

Zhineng Qigong to improve health in patients with COVID-

19

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INTRODUCTION

Presently, a new social actor that has for ever changed our lives is going right through us.

Coronavirus belongs to a large family of viruses. In human beings, it may cause respiratory infections that may range from an ordinary cold to Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes the disease COVID-19. [1]

On March 11, 2020 the World Health Organization declared the disease caused by SARS-CoV-2 a pandemic. [2] Over the last months, this has caused the restructuring of the health system in tens of countries, and an endless amount of protocols to be applied by medical doctors and citizens, contingency plans, new and shifting information and an endless number of studies. [3]

Due to the prevalence of the infection, several investigations are being carried out to find a treatment for COVID-19, taking into consideration antimalarial drugs combined with antibiotics, antivirals, use of anticoagulants for the prevention of thromboembolic events, and first trials on vaccines. However, there are many side effects and limitations. [4]

The effectiveness of these treatments has not always been positive and this encourages investigators to look for alternative ways of facing this pandemic. [5]

Different studies have evidenced the use of complementary medicine like Traditional Chinese Medicine (TCM) and Qigong as a viable and valuable option in the prevention and treatment of and rehabilitation from respiratory diseases. [6]

Therefore, in Jiangxia Fangcang, Wuhan, a temporary Hospital was opened and converted into a sports center so as to receive patients with mild symptoms of pneumonia caused by SARS-CoV-2. The treatment adopted was mainly the decoction used by TCM and the teaching of Ba Duan Jin Qigong to improve the health of the people hospitalized. [7]

Qigong is a modality of TCM. Its origin dates back thousands of years and there is a variety of modalities and styles.

The basic components of Qigong include body flexibility, training on concentration, and breath, body posture and movement regulation. This practice is aimed at favoring optimal energy (Qi) and blood circulation so as to nurture our internal organs, thus achieving physical, mental and spiritual balance. Sustained Qigong practice may help in maintaining good health, preventing and curing diseases. [8]

In the 80s, Dr. Pan Ming revealed a new Qigong, called Zhineng Qigong. In 1988, he founded a Hospital in the city of Shi Jia Zhuang, Hebei province, at the Northeast of China, which operated as a rehabilitation center from different pathologies and as a training center for instructors of the technique. [9]

In December 1997, China's State Administration of Sports approved a group of 21 different types of Qigong based on the motto "May we be healthy towards the 21st century", thereby reinforcing the importance of sports in the eastern culture, and providing the population with approved methods to stay fit while improving their health or curing diseases. Zhineng Qigong was first on the list. [10]

This study aims at offering other tools that may help us improve our health in these extraordinary circumstances human kind is going through, providing a comprehensive response to the treatment of COVID-19.

OBJECTIVES

Assess the effectiveness and safety of Zhineng Qigong in the recovery of patients with symptoms suggesting or PCR test confirming SARS-CoV-2.

Specific Objectives

- Describe the patients' general features.
- Describe the experiences of the people who participated in classes using Zhineng Qigong as a complementary method to improve their health.

METHODOLOGY

A descriptive and prospective study was conducted on patients with positive PCR test for SARS-CoV-2 or symptoms suggesting infection by the virus.

Zhineng Qigong classes were offered via Zoom platform from Sundays to Mondays from 9 p. m. to 11 p. m. (Beijing time) by Master Zhen Qingchuan.

Time conversion of the classes was facilitated to participants based on the country of practice.

The classes were given in English, with simultaneous interpretation into Spanish.

For further information about Master Zhen Qingchuan, see the annexes.

Participants

Inclusion Criteria

People with symptoms suggesting infection by SARS-CoV-2 according to the Center for Disease Control and Prevention. [11]

People with PCR test for SARS-CoV-2 undetected, who had more than one of the symptoms included in the questionnaire.

People with PCR test for SARS-CoV-2 detected.

Undergoing the disease at home.

Fill in the admission form, which has been made using Google Forms.

Remain at least 7 days in the Zhineng Qigong practice sessions.

Complete a form after the first 7 days of practice to assess the improvement of the symptoms and accept a daily follow-up via telephone and/or texting.

*Patients were given the possibility to ask a family member or friend to attend the practices if the participant could not do it. This way, the family member or friend would practice on behalf of the person.

Participants were called through Master Zhen Qingchuan's Zhineng Qigong students and instructors and via social networks.

Data Collection: Data collection was made through a Google Forms form.

