

# Healthy body, healthy planet

Honouring the world around us, and the environment, starts with honouring our own bodies first. Australian qigong writer living in the US, **Christina Bjergo**, shows how this ancient Asian practice can help us become good stewards of the earth, and become more connected with nature, by first purifying our minds and bodies.



PHOTOLIBRARY

## QIGONG FOR INNER HEALTH

Our nation spends millions of dollars each year trying to help people live healthier and happier lives. Little do most people know there is an empowering form of exercise from the East that is easy to learn, very effective at decreasing stress and other forms of disease in the body, and can improve our lives with minimal cost. By working with the energies of the body, we can tune up and clear the liver (and other organs of the body) to help it flow optimally for better health,

happiness and compassion for others and the world around us.

Qigong is an ancient Chinese movement art, very similar to its better-known counterpart, Tai Chi. Qigong focuses on slow, graceful movements and controlled breathing techniques to promote healthy circulation of energy within the body. In Traditional Chinese Medicine (TCM), this energy is called 'qi' (pronounced 'chee').

## A DECLINE IN OUR CULTURE'S HEALTH

TCM says there's a vital connection between mind and body, a concept backed up in the West. In a recent clinical study, men injected with high amounts of testosterone were found to be less generous, and more miserly towards others. There's a strong connection between what happens to the body, and resulting emotions and behaviours.

Since our Western culture is generally stressful and hectic, this has a huge impact on our minds and bodies. Stress slows down the liver function by overburdening it with stress hormones such as cortisol,

which slows down the breakdown of hormones like testosterone. This has dire consequences for our culture and sense of society. We as a nation are collectively experiencing liver stagnation – or lack of generosity – in epidemic proportions.

Of course, this negatively affects our health – doctors say between 75 to 95 per cent of clinical visits are stress-related. But it also creates a huge obstacle for how we care for the environment around us. A population in a chronic state of low-grade stress is less conscientious in its actions, and is unable to commit love and care to the environment around it.

But there's even more bad news. As a society, we're rather 'left brained'. The left brain works in a linear fashion, and works with logic and concepts. While it does a great job in working out problems and puzzles, it's unfortunately also where critical thoughts and judgments about ourselves and others arise. Excessive left brain activity leads to feelings of stress and dissatisfaction. Living in a left-brained world isn't conducive to environmental stewardship.

### STEWARDS OF THE EARTH

Those who follow the ancient East-Asian philosophy of Taosim, from which the beautiful practice of qigong originates, understand our connection to nature is integral to our health, our authentic wellbeing and our wholeness. When we live disconnected from nature, we live



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disengaged from our own bodies and our own inner vitality.

It works in a cyclical fashion. The qigong practitioner understands that caring for the self, the body, and the environment around them is interconnected. When we care for the Earth, it returns this love by caring for our mental and physical bodies. It produces clean and healthy food, fresh air, and beautiful surroundings that nourish us. Similarly, when we care for our own minds and bodies through holistic exercise practices such as qigong, we're better placed to bring love and compassion to the world around us, and experience being present in the natural world – itself a very healing thing.

### HEALTHY PEOPLE, HEALTHY PLANET

Through mindfulness practices such as qigong, we engage more right brain activity. This promotes feelings of euphoric abundance, interconnection and empathy for ourselves and others. When we can generate more feelings of bliss and compassion, we're able to care better for the world around us.

Qigong movements and visualisations simultaneously help people connect with their bodies and the natural world. Practitioners increase their awareness of the interconnected web or life force energy within all matter. Nature is an integral component of qigong practice for this reason.

Give qigong a go – in fact, encourage others to try to too. Being holistic health advocates and returning to balance, we also support the healing of the Earth. Finding harmony within ourselves, we cannot but be a benevolent force for change and an example to others. This is environmental stewardship from the inside out. **NH**

*Christina Bjergo is an Asian wellness practitioner, international Qigong Dreaming instructor and author of the Tao of Tarot: The Way to Health, Happiness and Spiritual Illumination through Qigong Dreaming by O-Books Publishing. She is Qigong Grand Master of Sacred Serpent Spiral Qigong. For upcoming classes and more information about the qigong-dreaming-health interconnection, visit [www.wildirisasianwellness.com](http://www.wildirisasianwellness.com) or [www.taooftarot.com](http://www.taooftarot.com).*



*New*

## Revolutionary healing therapy now in Australia

*Magnets and electromagnetic therapy have been around for a long time, but did you know they could help out with a range of ailments and even help you heal?*

Devices using magnetics were first designed for medical use in the 1820s, but the science of how they work has taken a lot longer to come about. These days, we know the Earth has unique magnetic qualities, and has its own magnetic field. When we live in areas where without adequate geomagnetics, this can have a huge impact on health.

The idea with Biomag pulse electromagnetic therapy is to use these same energy fields to bring about healing, treatment and recovery. Electromagnetic devices for therapy are hugely popular in Europe, and are often used in hospital rehabilitation programs, but are only starting to emerge in Australia.

### Some of the injuries and ailments that Biomag may help with include:

- Fractures
- Joint pain
- Blood pressure problems
- Phantom pain (in post-amputation cases)
- Osteoarthritis
- Rheumatism
- Prostatitis (inflammation of the prostate gland)
- Diabetic leg conditions
- Periodontal disease
- Muscular weakness
- Sports injuries

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