



# Declaration of Intent

22nd World Congress on Qigong/ Tai Chi/Traditional Chinese  
Medicine/Natural Healing  
A Virtual Program

September 24-25 and Workshops September 26-27, 2022

**Theme: Celebrating Life!**

**Healing Spirit, Mind, and Body through Integrated Health.**

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

The original World Congress on Qigong [now expanded] was created 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.

It is time to widen our circle of Love! To focus on Integrative Healing of Spirit, mind and body promoting Health, Wealth, Spirituality, Love, and Peace! 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,

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, Ethnic Medicine & CAM.**

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. **This is our present & future goal to pursue !**

In the heat of this pandemic challenge and threatening war and destruction, and other persistent conditions are occurring, 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 scientific 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 (and other challenging conditions) 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 lock down, 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 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 - 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! Therefore, we foster the wildest imagination at our Congress!

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

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

Some Testimonials from Attendees of several Previous World Congresses on Qigong:

- “Amazing!”, “Such a loving, giving, exciting, peaceful atmosphere”
- “My 12 years of back pain was instantaneously healed!”
- “I witnessed a stroke victim paralyzed for 5 years get up within 10 minutes 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 since the World Congress!”
- “With Positive Mental Attitude, Speech, and Actions (PMASA); and 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!”]

# Historical Support Data Backing the **Declaration of Intent**

## **21 years of World Congresses on Qigong/Tai Chi/Traditional Chinese Medicine/ Natural Healing**

These Congresses have produced research, clinical therapies/treatment, 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.

### Some Validating Statistics

#### (1) The Use and Cost of Complementary Health Approaches in the United States:

**USE** = The 2012 National Health Interview Survey (NHIS), which was conducted by the National Center for Health Statistics (NCHS), part of the Centers for Disease Control and Prevention, conducted a survey on 88,962 American adults and 17,321 children who used complementary health approaches. The survey found 33.2% of adults were 18+ years & 11.6% of children ages 4 to 17 years.

**COST** = In 2012, Americans spent \$30.2 billion out-of-pocket on complementary health approaches. \$28.3 billion for adults and \$1.9 billion for children. Americans spent \$14.7 billion out-of-pocket on visits to complementary practitioners, which is almost 30% of what they spent out-of-pocket on services by conventional physicians (\$49.6 billion). Americans spent \$12.8 billion out-of-pocket on natural product supplements, which about one-quarter of what they spent out-of-pocket on prescription drugs (\$54.1 billion).

**Source:** *National Institute of Health (NIH) -- National Center for Complementary & Integrative Health (NCCIH). Year 2012*

## **(2) Reports on Statistics for Complementary Alternative Medicine (CAM):**

National Center for Complementary & Alternative Medicine (NCCAM) plans to collaborate with the National Center for Health Statistics (NCHS) to further analyze survey findings in the following areas: health related behaviors, race and gender, and whether there are differences between people who use only CAM or only conventional medicine, and those who use both. Future reports will be published.

**Sources:** *Eisenberg DM, Davis RB, Ettner SL, et.al. Trends In Alternative Medicine Use In The United States, 1990-1997: Results Of A Follow-Up National Survey. JAMA.1998;280 (18):1569-1575.*

I am banking on you being part of our vital World Congress Qigong-Natural Healing family in as 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. The subjects are wide open.

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 and war 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 (JAMA), and many more stimulating thought-provoking presentations, including the Healing Qi of Dance, Song, Music, Performance, 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 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!

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

*Dame Dr. Effie Chow, Congress Chair  
Founder/President East West Academy of Healing Arts*