



## Declaration of Intent

The 22nd World Congress on  
Qigong/ Tai Chi/Traditional Chinese Medicine/Natural Healing  
A Virtual Program September 24-27, 2022

Theme: Celebrating Life!  
Healing Spirit, Mind, and Body through Integrated Health.

*Revolutionizing Health Care, Education, & Life Systems!*

The original World Congress on Qigong was created to cause a more powerful community and alliance to advocate for a healthy society, and universe. It included developing partnerships, accepting all as equals, creating safe environments, and to explore the boundless forces of life. It is time to widen our circle of Love! To believe again in the Miracles of Life! To focus on Integrative Healing of Spirit, Mind and Body, promoting Health, Wealth, Spirituality, Love, and Peace Worldwide!

Our Congress platform is to gather experts to inform, inspire and interest us in the contributions of Energy Arts, Ethnic Medicine and Complementary, Alternative Medicine and Integrative Health, to understand the connectedness of past, present and future lives.

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 of the providers and users of Energy Arts (EA), Ethnic Medicine (EM), Integrated Healing (IH), and Complementary and Alternative Medicine (CAM) wellness structures worldwide. *This is our present & future goal to pursue!*

*To achieve this goal, the Congress is initiating a Wellness for All 12 Step Program Designed with and by you! Attached find the document by [clicking here](#). Information*

about the Wellness Initiative Policy and Integrated Health Plan of Care is available through the Global Healing Alliance the future home of the World Congress. Contact Dr. Mary Jo Bulbrook, CEO of GHA at [bulbrookgha@gmail.com](mailto:bulbrookgha@gmail.com) for more information.

In alignment with our Declaration of Intent is the remarkable achievement of Tai Chi and Qigong Union for Great Britain's July 11<sup>th</sup> 2022 announcement through Mark Peters the Union Chairperson.

The document approved can be seen through this link: [Professional Technical Standards for Tai Chi & Qigong for Health and Well Being.](#)

The Congress will include 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 - East Indian, Toth in Greek, Mana in Hawaiian, Ki in Japanese and in Korean, but it is 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!

*Let yourself “BE” here. The past and the future are in the PRESENT now!*

Let the presence of love and compassionate energy bring PEACE to the individual and the world!

### **Moving Forward:**

The Congress will address the recent document produced below addressing Traditional Complementary Integrative Healthcare to achieve the same goals articulated above.

Therefore, on Sunday, September 25, 2022, the Congress participants and invited guests will address the following with the intention of signing declaration to be part of the



worldwide initiative in progress launched through the Academy of Integrated Health and Medicine. AIHM has

made significant progress on with details below: [The People’s Declaration for Traditional, Complementary, and Integrative Healthcare \(TCIH\)](#).

[Check out the People’s Declaration Site](#)

“The People’s Declaration calls for the respectful collaboration between traditional, complementary and biomedical practices with the aim of achieving a person-centred and holistic approach to health. The healthcare we want focuses on the whole person, is participative, respects individual choices as well as cultural diversity and integrates clinical experience and patient values with the best available research information. **Full access to traditional, complementary and integrative healthcare should be part of the right to health.** *This text is available in multiple languages.* [Click here to access them](#)”.

### **Definitions:**

Traditional, complementary, and integrative healthcare (TCIH) refers to the respectful collaboration between various systems of healthcare and their health professionals with the aim of offering a person-centred and holistic approach to health.

### **The healthcare we desire:**

- Focuses on the whole person in its physical, mental, social and spiritual dimensions
- Is patient-centered and supports self-healing and health creation
- Is participative and respects individual choices
- Is evidence-based by integrating clinical experience and patient values with the best available research information
- Respects cultural diversity and regional differences
- Is an integral part of community and planetary health
- Uses natural and sustainable resources that are respectful of the health of our planet
- Integrates traditional, complementary, and biomedical practices in a supportive and collaborative manner

### **Benefits & limitations:**



**We appreciate the benefits of conventional /  
biomedicine.**

**At the same time, we recognize its limitations including:**

- The insufficient therapeutic options that conventional medicine provides, especially for chronic / Non-Communicable Diseases (NCDs)
- Frequent side effects of biomedical treatments and rising antimicrobial resistance
- Fragmentation of care from increased specialization and the limits of a disease-based model

**Inspirations & concerns:**

**We are inspired by countries that are successfully integrating TCIH into their healthcare systems. However, we are concerned about:**

- Countries that halt, limit or undervalue the practice of TCIH
- Uninformed or unbalanced media reporting of TCIH
- Insufficient public funding of TCIH research
- Risk of reduced availability to TCIH and unregulated practices in some countries

**Our call to action:**

**All countries:**

- Ensure full access to TCIH as part of the right to health
- Include TCIH into national health systems
- Provide accreditation of TCIH healthcare practitioners in accordance with international training standards to ensure high quality care
- Ensure access and safety of TCIH medicines through specific regulatory pathways
- Fund research on TCIH and disseminate reliable information of TCIH to the public

**All healthcare professionals:**

- Foster respectful collaboration between all healthcare professions towards achieving a person-centered and holistic approach to healthcare

**All media and publications:**

- Ensure accurate and fair reporting on TCIH

**Please join us at the 22nd World Congress to discuss this document, the Congress Declaration of Intent and the Wellness for All 12 Step Program Designed with and by you!**

The above material will be discussed and more. A critical element is funding to support offering all of the qualified educational programs and services to compliment western medicine and be an acceptable addition to financial reimbursement for these clinical services, education and research that is effective, desired by clients empowered to seek additional resources to maintain and regain health as well as wellness for all. In addition, financial reimbursement is a critical element that the time is way over due to be covered as part of all insurance policies as well as public health care reimbursement. The methods addressed in this Congress are effective and proven alternatives and additions to Western approaches. This care should be available to all worldwide regardless of income, race, or social status. It is time to be inclusive!

