THE SECRETS
OF MIND-BODY HEALING

Sifu Anthony Korahais
Quick Overview

Let me ask you a question. If there was a secret to reducing stress, having more energy, relying less on drugs, relieving pain, getting sick less often, sleeping better, living longer, and generally leading a happier life – would you be interested?

Of course you would!

This e-book will teach you that secret. It will teach you how the science of Mind-Body Healing is alive and well in the arts of Qigong and Tai Chi. More importantly, it will show you how you can dramatically transform your life for the better.

How To Use This E-Book

If you want to start changing your life, then you need action, not just information. This e-book will give you plenty of information, but it will also give you the opportunity to take immediate action. I sincerely hope that you will not just read this e-book, but put its lessons into practice.

When you downloaded this e-book, you should have also received a free audio lesson. If not, then you can find it here:

http://flowingzen.com/audio

Don’t rush to the audio lesson. Trust me. There are things that you need to understand first. If you rush to the audio lesson, then you may actually ruin the initial experience. So keep reading, and I’ll tell you exactly when to use the audio lesson.

Now, let’s get started.
My Healing Journey

Before we go on, I’d like you to know a bit about me and my journey. I’m a living example of the healing power of Qigong and Tai Chi. And it’s because I got such amazing results that I’m passionate about sharing these arts with others.

Years ago, I suffered from a debilitating case of clinical depression. Unfortunately, most people still don’t understand depression. Try to imagine life completely devoid of all joy, and yet full of the worst case of the blues that you’ve ever experienced. Now imagine something ten times worse. That’s a mild case of clinical depression.

Thanks to the power of Qigong and Tai Chi, I’m happier and healthier than I ever imagined possible, and utterly free from the grips of depression. I’m also free from my aching low back pain, chronic bronchitis and a heart murmur known as a Mitral Valve Prolapse – all thanks to the magic of Mind-Body Healing.

As someone who suffered deeply for years, I want to reach out to those who are still suffering – and not just from depression. My mission is to bring the secrets of Qigong and Tai Chi out into the open for the benefit of humanity. My greatest joy comes from watching students unlock the healing power that’s already inside them. I love sharing these amazing arts, especially with people who are fed up with conventional treatments that simply aren’t working. I especially like helping people who never in a million years imagined themselves doing something like Qigong or Tai Chi, but are ready for real change.

A Quick History Lesson

“Mind-Body Healing” is a modern term that is becoming more and more widespread in the Western Medical community. But the same term can be used for two ancient
Chinese arts, namely Qigong (pronounced “chee-gong”) and Tai Chi. Of course, there are many ways to tap into the power of Mind-Body Healing, but in my experience, these two arts are -- by far -- the most effective. That's why I've dedicated my life to studying, practicing, and teaching them.

These arts have a long history, and that's a good thing. They've worked for millions of people over thousands of years. They can work for you too.

But how do they work?

**The Amazing Placebo Effect**

Have you heard of the placebo effect? It’s when you give one group of patients a medicine that you want to test, and another group a dummy pill with no active ingredients. Neither the patients nor doctors know who is getting which.

In order to be approved by the FDA (that's the US Food and Drug Administration, for the international readers out there), the new medicine must beat the effectiveness of placebo in two authenticated trials. This is called a double-blind clinical trial, and it has been the standard protocol for medical research for decades.

For the life of me, I don’t understand why people aren’t jumping up and down in excitement about the placebo effect. It should be headline news! It seems like doctors and researchers have missed the crucial point – that the **placebo effect is concrete, scientific proof of Mind-Body Healing**!

The placebo effect results from the belief that a treatment will have benefit. It proves that your beliefs and thoughts have a measurable effect on your health. It also proves that the body can heal itself.
The placebo effect is not just a psychological phenomenon. **It’s not just in your head.** Many scientific studies have shown measurable improvements that cannot be explained by mere psychology. Here are some examples¹:

- In one study, doctors successfully eliminated warts by painting them with a brightly colored, inert dye. They promised the patients that the warts would be gone when the “medicine” wore off. And it worked!

