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THE TEMPLE OF CHANGE AND TRANSFORMATION

Energizing Success Through Qigong: The Ancient Practice Revolutionizing Stress Management  
and Emotional Balance for Modern Business Professionals

A Thesis submitted in partial satisfaction  
for the degree, “Doctor of Chinese Energetic Medicine”

in

Chinese Energetic Medicine

by

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Doctor Diego SanMiguel  
Doctor William J. Welch, Jr.

2024

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The Thesis of Craig Cooke is approved, and it is acceptable in quality and form for publication on microfilm and electronically.

Bian Hua Gong  
Temple of Change and Transformation

2024

## DEDICATION

This Thesis is dedicated to Russ Anderson. I am forever grateful to him for introducing me to the practice of medical and spiritual qigong. His instruction and guidance helped me to embark on a higher journey of self-transformation and personal development. In so doing, qigong made an immense positive impact on me in my role as an entrepreneur and CEO of a company.

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I would also like to acknowledge Doctor William J. Welch Jr., Doctor Diego SanMiguel and Doctor Chris Holder for their contributions to this program. Their oversight and sharing of experiential knowledge added additional layers of information that has proven useful in the practical applications of qigong practices and protocols.

Finally, I would like to acknowledge my fellow students in the program including Harinder Singh Sabharwal for his contributions as a Teachers Assistant and fellow student which has provided an additional positive layer to the program. It has been an absolute pleasure studying and practicing alongside all of you.



## VITA

2024 Doctor of Chinese Energetic Medicine in Chinese Energetic Medicine, Bian Hua Gong,  
Temple of Change and Transformation

## ABSTRACT OF THE THESIS

Energizing Success Through Qigong: The Ancient Practice Revolutionizing Stress Management  
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by

Craig Cooke

Doctor of Chinese Energetic Medicine in Chinese Energetic Medicine

Bian Hua Gong, Temple of Change and Transformation, 2024

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The Modern Business World is rapidly evolving at an increasing rate, due mainly to technology advancements. The professional world that entrepreneurs, corporate executives and other business professionals operate within creates a demanding environment through various responsibilities and interactions with employees, clients, vendors, partners and investors. This professional environment coupled with balancing the responsibilities and obligations of personal life creates a high level of stress which manifests from a variety of emotional experiences. Research indicates the result is often a state of mental and emotional imbalance and lack of well-being. Research also indicates mental health issues have experienced a global, rising trend since the onset of COVID-19.

Extensive research evidence indicates that mindfulness practices such as meditation, yoga, tai chi and qigong, provides an effective means to regain a healthy state of mind and emotional balance. The primary objective of this paper is to explore the effects of Qigong in reducing mental stress and emotional imbalances among working professionals and in turn optimizing performance for success. A summary background of qigong is provided followed by the importance of stress management. A theoretical framework for applying qigong practices is furnished along with the research methodology utilized in this study. Finally, the study results, discussion, conclusion and recommendations are presented in the hopes that the findings may bring together future business leaders and qigong practitioners in collaborating towards a path to overall well-being and optimal effectiveness for business professionals.

## INTRODUCTION

### **Purpose and Scope of the Thesis**

Do ancient practices have a place in today's modern society, especially for working professionals in the world of business? The purpose and scope of this thesis is to explore this topic and derive a conclusion and recommended approach based on evidentiary findings. In so doing, the body of knowledge for creating a healthier workplace environment can be expanded and improved. This can lead to greater effectiveness, cost reductions and higher levels of performance for organizations of all types.

### **Background of Qigong**

Qigong is an ancient practice originating in China thousands of years ago. It literally means “energy skill” or “life-force energy skill.” Traditionally, the three main branches of qigong are martial, medical and spiritual. Individual qigong practices involve dynamic and static forms of meditation that integrate the mind, body and breath. Dynamic meditations incorporate simple movements combined with specific breathing patterns. At times, various emitted sounds and color visualizations are incorporated for specific purposes. Static meditations are performed in still positions while sitting, standing or laying down. These meditations and exercise practices enable one to cultivate energy by working with the energetic anatomy of the individual. Some of the benefits derived from an individual qigong practice are healing, self-transformation and energy optimization.

Another form of qigong is therapeutic in which a trained qigong practitioner performs qi emission therapy on an individual. The practitioner emits, guides and directs qi around and within the receiving individual. Specific energetic patterns and protocols are administered in

order to address specific conditions and have desired outcomes from the treatment. The conditions and outcomes can be physical, emotional, mental and/or spiritual in nature.

When an individual qigong practice is coupled with receiving qi emission therapy from a trained practitioner, the potential for attaining an optimal state of health in mind, body and spirit may be significantly increased. This paper explores this combination in order to gauge the potential benefits for incorporating qigong practices for modern business professionals.

### **Importance of Stress Management and Well Being in the Workplace**

The twenty-first century has brought numerous innovations in efficiencies and capabilities for businesses of all types. At the same time, our lives have become increasingly complex, busy and stressful. This development has perpetuated across businesses of all types throughout the modern world as well as the personal lives of working professionals. Deloitte's "Mental health and well -being in the workplace" study found evidence of a significant prevalence of mental health issues amongst white collar workers. More than eighty percent (80%) of survey respondents reported being affected by at least one adverse mental health symptom.<sup>1</sup> As we find ourselves well into the second decade of the twenty-first century, our society is gradually starting to acknowledge the importance of stress management and well being in the workplace. Not only for individual health, but also economic impacts to businesses globally. The World Health Organization (WHO) estimates that poor mental health costs the global economy US\$1 trillion annually in lost productivity.<sup>2</sup>

Deloitte also conducted another comprehensive study focused on Millennials and Gen Z. The Millennials have been participating in the professional workforce for the past fifteen years or

so. Gen Z is now just entering the professional workforce. The two generational segments will define the state of the professional workplace for the coming decades. Unfortunately, these generations are suffering to high levels of stress and anxiety. The Deloitte study found that half of Gen Zs (46%) and four in 10 millennials (39%) reported that they feel stressed or anxious all or most of the time.<sup>3</sup> Organizations will need to provide programs to address these concerns.

### **Scientific Research on Qigong and its Effects on Health**

Scientific research continues to evolve with qigong and its effects on health. There are many Randomized Controlled Trials (RCTs) along with meta-analysis studies of collections of RCTs. The conclusion from one meta-analysis study stated that practicing qigong impacts the effects of stress and over activation by decreasing stress levels, hypertension, depression, and anxiety.<sup>4</sup> Another meta-analysis study concluded that qigong may be an effective complementary intervention to treat individuals with Major Depressive Disorder. <sup>5</sup> One final meta-analysis study concluded that evidence from a limited number of RCTs suggests that qigong exercise relieves anxiety and reduces stress among healthy individuals.<sup>6</sup>

Mindfulness practices continue to become more popular in mainstream society. As this trend continues, practices such as qigong and tai-chi will continue to become more popular with the public. This trend should facilitate an increased number of research studies to further evaluate the effectiveness of these practices on mental and emotional health.

A number of studies have been performed over recent years with participants conducting directed routines of qigong exercises. Other studies have focused on qi emission therapies. The purpose of these studies vary from a focus on overall health and wellness, treatment of disease conditions and/or a focus on specific demographic populations. However, this study combines qi emission therapy along with qigong prescription exercises to ascertain a measured effect on participants' mental and emotional states.

