

# Chinese natural medicine and Himalaya qi gong/ philosophy and practise in Europe

*The practise of Himalaya medicine and Himalaya chi gong in Europe*



*By Alex Wu*

## Colofon

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in Europe, 2009

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# CONTENTS

<b>Preface, introduction to the author and the book</b>	<b>7</b>
<b>1. My life as a nature medical doctor</b>	<b>15</b>
1.1 How to become a good, wise, nature doctor	15
1.2 Moral behaviour	31
1.3 My practice	37
1.4. Light for a greedy society	42
1.5 Prevention is most important	48
<b>2. Spiritual guiding</b>	<b>55</b>
2.1 A good chi gong teacher is a spiritual guide	55
2.2 The cleaning process	61
2.3. yin and yang go together	66
2.4 The spiritual effect of Himalaya chi gong	80
2.5 Side effects of bad practice	88
2.6 They kill the doctor	96
2.7 Chi gong cleans the spiritual and physical dust	100
2.8 How to get spiritual and physical strength	104
2.9 Natural development	110
<b>3. Nature and Society</b>	<b>119</b>
3.1. My practise	119
3.2 Chinese rude philosophy	128
3.3 Nature's harmony	133
3.4 Naturalism	146
3.5 Poem of the snow	151
3.6 Fully connect nature	157
3.7 A pure, naturalistic society	167
<b>4. Environmental protection</b>	<b>177</b>
4.1. Love the trees, the plants	177
4.2 Stop human stupidity	181
4.3 Global earth fever	184
4.3 Global earth	190

4.5 Use nature energy sources	193
4.6 Prevent nature disasters	196
<b>5. Spiritual existence</b>	<b>203</b>
5.1. Spiritual energy exists in the material	203
5.2 Recognise, prevent negative spirits	210
5.3 The causes of bird's flue	222
5.4 Modern science only uses one eye	230
5.5 Positive spirits	234
5.6. Negative spirits	247
5.7 Spiritual nutrition, spiritual power, spiritual war	258
5.8 Spiritual guiding by energy transfer	268
5.9 My visit to China	274
<b>6. Life protection in the four seasons</b>	<b>283</b>
6.1 health care and spiritual life in spring and autumn	283
6.2 Energy cultivation in autumn and summer	295
6.3 Health care in summer	304
6.4 Cosmos stars and cosmos life	315
6.5 Health care in winter	319
<b>7. Wisdom from nature</b>	<b>327</b>
7.1 Nature's wisdom guides human society	327
7.2 Nature wisdom, nature economy	337
7.3 The truth is pain; nature is open	345
<b>8. Chinese traditional medicine</b>	<b>353</b>
8.1 The traditional Chinese medicine and Western medicine	353
8.2 The sensitivity of animals	360
8.3 Spiritual long distance diagnosis	365
8.4 Chinese medical and kung fu acupuncture	378
8.5 Western medicine cancer treatment	380
8.6 Nature's energy transmission	382
<b>9 The art philosophy of Alex Wu</b>	<b>393</b>
<b>Chinese poems by Alex Wu</b>	<b>405</b>

# PREFACE, INTRODUCTION TO THE AUTHOR AND THE BOOK

*By Hanneke Evers, student of Alex Wu*

This book is about philosophy, but above all about our daily life. It contains all kinds of suggestions to live more happy and more healthy. These suggestions come from the health system and nature philosophy of Alex Wu. He did them in lectures he gave. For him is the proof of a good doctor if he cures the people, if the symptoms disappear, if they get a better life. Not a short time, but on the long run. That is why he knows all about a health life style and healthy society. His wisdom and medicine come from nature. Nature feeds us and leaves no side effects or addictions. Alex Wu is inspired by the immense nature of the Himalaya, where he was born. Nature makes it possible for us all to become full grown, fully human; to develop humanity and human goodness. For ourselves, our family, our company, the society we live in.

The moment I met Alex Wu I will never forget. In a deep crisis of my life, an important thing happened. I had severe health problems, I could not go on in the old way, working and being busy like the others. I had tried a whole battery of doctors, Buddhist courses, yoga, tai chi, all of the things modern society offers us. All people were helpful, but nothing worked for me. When I did the chi gong of Alex Wu I felt this was very powerful. The explanations he gave and the answers on questions were very directly and from the heart. I appreciated that he was direct, that he confronted me with my poor situation. When I consulted him he was not behind a desk as doctors always do, but in an overcrowded house where he immediately showed me a pan with cooked herbs. His diagnosis was sharp and to the point. In half an hour he knew my situation and the treatment. Normal doctors need many consults and even then don't come to the core.