The Qigong practice used was:

Level 1 of Zhineng Qigong practice

Standing meditation

Squats against the wall

Group healing meditations led by Master Qingchuan

Meditation to open and gather energy (Kai-He)

These methods are thoroughly explained in Dr. Pang Ming's book [9] and in the annexes.

Variables

Sociodemographic data: Sex, age, country of abode.

Data relating to COVID symptoms: Fever, cough, shortness of breath, among others.

Data relating to diagnosis: Medical consultation, PCR test for SARS-CoV-2.

Clinical evolution testimonial.

Study Period

March to August 2020

RESULTS

Non-hospitalized Participants

Sociodemographic Data

Total number of participants: 97

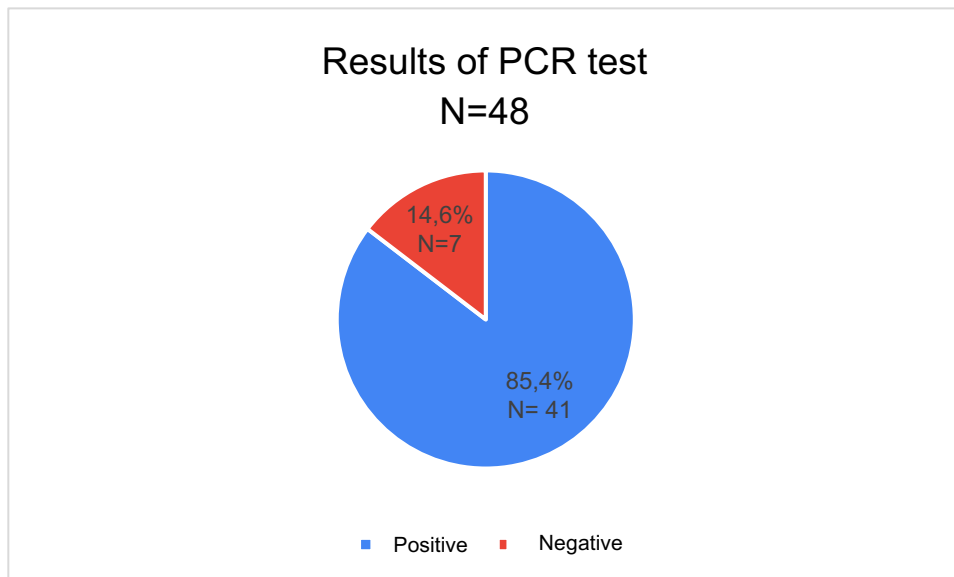
The average age of participants who were not hospitalized was 48.6 years (SD 14.7), the minimum age range being 12 years and the maximum age range being 86 years.

Sociodemographic Features

		N=97	%
Sex	Female	63	64.9
	Male	34	35.1
Country of abode	Mexico	48	49.6
	Peru	13	13.4
	Argentina	13	13.4
	Spain	12	12.4
	USA	3	3.1
	Ecuador	3	3.1
	France	1	1
	Italy	1	1
	Sweden	1	1
	Venezuela	1	1
	Indonesia	1	1

Out of 97 participants, 48 (49.5%) have undergone the PCR test for SARS-CoV-2. Out of these, 41 participants (85.4 %) had a positive result.

The image below shows the proportion of participants according to the result obtained in the tests.



All the patients were asked about the typical symptoms of COVID-19, such as fever, cough, sore throat, headache, fatigue, weariness, muscle pain, anorexia, changes in taste and smell, diarrhea, shortness of breath. Out of the total number of patients, 14 participants had pneumonia for SARS-CoV-2.

The patients that made medical consultations received treatments such as paracetamol and antibiotics.

Out of the total of 97 participants, 30 were aware of Zhineng Qigong, whereas 67 were not.

Response after 7 or more days of practice in non-hospitalized patients

Out of the 97 participants who were not hospitalized, 65 offered their evolution response.

99% of the patients improved in at least 1 of these factors: emotional stability, body pain, vitality, appetite, rest, feeling of wellbeing.

93.8 % (N=61) answered that Zhineng Qigong helped them in recovering from their disease, 6.2 % (N=4) said that they did not notice any benefit, because of the small amount of time they had devoted to the practice. For further testimonials, see the annexes.

Out of the 66 people who answered the questionnaire after having experienced the practice, 99 % (N=64) recommends the technique, 1 % does not recommend it due to almost not having practiced it .

THE WAY AHEAD

The study was performed for the purpose of assessing the effectiveness of Zhineng Qigong in patients suffering from COVID-19.