The hypothesis driving this study is...incorporating qigong into a lifestyle may positively impact the mental and emotional health of modern business professionals. This results in achieving optimal performance levels. A bias exists with the author as his experience as a business professional was positively impacted upon incorporating qigong as a normal part of his lifestyle. The results had a profound affect in which a belief formed that the positive impact of qigong on business professionals can be a repeatable process.

The study was designed to capture a baseline of various aspects of each participants' emotional and mental states at the start of the study. Then, the impact of qigong components were measured for their immediate impact as well as over two defined periods of time throughout the study duration. Quantitative and qualitative data is captured from each participant to provide a comprehensive view of the overall experience in the hopes that the impact helps to validate the hypothesis stated above.

A specific approach to conduct this research study is based on the author's experience as a qigong practitioner and business professional. This unique perspective allowed for a focused study utilizing exacting principles relevant to the purpose of this research.

### **Research Design**

Each participant received a total of six qi emission sessions over a period of approximately eight weeks. In addition, specific qigong exercises were prescribed to each participant based on their unique emotional and mental health challenges. Participants were instructed on how to perform each exercise along with a daily frequency regimen for the duration of the research study. Quantitative and qualitative data was collected throughout and upon the conclusion of the study. Forty eight qi emission therapy sessions were conducted in total.

All participants are kept anonymous which allowed for privacy and comfort for reporting data throughout the process. Data was collected in person through hand-written self assessments as well as online spreadsheets. All online data was stored as de-identified self-reported data.

### **Participant Selection**

Eight participants were selected based on their status as working professionals. Their careers varied from business owners, to corporate executives to professionals in education and healthcare. Their participation was voluntary and agreed upon through an informed consent agreement. The participants were not provided any stipend or other monetary payment for participation. Each participant realized value through receiving qi emission sessions and qigong instruction at no charge.



Out of the eight participants, seventy-five percent (75%, six of eight) of participants had never experienced any form of energy healing prior to this research study. One participant had experienced energy healing from a different modality, Reiki. One participant had received qigong qi emission sessions prior to this study as this individual has received qi emission sessions from the author.

### **Qigong Intervention Protocol**

Each participant received six qi emission sessions over the course of approximately eight weeks. Each session followed a framework designed to address mental and emotional states. Each qi emission session was conducted for approximately twenty five minutes. During this time, the following protocols were administered:

- General Treatment Protocol (GTP)
- Separation of the three bodies
- Five element optimization protocol

Each qi emission session started with the General Treatment Protocol. This protocol involves purging, tonifying and regulating the five yin organs which are the lungs, heart, liver, spleen and kidneys. The emphasis is on purging in order to establish an optimal state with the recipient for further focus on a specific need. Separating the three bodies was performed subsequently to the GTP. This protocol involves separating the physical body, energy body and spirit body from each other in a stacked manner. The purpose is for greater effectiveness as the session progresses to areas of focus. Then, based on the participant's areas of need, the five element optimization protocol was applied. This protocol is based on emitting the five colored qi

of the five element organs. Each organ is associated with specific negative emotional states as well as positive “virtues.” Some participants needed all five organs to be addressed during their sessions whereas others needed focus on one to three organs. This was based on their self assessment data collected at the beginning of each session. This particular protocol is the primary method used to alleviate the emotional and mental imbalances within an individual.

Once the qi emission sessions concluded, the participants were prescribed specific qigong exercises related to their emotional and mental states that were addressed during the session. The qigong exercises prescribed were from the Six Syllable Healing Sounds set of exercises. Each organ has it’s distinct sound associated with it. The exercises help purge, tonify and regulate each organ. Each participant was instructed to perform their assigned exercises on a daily basis for up to twenty minutes per day.

The combination of qi emission sessions along with Six Syllable Healing Sound exercises constituted the qigong intervention protocol for this study. The combination is designed to address each participant’s needs for attaining emotional and mental balance. The purpose of seeking balance is to mitigate any ongoing pressures related to work and personal stress and support optimal performance on a daily basis.

### **Data Collection Methods**

Self-assessment tools were utilized to measure various emotional and mental states in a quantitative manner. Participants were also instructed to maintain a log of daily qigong exercise activities and notes on any qualitative effects of the exercises and qi emission therapy sessions.

Upon the conclusion of the study, participants were provided with a brief questionnaire to summarize their experience in order to gain more qualitative data.

The three self-assessment tools utilized are described in the table below.

<b>Title of Tool</b>	<b>Description</b>
Generalized Anxiety Disorder 7 (GAD-7)	Used to measure the severity of generalized anxiety disorder (GAD). It asks individuals to rate the severity of their symptoms over the past two weeks
Perceived Stress Scale	A classic stress assessment instrument. It asks individuals a series of questions regarding their feelings and thoughts over the past six weeks
Emotional Rating Scale	This tool was designed specifically for this study. It asks individuals to rate the level of negative emotions they are feeling in the present moment. The emotions are categorized under their corresponding yin organ

Table 2.1: Self-Assessment Tools. Three tools were utilized in this study and are listed in this table above.

At the beginning of each session, participants completed all three self-assessments prior to receiving qi emission protocols. Immediately following qi emission protocols, participants would complete the Emotional Rating Scale self-assessment again. This allowed for the capture

of emotional and mental states in the present moment before and after receiving qi emission protocols. It provides for an immediate evaluation of the level of effectiveness of the qi emission protocols applied. As each participant progressed through their six sessions over the course of eight weeks, the Perceived Stress Scale and GAD-7 tools provide a method to measure the effectiveness of the qigong intervention protocol over time.

### 3. RESULTS AND DISCUSSION

The results of the qigong intervention protocol were found to have a positive impact on each participant to varying degrees. This is based on quantitative and qualitative data collected throughout the study. Details are provided below

#### **Quantitative Findings**

Each self-assessment tool provided unique quantitative data to examine. The tool showing the biggest impact was the Emotional Rating Scale. This scale listed the five yin organs and the negative emotions associated with each organ. The participant rated their current emotional state on a scale from one to five. One equates to having no condition of the specific emotion and five equaling an extreme condition of the emotion. An example of this tool is contained in the appendix. Emotions related to each of the yin organs are listed as follows:

- Heart: Anxiety, Restlessness and Overexcitement
- Liver: Anger/Rage, Frustration, Irritability, Resentment and Depression
- Spleen: Worry, Overthinking, Obsessiveness, Self-doubt and Suspicion/Lack of Trust

- Lungs: Grief, Sadness, Shame, Melancholy and Guilt
- Kidneys: Fear, Insecurity, Loneliness, Shock/Terror and Paranoia/Phobia(s)

Compiled results for the heart and spleen are displayed below, containing data from each participant for all before and after session reports. Each data point is a total score for the organ. For example, the heart containing three emotions to be rated with a total minimum score of three and a total maximum score of fifteen. Additional data includes the percentage decrease in negative emotions measured in the “after” report in comparison to the “before” report.

#### THE HEART: ASSOCIATED WITH ANXIETY, RESTLESSNESS AND OVEREXCITEMENT

Heart Totals	Report 1 - Before	Report 1 - After	Report 2 - Before	Report 2 - After	Report 3 - Before	Report 3 - After	Report 4 - Before	Report 4 - After	Report 5 - Before	Report 5 - After	Report 6 - Before	Report 6 - After
Participant 1	9	4	6	3	11	5	6	3	7	3	7	3
Participant 2	8	3	5	3	3	3	6	3	3	3	4	3
Participant 3	8	3	6	4	6	3	9	4	5	3	7	3
Participant 4	8	3	5	4	9	3	12	4	7	3	9	3
Participant 5	7	3	5	3	4	3	10	3	5	3	6	3
Participant 6	4	3	3	3	4	3	7	3	5	3	6.5	3
Participant 7	6	3	5	3	6	3	7	3	6	6	6	4.5
Participant 8	9	5	7	4	10	3	7	3	10	3	7	3
Heart Total	59	27	42	27	53	26	64	26	48	27	52.5	25.5

Table 3.1: Emotional Rating Scale for the heart.