- In a study of asthmatics, researchers found that they could produce dilation of the airways by simply telling people they were inhaling a bronchiodilator, even when they weren’t.

- Fifty-two percent of the colitis patients treated with placebo in 11 different trials reported feeling better, and 50 percent of the inflamed intestines actually looked better when assessed with a sigmoidoscope.

**In the above examples, the patients didn’t just imagine that they were better – the patients were measurably better!** The results were concrete and repeatable.

There are very few studies that compare a placebo group to a group receiving no treatment at all. Why not? Why isn’t anyone researching the incredible power behind the placebo effect?

Actually, a small group of people have been researching the power behind the placebo effect for a long time. I’m talking about the ancient Eastern masters who have been researching Mind-Body Healing for thousands of years.

**How to Be Your Own Placebo**

How do we make the power of the mind work for us? How do we get the benefits of Mind-Body Healing?

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Like me and my students, you can be your own placebo by practicing Qigong and Tai Chi.

But not just any Qigong or Tai Chi will do. To get the results that you deserve, you have to learn certain secrets. Despite the growing popularity of Qigong and Tai Chi, most people don’t know these secrets, and that’s a shame because their results will not be nearly as good.

Before we learn some of those secrets, let’s take a look at the body’s ability to heal itself.

**Your Body is a Healing Machine**

These days, we tend to think of medicine as either a drug, or some sort of surgery. It’s difficult for most of us to conceive of “medicine” as being something internal, something natural that is inside the human body. That’s ironic, because about 100 years ago, Western doctors had a saying:

Doctors do the mending, but God does the healing.

By “God”, they were referring to the body’s natural self-healing mechanism. Those doctors knew something! If you look closely at the body’s self-healing ability, it is simply incredible!

**Did you know that there are thousands of cases where cancer has miraculously disappeared without any medical treatment?**

We’re not talking about anecdotal stories. We’re talking about documented case studies.

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2 *Spontaneous Remission: An Annotated Bibliography*, by Brendan O'Regan and Caryle Hirshberg
How is it possible that malignant tumors can just dissolve on their own? How can we explain this phenomenon? (And as an aside, why isn't this bigger news?!?)

When the body's healing mechanism is functioning properly, then mutated cells are flushed away before they turn into tumors. In other words, a healthy body protects itself from cancer. In cases of spontaneous remission of cancer, it would appear that a body can not only protect itself from cancer, it can even reverse it!

Interestingly, the Chinese Medicine classics (which include Acupuncture, Qigong, Tai Chi, Massage, and Herbal Medicine) don’t really mention cancer. You’d think that with records dating back over 3000 years, they would have seen a few cases of cancer. And they most certainly did.

But the ancient Chinese viewed cancer differently. They viewed it primarily as a disorder of the body’s healing mechanism. As such, they didn’t view it as incurable. Here is a wonderful quote from an acupuncture physician:

I have come to understand that some of the deepest and most effective healing is not found at a doctor's office or a hospital, but rather from inside ourselves. Our bodies are designed for self-healing, and we are capable of both boosting and blocking that ability.

Dr. Suzanne Friedman

Why are modern humans so sick, weak, overweight, tired, and depressed? If the body is capable of healing itself, then why does it often fail to do so?

The answer, according to Chinese Medical theory, is simple: our body's self-healing ability is blocked. Luckily, we can not only unblock that healing ability, but boost it dramatically! And when we do that, then amazing things start to happen.
The Zen Mind

When we say that the mind is powerful, we need to be more specific. First, we need to differentiate “mind” from “brain”. They are not the same.

The brain is an organ. It is located in your head. The mind is invisible. It is not located anywhere. It is a combination of thoughts, experiences, emotions, beliefs, as well as your “spirit”.

Don’t make the mistake of thinking that the mind is not real. Thoughts may be invisible, but they are measurable. They have a frequency that can be measured with an EEG machine. Right now, your brainwaves are in the Beta state. But it is possible to change those waves into what is called the Theta state.

I’m referring specifically to what in my tradition is called a “Zen Mind”. When you use the appropriate meditation techniques, your brainwaves begin to change. At the same time, your nervous system also shifts from Sympathetic (SNS) into Parasympathetic (PSNS). As your nervous system changes, your biochemistry changes, along with your emotions.

