



Manifesto 2 of the 21st World Congress on Qigong/Tai Chi/Traditional Chinese Medicine/Natural Healing

The World Congress on Qigong was created in 1990 to cause a more powerful community and alliance of like-minded people; to advocate for a healthy society, mother-earth, and universe; to develop partnerships, create safe environments, and to explore the boundless forces of life.

Nothing is too "far out" to explore with a sound and creative mind. Like great scientists, science, inventors and inventions such as: Louis Pasteur, Madame Curie, the telephone, surgery, antibiotics, cars, airplanes, television, Tesla, Amazon, computers, robots, NASA explorations, High Tech 5G, driverless cars, the Arts, and all amazing creations of the modern world, now we are exploring past lives, near-death experiences (NDEs), the world beyond and between with quantum physics, UFOs, and life after-life. It all began with an idea that was ridiculed at first!

Without "far out" thinking, there would be no science and no progress, so, come and stretch your spirit, mind, and body with us! Take flight like the "Phoenix rising from the Ashes - not be the Ashes", create daily "miracles" with us, renewing the idea that "Life is a Miracle" and that everything is possible.

Life is energy and love in a time-space continuum! Energy lives forever in various forms/vibrations/frequencies.

Our Congress platform is to establish the parity standards for the Energy Arts. Just as Western Medicine utilizes insurance, local, state, and government funding and mandates a quality service delivery established in law and policy, we declare the same right for the providers of Complementary and Alternative Medicine (CAM) wellness structures.

In the heat of this pandemic challenge, we vow to explore "out-of-the-ordinary" and successful Complementary and Alternative Medicine, Ethnic and Natural Healing models (such as Traditional Chinese Medicine - TCM), and other Progressive Modern Medical Models (PMMM) of research, and treatment therapies.

We will be courageous and explore the best clinical and research practice models of integrated treatment and health care for Covid-19 for all people worldwide! There have already been successful demonstrations of Traditional Chinese Medicine in China and other parts of the world, but it is being under-utilized and under-reported. The main focus of the Western system is on "The Vaccine" and masks, washing hands, distancing, and lockdown, which is, unfortunately, getting a lot of resistance. This of course is excellent advice from the CDC, but we MUST at the same time teach how to strengthen the inner natural IMMUNE BODY!

Exercise, Qigong, meditation, proper eating and positive thoughts, Positive Mental Attitude, Speech, and Actions (PMASA), A Way of Life integrated in spirit, mind, and body. The Energy Arts teach that the oldest Self Help Therapy – Oxygen and a balanced state of Yin and Yang in the spirit, mind, and body, create good health. An imbalanced state is at first, a dis-ease turning into disease and possibly early death if not harmonized.

Qi - universal energy - may have different names in different cultures, such as Prana in East Indian, Toth in Greek, Mana in Hawaiian, Ki in Japanese and in Korean, but it is all the same..

"Qigong" A Chinese energy Way of Life. A basic theoretical tenet in TCM, "Qi"

is Breath, Life force, Energy, Oxygen, alive in everything. "Gong" means cultivate, maneuver, manifest, work the breath.

Energy is a worldly and universal concept. ALL things are energy, not just humans, animals or plants. We are all energy and part of a limitless sky and universe! Therefore, we foster the wildest imagination at our Congress!

Let yourself "BE" there. The past and the future are in the PRESENT now!

Testimonials from Attendees of Previous World Congresses on Qigong:

"Amazing!", "Such a loving, giving atmosphere."

"My 12 years of back pain was instantaneously healed!"

"I witnessed a stroke victim paralyzed for 5 years get up and walk! I would not have believed it if I had not seen it myself!"

"My 2-year depression is gone!"

Two nurses with New York University Hospital with 15 and 20 years of severe Fibromyalgia reported "the first time we experienced total pain relief and learned what to do if pain hits again. No more Fibromyalgia for more than 10 years now!"

"With PMASA and Chow Qigong energy practice, my stylist business just exploded, began serving movie stars, and even a President and Vice President of the USA when they were in the Bay Area!"

"Phenomenal Detailed Organization!"

"At the Congress, I felt so much Love!"

We already have some wonderful people with us, previous co-sponsors and co-chairs, some folks who were together with me on President Bill Clinton's White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP), the Congress-Mandated Office of Alternative Medicine (OAM) which became Integrative Health Division at NIH, and more.

I am banking on you are being part of our vital Congress Qigong family in many ways as possible! Please let us know...in whatever capacity you wish to join in. Many interesting top world experts and icons from varied

professional backgrounds have come on board and we welcome many more! They are experts in the fields of Qigong/Tai Chi; Traditional Chinese Medicine; other ethnic healing systems, i.e. Hawaiian Healing Elders; Intuitives; NDEs; Death and Transition; UFO and Aliens; Past Lives; Life before and after planetary existence; Exploring Consciousness and Beyond.

We have experts in Nutrition/Healthy Diet; "The Business of Health - expansion"; The "Politics of Health and Life ", Building a System for Wellness; Funding and fundraising resources; Ways to prosper in pandemic times; Thriving despite Challenges; Dare to Dream and Live it! Veterans and their special conditions like PTSD; Chronic conditions, i.e. Heart, Cancer, Iatrogenic Disease, the three top killers in the Hospital, and many more stimulating thought-provoking presentations, including the Qi of Dance, Song, Beauty, and Finance.

You will learn from some of the world's top experts in their workshops and seminars, and from each other taking home many simple healing techniques and skills for practice with immediate results! Many good long-term treasured friendships/partnerships can be formed.

Looking forward to hearing from you and to seeing you at the 21st World Congress and on television! Get at least 8 Effie Chow heart to heart hugs and 3 belly-aching laughs daily. Remember, you are the creator of your destiny! Enjoy lots of fun in serious learning!

Loving Qi for optimum health of spirit, mind, and body!



Sponsor: [East West Academy of Healing Arts](#)

Chaired by Dame Dr. Effie Chow, PhD, RN, LAc(CA),
DiplAc (NCCAOM), Qigong Grandmaster



Organizer: Dr. Jack Fu

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A LEGACY EVENT NOW IN ITS 21st WORLD CONGRESS
April 23-26, 2021

Free virtual event - Donations very much appreciated.

Workshops April 30 - May 3, 2021 - a small fee is charged.

websites: <http://www.eastwestqi.com>



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