



Integral Energetics FAQ

Frequently Asked Questions

The IIQTC

The Institute of Integral Qigong and Tai Chi (IIQTC) is among the most credible institutions of training and research outside of China and advocates for all forms of Mind-Body Practice and Energy Medicine. The IIQTC is founded on the “integral ideal” – the convergence of many paradigms, theories, schools, perspectives and points of view to distill the eternal principles.

What is Integral Energetics – IE?

Integral Energetics is a new course based on the idea that every human being has a direct and also unique relationship with the unified field, original nature, god, the quantum, or source. This unique and personal connection is the essence of the capacity to heal oneself, and to accept the opportunity to assist or foster others in what is typically referenced as healing, empowerment, connection, recovering one’s essence, accessing the natural state of wellbeing.

We are all healers. We are born with this potential, just as we are born with the potential to be athletic or artistic. It is rare, that as healers we receive help in bringing our gift into light and out in the world. The truth is we need a little coaching and nurturance to bring this gift out of ourselves. Often, we are discouraged from trusting what we may have no other words for, other than

intuition and guidance, or a “sensitivity” which we may not embrace as a special gift. It may take effort to explore the hidden gift of being a healer, and we may just be surprised and delighted by what we find.

While we think we do not have answers in this moment, we may very well have the missing puzzle pieces to complete the picture of who and what we truly are. In this course, we explore this potential gift everyone has to be a healer when we explore the components of energy medicine and mind-body practice. These include personal practice or self-cultivation and service to others.

When you study “energetics,” what are you studying?

In physics, energetics is the study of energy as it undergoes transformation. Energy cannot be destroyed; energy transforms. The rate and nature of energy change can be measured. The same word, energetics, also relates to the field or subject of energy; however in this case, energy shifts cannot be measured exactly, but can be felt or sensed.

In the emotional and metaphysical sense, energy may be considered the nature of a thing, a feeling, or vibration or trend. We say that a thing “has energy” or that our energy “feels” a certain way, and frequently we base some important life decisions on these kinds of observations and judgments alone.

On a level of experience, this immeasurable form of energy also shifts and transforms. In this latter sense of energetics, while the transformative nature of energy cannot be objectively measured, it can indeed be recognized in patterns of behavior or experienced as subjective sense perceptions.

In the realm of energetics and energy medicine, the unified field captures both the physical and non-physical meanings of energetics. You could say that energy transforms, however you look at it, from the physical to the physical, the physical to the non-physical — or from the spiritual to the non-spiritual — and connects back and forth between the realms. The connection is Qi.

What is the purpose of energy medicine and energetics?

In Dr. Jahnke's book *The Healing Promise of Qi*, the 10th Phase of Cultivation and Mastery – *Qi Transmission* – is addressed. This domain of healing is where one or several persons assist(s) in enhancing the wellbeing one or several others by engaging in the process of extending their influence on the Qi or life force for the benefit of others either nearby or at a distance. Put simply: *Qi is transmitted; Qi is influenced to transform.*

What is the certification in Integral Energetics?

The graduate of Integral Energetics Level 1 is a practitioner, given that anyone who practices anything is a practitioner. The graduate is not a therapist, clinician, master or teacher. However, the Integral Energetics graduate can reasonably use the terms energy healing or energy enhancement coach, facilitator, consultant or educator in addition to practitioner. Skills and methods are explored and practiced in an environment where coaching and discussion are a part of the transmission of this information.

As such, this certification can be used professionally. However, average citizens who are committed to creating a more peaceful, tolerant and healthy society can also use it. Participants are certified as having been present for the training and exposed to the curriculum. Certification suggests a certain exposure to a body of information and experience.

In this regard, certification supports an individual in practicing Integral Energetics within the context of any professional certification that the participant already has earned and maintains – nurse, physician, therapist, school teacher, counselor, trainer, consultant. And, even for individuals with no particular profession in the “helping professions,” e.g. parents and grandparents, then IIQTC encourages enthusiastic sharing of the Integral Energetics and energy healing methods as health improvement for our society is gravely needed.

By introducing the concepts of “energy enhancement” and “energetics” into the work many people are already doing in the healing professions, a certification in Integral Energetics serves to increase the knowledge and experience of a practitioner to better understand healing philosophies, methods, practices and attitudes that influence the healing process from the “service provider” perspective and from the “client” or “patient” perspective.