The Nervous System

We’ve all heard of the fight or flight response. When faced with a threat, the body primes itself for action – to either flee, or fight. It does this by shifting all available resources to the systems needed for fight or flight, like the muscles. At the same time the body shifts resources away from unnecessary systems, like cellular repair.

And this makes sense. If you are being chased by a tiger, is that the time for your body to repair damaged cells, or grow new tissue, or digest food? Of course not! All of
those projects get put on the back burner, and all available resources get transferred to the muscles.

Luckily, there’s a flip side to the fight-or-flight response. The Parasympathetic Nervous System, often called the “relaxation response”, is your body’s chance to relax, restore, digest, and repair. Since the body isn’t being threatened, it can focus resources on maintenance. Cells can be repaired, toxins flushed out, food digested, and new tissue grown.

(By the way, a simple way to remember the difference between Sympathetic and Parasympathetic is as follows: S = Stressful; P = Peaceful.)

An interesting thing about modern humans is that, despite the fact that we are rarely chased by tigers, we spend a lot of time in the Sympathetic Nervous System (fight-or-flight). You probably know this already. In your own life, is there a background static of stress that rarely fades, even while you are sleeping? In your daily life, how often do you feel totally at peace, without a care or worry in the world?

In order to fully understand Mind-Body Healing, we need to recognize that we spend way too much time in the fight-or-flight state, and not nearly enough time in the relax-and-restore state. Our bodies are constantly responding as if we are being chased by tigers. If we want to tap into Mind-Body Healing, then we need to learn to shift from the Sympathetic (stress) to the Parasympathetic (peace) state.
Monkey Mind

As I mentioned earlier, our normal brainwaves are in the Beta state. The ancient Chinese referred to this state as “monkey mind”. I’m sure you’re familiar with this -- the constant stream of thoughts, the internal dialogue that you can’t seem to stop.

Did you know that the average human has over 60,000 thoughts per day? What’s even more surprising is that 90% of those thoughts are cyclical. Can you relate to this?

Thoughts seem to take on a momentum of their own, and they are difficult to stop. We’ve all experienced thoughts going round and round in our head. Many people have trouble sleeping because they can’t quiet their mind.

This is the Monkey Mind. It is a natural, human phenomenon. As a species, we are lost in thought.

If we are stuck in the Monkey Mind, then we can’t engage the Zen Mind. And if we can’t engage the Zen Mind, then we can’t tap into the power of Mind-Body Healing. This is why so many people who practice Mind-Body arts don’t get the results that they deserve -- because they fail to engage the Zen Mind.

For example, the way that most people learn Tai Chi today actually feeds the Monkey Mind. Because it is a martial art, Tai Chi movements are complex. The moves are extremely challenging for beginners to learn. Because the movements are so complex, students find themselves thinking, “Does my right hand go up, or my left? Which way do I step? What’s the next move?”
In other words -- Monkey Mind. This brings us to one of the big secrets that I want to reveal…

**Mind, Breath, and Form**

Are you ready for your first secret? Here it is, and it’s a big one:

> Don’t worry about the form.

The “form” is the visible aspect of arts like Qigong and Tai Chi. Sometimes, the form will have movement, like with Tai Chi patterns. But sometimes, the form has no movement, like with sitting meditation (which is also found in Qigong and Tai Chi). In all cases, **the form is the least important aspect**.

Let me say that again because it’s so important: the form is the least important aspect. This doesn’t mean that the form isn’t important; it means that there are other things that are more important.

All Mind-Body arts, including Yoga, Meditation, Kung Fu, and of course, Qigong and Tai Chi, have 3 aspects:

1. Mind
2. Breath
3. Form

If you worry about the form, if you get stuck in the Monkey Mind, then you simply can’t focus on the Mind and Breath aspects properly. Thus, the least important aspect is blocking you from accessing the more important aspects. Yikes!
If you’ve been learning a Mind-Body art on the form level, then you are not alone. There are literally millions of people worldwide who make this mistake, especially in China.

