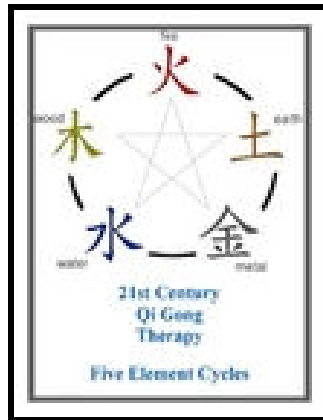


21st Century Qi Gong Therapy
-Level Five-

“Five Element Cycles”

By Ashida Kim



*Review by: John C. Enger, Ph.D., Th.D., D.Min.
Grandmaster – 10th Dan
Shinja Buke Ryu Kenpo*

"The medicine of the future will be energy medicine, and chemical medicine will be a subset of medicine as a whole. Probably 80 percent of medicine will be energy medicine, and 20 percent chemical medicine."

-Robert Jacobs, N.M.D., D.Hom. (Med), of London, England

Level Five picks up where Level Four left off and expands on the creative cycle, the controlling cycle, overactive cycles and rebellious cycle. Grandmaster Ashida Kim states that *"These concepts are important to understand to see how the body works together and how disease can enter the body."*

The student will find that there are two different variations of the Chen Cycle that are taught and to help the student understand these positions both are discussed.

What I found very helpful was the full color cycle chart provided which gives a very clear understanding on the actual flow of the cycles being discussed. I have read many different lessons on this topic and have never found an accompanying chart that adequately covered the cycles quite as well as this particular one.

Another great addition to the study is the full color “Five Elements Correspondence Chart” which again I found to be quite helpful.

The student will also find a very sound study on Environmental Considerations. *“To achieve overall balance, food and energy must be equally balanced”* says Grandmaster Kim. And this section explores the effect of food more deeply. An additional discussion is a brief look at the effects of atmospheric climate and stress on the body.

In this lesson the student is going to learn a new skill set know as the “Shen Technique”. Grandmaster Kim states *“The Shen Technique was developed by Grandmaster David Harris of the Shun Shen Tao Institute of Natural Healing and is an energetic technique that can be applied to nearly any situation.”* As a student you will *“Examine using the Shen Technique to restore balance to either the Creative Cycle or the Controlling Cycle and to strengthen those cycles when they are functioning properly.”*

The Shen Technique is also shown in a very clear photographic demonstration by Grandmaster Kim. I have personally used the Shen Technique as taught to me by Grandmaster David Harris and has produced great results in my life. As Grandmaster Kim stated, it can be applied to nearly any situation..... it works!

The student by the conclusion of this lesson has gained some very important information and has learned several “skill sets” to effectively help themselves and others. That is well worth the time and investment in learning these skills in my opinion!