It was observed that 99 % of the participants showed improvement with the practices. Also, in the daily contact, patients stated that feeling accompanied -at least on line- was important for them, and that the fact of being able to see people in a similar situation encouraged them to commit to the practice and create a spirit of solidarity towards all the participants.

Improvement has been noticed in patients whose practice was devoted and sustained over time.

Participants also stated they have improved their perception regarding the fear of suffering from a barely known disease, which, in addition, isolated them from their beloved ones. Being in touch with the coordinating group and with the professor leading the practices made them feel supported.

Qigong offers exercises that regulate breath, providing a feeling of calm and allowing the physical body and the mind to work better, thus helping reduce anxiety symptoms. [12] [13]

The strengths of the study evidence that a group and sustained practice favors health recovery and shows that the use of Qigong may be potentially beneficial for the comprehensive treatment of persons suffering from COVID-19.

As limitations, patients with undetected PCR have been included. Nowadays it is known that they could be discarded by the 99 % specificity and the 78 % sensitivity in the nasal swab introduced by the test. [14]

The participation of people from different countries more often than not limited the group inclusion, given the unavailability of tests in certain countries and the request by the participant to take part out of fear for the disease and for feeling alone within a health system that provided them with no answer.

The commitment to practice, the need of technology and the need of an internet connection were limitations for people who lacked the knowledge and a good internet coverage.

We believe that this study opens the door to the need of integrating new supporting therapies -like Zhineng Qigong- in the treatment of infectious diseases and, in particular, the one caused

by SARS-CoV-2, as well as the performance of new and better studies to reinforce the evidence in the practice of Qigong as a favorable tool for health prevention and repair.

LITERATURE

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ANNEXES

MASTER ZHEN QINGCHUAN

Zhen Qingchuan, fondly known as “Zhen Laoshi”, believes in teaching Zhineng Qigong in its pure and original form, as the Grand Master Pang Ming -the founder of Zhineng Qigong- has taught him.

Zhen Laoshi is also the founder of a new discipline called “The Psychology of Inner Perceptions”, and author of the book of the same name, a branch that originated in the Traditional Chinese Medicine and developed according to his vast experience in practicing and healing with Zhineng Qigong.

ACCESS LINK TO THE EXPLANATION OF THE METHOD

<https://youtu.be/PGsLllqyPVo>

<https://www.youtube.com/watch?v=DUr9fBMvQ28&t=51s>

TESTIMONIALS

Participant	The practice helped you in:	TESTIMONY
Daniel C	Emotional stability, Improvement in body pain, Feeling of well-being	It is very effective. An excellent class with a very good translation.

Natalia B		<p>I am convinced that without practice my condition would have been worst. I started the practice on my third sick day. The fever disappeared almost automatically and so did the cough. Over the days, more symptoms appeared than ever after practice (or practicing on my own) they improved. In the third week of illness, the cough reappeared but then gradually disappeared.</p>
Marta BP		<p>Yes, I think it has been very useful to me.</p> <p>Symptoms that dissolved, after a session, on different days, I started the practice with these pains and when I finished I no longer had them.</p> <ul style="list-style-type: none"> - Hemithorax pain. - Pain in the right kidney fossa. - Headache <p>In some sessions I have ended up with a headache, I think it will be due to bad practice, when I can't concentrate well, I force myself and sometimes it leads to a headache.</p> <p>I also think it has been very useful to me psychologically. I have two boys ages 10 and 8 who constantly demand my attention. These practices have focused me on myself for a little while each day. It's like the blow off valve.</p>
Ana L	Emotional stability	<p>Yes, I felt emotionally supported and healing oneself gives you a perspective that everything will be okay. Appreciation is the word I have for you.</p>
Sandybell O		<p>I would recommend the practice</p>

Silvia G		I would recommend the practice
Valter B	Improvement in body pain and improvement in rest. Feeling of well-being	It helps to find a better balance in daily life, it helps me to relax.
Teresa PC	Improvement in body pain	I would recommend it for the healthy effects that it manifests and the overall well-being it provides. I also think it would be a good tool for mental health and stress as it helps to focus more. The treatment provided by Master Zhen seems adequate to me. In many sessions I have gone very deep, like asleep but not asleep and I have had general sensations of well-being. Also specific or specific pains that appeared in my body have been alleviated or disappeared, as in the lower back for example.
Carlos Daniel GR	Emotional stability, Decreased body pain, Increased vitality, Improved rest, Increased appetite, Feeling of well-being	I have had improvement in sleep, disappearance of chronic pain. Because in addition to being a wonderful solution to health problems, it activates deep mechanisms of self-knowledge that go far beyond body health. Master Zhen's words should be recorded and transcribed for study by current practitioners and as a historical legacy to future generations. It would be beautiful and very motivating to have videos of Master Zhen performing the movements of the Zhineng Qigong series available.
Jorge OC		I have practiced little, I cannot give an opinion.

