

# Veterans with PTSD Love Qigong



**“QIGONG is a very positive natural modality we are proud to offer for our men and women who have served our country.”**

—ALINA MAYO, MD  
BAY PINES VA  
HEALTHCARE UNIT

*Jeff Primack has practiced Qigong for 20 years and has trained more than 50,000 people at Qi Revolution seminars across the United States. 200 Veterans attended free last year. Their profound transformation with Qigong inspired this article.*

**E**nergy is tangible in the hands—a magnetic field pulsing with life. Qigong stops mental thinking immediately and the mind becomes energy aware. Some Veterans who are missing an arm will feel the missing arm’s Qi when practicing Qigong. Bullets that have passed through bone create lifetimes of real pain, yet Qigong allows people to eliminate pain in a matter of minutes with Qi holding postures. Battlefield memories are not erased, yet their grip on muscles, jaw and mind is temporarily lessened long enough for veterans to realize they have CONTROL over their mind and body via their breath. Our “9-Breath Method” technique oxygenates to the core creating a wave of peace that shuts down over-thinking.

Breath Training is the first thing vets and active soldiers can choose to learn. A Qigong master I trained with was imprisoned by the Chinese government. During the many years in prison he practiced Qigong and was strengthened by Qi in the air. His incredible energy in his mid-80’s further reveals

Qigong’s potential use in military training and reintegration of soldiers back into society.

Alina Mayo, MD of the Bay Pines, FL Veterans Administration Hospital Inpatient Unit says Qigong training with our senior instructor, Todd Nichols, has been highly successful. When vets do Qigong breathing with Todd in a group, trust issues and whether he’s a vet or not becomes less important. Old mind patterns are temporarily bypassed as the FEELING OF QI is strong enough to give a natural high. Many vets report this has been invaluable in helping them deal with harmful addictions.

Todd Nichols is a brave teacher who has shared “Breath Empowerment” with more than 1,000 veterans, often in lock down facilities where chairs are held down with bags of sand so they cannot be thrown. It can be challenging to lead Qigong breathing in such circumstances. Frequent outbursts and flickering florescent lights compound the difficulties of teaching in the VA buildings. Veterans are guarded and apprehensive. Todd draws them in and challenges each of them to take a huge breath, swallow and hold it in their belly. A packed room becomes momentarily silent, then come smiles and scattered giggles. All it takes is participation and the vibration is assured.

Although I originally taught Todd

these Qigong techniques, he now trains me and all our top instructors – annually passing on the wisdom he has gained from teaching veterans. He says that without the breathing techniques many veterans would give up. The speed which the Qi is physically felt spurs further interest. Teaching Qigong at the VA was not very respected in the beginning. Now it has grown from a single class to two classes each week. We are also happy to report that after three years, the doctors, nurses and social workers now respect Todd’s group and no longer interrupt his classes.

QI REVOLUTION is the event where most people first encounter us. When many hundreds of people practice Qigong under one roof a massive group energy field is formed. This accelerates everyone’s ability to feel Qi and to progress. We keep our conference price low because people (now more than ever) require this knowledge to prosper. Come experience a Qi Revolution attended by expert healers, doctors and even teenagers with smiles and lighter spirits.

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