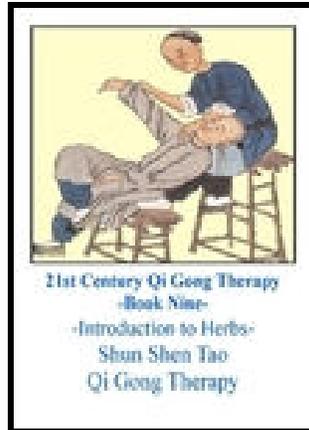


21st Century Qi Gong Therapy
-Level Nine-

**“Introduction to Herbs”
Shun Shen Tao / Qi Gong Therapy**

By Ashida Kim



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In Level Nine the student takes a two pronged path, one which will lead to the study of Herbs, Compounds and Mixtures and the other back to learning further Qi Gong exercises and energy building techniques to build one's health.

The herbs Neem, Frankincense / Olibanum, and Myrrh (Opoanax) are given specific attention. Grandmaster Kim gives clear points of comparison of the herbs of myrrh and frankincense which has been taken from the book "Dui Yao: The Art of Combining Chinese Medicinals". It *states "One tends to rectify the blood; the other to rectify the qi; when these two medicinals are combined together, they compliment each other. Together, they effectively move the qi and quicken the blood, dispel stasis, free the flow of viscera, bowels and channels, quicken the network vessels, disperse swelling, stop pain, constrain weeping sores and engender flesh."*

An interesting formulation called "**Qi Li San**" is discussed and is given for all sorts of injuries. Another herbal mixture "**Yunnan Paiyao**" meaning "the white medicine of Yunnan". Grandmaster Kim states "*The metaphorical Traditional Chinese Medicine description of how Yunnan Paiyao works states that the*

mixture stops bleeding, disperses stagnant blood, tonifies and invigorates blood, stops pain."

Grandmaster Kim discusses "Ninja Medicine". The student will learn some of the misconceptions about Ninjitsu in this and historical facts that may very well surprise you – one of which is the "**Kikatsugan**" (Starvation, Thirst or Hunger Pills) and the "**Senho Myoyaku Maegaki**". Some very intriguing formulas!

No study on herbs could go without a discussion on "**Dit Da Jow**" – a "bump and bruise formula". This is a great lesson on the topic and where the student will get the formula for the "**Black Dragon Jow**" that has been graciously shared by Grandmaster David Harris of the Shun Shen Tao system. I have had the distinct pleasure of training with Grandmaster Harris and have personally used this formula – some awesome stuff!

The skill set or "Qi Gong Exercises / Techniques to be learned in this lesson will contain a few that were covered in Levels One and Two but will be built upon here along with others. They are:

1. Simple Stance: Qi Gong Exercise
2. Pyramid Technique
3. Prayer Charger
4. Fire Ball
5. Super Fire Ball
6. Reverse Fire Ball (very hot)
7. Diamond
8. Tiger's Paws
9. Bowl of Fire
10. Secret Sword
11. Weld
12. Scorpion
13. Small Scorpion Stinger (the Micro Weld)
14. Large Scorpion Stinger
15. Scorpion Tail
16. Scorpion Claw
17. Viper's Head
18. Balancing Techniques - ½ Tear Drop
19. Tear Drop
20. Crown
21. Mind/Spirit Balancer (Clears out heart and mind)

The 21 techniques listed above are by far the most comprehensive study along with clear photographic demonstration of each technique that I have found anywhere.

At the conclusion of this level of study the student will have a set of skills that are able to thoroughly take care of their health as well as helping others. With the unarguably questionable methods being used by Western Medicine in the 21st Century, along with skyrocketing costs of such treatments with very little to no success and growing numbers of complications and deaths from these treatments, I believe it is time for each individual to take a long hard look at what is taking place and take the responsibility for one's own health. Grandmaster Ashida Kim has made a great contribution along with Dr. David Harris in preparing the 21st Century Qi Gong Therapy course and making it available to the average person.

We all possess this God given energy within each of us. It is a gift..... we just need to receive what He has freely given us!