

## Interview with Mrs Bai Ping

Good afternoon Mrs. Bai Ping. We are pleased... ..to be able to interview you. You are chairwomen of the association in Guilin, I believe? Could you tell us a little about the association?

OK.

We have founded this group fore seven years.

Is it a big group?

There are 800 members in that group now.

What kind of people are member?

All of them are cancer patients, all of them.

And they have all been cured?

There are different situations, most of them are cured. There are now some new members who just got this disease for about 3 months. They are still learning the Qi Gong.

How long does it take to learn the Qi Gong for those patients?

It just takes one month, to learn the whole process.

One month, do you have to work 8 hours a day, or how many hours a day?

For this Qi Gong, they just practice every morning from 8.30 to 10.00 o'clock in the morning. And, in the parc, will be the perfect place.

And do they practice in the afternoon, by themselves, or not?

Every week on monday, wednesday and friday there will be teachers to teach their Qi Gong.

And for the rest of the week, they just practice at home.

And, it is sad of course, but are there also people who have done Guo Lin Qi Gong and were not cured, in Guilin?

Yes, from the scientific point there is and we can't make sure that 100% of the patients will be cured.

Could you tell us about the numbers maybe? Because people are desperate, so you know, they are looking for something.

What is your chance of Baing cured by Guo Lin Qi Gong?

She just told it's inpossible, if you don't like to go to the hospital and that you just the Qi Gong to cure your whole cancer and your disease.

So you need help...?

Yes, you need to just connect both and it will be better if you have done the operation, in the hospital and than go on to practice this Qi Gong. It will prevent you and will make you happy. In China, for those cancer sufferers

who never learned this Qi Gong they have done an operation in the hospital. And than they come back home. And than have their own rest and live more than five years.

Just 45% of them can live more than five years, without the Qi Gong. And for those members, in that group they did research in 1996. The survival rate is 80%. It's a accurate number, which we have done in 1996. Sorry, it is 2006. So it's very recent.

And, we are trying, to raise interest in Holland for Guo Lin Qi Gong. I can imagine, that if people are really ill they will try anything, so they will say even though no one knows about Qi Gong they will say I want to try it. But we have no teachers in Holland. Is there a possibillity perhaps, that you can help them?

She said, that is not a problem.

OK, and how would it be done?

There are two ways, two methods, to send teachers abroad. The first method is to receive your invitation. And, our teacher can go, to teach there for one month. They can teach all of the process. And our masters here, and all teachers here they have been to Malaysia and Singapore.



That is very good to hear, because I think, if people hear about this you know; they will be anxious, to know, where can I get this help. So, if it's so simple, that would be really marvelous.

And, after that, they can practice by themselves?

The branche and our colleagues of the group and of this and of this accociation reaches the top three. The top 3 of the whole country, yes, in China. So, the skill and the quality of the teachers, we reach the 3th place.

And, one more point which is also important, is it very expensive?

She said, that it will be not very expensive, because...

...we are part of the international accociation about Guo Lin Qi Gong. And for this international group, she is the chairwoman of China. Now, she is the chairman of the international group. And our chairman 'Bai' is the secretary of this group. And for the work of sending teachers abroad, there will be... ..this kind of groups, to arrange it.

OK, that is really good news, could I have some of that information... ..to take back with me, to Holland?

Yes, that is possible, just leave us your email adress and we will send you the information.

O, that is OK.

But, they are chinese versions, so it will be some translation job, you will have to do.

Perhaps professor Wen Chin can help us with that.

And as you have mentioned about the fee and the duration of this Qi Gong for this group, they are all doing this as charity so there is no charge for all the members just free. There will be no ... if we are sending teachers abroad they will be free, but the accomodation and the meals and the ticket.

That is really marvelous...

And for the second method of sending teachers is to do some exchange job, like you can send your teachers from

Holland and this group will train the teachers for you.

But not like this group, these are too many people. We will do it more professional and teach it in detail. And make them qualified enough to do the teaching.

And, they don't have to be Chinese? Can they be Dutch people?

Yes, they don't have to be Chinese people. For local people of Holland it will be better, because when they come back they can use Dutch.

And when they come here, will they have to know something about Qi Gong? Or, if someone is interested, OK I want to go there, is that enough?

It is also possible, for those volunteers who never practiced Qi Gong or who never knew anything about Qi Gong, to come. Than we will teach them about the theory and the whole process of Qi Gong. But for those who have learned a little bit of chinese medicine like acupuncture, it will be better and it will shorten the process of learning. And I think it will help, understand better.

And, how long would it take for them, to learn if they come here?

If the one you send to China wants to be a teacher, once he goes back the learning process will not be less than one month. So, the minimum is one month.

Because, for those who want to be a teacher in the other countries they have to pass exam, after they learned. The learning will conclude with theory learning the movements and also the personality because we are doing this as charity. So the people must be generous enough for him or for her, to teach the other people, that suffers, for free. And than, after he or she has passed, the examination than they can get a certificate of teaching.

So you also need to have the right disposition, be a generous person to be able to teach?

Yes, he or she must be a generous and a kind person. And for those who want to do business



about it or who want to charge for it. No, this kind of students. We don't suck that. Because the moral support is the most important part of this Qi Gong. And also a good way to cure the disease.

So I think, there will be help possible for Holland, if hear this.

