

## **The beginnings and development of Soaring Crane Qigong in Poland**

Soaring Crane Qigong is widely practiced in Poland nowadays. 78 instructors run groups in every large Polish city and more than 3 000 people had opportunity to practice it. There is a number of courses and classes every year for both beginners and advanced students. So how did it arrive in Poland, and what is the secret of its success there?

In the early 90s Professor Liu Zhongchun, a Qigong Master from Beijing Qigong Association, was spending a lot of time in Poland working as a translator for Chinese delegations. At that time it was very rare in Poland to meet someone who knew any form of Qigong. Meeting a Chinese Qigong master, who could also speak Polish, was and is an extremely rare occurrence.

Master Liu began teaching Qigong in Poland, when a couple of Polish doctors heard about Master Liu Zhongchun and asked him if they could send their patients to him for Qigong classes. Master Liu agreed and that's how it all started.

The very first patients got very good results and the news of a wonderful healing method spread fast. Soon a group of people was doing Qigong with Master Liu several times a week.

So Soaring Crane started in Poland in 1992 with just a couple of people doing Qigong. Nowadays it's a growing non-profit organization with 78 instructors and groups in every large Polish city. People meet in local groups once or twice a week to do Qigong together. We all meditate twice a week at the same time, so everyone in Poland can sit together. At the end of 2007, we estimate there were several thousand people that practiced Qigong in Poland. There are also new groups appearing in Germany, England and Belarus.

All the instructors teach Qigong on a non-profit basis. The classes are free and instructors volunteer their time and energy to teach, so that large numbers of people can benefit from practicing the Soaring Crane style. Our main aim is the growth and development of Qigong in the world as a way of maintaining peace and health in every person, their family, and society. The benefits of this mind and body practice are not just limited to Qigong classes, or to physical health. Qigong teaches quiet awareness of the body and mind, with healing potential for society as a whole.

Every year, Master Liu examines practitioners who want to become instructors. After passing the exam, instructors are obliged to work continuously on improving his or her skills by attending courses for advanced students. Instructors are also obliged to run a group.

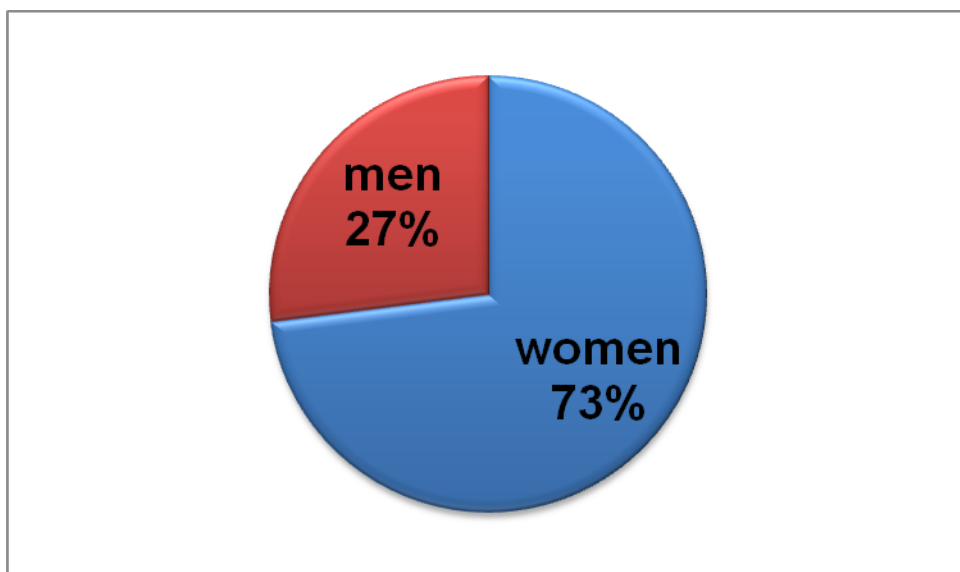
We organize three longer courses every year both for beginners and for advanced students and a number of 3-day courses for instructors. Master Liu Zhongchun has taught us not only the Soaring Crane form, but also sitting, standing and lying meditation. This complete set allows us to extend Qigong to every moment of our daily lives.

We work on improving our instructors' skills: we verify one another checking Soaring Crane form and make sure that everyone follows the standard. We also meet to exchange experience about teaching others and running a group. Master Liu emphasizes the meaning of meditation for instructors - students are encouraged to meditate more and more everyday.

