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## National Qigong (Chi Kung) Association • USA NQA Research and Education Committee

### Agenda

Meeting: **October 28, 2012 8:00 pm Eastern Time, 5:00 pm Pacific Time**  
(meetings are generally the fourth Sunday of each month)

Conference Number: **605 475-4333 code 919728**

Webconference Site: **Joinme.com** (used only if necessary, meeting number given on phone)

### Committee Members

**Green - present, Red Absent**

#### Invited Members

CHAIR - CJ Rhoads ([cjrhoads@taijiquanenthusiasts.org](mailto:cjrhoads@taijiquanenthusiasts.org))

VICE CHAIR Gary Giamboi ([garysbusiness@gmail.com](mailto:garysbusiness@gmail.com))

SECRETARY Matthew F. Komelski ([komelski@vt.edu](mailto:komelski@vt.edu))

Eric Imbody ([eimbody@earthlink.net](mailto:eimbody@earthlink.net))

Kathleen Levac ([kathy@relaxedandalert.com](mailto:kathy@relaxedandalert.com))

Michael Winn ([winn.dao@earthlink.net](mailto:winn.dao@earthlink.net))

Alan Graham ([info@alangrahamdc.com](mailto:info@alangrahamdc.com))

Lauro Medina Jr. ([laurojr4@yahoo.com](mailto:laurojr4@yahoo.com))

Maryann P. DiEdwardo ([diedwardo7@Rcn.com](mailto:diedwardo7@Rcn.com))

#### Invited Guests

*(potential new members)*

Robert Brown ([b2bolin@olypen.com](mailto:b2bolin@olypen.com))

Susi Rosinski <[reikisusirosinski@yahoo.com](mailto:reikisusirosinski@yahoo.com)>

Rick Jones

*(emeritus members)*

Michael Hopkings McComiskey ([mmccom1946@aol.com](mailto:mmccom1946@aol.com))

Mark R. Reinhart NMT, MMQ ([tuneup@ptd.net](mailto:tuneup@ptd.net));

Ali Wolf ([info@nqa.org](mailto:info@nqa.org))

Shirley Hildreth ([qigongforwellness@cox.net](mailto:qigongforwellness@cox.net))

Mark Melchiorre ([mark@melchiorre.com](mailto:mark@melchiorre.com))

Vicki Dello Joio ([vicki@wayofjoy.com](mailto:vicki@wayofjoy.com))

Tom Rogers ([fiveninechi@gmail.com](mailto:fiveninechi@gmail.com))

Annie Roberts ([qigonghealing@comcast.net](mailto:qigonghealing@comcast.net))

Roger Jahnke ([DrJahnke@HealthAction.net](mailto:DrJahnke@HealthAction.net))

Bernard Shamon ([Bernard@medicalqigong.org](mailto:Bernard@medicalqigong.org))

### Meeting Topics:

#### Membership Policy proposal (revised from last month);

Members must let the Secretary know if they will (or will not) be able to attend a meeting at least one hour prior to the meeting. If the member repeatedly forgets to respond and does not attend, they will be called by the chair and asked if they want to continue as a member, or become an invited guest. After three missed meetings for which there was no RSVP, if the chair was unable to contact the member, the member will be automatically dropped, and will be sent a drop notice in email. The Committee Chair, may, at his or her discretion, choose to extend emeritus member invited guest status to former members.

Anyone considering joining the committee may be invited to attend the meetings as an invited guest (potential new member invited guest status). Potential new members are expected to attend at least three meetings [they do not need to be sequential], at which point they shall be extended the invitation to become full members. Upon acceptance, their names will be submitted for NQA board approval in the next quarterly report. They would be considered full members at the time of the acceptance, and do not have to wait for NQA board approval before being moved to member status.

If members are expected, but do not appear, they will be called by someone during the meeting (usually about 15 minutes in). This policy only applies to full committee members. Invited Guests may come, or not, without responding before the meeting, though a response would be welcome so that the committee knows whether or not to expect them. The default assumption is that emeritus members will not generally attend, but potential new members will attend.