Oscar Nieto		Symptoms such as fever, weakness, right lung pain dissolved; pain in the lower back on the right side; throbbing and throbbing under right belly; chest pain (several times - I have 4 stents); phlegm and cough; headache; insomnia;
Flavia H	Emotional stability	General improvement, emotionally and physically. I noticed an improvement in my breathing and respiratory capacity within the first week of starting the sessions. I also noticed more energy and spirits in general. I fully recovered two weeks after starting the sessions. Everything was excellent. Infinite thanks for the possibility of healing and learning. Super recommended!
Blanka P		I felt it very beneficial, I would like to learn more
Hipólito Monge C		My father can already eat now. Breathe much better. And it recovers its vitality little by little. The fever, the body aches disappeared
Margarita QR	Emotional stability, Improved body pain, Increased vitality, Feeling of well-being, Motivate me to practice more	I feel more focused in general, with more strength and joy. It is a practice that in addition to helping a physical recovery, also strengthens the mind. I want to thank the enormous heart that everyone who organizes and those who practices in this group put into this group because a beautiful healing field has been formed, but especially I want to thank Master Zhen because he has motivated me to practice and has helped me understand that with the enough practice everything is possible because that is how I am living it in my body.

<p>Salvador Quiroz Molina</p>	<p>Emotional stability, Improved body pain, Increased vitality, I feel stronger physically.</p>	<p>I suffer from insomnia, anxiety and depression and the covid situation in the world increases all the symptoms, but with the sessions I have managed to have very mild symptoms and be more in control, there have been days when I forget everything that affects me. Thanks to all who have made these sessions possible for so many people who need help, in my case I could see how mild symptoms faded until there was only unusual fatigue. There were days when practicing standing was difficult for me, but even so I tried my best and was able to perceive very encouraging changes. I would like to have a one-on-one session with Master Zhen because the sessions have been a wonderful experience.</p>
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<p>Rosa Evelia RC</p>	<p>Emotional stability, Improved body pain, Increased vitality, Improved rest, Feeling of well-being, I felt extremely good because I felt that my body did not weigh me down, as if my physical body was detaching itself from my spiritual body. This made me feel very energetic and clearer in my thinking.</p>	<p>It awakened my conscience to give more importance to my health. During the first practice I felt an unbearable headache, nausea, shaking, sweating, and felt like I was going to pass out. I couldn't finish practice. After vomiting my temperature was regulated since my feet and hands were always cold and from that point on I have a normal body temperature. I feel more spirited and in a better mood. Helps to heal naturally, awakening awareness for emotional, physical, mental and spiritual health. I am no longer interested in material things, I am more interested in my physical body being healthy and transmitting the best of myself to others in every way. I love how they prepare it, the interest and commitment they have to give us that invaluable support that we both need as individuals, as a family and as a society. The teacher once mentioned that we must know our body to value it and know how to take care of it.</p>
<p>Parsival V</p>	<p>Improvement of body pain</p>	<p>I am a student of Master Zhen</p>
<p>Pilar M</p>		<p>I felt a lot of physical and mental improvement</p>
<p>Mónica</p>	<p>My sister in law has not noticed any improvement</p>	<p>I have received many benefits from the practice. I am very grateful to you.</p>

Ulrica H	Emotional stability, Increased vitality, Improvement in rest, Sense of well-being.	<p>Zhineng Qigong has proven to be of great value to me in my recovery. I am thankful to the universe that I was led to Master ZHEN and his teachings. After my first session my night sweats began to decrease (from having to change my pajama top 3 times a night to only one time a night) and after my fourth session the night sweats stopped completely.</p> <p>During my recovery I suffered from muscle twitching , sporadic racing of my heart, occasional tightness of the chest and shortness of breath.</p> <p>By the end of my first week all of the above symptoms stopped.</p> <p>My strength continues to increase daily.</p> <p>Thank you, thank you, thank you.</p>
Junior H	Emotional stability, Increased vitality, Sense of well-being.	<p>I feel more relaxed. Yes. I trust its power. I enjoy the intensity of the practice, and the faithfulness and enthusiasm of the group members. I got over the fatigue I was experiencing, and the intermittent hoarseness, but now my concern is the health of my digestive organs. Every day I focus on their healing.</p>
Silvina E		<p>My dry cough passed</p> <p>I sleep better, I am more intuitive, I solve things better, I came to touch people energetically, I increased the subtlety in reading situations, I found a thousand-year-old fatigue that accompanies me and that with the mantric vibrating of the teacher in the Kai makes me fall asleep soundly in the middle of a class.</p>

