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SOURCE: A. BOOK, "CHINESE XIANG GONG", BEIJING, CHINA, 920600, IN CHINESE;  
 B. BOOK, "THE SON OF BUDDHA ZHANG XIAOPING COMES DOWN FROM THE MOUNTAIN", BEIJING, CHINA, 920600, IN CHINESE;  
 C. BOOK, "METHODS OF HIGH LEVEL QIGONG DESIGNED TO TEMPER THE MIND AND BODY", BEIJING, CHINA, 910100, IN CHINESE;  
 D. BOOK, "QIGONG FOR HEALTH", BEIJING, CHINA, 890500, IN CHINESE;  
 E. BOOK, "HIGHER UNDERSTANDING OF QIGONG", BEIJING, CHINA, 920600, IN CHINESE.

SUMMARY: THIS REPORT FORWARDS A SUMMARY TRANSLATION OF FIVE CHINESE PUBLICATIONS. THESE BOOKS DISCUSS THE DIFFERENT STYLES OF QIGONG (A METHOD OF BREATHING EXERCISES ALONG WITH MOVEMENTS AND MEDITATION THAT ALLOWS A PERSON TO FOCUS AND DEVELOP HIS/HER MENTAL AND PHYSICAL ABILITIES). ENCLOSURES.

TEXT: THIS REPORT FORWARDS A SUMMARY TRANSLATION OF FIVE CHINESE PUBLICATIONS. THESE BOOKS DISCUSS THE DIFFERENT STYLES OF QIGONG (A METHOD OF BREATHING EXERCISES ALONG WITH MOVEMENTS AND MEDITATION THAT ALLOWS A PERSON TO FOCUS AND DEVELOP HIS/HER MENTAL AND PHYSICAL ABILITIES). THESE BOOKS DISCUSS THE PURPOSES OF STUDYING QIGONG.

2. "CHINESE XIANG GONG" (ZHONG GUO XIANG GONG) (STC: 0022/0948/7449/0501) WRITTEN BY ((GUO)) ZHOULI (STC: 6753/0719/4409) AND PUBLISHED BY THE SHANXI (PROVINCE) TRAVEL PRESS. XIANG GONG IS A TYPE OF QIGONG. THE BOOK DISCUSSES THE BEGINNING AND INTERMEDIATE LEVELS OF XIANG GONG. THE PURPOSE OF XIANG GONG IS TO PROLONG YOUR LIFE, HEAL YOURSELF AND OTHERS, AND MAINTAIN GOOD HEALTH. THE SPECIAL CHARACTERISTIC OF XIANG GONG IS THAT IT IS EASY TO LEARN. XIANG GONG IS DESIGNED TO HEAL YOURSELF AND OTHERS FROM A VARIETY OF ILLNESSES. THE BOOK COVERS MOVEMENTS NECESSARY TO BECOME PROFICIENT. THE MASTER ((TIAN)) RUI SHENG CLAIMS HE HAS HEALED THE BLIND, DEAF, MUTE, AND LAME. TIAN RUI SHENG HEALED A 57 YEAR OLD MAN WHO HAD STOMACH CANCER. FOUR-FIFTHS OF HIS STOMACH HAD BEEN CUT OUT DUE TO SURGERY, BUT THE CANCER CONTINUED TO SPREAD. HE WAS ALSO PLAGUED BY MANY OTHER DISEASES SUCH AS HEART DISEASE AND INFLAMMATION OF THE GALL BLADDER. HE BECAME SO ILL THAT HE WASN'T ABLE TO WALK AND SO HE WAS HOSPITALIZED. IN 1989, TIAN RUI SHENG SPENT FIVE DAYS WITH HIM AND HEALED HIM, COMPLETELY. HE WAS RE-EXAMINED AND NO TRACE OF ILLNESS WAS FOUND.

3. "THE SON OF BUDDHA ZHANG XIAOPING COMES DOWN FROM THE MOUNTAIN" (FOU ZI ZHANG XIAO PING CHU SHAN JI) (STC: 0154/1331/1728/1420/16270427/1472/6068) WAS WRITTEN BY ((FENG)) TONGJUN (STC: 7458/0681/6511) AND PUBLISHED BY THE INNER MONGOLIAN PEOPLE'S PRESS. THE MASTER DISCUSSED IN THIS