Heart	Report 1 - % Decrease	Report 2 - % Decrease	Report 3 - % Decrease	Report 4 - % Decrease	Report 5 - % Decrease	Report 6 - % Decrease
Participant 1	56%	50%	55%	50%	57%	57%
Participant 2	63%	40%	0%	50%	0%	25%
Participant 3	63%	33%	50%	56%	40%	57%
Participant 4	63%	20%	67%	67%	57%	67%

Heart	Report 1 - % Decrease	Report 2 - % Decrease	Report 3 - % Decrease	Report 4 - % Decrease	Report 5 - % Decrease	Report 6 - % Decrease
Participant 5	57%	40%	25%	70%	40%	50%
Participant 6	25%	0%	25%	57%	40%	54%
Participant 7	50%	40%	50%	57%	0%	25%
Participant 8	44%	43%	70%	57%	70%	57%
Average Decrease	<b>52%</b>	<b>33%</b>	<b>43%</b>	<b>58%</b>	<b>38%</b>	<b>49%</b>

Table 3.2: Percentage decrease of negative emotions related to the heart.

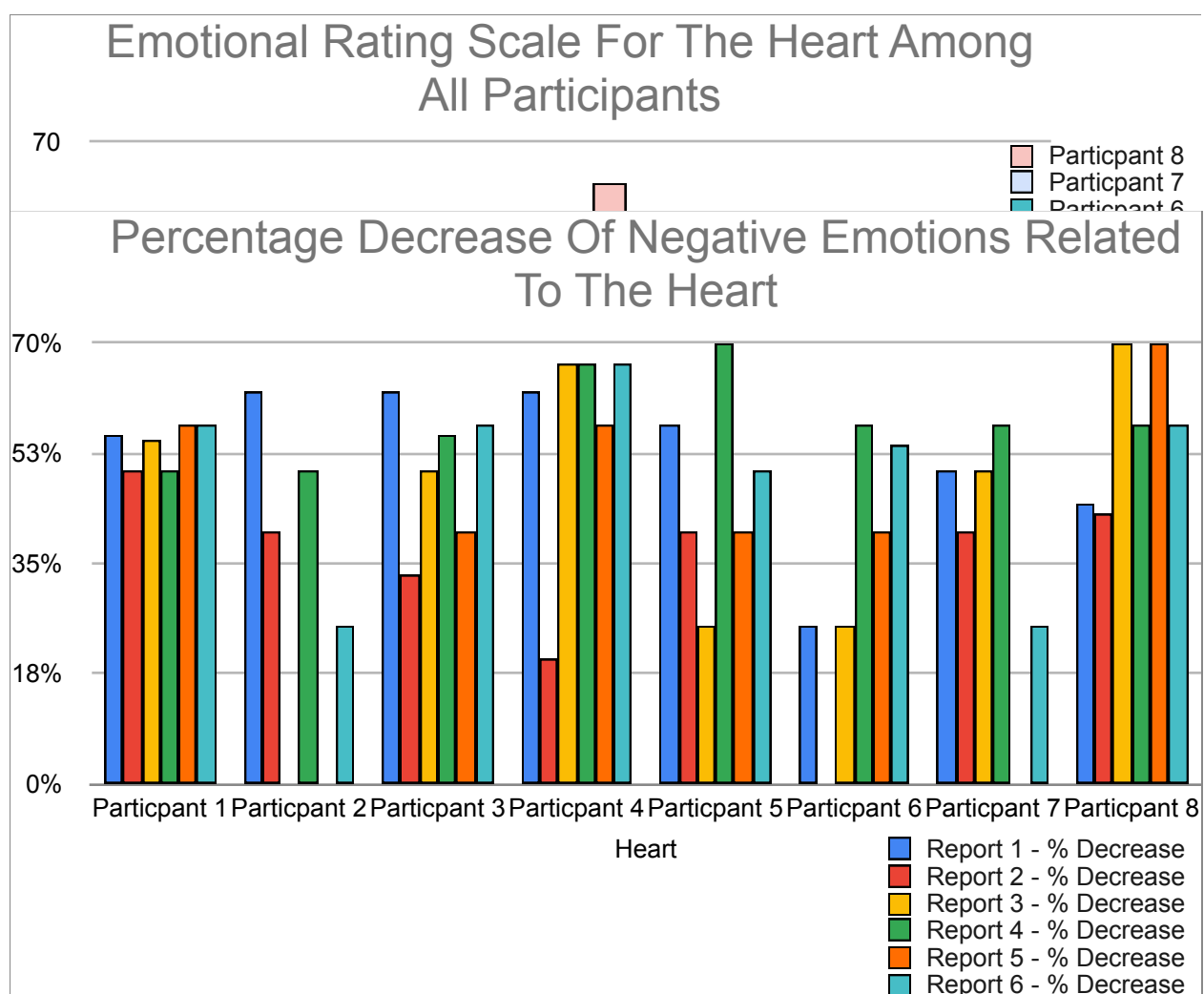


Chart 3.2: Percentage decrease of negative emotions related to the heart.

### THE SPLEEN: ASSOCIATED WITH WORRY, OVERTHINKING, OBSESSIVENESS, SELF-DOUBT AND SUSPICION/LACK OF TRUST

Spleen Totals	Report 1 - Before	Report 1 - After	Report 2 - Before	Report 2 - After	Report 3 - Before	Report 3 - After	Report 4 - Before	Report 4 - After	Report 5 - Before	Report 5 - After	Report 6 - Before	Report 6 - After
Participant 1	13	6	12	5	17	5	9	5	6	5	9	5
Participant 2	11	6	7	5	7	5	9	7	5	5	7	5
Participant 3	11	5	15	7	13	5	14	5	11	5	9	5
Participant 4	19	5	16	6	19	10	21	7	16	5	20	5
Participant 5	11	5	10	6	7	5	20	5	7	5	6	5
Participant 6	13	5	9	5	8	5	11	5	8	5	8	5
Participant 7	9	6	6	5	9	5	7	5	8	6	10	6
Participant 8	14	7	13	5	12	5	7	5	9	5	11	5
Spleen Total	101	45	88	44	92	45	98	44	70	41	80	41

Table 3.3: Emotional Rating Scale for the spleen.