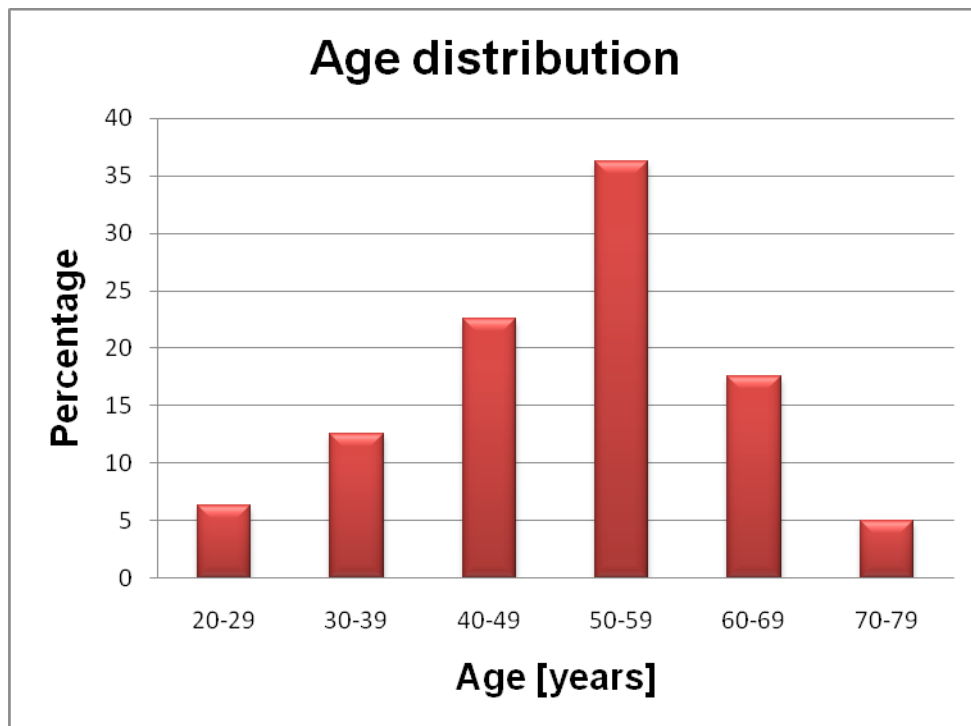
Our instructors travel to China in order to meet other masters and to see other Qigong styles. A bigger group of instructors travelled to Beijing last year and had opportunity to meet several great Qigong masters.

The next step in our plan is opening a Qigong center. We are looking for help to found a place where people could come anytime to do Qigong and meditate, a place where people could come for courses. We hope to start inviting other masters from China to Poland and to keep on founding new groups.

In the last couple of months, we started polling Qigong practitioners. We want to collect data on Qigong effects along with complete medical evidence. Here are the very first results taken from a small sample of 80 polls taken during one Qigong course:

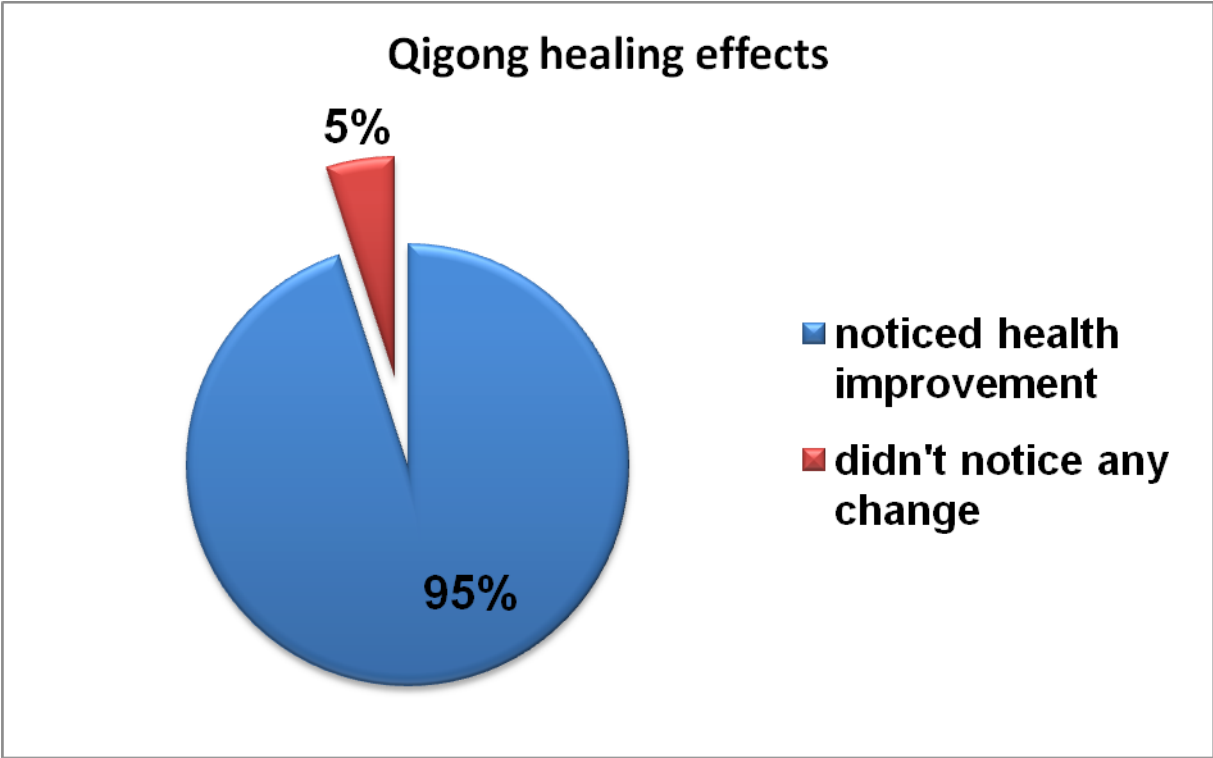


As you can see above majority of our students are women.