Discussion:

**CJ read proposal. Alan pointed out a new board ruling that new members must attend 3 consecutive meetings before proposed. CJ described confusion regarding process to propose members for approval, and noted that though she was told the board never refused to approve someone, CJ has not gotten approval notification from board about any proposed members.**

**-CJ will summarize her thoughts regarding what committees need regarding the board approval process in an email to Alan, who promised to put the issue on the board agenda. -CJ recommends that the board let chairs decide who is on their own committee.**

**The policy proposal will be tabled until the board can review this issue**

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NQA P O Box 270065 St. Paul, MN 55127 Phone: 888-815-1893 Fax: 888-359-9526

NQA Research and Education Committee, CJ Rhoads Chair, PO Box 564, Douglassville, PA 19518

Phone: 484-332-3331 Cell: 610-468-5039

Email: [CJRhoads@TaijiquanEnthusiasts.org](mailto:CJRhoads@TaijiquanEnthusiasts.org) Website: [www.TJOE.org](http://www.TJOE.org)

## International Research Agenda Progress

Terminology Clarification (Alan, Matt, Maryann)

Wikipedia Changes to:

[Qigong](#), [Tai Chi](#), [Qi](#), [Traditional chinese medicine](#) & [Chinese Martial Arts](#)

Project is a go per Maryann. Starting terms are in google docs, which allows the committee to review the plans in google doc and then edit wikipedia.

Maryann is working on references, and adding terms in next month with a goal of one per day to get all terms added. The list of terms in google doc came from scholarly books and sites with references.

There was some discussion about the first term, "active qigong" and how and where it would be added to Wikipedia. Under? tai chi chaun? Under qigong? Under qi?

Goal- want to make sure what is on Wikipedia makes sense. Probably will include active qigong in qigong page. Some discussion of Dynamic qigong vs active qigong - movement based qigong. Also discussed passive qigong, and should that be added. Qigong as a class of modality with subclass of active and passive.

CJ encouraged Maryann to go ahead and make changes - she does not need to confer with scholars or others yet; the changes should be made so that we can discuss them. Having the proposed changes in the google docs does not allow us to see how and where they would be integrated into what is already in Wikipedia, which is the point.

Maryann will make the changes and share them at the next meeting.

Maryann also discussed primary research articles and other sources of data.

*(the following topics were tabled until next month as we ran out of time to discuss them)*

*Shadowing on Citizendium? (last month discussion)*

*Article on Citizendium.org: [Citizendium-DeadInTheWater](#)*

*Starting a WIKI Project?*

*Do we want to consider starting a WIKIPEDIA project like the one they have for Martial Arts:*

*[http://en.wikipedia.org/wiki/Wikipedia:WikiProject\\_Martial\\_arts#Participants](http://en.wikipedia.org/wiki/Wikipedia:WikiProject_Martial_arts#Participants)? I ran across it when I was looking for active posters to the Taijiquan website to recruit task force members. This might be a great way to formalize the task force.*

## Collaborative Relationships (CJ)

Review List (List of Potentials for Task Force attached)

We reviewed list of people we are planning to ask/ notify that we are making changes on wikipedia and solicit them to review it, and let us know if they agree or think changes are needed. Anyone who responds will become part of the task force. The goal is to get general agreement on terms among multiple constituencies and "worlds" of qigong and taijiquan.

Some organizations are listed without contact people named. We need committee members to help fill in names either because they know someone in the organization, or they go to the website and find the name and contact information for someone who might represent the organization on the task force.

Alan asked who owns the information on Wikipedia? CJ noted that the information is owned by the world. It is not copyrighted. It is open, free, publicly available to anyone to read and/or revise. There is no ownership.

Some discussion on how to get noted people involved so that we get better general agree on terms, especially for research purposes so we don't need to keep defining terms like qigong and

taijiquan. Currently, because of the plethora of disparate definitions, none of these terms can be used with any sense of common understanding. The goal is to eliminate major disparities.

CJ noted that she added to list the nicknames of the people actively editing qigong and tai chi pages on Wikipedia. Eventually we may be able to contact them via Wikipedia in order to ask them to look and let us know if have issues (although chances are they will do so without being asked).