In Integral Energetics Level 1, we survey views of the energy, vitality, Qi, Prana systems with the specific intent to identify common elements in the systems and to eliminate false assumptions. The practitioner, gaining greater conscious awareness of and experience with these systems and methods, can then recognize these elements. This is the practice whereby a practitioner develops natural “energy” gifts or enhances gifts and abilities already present.

This course focuses on learning and gaining skill to develop one’s abilities through practice and observation over time, from a body of information with no association with medicine or therapy in the public domain. Therefore the IIQTC cannot make any claim as to the efficacy or character of any graduate this program. It is the intent of the IIQTC to be a part of creating a better, more vital society by fueling a revolution in personal responsibility and health maximization through spreading and sharing these methods and practices for the benefit of society.

Is this Medical Qigong?

In terms of Medical Qigong – clinical/therapeutic Medical Qigong uses diagnosis of disease and the Medical Qigong Therapist treats the disease. Healing and Health Enhancement Medical Qigong finds the healthy Qi and maximizes its capacity for health recovery and the enhancement of functional capacity.

Historically in China, giving Qigong the name “Medical Qigong” was a method for protecting the traditions of healing and health enhancement from the cultural destructive momentum of the Chinese Cultural Revolution, which nearly obliterated all of the great healing and medical knowledge. When one does a thorough review

of Qigong and Medical Qigong, this is very clear. Please reference the text *Chinese Medical Qigong* and the very incisive historical reflection *Qigong Fever*.

How does the Integral Energetics Program relate to the 200-hour Integral Qigong and Tai Chi Teacher Training?

Like the IIQTC Tai Chi Easy Practice Leader Training program, Integral Energetics Level 1 has no prerequisites. It is its own unique course that "stands alone." This entry gateway to the realm of Energy Medicine, Energy Healing, the cultivation of energy awareness and the capacity to help, inform and empower others, is focused on assisting trainees in exploring all views of the energy, vitality, Qi, Prana system with the specific intent of eliminating false assumptions, developing natural gifts, and practicing methods of cultivation and Qi transmission.

Most people are naturally talented in energetic healing with the potential for improvement, efficiency, and conscious use of energetic healing through training and practice. The most important first step is to demystify the topic, gather information and experience and dispel false notions of limitation. Most notions of limitation arise from the fact that our society has not had a lot of experience with energy and energetics. This lack of experience with energetics has convinced many people that Qi and energy do not exist or that skills in this are out of reach for average people. None of this is true. This training and certification is for everyone.

Can apply this course towards "credit" for the 200-hour IIQTC Teacher Training program?

Integral Energetics is a separate course that stands on its own and is separate from the comprehensive Institute of Integral Qigong and Tai Chi (IIQTC) 200-hour teacher training program. That is to say, if your interest is to become a teacher, the 200-hour teacher training is a complete training whose three consecutive levels build on one another.

As such, the 200-hour teacher training must be completed in full to meet the Institute of Integral Qigong and Tai Chi requirements for teacher certification, which includes hours of practice teaching, completing assignments and attending all three

training modules. It is a rigorous training that exceeds the standards established by the National Qigong Association for professional teacher of Qigong and Tai Chi.

As a separate course, Integral Energetics Level 1, features elements of the 200-hour teacher training and can prepare you for further study of energetics, Qigong, and Tai Chi. However, if you are genuinely interested in sincerely pursuing the path of being a teacher of Qigong and Tai Chi (and perhaps teach professionally, as many graduates of the 200-hour teacher training do), you may want to consider the 200-hour teacher training.

The concentrated and focused exposure to the information, techniques, and theories explored in the Integral Energetics Level 1 course is great training for a teacher of these things as well as for anyone else genuinely interested in exploring and developing their gifts and skills as a healer. Deepening your practice while at the same time gaining understanding of the energetic influence of practices that include Qigong and Tai Chi (and others like it) in the area of energy and healing are the knowledge and experience available to you when you complete the Integral Energetics Level 1 course.

Integral Energetics Certification Level 1 and Tai Chi Easy™: Practice Leader Certification Training both contain elements of the Integral Qigong and Tai Chi Teacher Certification, which is a separate 200-hour teacher training that meets the rigors and requirements indicated by the National Qigong Association to become a teacher of this material; see IIQTC.org.