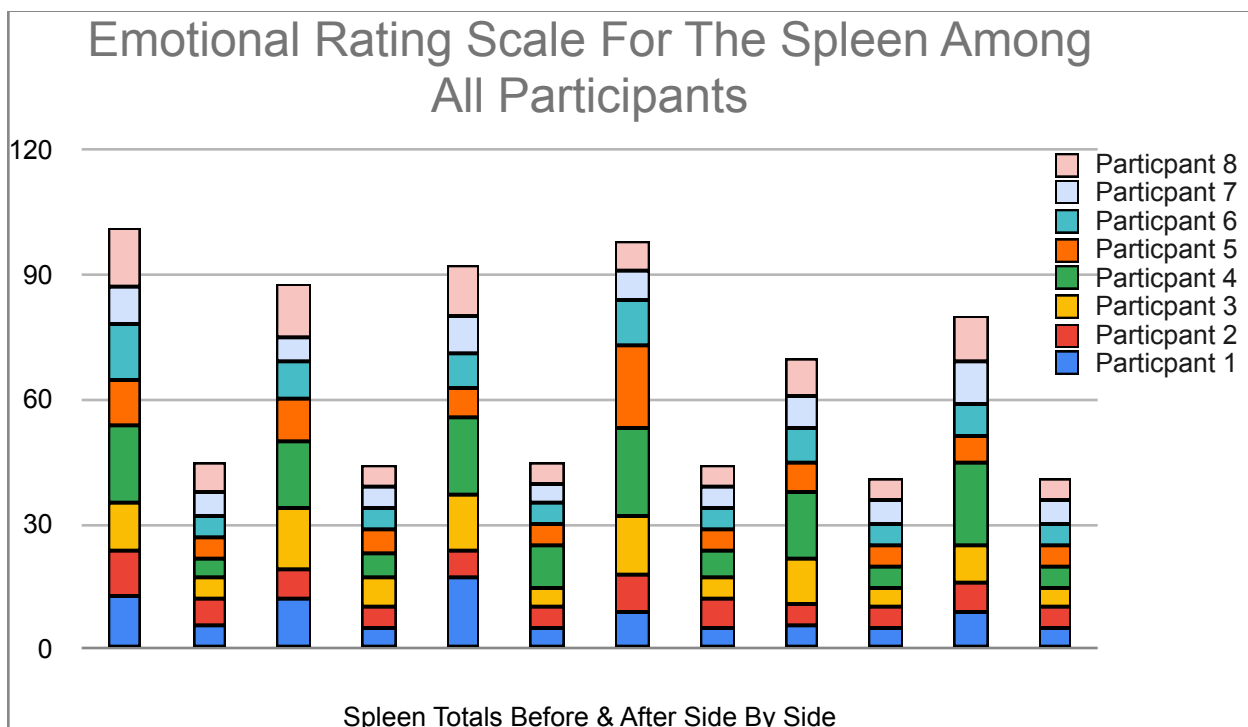


Chart 3.3: Emotional Rating Scale for the spleen.

Spleen	Report 1 - % Decrease	Report 2 - % Decrease	Report 3 - % Decrease	Report 4 - % Decrease	Report 5 - % Decrease	Report 6 - % Decrease
Participant 1	54%	58%	71%	44%	17%	44%
Participant 2	45%	29%	29%	22%	0%	29%
Participant 3	55%	53%	62%	64%	55%	44%
Participant 4	74%	63%	47%	67%	69%	75%
Participant 5	55%	40%	29%	75%	29%	17%
Participant 6	62%	44%	38%	55%	38%	38%
Participant 7	33%	17%	44%	29%	25%	40%
Participant 8	50%	62%	58%	29%	44%	55%
Average Decrease	<b>53%</b>	<b>46%</b>	<b>47%</b>	<b>48%</b>	<b>34%</b>	<b>43%</b>

Table 3.4: Percentage decrease of negative emotions related to the spleen.

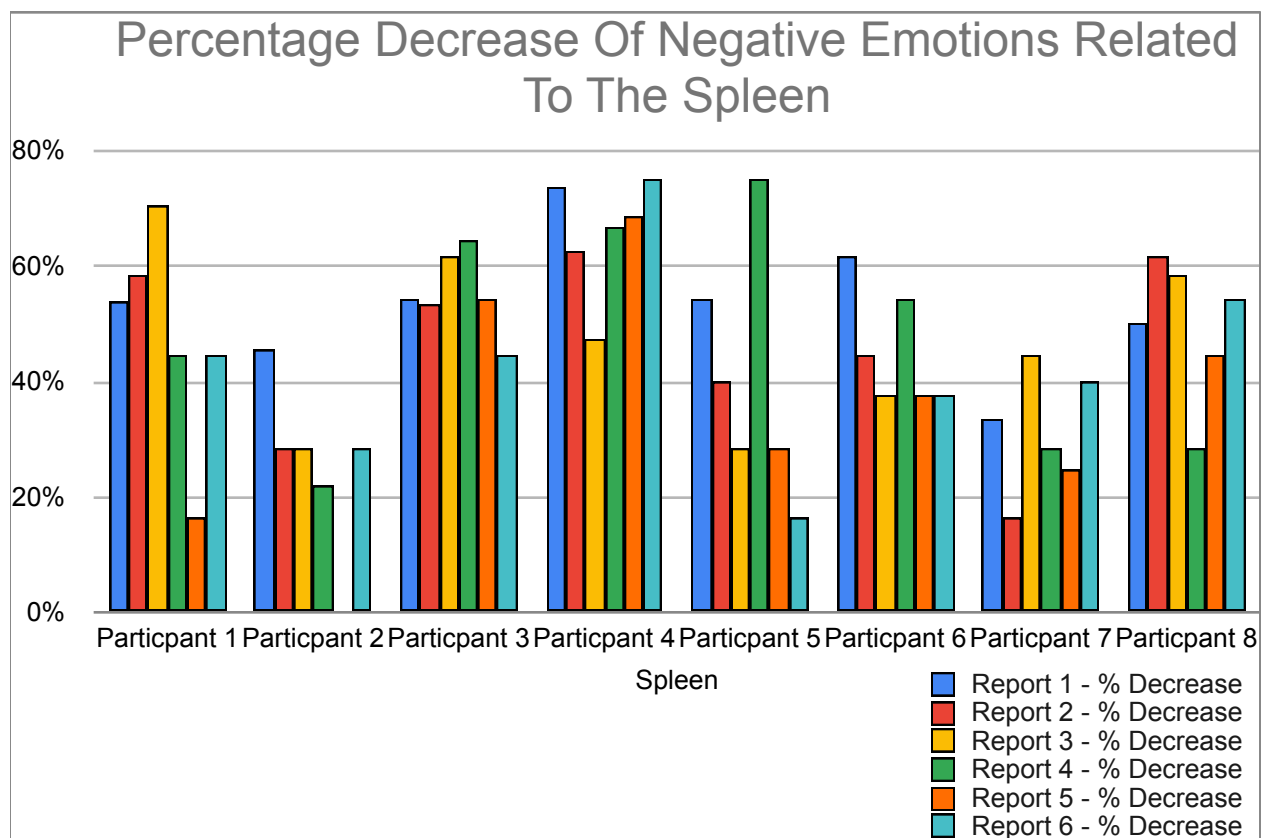


Chart 3.4: Percentage decrease of negative emotions related to the spleen.



The other organs; liver, lungs and kidneys all realized similar outcomes in ratings and percentage decreases. The table and chart below summarizes the percentage decrease of negative emotions associated with all five organs after each qi emission session compared to before each session.

Average decreases across organs	Report 1 - % Decrease	Report 2 - % Decrease	Report 3 - % Decrease	Report 4 - % Decrease	Report 5 - % Decrease	Report 6 - % Decrease
Heart	52%	33%	43%	58%	38%	49%
Liver	47%	34%	33%	48%	26%	38%
Spleen	53%	46%	47%	48%	34%	43%
Lungs	35%	32%	28%	38%	14%	23%
Kidneys	42%	25%	31%	33%	19%	31%

Table 3.5: Percentage decrease of negative emotions related to all five yin organs.