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BOOK IS ((ZHANG)) XIAOPING. HE IS A 57TH GENERATION MASTER OF WAN FA GUI YI GONG (A TYPE OF HEAVENLY BUDDHIST ART), ANOTHER TYPE OF QIGONG. ACCORDING TO ZHANG XIAOPING, ONCE YOU MASTER THE BEGINNING AND INTERMEDIATE LEVELS OF THIS TYPE OF QIGONG, YOU WILL BE ABLE TO PROLONG YOUR LIFE, HEAL OTHERS WHO MAY BE THOUSANDS OF KILOMETERS AWAY, AND EVEN MOVE OBJECTS THROUGH TELEKINESIS, ZHANG XIAOPING CLAIMS THAT HIS MASTER IS OVER 200 YEARS OLD, AND LIVES IN EMEI SHAN IN THE SICHUAN PROVINCE. HE SAYS THAT EVERY HOME SHOULD BE A HOSPITAL, IN OTHER WORDS, EVERYONE SHOULD STUDY QIGONG AND LEARN THE ART OF HEALING.

A. ZHANG XIAOPING REPORTS HIS QIGONG FREELY AND INVITES PEOPLE TO WITNESS AND STUDY WITH HIM. HE DOES NOT ALLOW PEOPLE TO RECORD HIS SEMINARS. ON ONE OCCASION, THREE PEOPLE BROUGHT TAPE RECORDERS TO ONE OF HIS SEMINARS TO RECORD HIS SPEECH. NONE OF THE TAPE RECORDERS WERE ABLE TO FUNCTION DURING HIS SPEECH.

B. HE CLAIMS THAT AFTER STUDYING QIGONG FOR SEVEN DAYS YOU CAN DEVELOP THE ABILITY TO HEAL OTHERS.

4. "METHODS OF HIGH LEVEL QIGONG DESIGNED TO TEMPER THE MIND AND BODY" (CHAO GONG NENG XIU LIAN FA) (6389/0501/5174/0208/NUMBER NOT FOUND/3127) WAS WRITTEN BY ((XIAO)) MING (STC: 2556/7686) AND PUBLISHED BY CHINA'S MEDICAL SCIENCE AND TECHNOLOGY PRESS. THERE ARE TEN DIFFERENT KINDS OF QIGONG MENTIONED IN THE BOOK. YOU MUST STUDY QIGONG FOR APPROXIMATELY THREE YEARS BEFORE YOU CAN BEGIN STUDYING THE BI GU METHOD. THE BI GU METHOD INVOLVES ABSTAINING FROM FOOD. THIS IS A VERY OLD METHOD OF QIGONG THAT EXISTED DURING THE HAN DYNASTY. ITS PURPOSE IS TO PROLONG LIFE, MAINTAIN HEALTH, AND RAISE QIGONG ABILITIES.

A. AFTER THE INITIAL THREE YEARS OF PRACTICING QIGONG, YOU CAN BEGIN ENGAGING IN THE BI GU METHOD. DURING THE FIRST THREE DAYS, YOU ARE TO EAT ONLY TWO MEALS A DAY. EVERY MORNING YOU MUST GET UP BETWEEN 3:00 AM AND 5:00 AM, GET INTO A COMFORTABLE POSITION, CLOSE YOUR EYES, PLACE YOUR TONGUE ON THE HARD PALATE OF YOUR MOUTH, AND BREATHE THROUGH YOUR MOUTH. YOU MUST INHALE AND EXHALE BETWEEN 360 AND 1,000 TIMES. THIS MUST BE DONE OUTSIDE AMONG THE TREES AND PLANTS. THIS ALLOWS YOUR BODY TO EAT THE "QI" WHICH IS PRESENT AMONG PLANT LIFE. AFTER THREE DAYS, YOU MUST CUT DOWN TO ONE MEAL A DAY, AND CONTINUE THE SAME PROCESS. AFTER TEN DAYS YOU WILL EAT NOTHING.

B. THIS TYPE OF QIGONG IS NOT TO BE FORCED. IT IS NOT A STARVATION DIET. WHEN YOU MASTER THIS TYPE OF QIGONG, YOU WILL NOT HAVE HUNGER PAINS, ON THE CONTRARY, YOU WILL HAVE NO DESIRE TO EAT AND YOU'LL BE IN COMPLETE CONTROL OF YOUR BODY.

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THE BOOK MENTIONS A PERSON WHO WAS ABLE TO MASTER BI GU AND WENT SIX YEARS WITHOUT EATING.