<p>Guadalupe Jiménez V</p>	<p>Emotional stability, improvement in body pain, improvement in rest, sensation of wellness.</p>	<p>It makes me think when working that, in addition to the protection measures I use, I am also immunologically protected, because the Qi has made me stronger, physically and mentally, I work with great joy and I have become more empathetic with my colleagues and patients. It is a technique to improve all the signs and symptoms and improve your health of Reliably and without collateral effects, guided by a great teacher like the one who supports us.</p>
<p>Susana QB</p>	<p>Improvement in body pain, Increased vitality, Improved rest, Feeling of well-being.</p>	<p>I felt protected. What took the longest to go away was the sore throat, headache and diarrhea. A very great thank you to the team and especially to master Zhen. He manages to create a very powerful field.</p>
<p>Isabel G</p>	<p>Improved body pain, Increased vitality, Increased appetite.</p>	<p>Every day the symptoms lessened. It calms me down and helps me feel more centered and I think it helped the improvement to go faster. My practice was for my daughter Isabel, who was the one who was ill with covid. I connected with her and I really liked the practices. I had very clear the sensation of the mind within the body, One day my headache clearly went away. I lived the practices as a discipline of not missing by offering that to Isabel to make her feel better and that made me feel very peaceful.</p>

Jhovanni T	Emotional stability, Improvement in body pain, Improvement in rest.	It is a very good practice that is done and can be understood very well. This is interesting to me since it helps a lot of improvement of the well-being of oneself.
Dora Zapata M	Improved body pain, Increased vitality, increased appetite.	The experience you get is truly magnificent. Help the patient immediately. Other people were cured as a side effect.
Oscar Eduardo PM	Emotional stability, Improvement in body pain, Improvement in rest.	In the process of meditation, I experience peculiar sensations, difficult to explain, I admit that if I didn't feel them, I wouldn't believe them. Particularly in my therapy, it causes many sensations of the most strange was the urge to vomit in one of them, sweating as if doing a lot of exercise, this in the first sessions, in the last sessions the body generates "warm" chills. This really creates a sensation of ether, I don't know if it's the illusion, but as if somehow the energy of the universe, the entropy was running through my body. I admit that this state makes me tired, but the process of breathing is very pleasant, it helps a lot to be able to recover oxygen levels.
Claudia SR	Support my sister sick with COVID	I was very delicate with oxygenation problems in the body, I started practices and began to improve. I would recommend the effectiveness of the power of the people plus the collective power. I would just like to express my total gratitude, my sister was very delicate and has really been

		<p>evolving very well and has shown substantial improvements in the short term.</p>
<p>María Irma CR</p>	<p>Emotional stability, Improvement of body pain, increased vitality, increased appetite, feeling of well-being.</p>	<p>Yes, I would recommend it because it is a science that helps in the process so that the body can heal itself. Provides physical and mental help, I already knew Zhineg Qi Gong and at the first symptoms I began to practicing and I felt better, however as soon as I started with Master Zhen was very noticeable improvement!</p> <p>I really appreciate this gift.</p> <p>Thanks to Roxy for the translation and Marta who was my guide to integrate me.</p> <p>I think that for those who do not know what Zhineg Qi Gong is, there could be along with the form a brief introduction of the dynamics of the sessions and the importance of keeping your microphones closed.</p>
<p>Yanina C</p>	<p>Emotional stability, Increase of vitality, Sensation of wellness</p>	<p>I improve the feeling of exhausted. Everything that help body and mental well-being it seems valid to me. I think it's great the action they perform. To me in personal and in the midst of the covid crisis,</p>

		<p>it was hard for me to have two hours available at that time in the morning.</p>
<p>Marcelo V</p>	<p>Improvement of body ache, Sensation of wellness</p>	<p>I don't usually do much recommendation about nothing. In this sense, my own experience has been much more than positive and about this I can say that it is a recommendation.</p> <p>My only question is, how does the load play cultural that I bring in me? and therefore, I do not imagine being able to sustain in time a daily and prolonged practice.</p> <p>I want to deeply thank the having included myself in this group that It's not just helping me get through this difficult situation of the pandemic. (this is the only therapy that I do) but, for above all, it helps me renew my faith in the human being. I can assure that my feelings regarding human behavior predominant, they hurt me much more than COVID-19. I can assure than to meet people so solidarity and disinterested is a caress to the soul</p>