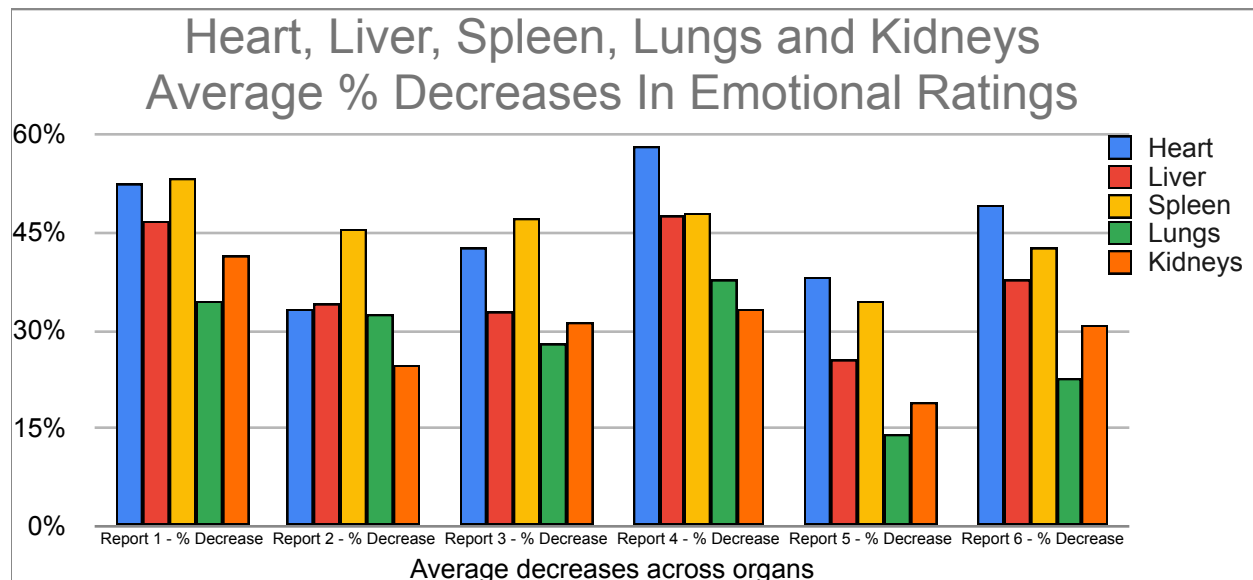


Chart 3.5: Percentage decrease of negative emotions related to all five yin organs.

The Perceived Stress Report measured each participant's feelings and thoughts over the past six week period from each session date. The charts and graphs below display data for each session as well as a comparison of ratings from the first session to the last session.

Perceived Stress Report	Report 1	Report 2	Report 3	Report 4	Report 5	Report 6	% decrease from Report 1 to Report 6
Participant 1	13	18	18	16	14	14	-8%
Participant 2	22	18	16	16	16	20	9%
Participant 3	12	18	13	12	14	12	0%
Participant 4	29.5	30	29	27	28	28	5%
Participant 5	18	22	15	28	17	7	61%
Participant 6	17	12	11	18	15.5	17	0%
Participant 7	23.5	16	18.5	17	15	16.5	30%
Participant 8	25	19	13	9	9	9	64%
Average	20	19	17	18	16	15	23%

Table 3.6: Perceived Stress Report measuring the past six weeks of perceived stress.

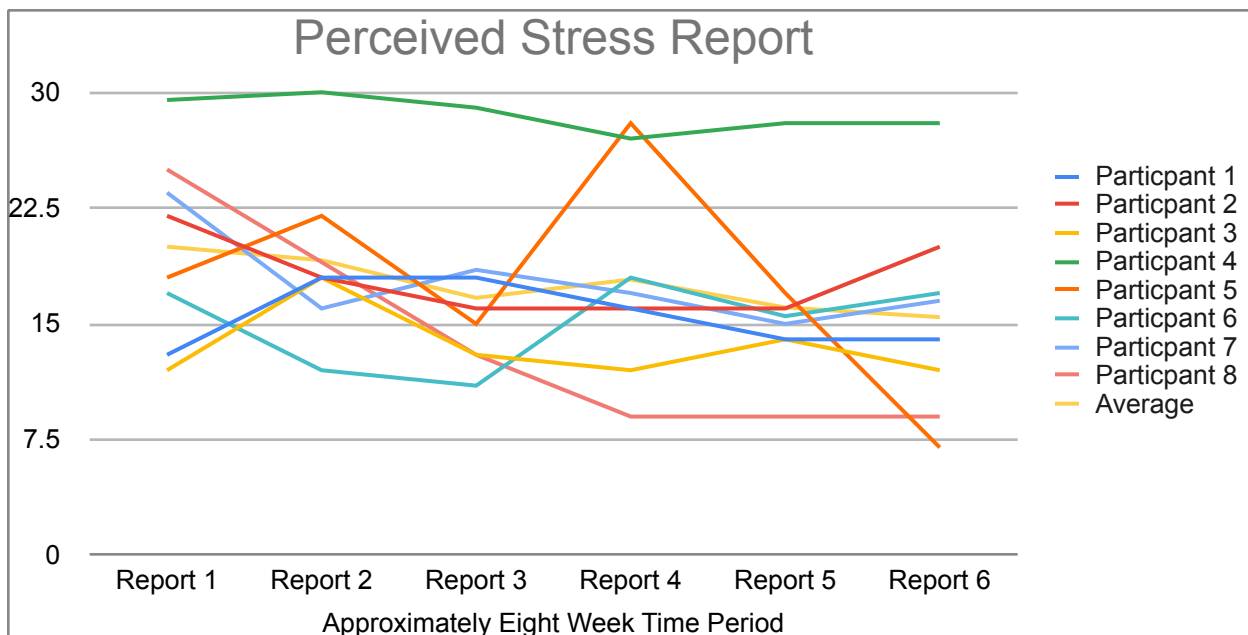


Chart 3.6: Perceived Stress Report measuring the past six weeks of perceived stress.

Perceived Stress Report	% decrease from Report 1 to Report 6
Participant 1	-8%
Participant 2	9%
Participant 3	0%
Participant 4	5%
Participant 5	61%
Participant 6	0%
Participant 7	30%
Participant 8	64%
Average	23%

Table 3.7: Perceived Stress Report measuring the percentage decrease from the first report to the last report.