5. "QIGONG FOR HEALTH" (BAO JIAN QI GONG) (STC: 0202/0256/3049/0501) WAS WRITTEN BY ((XUE)) WENZHI (STC: 5641/2429/2535) AND ((TANG)) SHILIN (STC: 0781/ 0013/2651) AND WAS PUBLISHED BY CHINA'S PEOPLE'S UNIVERSITY. THE BOOK GIVES A VERY SIMPLE APPROACH TO STUDY QIGONG FOR THE PURPOSE OF MAINTAINING HEALTH AND PROLONGING LIFE. THERE ARE MANY DIAGRAMS AND EXPLANATIONS THAT DESCRIBE THE MOVEMENTS AND BREATHING EXERCISES THAT ARE NECESSARY TO MASTER QIGONG. QIGONG CAN BE PRACTICED WHILE STANDING, SITTING, AND EVEN SLEEPING. THE END RESULTS OF QIGONG WILL PROLONG LIFE, GIVE YOU HEALING POWERS, AND MAINTAIN YOUR HEALTH.

6. "THE HIGHER UNDERSTANDING OF QIGONG" (GAO GONG GUI WU) (STC: 7559/0501/6311/1889) THE CHIEF EDITOR IS MR. ((ZHANG)) (STC: 1728) AND PUBLISHED BY THE CHANGCHUN PRESS. THIS BOOK IS ONE OF AN EIGHT PART SERIES THAT IS PUBLISHED BY THE CHANGCHUN PRESS. THE BOOK FOCUSES ON A MASTER OF QIGONG ((YANG)) HU. HE SPECIALIZES IN HEALING. THERE ARE WELL DOCUMENTED CASES OF HIM HEALING OTHERS. IN 1986, HE HEALED ((MAO)) ZEDONG'S NIECE, ((MAO)) YUANZHI. SHE HAD AN INTESTINAL INFECTION FOR OVER THIRTEEN YEARS, AND OTHER CHRONIC PROBLEMS SUCH AS ARTHRITIS IN HER SHOULDER. THE HOSPITAL WAS UNABLE TO TREAT HER ILLNESS. YANG HU WAS ABLE TO HEAL HER OF ALL OF HER AILMENTS IN ONE DAY. THE BOOK MENTIONS MANY OTHER STORIES THAT PROFESS HIS ABILITY TO HEAL OTHERS.

A. THE BOOK WARNS THE READER OF FALSE QIGONG MASTERS AND STYLES. THESE FALSE MASTERS TRY TO ENTICE PEOPLE TO SPEND ENORMOUS AMOUNTS OF MONEY TO HEAL THEM OR TEACH THEM THE ART OF QIGONG.

COMMENTS: FIELD COMMENTS. THESE BOOKS HAVE STORIES THAT MAKE INCREDIBLE CLAIMS. HOWEVER, A GREAT MAJORITY OF CHINESE PEOPLE BELIEVE IN THE ABILITIES OF QIGONG AND OFTEN CALL UPON QIGONG MASTERS TO HEAL THEM. QIGONG IS AN ANCIENT CHINESE ART THAT MAY MERIT ATTENTION. THERE HAVE BEEN MANY BOOKS WRITTEN ON THE SUBJECT AND AN INTERNATIONAL QIGONG CONVENTION IS HELD EVERY YEAR. ACCORDING TO THE QIGONG MASTERS, YOU MUST FOCUS ON WHAT YOU WOULD LIKE TO ACHIEVE BEFORE YOU BEGIN STUDYING. THIS HELPS YOU TO DECIDE WHAT STYLE OF QIGONG WOULD BE MOST APPROPRIATE TO ASSIST YOU IN ACCOMPLISHING YOUR GOAL.

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INSTR: US NO.  
PREP: 6-01828; 6-00039.  
ENCL: TO FOLLOW: FIVE ENCLOSURES.  
1. BOOK, "CHINESE XIANG GONG", 1 COPY, 920600,  
132 PAGES, IN CHINESE;  
2. BOOK, "THE SON OF BUDDHA ZHANG XIAOPING  
COMES DOWN FROM THE MOUNTAIN", 1 COPY, 920600,  
354 PAGES, IN CHINESE;  
3. BOOK, "METHODS OF HIGH LEVEL QIGONG", 1  
COPY, 910100, 136 PAGES, IN CHINESE;  
4. BOOK, "QIGONG FOR HEALTH", 1 COPY, 890500,  
180 PAGES, IN CHINESE;  
5. BOOK, "HIGHER UNDERSTANDING OF QIGONG",  
1 COPY, 262 PAGES, IN CHINESE.



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