Flor EV	Emotional stability Increase in appetite	My perception of events change, that is, I can take better decisions and be more empathic. It is very difficult in my case to concentrate, I found a better way to concentrate my thoughts, and take them and manifest it at an organic level. I believe that the most shocking for me is being able to feel sensations, I don't know if that was what I should feel but, I felt sensations, I'm going to call this "energy", I could feel it in the palms of my hands, I felt production of heat, and somehow I felt better.
Alfredo Martín HG	Increased vitality, Increased appetite Sense of well-being	My glucose is stable. Excellent work, standing meditation I do it sitting down and it works. Thanks to Master Zhen.
Ursula P	sense of well-being	It is a very joyful practice. Sense of community. I have no suggestion, just gratitude.
Carin Margarita BB	Emotional stability, feeling of improvement in body pain, increased vitality, sense of well-being.	This is really great!, because you can feel a whole change in the body, in the mind and in the emotions. I no longer have body pain, it went away like the 3rd session. I am happy with the opportunity to practice with the teacher. I would love to be able to do it daily but There are days that I can't because of my work. He explains everything very well.

Francisco RA	Increase in appetite.	It is very complicated, for me it is very tedious and a bit painful besides difficult to take for my work, but I think it is very, very good for your health. Come on, I think it does.
Paola H	Emotional stability, Improvement in rest, Sense of well-being	It is a very good tool to work with your energy, even if not you are sick and you want to avoid being sick. I really appreciate being in the group and getting closer to the practice, I did not know it and it has helped me a lot, not only in the physical part of the disease, but also in the emotional part. Many thanks to Master Zhen, the team and collaborators, and companions who are also gathered to heal.
Anne Yvonne LD	Increase in vitality, Increased appetite	I realized that I have run out of vital energy and I think that in that case it's helping me. It helps me to generate the energy that I had lost. It happens to me that since I get very sleepy, sometimes I can't get up on time, and I can't connect.
Roxana C	Emotional stability	It helps you a lot in the emotional aspect. At first, I thought that this could not help me, but the truth was I was wrong because the state of mind influences a lot. I always felt welcomed. In my neighborhood, I was rejected by my neighbors when they found out that I was positive COVID; people discriminate against you, and I felt terrible. I appreciate the prayers, and good wishes have raised my spirits a lot and the advice.

Teresa B	Emotional stability, Improvement in body pain, Increased vitality, Improved rest, Feeling of well-being	I felt stronger and straightforward; it is an extraordinary tool to regain health and evolve as people. Thank you very much for being part of this group. It is a forum where you give your best with love and patience to those who need it. Priceless. The teacher explains very clearly so that we can deepen the practice and heal more effectively. I congratulate you because it is a stunning work.
Alejandro V	Improved body pain, Increased vitality, Feeling of well-being, Improved breathing	I think that Alejandro Vicente recovered quickly due to the healing group, his disease did not continue to progress and all his symptoms no longer got worse, he responded very quickly to the treatment and his improvement was seen. When we entered the healing session all the symptoms stopped, we are very grateful.

Oralia AL	Emotional stability, Improvement of body pain	Yes, because there is teaching, it allows us to reflect on our lifestyle, it explains in a simple way why we get sick and also how to heal. Focus on us, focus on specific objectives. A holistic health vision. I would love for my mother to be able to practice in the group, the truth is that she has traveled through many doctors jumping from symptom to symptom and this has generated more difficulties in her health. From being reluctant, he has followed suggestions to do a little daily practice, he has spoken positively. Of course, if we talk about illness, I can give free rein again. His appetite has improved significantly and his emotions are flowing better. Less apprehensive, more loving. Covid generated a change in our family in many ways, meditating and practicing has allowed us to connect more. Our family prayer meetings are stronger and have kept us going.
Yazmin BP	Improvement in body pain, Increased vitality, Improved rest, Feeling of well-being	It is connecting to life, with the help of everyone and the sensations are magnificent. I think we all feel different, personally, feeling connected to that energy, it took away so much fatigue, and I was in a better mood. Thank you very much to all of you, since I was hospitalized until Friday, my last session.