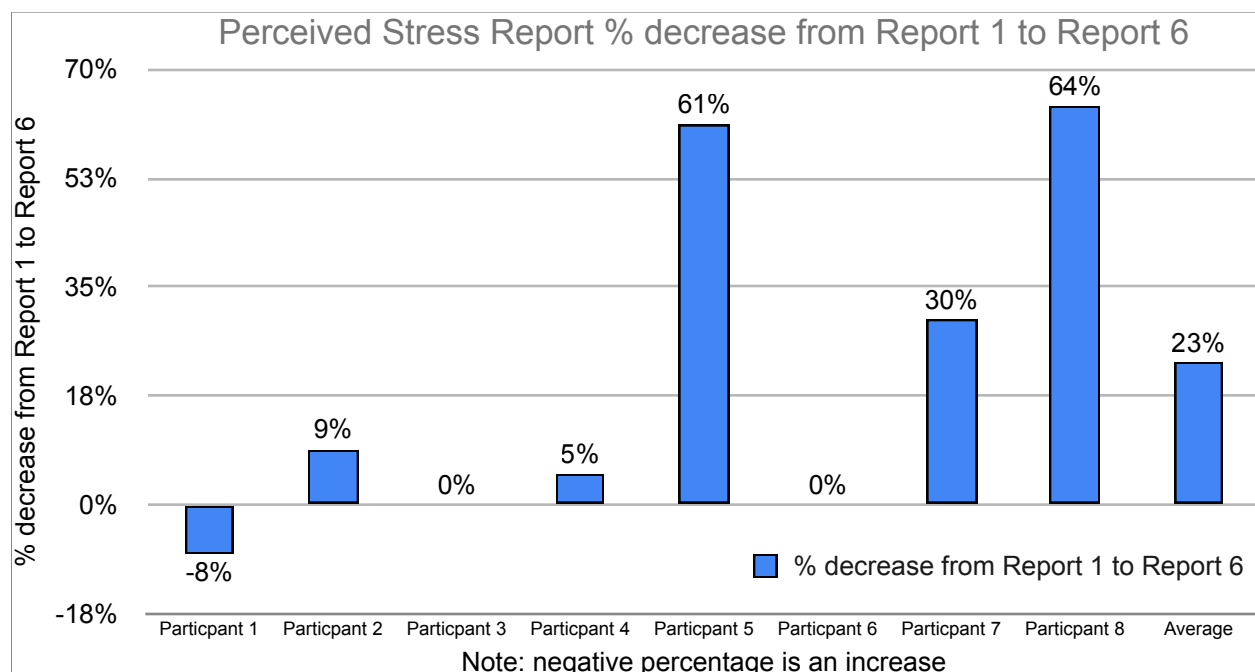


Chart 3.7: Perceived Stress Report measuring the percentage decrease from the first report to the last report.

The Generalized Anxiety Disorder 7 (GAD-7) measured each participant's severity of their anxiety symptoms over the past two week period from each session date. The charts and graphs below display data for each session as well as a comparison of ratings from the first session to the last session.

GAD-7 Report	Report 1	Report 2	Report 3	Report 4	Report 5	Report 6	% decrease from Report 1 to Report 6
Participant 1	7	3	20	8	7	3	57%
Participant 2	6	1	2	3	0	2	67%
Participant 3	6	8	8	6	6	4	33%
Participant 4	21	17	17	21	15	15	29%
Participant 5	4	11	7	20	7	2	50%
Participant 6	6	5	3	8	5	10	-67%
Participant 7	7	1.5	7	7	10	7	0%
Participant 8	15	12	12	6	4	4	73%
Average	9	7.3125	9.5	9.875	6.75	5.875	35%

Table 3.8: GAD-7 Report measuring the past two weeks of anxiety.

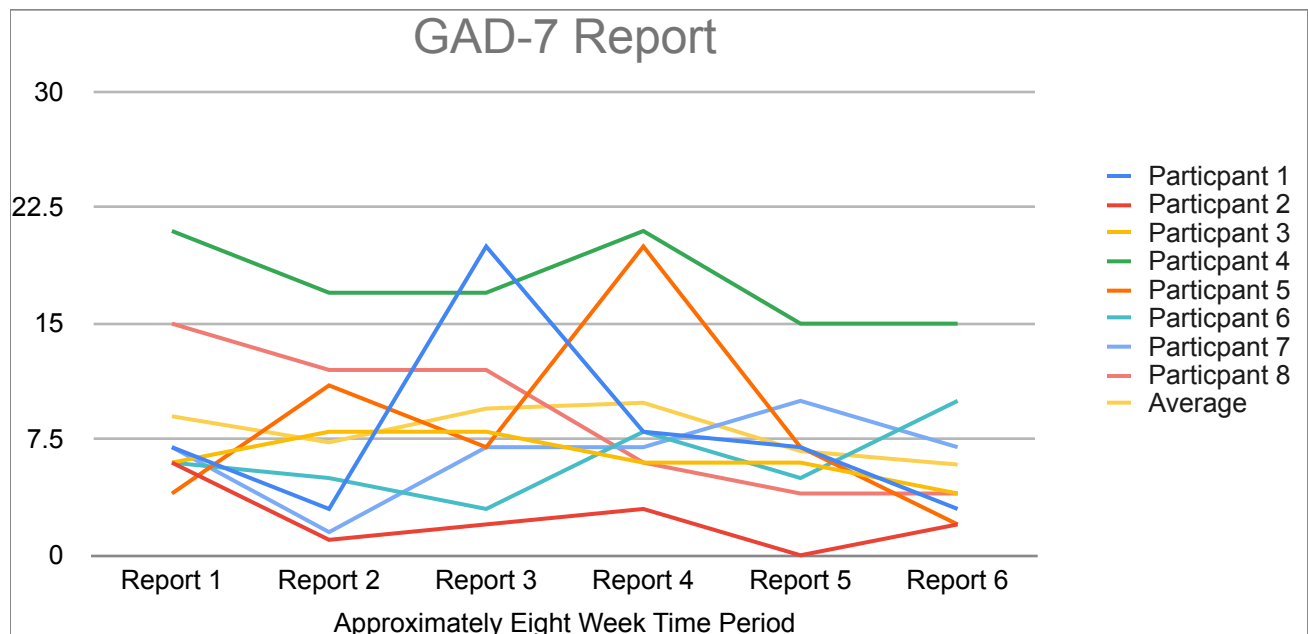


Chart 3.8: GAD-7 Report measuring the past two weeks of anxiety.

GAD-7	% decrease from Report 1 to Report 6
Participant 1	57%
Participant 2	67%
Participant 3	33%
Participant 4	29%
Participant 5	50%
Participant 6	-67%
Participant 7	0%
Participant 8	73%
Average	35%

Table 3.9: GAD-7 Report measuring the percentage decrease from the first report to the last report.