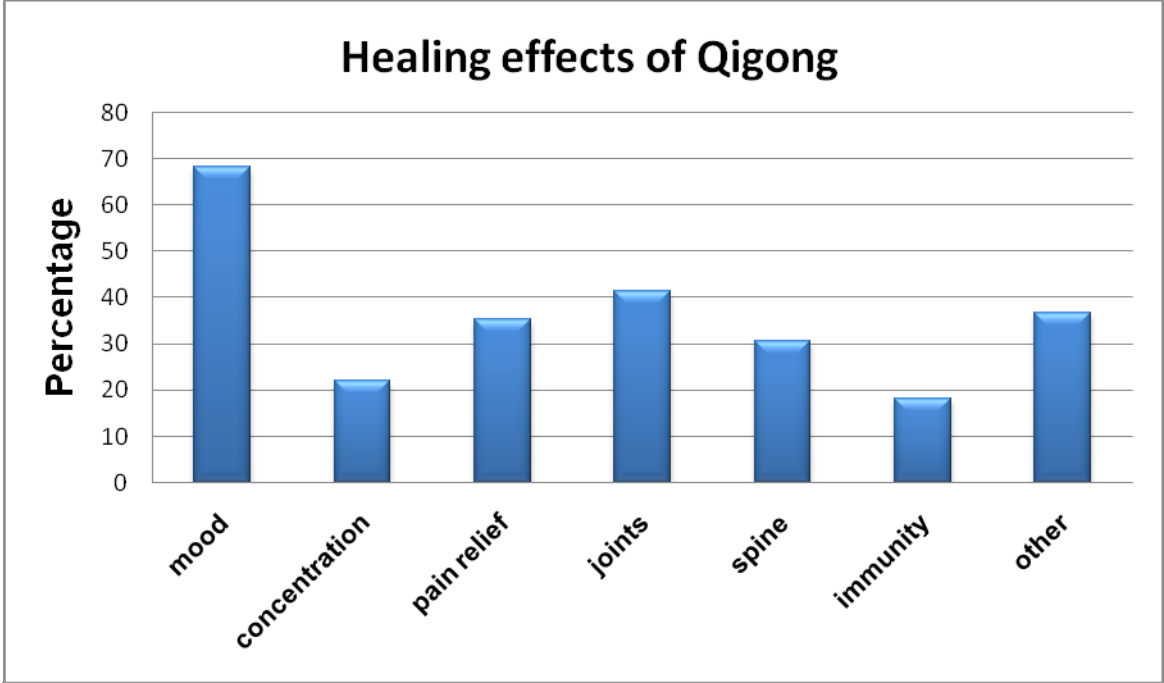


The majority (36%) of our students are people in their 50s. That's the time when people turn from their professional careers and begin to care more about their health. We are also noticing a growth of interest from younger students.

In terms of the health benefits of Qigong for our students, we have also seen extremely good results. Professor Liu's early experience in Poland continues to the present:



As you can see the vast majority (95%) of people doing Qigong noticed health improvement (physical, psychological or both). Only 5% didn't notice any change. I should note that none of the 5% practiced regularly neither were meditating when the sample was made.



70% percent of people noticed change in their mood - it mainly means being calmer, more balanced and cheerful. Many people reported on improvements in their family relationships. Practicing Qigong can affect not only your physical health, but also your psychological and emotional health.

About 40% of people noticed changes in joints flexibility and pain relief of any kind.

Almost 40% of answers to the survey belong in the category "other". This category includes things such as general condition improvement, eyesight improvement, immunity improvement, healing circulatory problems and other, sometimes very serious diseases.

We plan to continue collecting more and more data supported by detailed medical evidence. We already have medical evidence of almost miraculous recoveries from sicknesses that are considered incurable.

Soaring Crane Qigong has already very good effects in healing such problems and sicknesses as:

- Migraine
- Insomnia
- Immunity disorders
- Rheumatism
- Allergies
- Digestion problems
- Obesity
- Ulcers
- Depressive disorders
- Muscular atrophy
- Pain relief
- Circulatory system disorders
- Cancers
- Multiple sclerosis
- And many more

We get many letters from people who have recovered from serious diseases thanks to Qigong. I would like to cite one of them:

*My sickness started 14 years ago. I had severe problems walking, I could hardly hold a cup in my hand and I completely lost feeling in my other hand. Western doctors diagnosed me with spinal degeneration and fibromyalgia.*

*I underwent several arm surgeries. Taking big doses of drugs caused problems with my circulatory and digestive systems. My degenerating physical state caused depression.*

*I started doing Qigong in 1997. Beginnings were very difficult, since I suffered from so much pain and I couldn't even raise my hands. Nevertheless I kept doing Qigong, since everything else had failed.*

*After 3 years of practicing Qigong my health condition was a lot better. The pain in my spine and joints had disappeared, and my hands became healthy again. All the side-effects of the medication disappeared and I fully recovered from depression. I was able to return to a normal, active existence. I can say now that Qigong has completely changed my life.*