<p>Nora María VS</p>	<p>Emotional stability, Increased vitality, Increased appetite, Feeling of well-being</p>	<p>We 100% believe in its benefits and have seen the results not just this time but always. Thankful from the heart, the first CT scan that was taken showed that she has emphysema and with that and everything that is on top of her, her recovery has been extraordinary, not 100% yet, but step by step she is improving.</p> <p>The idea has been that she can practice but there have been problems, we hope to practice together the following days, in order to heal 100%, at least in this first stage.</p>
<p>Katya AE</p>	<p>Improved body pain, Increased vitality, Feeling of well-being, My oxygen increased from 73 to 93</p>	

Olivia VM	Emotional stability, Improved body pain, Increased vitality, Improved rest, Increased appetite, Feeling of well- being	It is necessary in our lives these forms of practices, it is important to meditate allows us to rediscover ourselves and at the same time with the other beings of the universe (family, countries, world ... ecology ...). However, as standing meditation is made up of several movements, basic series first learn each movement of the arms and hands with their changes of directions and then join them to perform the standing meditation. Above all, you feel the good vibes of the entire zhineng team, and what can I say about Master Pang, sharing and helping this immense test that humanity passes, from which we must learn for good, as you give us the example. Infinite thanks. of the universe.
Benito MC	Estabilidad emocional, Mejoría de dolor corporal, Aumento de la vitalidad, Mejoría en el descanso, Aumento del apetito, Sensación de bienestar	It is a wonderful technique that I did not know, of course everything is possible when you visualize it and ask from the heart, the energy of the universe is infinite, in the group class on Sunday I visualized my dad healthy, strong, active as he is and send him everything the energy to achieve it, I was able to heal an intense pain in my spine, really thank you very much and infinite blessings for ALL.

Catalina C	Emotional stability, Increased vitality, Improved rest, Feeling of well-being, Tranquility	Yes. It invades you with peace, makes you have confidence in him and in yourself, giving you tools to be better. I am still a beginner in this area. At first I must say that I had a hard time focusing. But as the days went by, I felt more and more connected and better. I really like the feeling of peace with which I continue the rest of the day.
Orlando VS	Emotional stability, Improved body pain, Increased vitality, Feeling of well-being	<p>Because it lifts energy and spirits and this is essential in recovery. I learned about this healing method from Eduardo Osegueda, who is very capable, however, for me, Master Zhen is a much higher level, because of his human quality, because he prevails in him, helping practitioners heal ourselves, because I consider he has a knowledge much deeper.</p> <p>I believe that those of us who are in therapy for COVID 19, in a large majority suffer from low energy, for this reason I consider that it could be improved, giving priority to exercises that cause the energy to rise and less theory, because given the process of In translation, people with low energy and drowsiness like my sister find it exhausting to follow long periods of theory.</p>
Ana Melva SR	Emotional stability, Feeling of well-being	Peace of mind. It is good because it helps to recover.
José Dolores B	Emotional stability, Improved body pain, Increased appetite, Feeling of well-being	That the doctor gave him medicine and he responded and he felt very good, very good. I attribute improvement due to medication

Saturnina AH	Emotional stability, Improved body pain, Increased vitality, Improved rest, Increased appetite, Feeling of well- being	I have felt many improvements, I am convinced of the benefits of the practice.
Ramiro javier Artica Hurtado	Sense of well-being	I find his teachings very good, and a good quality of people who participate in the daily meditations.
Patricia B	Emotional stability, Improvement in body pain, Feeling of well- being	Yes. General well-being and tranquility. The sessions are nice.
Alicia MP	Emotional stability, Improvement in body pain, Feeling of well- being	It gives you peace of mind and confidence in yourself. In the beginning, it made me very slow then I understood what it is about (I am new to this); in the second class, I fell asleep in the middle because I got exhausted and dreamed or perceived (I don't know) that the master is standing behind me helping me to heal. A little attention is suitable for all of us in the days that I have been there, the master's degree has never asked me how I am doing and how I feel, maybe because there are many of us. Still, in advance, I appreciate your teachings. I am a very desperate person, and these sessions, I think I have served a lot... Thank you for your attention!!!

