

MASTER LU HUNG-BIN ON QIGONG

Pierce Watters



Pierce Watters

Master Lu Hung-bin of Taiwan began his training in the internal arts at age six. By the age of 30 he was a recognized expert in the three major styles of Chinese internal kung fu, Taijiquan, Baguazhang and Xingyiquan. Today, well into his eighties, Lu Hung-Bin is as healthy and as spry as men half his age. Claiming that the internal forms are the source of his remarkable longevity and vitality, he teaches the three arts to a large group of international students on three continents.

IAM: *Do you believe that Qi exercises can heal sickness, and if so, how is this possible?*

Master Lu: Qi is best used as a preventative force, but it can influence the health of a sick person by increasing the flow of power in the meridians and strengthening the internal organs. Some miracle cures are attributed to this form of healing, but I will not talk about that now.

Qigong exercises are all the rage in Europe and the West today. Do you feel that these are good methods for health, and do people who already practice the internal martial arts need these exercises?

No, you do not need separate Qigong exercise either if you do Taijiquan, Baguazhang and Xingyiquan correctly. Qigong is for those who don't know, or have not been taught, the internal martial arts by a knowledgeable teacher, or who are too weak or infirm to practice anything else. The words to remember are, correctly practiced internal martial arts. That is because there are many, many people who are only practicing these internal martial arts in an external way and are not utilizing the true gift of Qi development that they such methods have

to impart. The three internal martial arts have everything you can desire in one package.

So what you are saying is that many people practice the internal martial arts externally, but if you do them right, you do not need auxiliary forms and exercises. You get flexibility, you get stamina, you get increased circulation and cardiovascular benefit for health, plus you learn a way of protecting yourself from physical attack with the internal arts, but only if you understand how these forms function as Qi stimulation exercises. Is that about it?

Yes, all that and more. You live longer and are happier when you practice the three major internal martial art methods correctly than people who don't.



Lu Hung-bin, master of the internal arts.

Master Lu, what kind of a training schedule do you keep?

When I was younger I got up at 4:30 a.m. and practiced till 7:00 a.m. I would also practice as many as three times per day. My personal practice now, at my age of 80-plus years, consists of meditation and just doing the forms mostly when I teach them, which is frequently as I have many students.

Some people claim that there are times of the day that are more auspicious for the development of Qi. Do you feel this is true?

Yes, the best times for practice are from 5-7 a.m. and 5-7 p.m. It is during these times that the earth's external energy, or Qi, and the internal Qi energy of the body in the acupuncture meridians are at a point of harmony with the blood flow. This is the best time for health cultivation.

A proper balance of rest and activity is, of course, also important. I sleep for six hours each night. Before bed each night I meditate for an hour using a method I call the Dragon Meditation. To meditate one hour will give you the benefits of balancing the Qi for one whole day. In other words, one hour of meditation equals 24 hours of vital energy that you can build up in your system. This gives you added stamina and energy for practice and other daily activities.

Can you give me your personal definition of Qi?

There are two major types of Qi, the internal and the external. I have studied these both for a very long time. External Qi comes about from the state of universal stillness, from the place I will call the void. The void is complete and without form, it is the source of all energy and power, always it has been and always it will be. Qi proceeds from the stillness of the void to the action of the world we know. From stillness to movement comes the Qi. It entered the first man and woman as Jing and lived in their bodies as it still lives in the bodies of all beings. It becomes Internal Qi in the human body and is then used to direct all of the internal functions. As Jing it is passed down from mother and father to their children since the beginning of time.

As Qi, it courses throughout the body and brings health and long life. It is a mysterious energy present in all people, but I do not know exactly how to describe it to you so that you will understand. Qi must be experienced

understand. Qi must be experienced to be understood, it is not an intellectual concept.

Can you tell the IAM readers what Qi feels like in the body?

That is difficult. You cannot really describe clearly the feeling of Qi. I know what it feels like because I have done these forms that produce the feelings and motion of Qi in my own body. If you have not done them, then you do not know and no amount of explaining will make any sense to you. It is something you must experience first hand to know about it.

So much is written about Qi in books and articles from the male perspective that some people feel it is exclusively for men. Can a woman develop her Qi as well as a man?

Both can develop Qi equally well if they practice the correct forms and exercises and live a life of moderation, free from excesses.

Many old manuals of Qigong say that sex can weaken the body and bring old age and illness. Is this true?

Everything must be in moderation. For a man, if he becomes involved with excessive sexuality he will lose power. The vital essence of a man is contained in his semen and if he ejaculates too frequently he will lose his vital energy (Jing). To do this on a regular basis or every day then can shorten his life and such activity will decrease the level of Qi in the body. This is not so for a woman, although she can lose Qi in many ways through sex.

The Taoists have a time table that describes the number of times a man can expend his Qi energy through sexual activity.

Are you referring to the chart from S'sû-Mo, the Taoist physician who is said to have lived to be over 101 years by practicing the Taoist love making principles of withholding ejaculation during sex? Didn't he say that if a man can make love 100 times without an emission, that he would be able to attain a very long life?

I believe that is the same person. The way of this is that a man of twenty can release his essence safely every four days and not suffer unduly. A man of thirty can do this once in every eight days. A man of forty years can release his vital force every ten days, fifty year old men every twenty eight days, and sixty year old men and

above should refrain from draining their vital energy as much as is possible.

Would people of the world benefit from these arts if they were practiced by everyone?

Oh yes, that is what I want to do, to share this information with as many people as I can. We need to learn to be full of Qi and life to be productive and loving to everyone. Qigong training through the internal martial arts can do this for the entire world if it is practiced properly.

Can Qi be used in martial arts training?

Yes, when the Qi is made to permeate the entire body, the body becomes so strong that if you use your Taijiquan, Xingyiquan or Baguazhang to defend yourself, you become a powerful weapon.

Then there is the idea of the Tien Hsueh (cavity press), a technique whereby you can impart Qi into someone and cause them pain or even death. In Taijiquan there are four main cavities that can be used for this. In Baguazhang and Xingyiquan this is also true. In Bagua, when you do the turning and hand forms correctly, then you can do this technique really well. You have to study hard and know the time at which the Qi is moving through the cavity you wish to press. The time of day and season of the year affects this and it is quite hard to learn.

Is this the fabled Death Touch of kung fu legend?

Yes, this is the Tien Hsueh (cavity press). I mentioned earlier it is possible to bring pain and disrupt the flow of Qi in the body to such an extent that death can result from a touch or blow. This is a very exacting science and should not, in my opinion, be common knowledge. People should concentrate on peace and not violent attitude.

I must agree with you. Thank you for your time and patience in discussing Qigong with us. I am sure our readers will enjoy your words.