No problem. Surely, we will. And also, there is a website of this group and, you can write it down. You can easily get information of this group, this association.

Thank you very much for the interview.

Also, when the teacher comes back from Holland, I mean, if you send people here... and he/she has got some problems about the Qi Gong and has got some mistakes, it is

easy to connect with eachother. We can also help them. By internet. It is quite easy. And now, wa are doing 'chatting' between the patients, between cancer sufferers. Like from Malaysia, Singapore and America. We can chat with eachother. And also we can see. By the webcam yes.

That is modern technology... There will also be a website on Guo Li Qi Gong, in Holland, we will make it. And we will put this interview on it, so that people will be motivated. And put the links to your website on it.

You have already made it?

No... when we come home, this is the interview. And also, we can teach Dutch people the generosity of Guilin people. Thank you very much.

I will give you my email adress and I will write down the website. She will also give you a book about. In that book you can get both the mailbox and also the website of our group. And if you like to see some examples of who has been cured and of the accurate rate of survivors. She can also send you that numbers. They have to do some research here. So you will get the latest.

Because, we are trying to make a film to spread through Holland and we think it is very important, to send it to medical specialists, who treat cancer patients. But they

are very sceptical, yes, they don't believe, they think it is all rubbish... So we have to make a powerfull statement, and with figures, if possible. And maybe than they believe. To make them interested.

So, she thinks it is just the same problem. And we have also met the same problems in China. The most hospitals in China, did not accept this Qi Gong. They also think it's rubbish. And also they did not like the patients to practice this Qi Gong. But after a lot of years, and some of their patients who had been sentenced to death had been cured now So they come back to the hospital and now Guo Lin Qi Gong is accepted from the medicals in that hospitals. I think it can be a cooperation with the medical cure. Because it is part of the mental cure. So it will be possible and better, to combine.

I think so too.

That is our case. Before, the hospitals refused to practice this Qi Gong. And than we can make our group, by the authority. So we just make it by ourselves like a community. As a methode group and then more and more patients come, to cure their disease and now they'r cured. So it's persuasive enough for the hospitals, And now the hospitals are coming to see us. We don't ask them to do so. It just takes time for them to trust it, to believe it. We need to make it a true example for them.

Yes, that is the way it goes. Thank you very much.

For the chronical diseases we also Like for heart attacks, diabetes high blood pressure... Are there different movements for that, which we did not see yet?

OK, many more movements.

Ho many movements are there, about?

We have learned 12 to 13... One movement is also devided in different parts. They will focus on different kind of diseases. So a lot of movements. And what we learned of them is just a part of it.

And if we were to send people here to be taught, are they also taught the other techniques?



The people who will be sent from abroad will be taught the whole process of this Qi Gong. And with the learning of all of them, they can get a certificate of teaching.

One more question, I'm interested in, Guo Lin Qi Gong was started by professor Guo Lin who has passed away by now. And I heard yesterday, there are still a few people alive who were taught by her. Are there still new movements...

Do you still make new developments?

It has been improved a lot. By combining Chinese medicine and also western medicine. We have made a lot of improvements. So what we learn now has been improved. Maybe later we will improve more. We also use the name of Guo Lin Qi Gong, because Guo Lin is the founder. And also more and more people get to know the name. It becomes famous. So we will keep using Guo Lin's name.

But there are a lot of changes since the 1960's?

Yes, it will change, it moves. Yes, because the name of Guo Lin is quite famous now in the national environment. So if anyone hears this name, they will know it's about anti cancer, about fighting this disease.

Is it possible, maybe it's too difficult, to just tell us, for the viewers, in a few words... ..so they can understand, how does it work...

Our chairman has summarised the whole essence in a quite short sentence. The first one: We must be confident. The second one is patience. You can do it for a long time, but don't stop tomorrow. And you hold on for a long time. And the third rule is to be strong enough in mind. So a strong will. So be very strong and trust yourself, you can cure. In Chinese it's just 3 words, quite simple and quite strong I think. But I have to explain it better.

For the first point, why we have to hold the faith, because we don't think cancer is going to die. Cancer, never is going to die. Maybe the doctor said, you just can hold on for two months. But for the members in our group, they can hold on for more than 10 years, even 20 years, it's possible. So cancer is never is going

to, never ever is going to die...

That is a powerful statement.

And for the patient the Qi Gong may be a little bit difficult. You have to do it every day. Some patients just feel weak, so they don't like to do it every day. They just like to stop practicing after they think they are better. So, they like to stop, but you can't stop you just need to move on and keep working. And for the third one is to have a strong will in mind. Because it's a cooperation between people fighting. We want to be the star of anti cancer. In this 10 years, if you have fought against cancer for 10 years, you will be a star. In this group. So everybody wants to be one of them. And also when you are practicing this Qi Gong, you need to clear your mind your job, the money, your reputation. You must keep your mind clear. And it will be good for your whole body,

you will just clear your mind. And for those three points of the keys of practicing Qi Gong. If you have made it, if you make all of them,

imagine you have raised your understanding. You have another level of understanding of your life. Even for the world, for your will of your whole world.

So it will be a big improvement for ourselves. For us, we do the charity things every day, so we have everything. We really want to help more people with that.

That is also our aim, we are just sponsoring.

Thank you all very much.



郭林

Stichting  
Guo Lin Qi Gong  
Nederland