From that moment on I follow the chi gong lessons of Alex Wu, first as a patient, then as a student. Every year I learn more, the work of Alex Wu is always in development, as is our life. Alex Wu is a real family doctor. We have all close relations with the people with whom we live, with the family from which we are born. They support us, but can also cause problems. We are with them in an energy network. When one person of this network follows the medical and spiritual system of Alex Wu, the

others can also have profit for their wellbeing and health. That is why my husband also became interested, follows his chi gong lessons and takes care of his health. My old mother takes the herbal powders of Alex Wu, so that she is able to live independent, has a stronger mood and can keep on walking,

Besides his medical and chi gong practise Alex Wu developed a theoretical frame and philosophy for his work and life to educate his patients and students. Chinese medicine and philosophy is uncommon in the Western world. There are many misunderstandings from both sides. Alex Wu chooses to be loyal to his principles and method. He knows he must adept to the Western way, but he doesn't want to loose his essential roots in order to please the overloaded Western consumer.

His mission is to bring health, love, harmony and peace to a society that is devastated by ambition, greed, anger and selfishness. In 2000 years of history people have not become wise, choose war instead of peace, sickness instead of health. In his practise Alex Wu experiences many negative feelings. People don't want to hear the truth, instead they kill the messenger. Alex Wu identifies himself with the few famous doctors in Chinese history. Like Bien Qiao, who was sent away by the emperor when he saw his illness in an early stage. When the illness was in the middle stage and Bien Qiao still could help, the emperor wanted to kill him. When it was too late, the emperor wanted him to come, but then Bien Qiao couldn't help any more

In this book you find the thoughts, feelings and wisdom of a very special person. His ability comes not mainly from school or university education, although he learned a lot. His ability is the consequence of a special training of body and mind, as is known in old and modern China, nowadays under the name chi gong.

Alex Wu had the chance to practise chi gong in the way it is delivered from father to son or from a master to his well selected pupil. Ages and ages people have lived in the mountains of old China, people who researched about the chi, the life energy, the mystery of life. They discovered methods to cultivate the spiritual energy that is in every living being, in his surroundings, in the food, in the whole cosmos. Some places in the mountains were so pure that these wise people could only live of the air.

By living in this way they got extraordinary capacities like physical strength, sensitivity, memory power. Only by keeping these findings secret, they could be kept. Sometimes they were written down. By their experiments it became clear that spiritual energy is not as mysterious as most people assume. On the contrary, the spiritual energy is everywhere, in the body, the ground, the air, the food, the climate, the mood of the people, the cosmic spheres. The behaviour of animals is mainly based on their sensitivity for the spiritual energy, the cosmic powers like gravity and electromagnetic fields. Think of the sensitivity of dogs and dolphins.

All material particles send out electromagnetic energy; radar and laser systems are based on that. Modern techniques use the capacities of the different energy frequencies, that is why our mobile telephone calls are transmitted through the air. That is why we have radio, television. The teachings in this book make a bridge

between the research in old China of people who wanted a spiritual life and the modern physics who want to discover new techniques. The aim of both is the same, they want to know the truth of life.

Born in 1959 from a mother who was a medical doctor, the young Alex Wu developed an interest for the old herbal medicines of China. He learned already when he was a boy about the health effects of the herbs that grow in the pure air of the Himalaya mountains. The power that the chi gong gave him he used to develop his sensitivity for the energetic system of the human (and animal) body in relation to the energetic and chemical effects of the different plants and different pieces of a plant.

This is very unusual. Most people in China who develop high spiritual and physical effects with systems like chi gong, tai chi or kung fu use these abilities for demonstrations, like the Shaolin monks, or for fighting, like the legendary movie star Bruce Lee. Alex Wu went his own way, he developed a unique medical system that uses the old methods and knowledge for the modern people. He learned the properties of the plants, not only the leaves, all the parts of the plants by experience on his own body. He places himself in the tradition of Sun Nong, who researched about the effects of the herbs and the food on his own body.

As a teenager Alex Wu already cured people. He had the ambition to learn the traditional Eastern medical system as well as modern Western medicine. In China these systems exist together. It is not like in the West, where modern medicine is number one and the other approaches are called alternative.

In spite of the acknowledgment of a mind in the body, Western medical science and practise is materialised. They don't see the spiritual energy in the body; they only see organs, chemicals, and DNA genetics. The mind is the domain of psychology and religion. As Alex Wu says: "they think they can eliminate a problem by cutting off and throwing the body part away; they neglect that the body is a synergetic system in which blood and oxygen are constantly moving and the spiritual energy is needed to make a unique living being". Life knows no contradiction between the material and the spiritual; both are present for 50%. Spiritual energy can be considered as the equivalent of the immune system of the body.

Western medicine treats all people as if they have the same bodies; in fact every living being is unique. In every human (and animal) body the same illness has different symptoms. Every body has its characteristic history and genetic pattern. In fact we know that all, but the consequences for medical research are far reaching. The statistic research methods that are used have meaning only within a context of a medical approach that cures all people with a similar illness with the same medicine and the same treatment. When we depart from the individual disease pattern, we need more qualitative research methods.

