

EASTERN HEALING ARTS' ASSESSMENT FOR CERTIFICATION

PART I: Let's Talk Qi Healing

Qi Healing is a discipline with a special vocabulary. Every Qi healer should recognize the terms in the lists below. Use each term one time to 'fill in the blanks' in the statements that follow the lists.

Accupoints	Mei Xin Xue	Resonance
Accupressure	Qi	Shao-Lin Stick
Bai Hui Xue	Qi coat	Tian Tu Xue
Channels	Qi induction	Tui Na
Coherence	Qi Shen	Xia Dan Tian
Health field	Qi Xu	Yong Quan Xue
Lao Gong Xue	Qi Xue	Zhong Xue

1. The human body's defense is known as the _____.
2. The Chinese term for Qi healing meaning push/take or massage is _____.
3. _____ is fields. It is the agent of healing.
4. The Chinese term for (a) specific point(s) on the human body is _____. The term more familiar to Western healers is _____.
5. The _____ is a very effective instrument of Qi therapy. It descended from Martial Arts.
6. Qi flows through fourteen _____ or pathways in the human body.
7. Another name for the body's aura is _____.

8. _____ is the human, natural healing technique to keep a finger's or hand's contact at a place on the body to transmit healing Qi by applying a force there.
9. Three of the 19 major accupoints Qi healers should know are:
 - 1) _____, located on the front of the body above the clavicle, used to treat sore throat, etc.
 - 2) _____, located midway between the nipple line and navel on the center line of the body, used to treat diabetes, etc.
 - 3) _____, located between the eyebrows, used to treat brain trouble, etc.
10. Five Center Breathing involves these accupoints:
 - 1) _____, used as a Qi entrance point at the top of the head.
 - 2) _____, used as a Qi entrance point at the bottom of the feet.
 - 3) _____, used as a Qi exit point inside the hands, a short distance below and between the 2nd and 3rd fingers.
11. The body's lower storehouse of Qi is called _____.
12. A physical manifestation of body trouble due to lack of Qi is _____. It has ying properties and usually means serious illness.
13. A physical manifestation of an excess of Qi in the body is called _____. It has yang properties and often is a indicator of temporary body trouble.
14. Two operations of mind power based on principles of physics are:
 - 1) _____ which explains the magnetic field effects of the mind on a body even at a distance.
 - 2) _____ which explains connection within the central nervous system, the connection between the CNS and body processes and the connection of the human body to universe Qi.
15. The process of connecting/transferring healing Qi from the healer to the Qi of the patient is _____.

PART II: Let's Think Qi Healing

An effective Qi healer understands the principles of body sickness and practices the Eastern healing techniques based on natural principles.

1. According to Traditional Chinese Medicine, what is the main reason for sickness in the human body? _____

2. Briefly describe or diagram two ways in which Qi flow can be disrupted. Give an example of symptomatic body trouble for each.

3. How does a Qi healer diagnose body trouble? _____

4. Briefly explain how a Qi healer uses his/her hands to diagnose body trouble. _____

5. Briefly explain the interactions of the human mind, the human body and Qi in respect to ill-health and healing. In your answer use the principle “Mind leads the Qi, Qi follows the mind.” _____

6. Why should a Qi healer study the Channel system of Qi flow? _____

7. What is Qi induction? _____

A successful Qi healer has certain abilities and has a working knowledge of Qi healing techniques. Your outline states, “For hands healing, a healer should know how to use his/her Qi to influence peoples’ bodies and treat patients.”

Section A: About the Healer’s Abilities

1. What are the psychological attributes of a successful Qi healer?
 - 1) _____
 - 2) _____

2. What are the two basic functions of mind power used by the Qi healer?
 - 1) _____
 - 2) _____

3. How does a Qi healer increase his/her mind power? _____

4. How does a Qi healer increase his/her body’s Qi function? _____

5. While practicing actual healing, how does the healer ‘get the Qi’ he/she uses to treat the patient with his/her hands? In your answer, mention the accupoints involved. _____

Section B: About Qi Healing Techniques

1. List the five steps of Hands Healing with Qi and state the purpose of each.
 - 1) _____

 - 2) _____

 - 3) _____

 - 4) _____

 - 5) _____

2. Briefly explain how to do each of these Cleaning Sickness Qi techniques.

1) Grabbing Qi

2) Sweeping Qi

3) Regulating Qi

3. How does a Qi healer practice Regulating Qi Flow in the ways below?

1) Regulating Qi flow inside the body.

2) Regulating Qi flow out of the body with cleaning Qi.

3) Directions and order.

4) Hands' postures.

4. How does a Qi healer practice Supplementing Qi in the ways below?

1) Exciting palm Qi.

2) Hands' positions.

3) Using universe Qi.

5. What colors correspond to the following?

1) Qi flowing _____

2) Qi supplementing _____

3) Qi stabilizing _____

6. Briefly describe how you would use one of the accupressure techniques to successfully treat a particular condition.

7. Briefly describe how you would use one of the 'Basic Way, Point Way' postures of accupoint therapy to successfully treat a particular condition. Distinguish if you have chosen to affect the accupoint 'exact,' 'close' or 'far.'

8. Briefly describe how you would use one of the Tui Na techniques to successfully treat a particular condition.

9. List and briefly explain the 5 categories of the 36 Rubber Stick Therapy Forms.

1) _____

2) _____

3) _____

4) _____

5) _____

10. What is the Mystery Healing Technique using the Pain Point?

11. Choose one of the following conditions. On the drawing of the human form, plot and label the accupoints to treat the condition.

Choose from: Back Pain
Headache
Neck and/or Shoulder Trouble
The Common Cold
Diabetes
Hypertension
Heart Trouble
Arthritis
Asthma