ system is designed in such a way that each level helps one to develop one's special functions and each method can be conveniently practiced in one's daily life. The unique "Breaking Down Practice Method" of HEQ simplifies the practice and makes it more efficient by allowing a method to be divided into parts that can be practiced individually. Some practices, that may take a long time to achieve results by the traditional methods, are accelerated in the HEQ system through its breakthroughs in Qigong theories and training methods.

### **3. HEQ's theory is simple, concise, thorough and easy to understand.**

HEQ modified the traditional archaic and elusive Qigong teachings into simple and easy to understand modern language. It looks at Qigong through the eyes of modern life science. HEQ sheds light on some previously unstated hidden secrets and provides a short cut for modern people who are interested in studying this ancient esoteric art.

### **4. HEQ has tangible health and healing benefits with persistent practice.**

Medical Qigong (or Te Yi) doctors of HEQ have collected more than 1000 case studies of difficult diseases that were successfully treated with HEQ healing methods in *Chinese Special Medicine Case Studies* "中国特医医案." This book was evaluated and approved by Special Medicine doctors and officially published by Chinese Publishing House in the 1990s.

### **5. HEQ has a wide Qi path and is easy to integrate.**

HEQ uses a broader approach; thus, its practice methods do not conflict with other Qigong systems. One can receive great deepening effects if one has learned other Qigong styles and incorporates HEQ methods. Students from other religious or spiritual traditions can also benefit from HEQ's accelerated and effective methods and gain special insights in their spiritual cultivation.

### **6. HEQ is safe from Qigong deviations.**

HEQ is taught and practiced in a very safe manner in a group Qi field. It has an extremely low rate of deviations caused by improper Qigong practice and is very safe to practice after receiving proper instruction from certified instructors.