If you think that modern China should know this secret, then you’re misinformed. Remember that, during the Cultural Revolution in the 1960s, traditional arts were persecuted in China. Thus, many of the secrets left China. It was only later, when Mao Zedong realized that he had a health crisis on his hands, that China embraced arts like Tai Chi for the common people.

**Your First Lesson**

Now that you know this big secret, now that you understand the importance of the Zen Mind, it’s time for you to get and actual *experience* of what I’m talking about. To do this, you’ll need my **free audio lesson**. Once again, if you don’t have the audio, or if you lost it, then you can download it for free here:

[http://flowingzen.com/audio](http://flowingzen.com/audio)

I strongly recommend that you take 20 minutes to listen to the audio lesson *before* continuing with this e-book. Remember, we need action, not just information. The audio lesson will enable you to start taking action right now.

[Start Audio Lesson]

**Welcome Back**

I’m going to assume that you’ve listened to my free audio lesson. I’m also going to assume that, after the lesson, you felt good, maybe even great. So here’s a question for you: Why did you feel so good?

Physiologically, what happened during that lesson?
Think of it this way. Did you know that there are over 50 trillion cells in your body? Can you even imagine a number like a trillion? A million is hard enough to imagine, but a trillion is a million millions!!

In other words, 50 trillion is a lot. Now imagine all of the tasks that those cells do every second. Even if they only do one thing every second (they do much more, of course), that’s still 50 trillion tasks every second! Count to 10, and imagine all the tasks that your cells are doing in just ten seconds!

Here’s my point: one big reason you felt better after the audio is because, after the audio lesson, your cells were functioning a bit better. Things were running smoother because your Monkey Mind wasn’t keeping you in the fight-or-flight state, and thus blocking your body’s ability to heal and repair.

**Yin and Yang**

The ancient masters would explain all of this as follows: “You feel better because you have restored the harmony of Yin and Yang.”

Huh? What does that mean? In Western terms, we might call it homeostasis. Your internal chemistry is more balanced. Things are flowing better. And when things are flowing better, you feel better.

The effects are measurable, not imagined. Actually, there have been numerous studies done on the effects of Qigong, Tai Chi, and Meditation. Here’s a quote from one of these studies:

“Research on qigong, tai chi, and meditation has shown that they have positive effects on blood viscosity, bone density, stress reduction, endocrine gland function, asthma,
immune function, serum cholesterol levels, sexual function, stroke resistance, as well as a host of other benefits.”

If you’re interested in reading about the studies that have been done on these arts, I’ve created an entire web page devoted to it. You can find the page here:

http://www.flowingzen.com/science

The Cause of Disease

If we had to sum up the cause of disease in one word, what would that word be?

If you guessed “stress,” then congratulations. You got it.

Like most people, you probably know that you should find a way to relieve stress. But what if I said that relieving stress is more important than quitting smoking? What if some doctors said it instead of me? Well here you go:

“Three 10-year studies concluded that emotional stress was more predictive of death from cancer and cardiovascular disease than smoking.”

Yep. You read that right. It’s more important to quit stressing than to quit smoking! Amazing, right?


The #1 health problem in the U.S. is stress. Stress reduction should be the main topic of discussion in this country. When it comes to the top killers -- heart disease, cancer, diabetes, stroke – we’re talking about millions of people dying every year because of a national failure to manage stress.

Getting stressed once in a while is no big deal. But when it happens every day, all day, for years on end – then it causes serious problems. Here are some examples of what happens in your body when your stress levels rise:

• **Heart rate and blood pressure soar** to increase the flow of blood to the brain to improve decision making.

• **Blood sugar rises** to furnish more fuel for energy as the result of the breakdown of glycogen, fat and protein stores.

• **Blood is shunted away from the gut**, where it is not immediately needed for purposes of digestion.

• **Clotting occurs more quickly** to prevent blood loss from lacerations or internal hemorrhage.

• **The immune system is suppressed** making the body more susceptible to bacterial infections and viruses.

• **The reproductive system is suppressed**, hindering production of sex hormones testosterone, estrogen and progesterone.
Reducing Stress

Some people think that the solution is to reduce stress. It’s important to understand that the external events or situations that induce the stress are not the problem. The problem is: How do you respond to those external stresses?