Alex Wu is a globalist, he feels deeply that, the world is connected, that we all live in the same global village. After a busy life as a medical doctor and head of a cancer research institute in Chengdu, he travelled many months in Western direction and decided to live in the Netherlands. He described this travel in his book: Himalaya chi

gong, Alex Wu; 1997 Forum, Amsterdam. He wanted to bring his Himalaya medical system to the West and use an optimal combination of herbs, acupuncture and chi gong to cure all kind of diseases. As one of the few Chinese people in that time he had learned English, because he knew that his future was in the West.

Not driven by money, the motives of Alex Wu are pure; he wants the benefit of the people, to give people a good mental, physical and long life. His abilities make it possible to feel the energy blocks and diseases in a very early stage. Then he can prevent the diseases to come up. When people feel healthy and are full of energy, then all of them will work for a better world, no one will go on war, no politician wants to be corrupt. Then our economy will be in service of a happy life, we know how to prevent the diseases, we will live in harmony with our surroundings.

Alex Wu uses his body as a radar system to feel the pain and energy blocks of others. As a chi gong teacher he connects us with the mass of energy of the Himalaya mountains. He is fully aware of the interconnectedness of all life on earth, of the connection of the earth with the huge system of stars and planets, and that all have an immense history of millions of years. Alex Wu even has a view on the conditions for life.

This book is illustrated with the paintings that Alex Wu likes to make. His materials are rice paper, Chinese ink and water colour. His original self made style gives a special effect. His work reflects his energy and views. He likes to paint nature and combine an old Chinese style with Western subjects. His recent paintings are the reflections of the Dutch landscape in his mind, his deep feelings with the Dutch land and the people, he feels the special earth energy. He is active to promote Chinese art, his work was in a lot of exhibitions and is bought all over the world in Europe, Japan, China, Australia, New Zealand, the U.S. and Canada.

Alex Wu wants to write down his knowledge so that future generations can make use of it. Hua To the famous doctor in China's past who could play chess while operating, didn't make notes. His knowledge is lost.

The teachings of Alex Wu in this book show his development. At first he wants to make clear what his medical principles are. He says it is not easy to be a good doctor in traditional Chinese medicine. It needs a lot of experience and concentration power to make a diagnosis and treatment plan. A traditional doctor has no equipment, no machines, has his own body to sense and to cure. In order to make a good mixture of herbs you must count with often contradictory symptoms in the body and also with the weather (hot, cold, dry, humid). You must be a physical and psychological doctor together. The herbs clean also the emotional disturbances in the mind. Low energy is the reason that the organs don't function well but also that a person has no enjoyment in life, feels depressive or aggressive.

Then Alex Wu wants to explain that he is not only a medical doctor but also a chi gong teacher who guides the students on the spiritual path. His medical and spiritual system is not only for people who have problems with their health. Also people who are looking for a spiritual path, can follow his teachings and he can bring them far.



But almost nobody has the perseverance and the abilities only to end the first stage and not to fall back. Worldly interests are all overwhelming. To live a healthy life is not easy.

Many Western students think they can do without a teacher. They have no idea of the dangers of the spiritual path, no idea unique significance of a teacher and master. The teacher is your father, your spiritual friend. You are one family. That is part of Eastern culture. To make that clear for the West Alex Wu compares the significance of a spiritual teacher with the work of a football coach for a football team. Of the necessity of such a coach we are all convinced.

A main part of these teachings is about the feeling of Alex Wu that he is for 100% connected with nature, that nature feeds him and rewards him. That brings him to a very personal philosophy of nature. Man is part of nature, everything is built of the same chi. Man is not above nature, not victim of nature. Nature is not something to put in a museum, as we did with the nature population when we colonised the world. We cannot master nature, we do better to learn from nature, investigate, understand and respect nature, not destroy nature.

Natural science is of use to make the life of the people more happy. Then we have no need to make weapons, instead use our knowledge to prevent nature disasters, to grow food for every living being on this planet.

Also a society system can be constructed in congruence with nature. We can live like the nature people in the few villages in the mountains that still exist, where the people have enough to be happy and feel the energy of nature. The biggest fault of modern society is to think that we can exploit nature. But nature hits back, as we all see. We disturb our atmosphere, pollute our waters, disturb ecological systems. Alex Wu feels our disconnectedness at his own body. We must not cut tropical rain woods and kill the animals that live in there. Killing them is killing ourselves.