## **Historical Support Data Backing the Declaration of Intent** **21 years of World Congresses on** **Qigong/Tai Chi/Traditional Chinese Medicine/ Natural Healing**

Over the years these Congresses have produced research, clinical therapies/treatment, and positive evidence to establish the parity standards for the Energy Arts, Integrated Healing & CAM. 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; White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP), the Congress-Mandated Office of Alternative Medicine (OAM) which became Integrative Health Institute at the National Institutes of Health (NIH), and more.

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 and have been formed. Looking forward to hearing from you and to seeing you at the 22nd 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!

The following are only 6 of many other spectacular "Miracle Healings" that took place in the over 21 years of our World Congresses for all kinds of conditions...spiritual, mental/emotional, and physical...Can we make these a daily happening, not only at the Congress?

- *I was wheelchair-bound for over 5 years after a stroke, and my prognosis was never to walk again. I had serious dystonia chorea (uncontrollable shaking) with a hopeless prognosis by the physician. Within 2 minutes of contact with the Qigong Grandmaster, my shaking totally stopped. Another 15 minutes, I was*

walking, and I picked her up and danced with the grandmaster in front of the over 100 audience!

- *At the closing mass meditation led by a grandmaster, a COVID -19 patient who was in an eastern major well-known hospital ICU waiting for intubation, had great difficulty breathing and could not speak. His family called the physician who was our co-chair and requested to be included in the meditation. Within 20 minutes, the patient himself called the physician, and reported that he could breathe and talk and did not need intubation! Next day he was transferred to a regular ward and a day later was discharged from the hospital in good health!*
- *An 80+ years “young” lady had been bent over at an almost 90-degree angle for many years, had difficulty walking and doing chores. At the Congress, she volunteered to be the subject. The Grandmaster personally advised her on proper breathing and posture, emitting her Qi, advising her about the silver thread that God was assisting her with her posture. Within 10 minutes, she gradually straightened up to a proper straight posture, and walked in proper posture to the amazement of the over 100 attendees in the workshop. Even three years later, she was carrying out proper breath and posture. Her comment was: I can now reach the highest shelf very easily and even enjoy doing my own chores!*
- *Two managing nurses from a major university hospital in New York had 12 and 15 years of serious fibromyalgia which was debilitating and interfering with their work. In the workshop with over 75 people, The Grandmaster helped totally relieve their pains within 10-15 minutes, taught them what to do on their own. 10 years later, they reported that they have not had any pains and if they feel that they “might” have pain, they practiced the Qigong taught to them and avoided pain.*
- *A beautician who volunteered to help the speakers with make-up and dressing, reported: Since the Congress and what I learned there, my business has skyrocketed...now I have many Television anchor personalities and rich VIPs as my clients! Even one of the Presidents of the United States and his Vice President were my customers when they were in the San Francisco Bay Area!!!*
- *In the workshop on “Death; Life after Life”, the very elderly gentleman volunteered to be a subject for energy testing for negative and positive thinking. He was tested using his arm for his basic energy level and was strong. He was asked to think of something positive. His arm stayed strong. He was asked to think of a negative thought. His arm was very weak. He began crying and related that his daughter had died. The wife was in the background rolling her*

*eyes, then following this, we understood why. The grandmaster apologized and offered sympathy and asked when she had died. He said “forty years ago, but I still missed her so much!” The grandmaster then had to discuss the continuous concepts of life energy beyond this earthly plane, something new to him and most of the attendees. He listened attentively and then said, “I think I understand, and I will not grieve any longer...I will let her live her now life also in happiness!” Next morning, they came to thank the grandmaster profusely and the wife said, “He really understood what was explained and will be really okay now!”*

Loving Qi for optimum health of spirit, mind, and body!  
**Together we can achieve more and serve more as equal partners.**  
**We are all ONE!**

***Effie Chow, Congress Chair***

*Founder/President East West Academy of Healing Arts*

***Mary Jo Bulbrook, Co-Chair Congress & CEO of the Global Healing Alliance.***  
*President, Akamai University*

***Rose Hong, Co-Chair Congress & Director of Publicity. Founder & Director,***  
*Global Dragon Television*

***Gigi Oh, Co-Chair Congress. Director of Graphics and Publicity.***  
*Owner of Tiger Claw and Kungfu Publication and TC Media*

***Ann Colichidas, Co-Chair Congress. Consultant in Congress History.***  
*Gerontologist*

***Kay Lahdenpera, Secretariat for Congress & Part of Congress History.***  
*Spiritual Nurse Counselor.*

