
Secrets of Mind-Body Healing



By 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, reducing pain, getting sick less often, sleeping better, living longer, and generally leading a happier life – would you be interested?

Of course you would. Who wouldn't?

This eBook will teach you that secret. It will teach you about the living science of Mind-Body Healing. More importantly, it will show you how arts like Tai Chi, Qigong, Kung Fu, and Meditation can dramatically change your life for the better .

How to use this eBook

I designed this eBook to give you more than information. In order to start changing your life, you'll need action, not just information. This eBook will give you a chance to take action.

When you downloaded this eBook, 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 you need to understand before listening to the audio. If you rush to the audio lesson, then you'll actually lessen the experience. So keep reading, and I'll tell you exactly when to use the audio lesson.

Let's get started.

My Healing Journey

Before we go on, you should know a bit about me and my journey. I'm a living example of the power of Mind-Body Healing, so my story is relevant to the information in this eBook.

Year ago, I suffered from a debilitating case of clinical depression. Unfortunately, most people still don't understand depression. Imagine life 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 Mind-Body Healing, I'm happier and healthier than I ever imagined possible, and utterly free from the grips of depression. I also managed to get rid of my aching low back pain, to dramatically boost my immune system, to quit smoking, and to heal an issue with my heart known as a Mitral Valve Prolapse.

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 empower people to dramatically change their lives for the better through the arts of Tai Chi, Qigong, Kung Fu, and Meditation.

Quick History

"Mind-Body Healing" is a modern term. I use it in the context of four ancient Chinese arts, namely Tai Chi, Qigong, Kung Fu, and Meditation. There are other ways to tap into the power of Mind-Body Healing, but in my experience, these arts are the most effective. That's why I have dedicated my life to them.

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

Placebo



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 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!

¹ "The Placebo Prescription" by Margaret Talbot, *New York Times Magazine*, January 9, 2000

- In a study of asthmatics, researchers found that they could produce dilation of the airways by simply telling people they were inhaling a bronchodilator, 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 scientists have been researching the power behind the placebo effect for a long time. I'm talking, of course, about the ancient Eastern masters who have been researching Mind-Body Healing for thousands of years.

How to Be Your Own Placebo

This sounds well and good, but how do we make the power of the mind work for us? How do we tap into this Mind-Body Healing?

Like me and my students, you can be your own placebo by practicing arts like Tai Chi, Qigong, Kung Fu, or Meditation. But you have to know the secrets. Despite the growing popularity of these arts, most people don't know these secrets. And that's a shame because the secrets can dramatically increase their results.

Before we learn the 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 many of us to conceive of medicine as being something internal. 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 power. 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?² We're not talking about anecdotal stories. We're talking about documented case studies.

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?)

Actually, the process by which cells mutate is natural. It happens in all of us, all of the time. In a sense, we all have cancer already, except for one very big difference – healthy bodies don't allow these mutations to turn into tumors.

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, Chinese Medicine (which includes Acupuncture, Qigong, Tai Chi, Massage, Herbal Medicine, etc.) doesn't really mention cancer. You'd think that with records dating back over 3000 years, they would have seen a few cases of cancer.

² *Spontaneous Remission: An Annotated Bibliography*, by Brendan O'Regan and Caryle Hirshberg

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

"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, Acupuncture Physician**

Why are modern humans so sick, weak, overweight, tired, and depressed? It's because we block our self-healing ability. Luckily, we can not only unblock that healing ability, but boost it dramatically!

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. In response to a perceived threat, the body primes itself for action – to either flee, or fight. It does this by shifting all available resources away from the organs and to the muscles. 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. This is the Sympathetic Nervous System in action.

The Parasympathetic Nervous System is your body's chance to relax, restore, digest, and repair. The body isn't being threatened, so it can focus resources on maintenance. Cells can be repaired, toxins flushed out, food digest, 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. In order to fully understand Mind-Body Healing, we need to understand that modern man spends way too much time in the Fight or Flight state, and not nearly enough time in the Relax-Restore state. Our bodies are responding as if we are being chased by tigers.

Monkey Mind



As we already learned, our normal brainwaves are in the Beta state. The ancient Chinese referred to this state as “monkey mind”. This is the constant stream of thoughts, the internal dialogue that you can’t seem to quiet.

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. I’m sure that you can relate to this.

Thoughts seem to take on a momentum of their own, and they are difficult to stop. We’ve all experience 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 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; 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. These moves are 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:

Don't worry about the form.

All Mind-Body arts have 3 aspects:

1. Mind
2. Breath
3. Form

The "form" is the visible aspect. Sometimes, the form will have movement, like with Tai Chi patterns. But sometimes, the form has no movement, like with sitting meditation. 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 the other 2 aspects, Mind and Breath, are **more** important.

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 knows 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 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 secret, now that you understand the importance of the Zen Mind, it's time for you to get an 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>

I strongly recommend that you take 20 minutes to listen to the audio lesson before continuing with this eBook. Remember, we need action, not just information. The audio lesson will help you to start taking action.

[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 reason you felt better is because, after the audio lesson, your cells were functioning a bit better. Things were running smoother because your Monkey Mind wasn't 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. Actually, there have been numerous studies done on the effects of Qigong, Tai Chi, Meditation, and Kung Fu. 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."³

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:

³ *Multifaceted Health Benefits of Medical Qigong*; J. Alt Compl Med. 2004; 10(1):163-166.; by Kenneth M.; Devatara Holman MS, MA, Lac

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?**

“Three 10-year studies concluded that emotional stress was more predictive of death from cancer and cardiovascular disease than smoking.”⁴

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

The #1 health problem in the US is stress. Stress reduction should be the main topic of study in medicine. 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.

⁴ H. Eysenck. Br J Med Psychol. 1988; 61(pt1)

- **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 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:

"Since I started practicing Flowing Zen 3 years ago at age 61, I have been cured of an incurable periodontal disease that I had been struggling with for over 10 years; my blood pressure has gone from being borderline high to normal without my ever taking any medication to lower it; I no longer run out of Advil because I no longer have to take it, and I no longer wish I could take a nap in the middle of the day because I never seem to run out of energy." - Jim Carpenter, artist.

"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, Life Coach

"I found that within weeks my long-term insomnia had almost totally disappeared and my back pain was either gone or barely noticeable. As I continued to practice, my blood pressure dropped 12 points and my weight dropped a dozen pounds – without any dieting." - Shelly Yomano

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 reach more people. And that's why I give away so much for free on my website – because I am serious about helping people.

If this presentation 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 report "5 Steps to Maximize Learning". You can download it for free here:

<http://flowingzen.com/maximize>

I also recommend my teacher's books, which you can find on my website here:

<http://flowingzen.com/books>

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. Practice that technique daily, and you'll start to see results.

I encourage you to take action now. Reading this eBook is a great start, but it's not enough.