Do you know someone who is stressed out by the tiniest little thing? To you, the stressful event seems like no big deal, but the person reacts strongly to it. Similarly, do you know anyone who gets hit with massive levels of stress and yet handles them as if they were nothing?

The truth is that most of us have very little control on the external stressors. But what we can control is our reaction to stress. With the right techniques, we can gain full control over how we handle that stress that hits us.

During my battle with depression, the tiniest stress would throw my day into chaos. When I look back at my life at that time, there were hardly any big stresses. Today, I have far more responsibility and far more pressure in my life. Despite all the pressure, I live a stress-free life.

Don’t get me wrong. When I say that I live a stress-free life, I don’t mean that there isn’t stress in my life. What I mean is that, whenever stress hits me, I have tools to process it. In other words, I am able to free myself from stress – every time.

I sympathize with people who don’t have these tools. It was awful being so vulnerable to stress. Luckily, it was so awful that I decided to do something about it.
The Solution

Americans need a stress-management system that works, something that everyone can do regardless of their athletic ability. They need something that brings immediate and lasting results. I've got that something, and I feel obligated to share it with as many people as possible.

Over the years, I've taught thousands of students, and I've seen the results with my own eyes. But don't take my word for it. Here are their own words:

“A pain in my shoulder that had been bothering me for over a year – gone. I was taking medication for 6 years for acid reflux – off medication for a month now. I was also taking medication to lower my blood pressure (and even then it was still borderline high) – now it is low enough to get off medication. I don’t get tired until bedtime when I sleep peacefully all night long. After only 4 months I can say it has changed my life forever!!!!”

- Barbara Gamble, Retired Flight Attendant

“I have specifically found Flowing Zen to be effective in the treatment of stress, high blood pressure, and digestive issues. I recommend it to my friends and patients as one of the single most effective practices they can choose to improve and safeguard their health. “

- Dr. Craig Brown, MD

“My experience with Sifu Anthony and Flowing Zen has been energizing, inspiring, and spiritually healing, even blissful. In a year and a half of classes and practice I've lost 20 pounds, my knees no longer hurt, my acid reflux is gone, and my bone density has maintained and in one area increased.”

Mary Bast, Ph.D.
“After only six weeks, my fasting blood sugar fell to an average of 76, thereby negating the necessity of going on diabetes medicine. My fasting blood sugar continues to remain under 100. I feel so much more alive and healthy since I began classes at Flowing Zen and cannot thank you enough for helping me to become a healthier, happier person. “

Julie Lake, CPA

“After only TWO beginner sessions, the arthritis in my thumbs vanished, never to return. After a year, my PTSD was gone. Better yet, instead of becoming stagnant in my later years, I feel movement and growth and continual discovery.”

Judy Garis, Grandmother

“What I have learned has made a wonderful difference in my life! The majority of physical complaints that caused me to try Flowing Zen have disappeared. I have learned effective ways to handle stress and pain. I feel better and take less medication than I have in the past 20 years. “

Ellen West, School Principal, Retired

You can read more testimonials here:

http://flowingzen.com/testimonials

These arts are powerful, and the results speak for themselves. That’s why I’m determined to help more people. And that’s why I give away so much for free on my website – because I am serious about my mission.
If this e-book made sense to you, if it struck a chord, then please share it with a friend. You can either forward the document itself, or you can just send them this link:

http://flowingzen.com/share

**Next Steps**

If you haven’t already read it, then I recommend that you start with my other free e-book “5 Tips for Learning Qigong & Tai Chi”. You can download it for free here:

http://flowingzen.com/5-tips

More importantly, I recommend that you take action. One of the easiest things you can do is to implement the technique taught in the free audio lesson. Once you practice this technique for a few weeks, you can do the entire routine in about 10 minutes on your own. Practice that technique daily, and you’ll start to see results.

Thanks for reading. If you have any questions, please feel free to reach out to me. I’m here to help.

http://flowingzen.com/contact

Zenfully yours,
Sifu Anthony