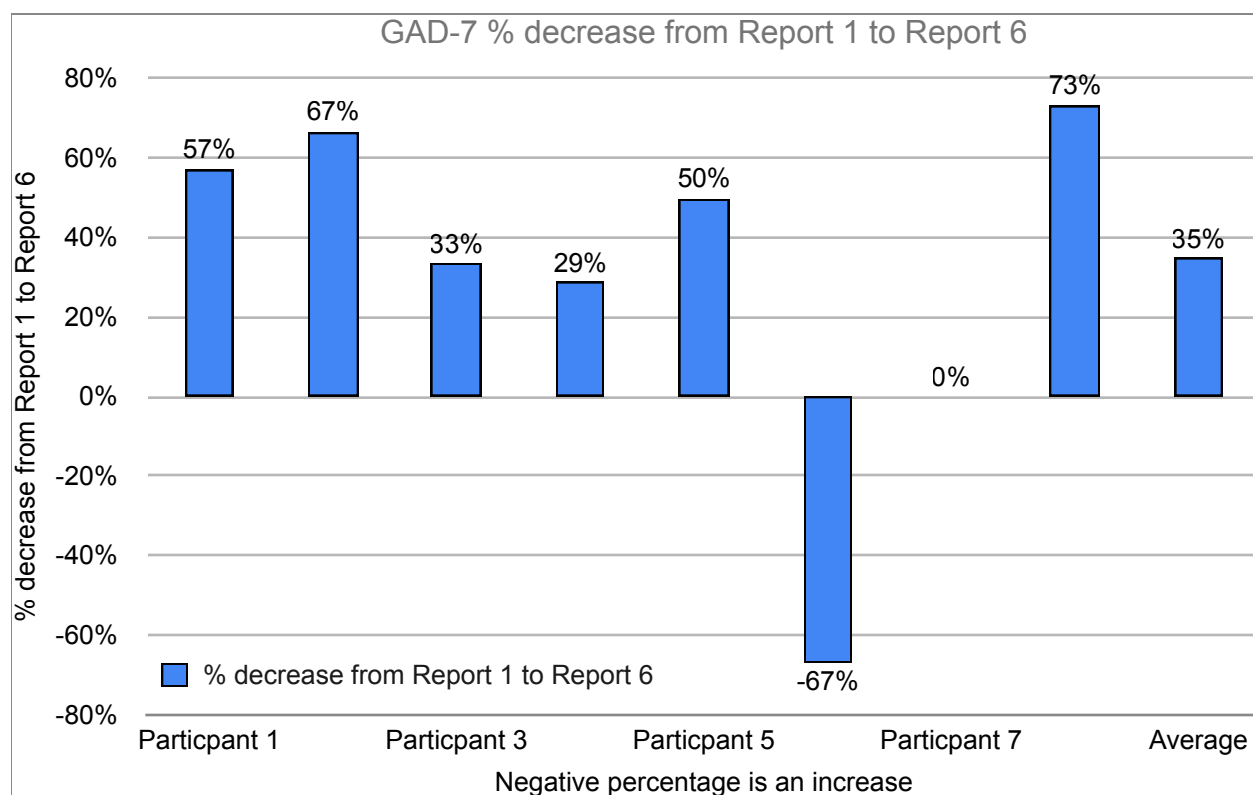


Chart 3.9: GAD-7 Report measuring the percentage decrease from the first report to the last report.

### Qualitative Findings

Each participant was asked to log how they felt on an ongoing basis through the duration of the study. Upon the conclusion of their participation, they were also provided a series of questions to summarize their overall experience. The amount of feedback provided by each participant varies. Some provided little feedback and others provided a good amount of feedback. Feedback received is provided below categorized by ongoing feedback from each participant and then overall summary feedback from each participant.

#### Ongoing Feedback

Participant One	
Week One, Day One	"Slept great, shoulders felt lighter"
Week One, Day Four	"I have to focus on breathing and moving slower and do more reps. Relaxes me. Evening routine = more time for me to focus"
Week One, Day Six	"Stretched a tad before, completed qi gong and posed in shavasana for a few minutes, very restful"
Week Two, Day Eight	"Stretched a tad before, super relaxed 10:05pm"

Table 3.10: Qualitative feedback from Participant One.

Participant Two	
	Ongoing feedback not provided other than if qigong prescription exercises were performed or not.

Table 3.11: Qualitative feedback from Participant Two.

Participant Three	
	Ongoing feedback not provided other than if qigong prescription exercises were performed or not.

Table 3.12: Qualitative feedback from Participant Three.

Participant Four	
Week One, Day One	"Evening session Monday... I felt free sense of being elevated without restrictions. Deal with constant fearing anxiety... And typically don't know even what it's coming from. That was lifted, which gave me a sense of confidence dealing with everything in my world. I felt capable and free."
Week One, Day Two	"Felt an incredible sense of peace about an hour following my exercises that I performed on my lunch break. My drive home from work was kind of euphoric feeling. I just felt Ok about everything happening around me...which is not my usual feeling."
Week One, Day Three	"Had the best sleep last night...slept 7:47, good deep sleep and REM. I had no anxiety at the gym this AM. I feel more capable of dealing with people around me. A sense of peace still over me. My Right side rib cage and shoulder has not hurt since the session Monday. Typical is restricted and painful. I can reach my right arm OH without feeling restricted in my ribs and back...insane. One thing I want to remember today is that I don't feel like I need to hide from everything and every person. I feel like things can't hurt me and I'm not afraid of others approaching me."
Week One, Day Five	"Performed my exercise out while in Jtree after a run, and noticed my anxiety improve a bit afterwards. The night before I had pretty severe anxiety that kept me up most of the night. Seems like the treatment is wearing off a bit. I noticed anxiety ramping up more by Thursday night/friday."
Week Two, Day Nine	"I have noticed that the day after treatment I feel good, but also have some troubles sleeping. I don't know if it's possibly due to me dealing with more emotions that get brought up during session. Just something I thought I would note."
Week Two, Day Ten	"I wanted to note today that prior to doing exercises, I felt very fatigued. The type of fatigue where you want to stay in bed all day, but you still wake up at 4:30 for your workout. My dreams last night were all about an ex boyfriend, who broke my heart. When I woke up, I felt so much hurt grief and sadness. I love all this work, because it feels like I am bringing things out from deep within that aren't always good, but they are being brought to the surface, which is good! After Monday's session, I realized there's a lot of Grief that I think I have suppressed because sadness is not something I was ever rewarded for as a kid. Being strong, capable, and achieving was rewarded. Maybe I have turned my sadness into anger? And maybe once I unravel the anger, I can get into what truly is driving, some of my emotions."
Week Two, Day Fourteen	"I definitely notice decrease anxiety following exercises. The days following treatment are the best, I feel more open and free to accept things from life. I have more patience with patients and people"
Week Three, Day Fifteen	"Performed exercises after work. I need to do prior to work if possible as I have more ability to deal with people. I notice general improvements in my anger, and I am less threatened by others."

Participant Four	
Week Three, Day Eighteen	"Wanted to note today that I kept trying to make time before work at the hospital, and on my lunch break. Despite it getting to them, I visualized some of the movements and made some of the sounds and thought of the emotions that connect to the organs we worked on at last visit. Just doing that gives me a relaxing and calming effect. I feel that I am more in control and connecting mind-body"
Week Three, Day Nineteen	"I think I'm getting lazy because every week I feel so much better after Monday, and the treatments are holding longer even when I don't perform my exercises. I will say it was enjoyable to do after all my work was finished, and I felt more relaxed knowing I was going into a weekend and ready to recover"
Week Four, Day Twenty-Four	"Performed in the morning today in nature. I felt lighter afterwards. My hands were a bit floaty and light feeling like I could take off. Today was less going through the motions, and more FEELING like I was a part of the flow. My mind shifted from relative negative heavy thoughts, to noticing the good around me. This was one of the best sessions I've had."
Week Four, Day Twenty-Five	"Stress day at hospital and I had a lot of anger leaving work. Exercises/breathing definitely helps, but I still felt my anxiety and rage got the best of me today."
Week Four, Day Twenty-Seven	"Today was high anxiety, I couldn't seem to curb it. I'm not sure what got ahold of me, I was ruminating on some clients/work situations...but nothing could help me. I was awake all night sadly. Frustrating to me, when I feel that it controls me some days. I guess we all have good days and bad days."
Week Five, Day Thirty-One	"Feeling so much better since treatment on Monday. I tried making the sounds and visualizing colors and hand motions while working as I was feeling anxious and angry with a patient. It helped, I'm trying to do exercises after my day, which I think is helpful. I notice tension and stress dissipating as I get into the positions and start the movements."
Week Five, Day Thirty-Two	"Broke up exercises today and did half at lunch and other half after work. I also have been trying to think of the sounds and visualize the movements while breathing at work. If I'm not it's a patient who is testing my patience and making me anxious, I do this and it seems to help significantly"
Week Five, Day Thirty-Three	"I did them today with husband and taught him the movements. That was as fun and rewarding to share with my partner. He said he noticed a feeling of calm afterwards."

Table 3.13: Qualitative feedback from Participant Four.