That is why he calls the United Nations to make a plan of action, to register carefully all nature disasters that happen at the moment. Our life is half material, half a spiritual life. That is the credo of Alex Wu. They are the yang and the yin, they belong together. Without yang there is no yin, without yin there is no yang. Still we are not used to see and feel the spiritual part of our existence. We cannot see the yin part, we can only see the yang. But we all know the difference between positive, inspiring forces in people, in our surroundings and negative, destructive forces. So we have all some sensitivity. Spiritual forces can materialise, see the Christmas wishes we all send with New Year. Aggression can materialise in the body as gas. In his treatment of emotional problems Alex Wu uses the positive energy in his chi gong, herbs and acupuncture to let the negative energy come out. Negative energy can materialise in the body as cancer cells.

We all know that we are dependant on the weather. In fact we don't care so much, only if we have holiday we notice if the weather will be nice. Alex Wu lives with the weather, the changes in the air and the earth, the temperature, the air pressure, the humidity. All these conditions change over the day, when the yang energy climbs with

sunrise, falls down at dawn and lets the yin energy come up. Above all we have the four seasons, caused by the position of the earth compared to the sun. Alex Wu describes each season, as it influences our body, one of the organs has a central position in each season. We must, eat, sleep and live in harmony with the characteristics of each season. In this way we can gather the energy from nature.

The last chapters conclude about the main themes of Alex Wu 's thinking. One is the universal law of nature: good causes, good result; bad causes bad result. In his practise he has met a lot of narrow minded people, who put money before health. Our economic society does the same, money is our god. That brings sickness and unhappiness. We have more than enough space and money to give the world population a happy life. After 2000 years of history we still have not reached that.

As to the position of traditional Eastern medicine Alex Wu feels the urge to co-operate. Western medicine is yang medicine, Eastern medicine is yin medicine. They have to adept, to learn each other's language. Both belong together, want to bring happiness to all living beings. At the end of the book likes to explain how he makes a diagnosis of the people, from his body he sends the energy waves into the body of the patient, by concentrating he can feel more and more of the pains, blockades, sorrow. A doctor who can do that, must know how to clean himself of the bad stuff he gets inside. Things we call extraordinary we can explain if we acknowledge the existence of a spiritual and material reality together, interconnected and inseparable. Alex Wu mentions the technique of kung fu acupressure that liberates the energy knots in the body of a patient only by moving the hand. In this way a patient can be cured, but it can also be used for fighting and paralysing the opponent. Bruce Lee the famous kung fu movie star was killed in this way.

In the Chinese moon festival the Chinese people celebrate the special cosmic energy that exists because of the position of moon, earth and sun in that time of the year. When we can develop our capacity to sense the natural, cosmic, spiritual powers, we are able to know more and more of all of life. Then we know and feel more about life and society on this planet the earth but we can sense and know also about other life, about our past and our future. In this book Alex Wu wants to warn people not to waste their capacities, with even the possibility of extinction, because we misuse ourselves and or planet. We better follow the natural law that positive energy brings about more positive and negative energy more negativity.

At the end of the book Alex Wu describes how he sees his mission as an artist.

Alex Wu wants to thank his patients and students who were part of his life experience, especial Michiel Ockeloen who wrote a lot of beautiful articles about Himalaya chi gong.

## WARNING BEFORE YOU START READING THIS BOOK

You should consider that the text is the transcript of the lectures of Alex Wu, it is spoken language of someone who is not a native speaker of English. Also you should consider that the experience of Alex Wu is not the way of common people, because of his energetic power and super sensitivity. The book is not a novel, but also not a learning book. If you dig into it, you will find that words are only indications of meanings and reality. If you don't feel yourself, all words remain only at the outside of your body, they don't penetrate into your life. You can only have profit from this book if you digest it slowly, its content is comparable to the chi gong energy that comes inside, if you practise well.

The best way to understand deeply the meaning of the words and to feel the energetic power, is to hear the words and the voice of Alex Wu. But a book is the best way to conserve and to spread out the knowledge.

The illustrations in the book are photographs of recent paintings of Alex Wu, in which he also lays down the way he experiences the world and his inhabitants. For example when he paints birds, you hear the birds singing.

The first book of Alex Wu: Alex Wu, Himalaya chi gong, Forum, Amsterdam, 1997

Expositions of his ink paintings :

- 1987, 1989, Findlay, U.S.
- 1992, Wolters Noordhoff, Groningen
- 1993, William R. Frizzel, cultural centre Florida
- 1994, Soeterijn Theatre and Tropical Museum, Amsterdam
- 1994, V en D shopping house, Amsterdam
- 1996, Art la Casa, Kerkstraat, Amsterdam
- 1997, Exhibition in the Dutch parliament
- 1998, Kathmandu Rung Book Temple, Nepal
- 1999-2001 Nijmegen theatre, Amsterdam Oibibio, Hilversum perfume factory
- Pacific Asia Museum, Pasadena, U.S. (permanent collection)