Maryann will notify CJ when she has a significant amount of the complete work done. CJ will send an email to all the contacts on the list, letting them know that someone may be contacting them regarding our project to solicit opinions about the terms. Afterward, the names and contacts will be divided up and volunteers from the committee can contact a small sample of list, let them know about the project, and see how respond. Our communications will be sent as individuals, not as representatives of the NQA (otherwise we would have to get board approval, which might squash the effort.)

Robert suggested we add colleges teaching tai chi and qigong? Susi said that she could look up some of the websites. Kathy noted that she might know some of the missing contact.

Susi, Kathy, and Robert volunteered to help fill in contacts. CJ will put the document in Google Docs so that it can be shared with committee.

<https://docs.google.com/spreadsheet/ccc?key=0AmE2KHQFIfsddGIOODA5cFBEUzY0VUJfOGxvRVotTkE>

Education: Direction and Projects (Gary & Eric) - not on call to discuss it. Tabled until next month.

Attracting Researchers and Academics - (CJ)

Emergence of Quantum Biology (<http://www.qigonginstitute.org/html/Bioenergy.php>)

CJ discussed her experience last summer, starting with the story of Dr. Guo ( [Dr. Guo's Book](#)) and Dr. Sha ([http://www.thefullwiki.org/Zhi\\_Gang\\_Sha](http://www.thefullwiki.org/Zhi_Gang_Sha)). She signed up for a *Physicians Symposium on Healing* at Albright College that Dr. Guo, a well known and highly respected TCM, Qigong, and Tai Chi guru, was supposed to appear at. The week before the symposium, she was informed that Dr. Guo was not appearing, but that Dr. Sha was. She investigated Sha because she hadn't heard of him, and found many forums and complaints that indicated that he was not legitimate. Tai chi friends encouraged her not to judge him by the websites she found, so she went to see him anyway to determine for herself. The workshop confirmed for her that he was not legitimate and was misusing terms and practices. His \$5000 fees and methods showed he seemed interested only in how much money he could charge before people realized that getting so-called "transmissions" through his "divine power" was not going to heal them. This experience goes to show how difficult it is to distinguish legitimate and powerful qigong healing and misuse of the terms and practices for personal gain. Nonetheless, at the workshop was another doctor who presented on the topic of Quantum Biology, Dr. Thomas Padikal (<http://www.padikal.com/quantumbiology.htm>). She was impressed by his credentials, manner, and the content of his workshop. She subsequently took his ten week on-line course in *quantum biology*, and decided that this new emerging field had a lot of overlap. It appeared to hold the domain between legitimate qigong healing research and the underlying mechanisms of healing as defined by physics and biology. Dr. Padikal has spoken with CJ about starting a peer reviewed journal (as this committee has discussed) and hold academic conferences. While quantum biology and qigong/tai chi use completely different frameworks and terms, there might be some value to synergizing because underneath it all, both fields talk about the exact same phenomena, with the same goal of healing and the same striving for understanding how and why healing works. CJ brings this information to the committee and solicits opinions:

1. Is quantum biology too far outside our framework that we shouldn't pursue discussions with Dr. Padikal or join his academic conference in the Spring (<http://www.science-and-spirituality.com/>)?

2. Would it be worth our time to investigate overlaps and synergies between what the Research and Education committee is trying to achieve and what Dr. Padikal is trying to achieve?

Quantum Biology is garnering a lot of academic interest, and may be a fruitful avenue to attract academics involved in all the healing arts to the National Qigong Association. However, it also may not be within our domain, and might distract us from our focus. What do you all think?

There was mixed reaction and some discussion. Further discussion is needed before a decision on direction can be determined.

Alan mentioned that Peter Wayne (Research Director, Assistant Professor of Medicine at Harvard Medical School and Brigham and Women's Hospital) said that they are planning another academic conference, and that we would be getting details on it.

Alan noted that he attended a conference on fundamentals of qigong alchemy, which might also have value to investigate. The difficult question: Where to draw the line? We need a method of discernment regarding what is scientific inquiry and what is not. CJ agreed.

**Meeting adjourned at 9:05 pm ET**

**NEXT MEETING: November 25, 2012 8:00 pm Eastern Time, 5:00 pm Pacific Time**  
(meetings are generally the fourth Sunday of each month)