<p>Jaquelina C</p>	<p>Emotional stability, Improved body pain, Increased appetite, Feeling of well-being</p>	<p>It helps with emotional stability and has helped me in my recovery. When I start the practice. I couldn't do it standing up, today I could do it complete</p> <p>Suddenly I have a hard time concentrating. Something extraordinary happened to me because when Master Zhen directs the practice, the first few days I yawned a lot, I had tears, and I had chills. That was for several minutes; today, that happened to me in less than five minutes.</p> <p>When I feel that I bring the Chi, what I see is like the energy in colors, sometimes I see a big hole and that the energy flows through there.</p>
<p>Catalina LG</p>	<p>Emotional stability, Improvement in body pain, Increased vitality, Improved rest, Feeling of well-being</p>	<p>Yes, because it is a discipline that allows you to heal depending on the field that is generated between teacher and practitioners, how much you practice and how much you focus on the affected organ or organs, it will always help you even if you do not have much knowledge of the practice and you can also help others heal. I entered with Master Zhen on Sunday, July 19, to the healing practice; I had typhoid and viral pneumonia; my doctor said it was COVID, but I live far from the city, and I could not do the PCR test. I started medical treatment and practices. Although I had been practicing Zhineng Qi Gong for more than a year, this is the first time that I see the effects. I had my lungs affected since January, and despite the treatments, the problem was not solved, so the virus hit me. After three weeks of practice, my lungs have</p>

		<p>almost healed, I can breathe, they don't hurt so much, and I don't have phlegm, my heart rate has improved, my digestive system, although it has slight discomfort, has also improved a lot, I feel more vital. My skeletal system and kidneys still feel a bit affected, but they have also seen significant improvement. In general, I feel like I am healing every day. I do the Zhineng level 1 exercise, wall squats, and Kae Ho, and standing meditation for a while. The most important thing is that with Master Zhen, I have learned to feel the changes in my body. Although sometimes it is difficult for me to focus, I am trying, and little by little, I see progress .. Master Zhen, I am infinitely grateful for your teachings and your interest in helping us heal; I appreciate that you allow me to spend other weeks with you to continue learning and healing. I also thank all the people committed to this healing project. Infinite thanks from my heart.</p>
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<p>Minerva Alicia RV</p>	<p>Emotional stability, Feeling of well-being</p>	<p>COVID caught me with pre-menopause process symptoms, and since March, I had been diagnosed with tendinitis in my left hand. The day that symptoms began, I woke up with that type of pain in my right hand. I have a study pending having ruled out arthritis, and apart from that, I have always been nervous with a lot of anxiety; my daughter was pregnant; yesterday, baby Luz was born. I was with a lot of tension because being able to be near her during her cesarean section, and I think these sessions are helping me to improve those states of anxiety. I have Faith and Confidence in what the Teacher says with his Teaching to make the Practice heal entirely of everything</p>
<p>Alejandro C</p>	<p>Sense of well-being</p>	<p>Yes, to heal and to stay healthy. I still have a hard time concentrating and bringing my mind to the here and now. But when I do, it is excellent.</p>
<p>Edy Elizabet RS</p>	<p>Improvement in body pain</p>	<p>improved breathing, I have been able to sleep better, and body aches have decreased a lot</p>
<p>Sandra DRC</p>	<p>Emotional stability, Improved rest, Increased appetite, Feeling of well- being</p>	<p>It helped me not to get depressed. Thank you for all the support received in my healing and that of my husband, your attention makes a lot of difference, thank you!</p>

<p>Margarita M</p>	<p>Emotional stability, Improvement in body pain, Increased vitality, Improved rest, Feeling of well-being</p>	<p>Due to my age and loneliness in which I find myself, an increase in the cancer antigen marker, a decrease in income, I was in a fearful state, insecurity for the future that caused weight loss and hair loss. Now I feel calmer, more confident, and optimistic</p> <p>I consider that it is a teaching that allows us to know our body and its potential by discovering and experiencing the energy we possess, the union, fusion with the greatness of the Universe as Master Zhen is imparting it.</p> <p>When talking about why I would recommend ZNQG, I mentioned that it allows you to merge with the Universe and know the potential of the body, even if it is only a few seconds that leads to a feeling of inner peace and confidence, it encourages doing this state always in daily life. I have a goal.</p>
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Samuel C	Body pain improvement, Covid patient	<p>Excellent tool and of great physical and emotional help.</p> <p>I have had the opportunity to do the practice for my dad since he was hospitalized for 22 days very delicate</p> <p>He was in the hospital in the city where he lives for 11 days and from there he was transferred to another hospital in another city in very difficult health conditions (during this transfer, Master Zhen was aware of him)</p> <p>The next 11 days were of stabilization and improvement</p> <p>Now he is recovering at home with significant weight loss, insomnia, low mobility (still in bed), with difficulties eating and digesting food (stomach upset)</p> <p>I continue to practice with Master Zhen, trusting that he will continue to recover.</p> <p>Thank you very much for all the support and for the service you do for the health of others.</p>
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