Margot Hamblett and Dr Richard Bolstad

Healing Cancer: NLP Meets Chi Kung

Part B: An integrated format for the mind–body healing of cancer

Zhineng Chi Kung as a framework for integrating NLP techniques

In the first part of this article, we reviewed the research on mind–body healing of cancer. We documented the growing number of studies demonstrating direct anti-cancer effects of a positive mood, a proactive style of response to stress, the ability to release anger and grief, a belief in one's ability to heal, and the ability to imagine white blood cells removing cancer cells. We pointed out that, so far, this mind–body methodology could reliably result in cure for 10–30% of clients with advanced cancers. We then discussed the research being done at the Huaxia Zhineng Centre in China, where one-to-three-month treatment programs for 300,000 people with 'incurable' diseases has resulted in medically documented improvement for over 95% and in cure for 52%. Four thousand two hundred and twenty-four scientific research papers have been published on the method, involving ninety different Chinese Universities (Jin and Marcello, 1999, pp.47–51). This makes it the most thoroughly researched form of Chi Kung. Chinese government agencies have repeatedly identified it as the most effective health enhancing Chi Kung form known. These results are being achieved through the integrated use of visualization, affirmation, belief change and attitudinal (metaprogram) change, as well as the core Chi Kung (traditional Chinese 'energy work') exercises.

We were extremely interested to observe the Huaxia Zhineng Centre in June 1998. It was, frankly, hard to believe the continuing sequence of first-hand, individual stories which we heard there, describing apparently miraculous cures. In our training in 1999 with Luke Chan, we met a number of westerners who reported the same results from their practice of the Zhineng Chi Kung (under his trademark 'Chi Lel'; see Chan, 1999). We have trained in several models of 'energy work', including