Participant Five	
Week One, Day Four	"Felt great. Went for a 2 1/2 mile walk, 90 minute massage and Qigong. Feel great!"
Week One, Day Five	"Did it [exercises] at the end of the work day. Calmed me."
Week One, Day Six	"Getting easier with the flow. Noticed my hands tingling."
Week Two, Day Nine	"Have been very wound up since I came home from last night's session. Even snapped at [name redacted]. Feeling better after today's exercises, but still a little stressed."
Week Two, Day Eleven	"Feeling good today."
Week Four, Day Twenty-Three	"Very stressful day. Did Qigong during my lunch (after I walked). I went faster than normal, due to class getting ready to start. The Qigong helped, but I was still a bit stressed."
Week Four, Day Twenty-Four	"Much better experience. Felt good before Qigong, but even better after. There was a bird of prey sitting on an arborvida (bush/tree), and I focused on it during the exercises. "
Week Four, Day Twenty-Seven	"Crazy day, no breaks no food. Was very stressed prior to Qigong. Feeling calmer now."
Week Five, Day Thirty	"Rough week. Went to bed stressed. I closed my eyes and imagined myself doing my Qigong exercises. It really helped calm me down. It regulated my breathing, and I felt much better."
Week Six, Day Thirty-Seven	"Did it [exercises] at the end of the workday. It really helped to settle my brain after a crazy day"

Table 3.14: Qualitative feedback from Participant Five.

Participant Six	
	Ongoing feedback not provided

Table 3.15: Qualitative feedback from Participant Six.

Participant Seven	
	Ongoing feedback not provided

Table 3.16: Qualitative feedback from Participant Seven.

Participant Eight	
Week One, Day One	"Felt great going home, and around 7pm I got really tired. Was in bed asleep by 9:30pm."

Participant Eight	
Week One, Day Two	"The exercises were more difficult than I remembered, but I got the hang of it by the end. I found it easier to get to center today, and wasn't as tired as I was yesterday."
Week One, Day Three	"I have a new appreciation for dancing. 😊 I'm still finding it easier than I normally would to center myself, and today I'd say was a pretty mellow day overall."
Week One, Day Four	"Felt pretty good today. Managed to get a lot done and was ready for bed when it came. But didn't feel tired until then."
Week One, Day Six	"Had a great day today. Felt calm and centered while also feeling happy and full of joy."
Week Two, Day Eight	"I started my day today with yoga and then with my Qigong practice, so I felt pretty good this morning. But the day has had a few incidents that have definitely caused me to be more frustrated than I had been feeling recently... excited to come in and see the professional."
Week Three, Day Fifteen	"Was feeling low energy after all the travel and lack of sleep. The exercises definitely have me feeling better."

Table 3.17: Qualitative feedback from Participant Eight.

## Overall Summary Feedback

### Participant One

Feedback not provided

### Participant Two

#### **Question 1:**

Please provide a summary of your experience in receiving qigong energy sessions. Did you notice any change in your mental and emotional states during the course of receiving the treatments? Did you experience any reduction in stress and/or negative emotional states?

#### **Answer To Question 1:**

*found the sessions very beneficial in reducing my mental and physical stress. Starting with the questionnaire each session was a great reminder to check in with my body and emotions. After the energy work, I came off the table feeling a sense of peace and ease that's hard to put into words.*

#### **Question 2:**

Please provide a summary of performing qigong prescription exercise. Were there any challenges? Did you notice any change in your mental and emotional states as a result of performing or not performing the exercises?

**Answer To Question 2:**

*I found the exercises very beneficial. Connecting the body and breath to critical functions in my body was grounding and the benefits lasted through the day.*

**Question 3:**

How would you summarize the overall experience? Did you find it beneficial? Would you recommend qigong to anyone contending with stress and other challenges with their mental and emotional state of mind? Do you see any challenges with this modality for working professionals?

**Answer To Question 3:**

*I'm really grateful for the opportunity to participate. I am a believer in the Qigong modality and whole heartedly believe in the benefits for any professional working in a face paced hi stress environment. Taking the time to connect to the body and breath is the most beneficial way to walk through all the hard days. Like a shield or protection against the stress.*

Participant Three

**Question 1:**

Please provide a summary of your experience in receiving qigong energy sessions. Did you notice any change in your mental and emotional states during the course of receiving the treatments? Did you experience any reduction in stress and/or negative emotional states?

**Answer To Question 1:**

*Throughout the sessions, I undoubtedly experienced a heightened sense of 'self-agency,' where the decisions and actions I took began to manifest in my life, either fully or with added momentum. Moreover, I noticed a significant improvement in my mental state—feeling generally more optimistic and experiencing reduced levels of anxiety*

**Question 2:**

Please provide a summary of performing qigong prescription exercise. Were there any challenges? Did you notice any change in your mental and emotional states as a result of performing or not performing the exercises?

**Answer To Question 2:**

*I've established a fairly robust morning routine comprising exercise, meditation, and journaling, which I adhere to almost daily before heading out to work. Integrating qigong into this routine posed occasional challenges from a scheduling standpoint. I managed to incorporate it on days*

*with more flexibility in my schedule, as well as during evenings and weekends. As for my mental state during these practices, it remains consistent with the insights provided in response to the previous question.*

**Question 3:**

How would you summarize the overall experience? Did you find it beneficial? Would you recommend qigong to anyone contending with stress and other challenges with their mental and emotional state of mind? Do you see any challenges with this modality for working professionals?

**Answer To Question 3:**

*I firmly believe that the qigong sessions have significantly impacted my work. Remarkably, during the sessions, several significant obstacles and problematic individuals at my workplace were resolved (specifically, those individuals causing issues were no longer part of the team). Qigong has provided me with the strength, resilience, and confidence to persevere, even in the face of challenging personalities—a familiar experience for many in corporate settings.*

*Furthermore, the transformation in my energy has been evident not only to my wife but also to my colleagues and others around me. Positive energy can truly alter the atmosphere. This change is not solely attributed to qigong but also to my consistent personal efforts, daily routines, and mental outlook. A regular personal practice is vital to fully harness the benefits of qigong. However, I am entirely convinced that qigong has expedited this process.*

*Moreover, I emphasize the importance of seeking a practitioner with a reputable lineage when delving into qigong. Trust is paramount in this journey. Personally, I trusted Craig due to our prior working relationship and his esteemed qigong mentors. Additionally, his American Indian lineage resonated with me; I believe that ancestral ties can enhance one's connection to energy work. This is merely my personal belief.*

*In summary, my experience with qigong has been transformative, and I intend to incorporate it into my daily routine indefinitely.*

**Participant Four**

**Question 1:**

Please provide a summary of your experience in receiving qigong energy sessions. Did you notice any change in your mental and emotional states during the course of receiving the treatments? Did you experience any reduction in stress and/or negative emotional states?

**Answer To Question 1:**

*After the first session of qigong with you, my life was changed. Day one, I was affected by your treatment, my anxiety and pain levels decreased profoundly. Each session changed my emotional*

*state and mental clarity, and my baseline anxiety levels. My stress levels every week began to decrease, and if I were to rate them on a scale, my baseline anxiety at worst decreased every week. I began to see my stress at the work place differently, I could identify better when it started, and I had tools (breathing exercises) to address the stresses at the beginning or end of my day.*

**Question 2:**

Please provide a summary of performing qigong prescription exercise. Were there any challenges? Did you notice any change in your mental and emotional states as a result of performing or not performing the exercises?

**Answer To Question 2:**

*Performing the exercises ALWAYS changes my mental state, emotions, and “cleared my slate” you could say after a difficult day. I work in healthcare, but I do t just take on people’s emotions, I take on their “physical pains”. I always knew I was an empath, but I didn’t understand why a day with people (or even a few hours) would make me physically sick and hurt all over. Although I wish I could have the healing of Craig every day, the breathing exercises gave me a sense of control and empowerment that I very much have needed all my life.*

**Question 3:**

How would you summarize the overall experience? Did you find it beneficial? Would you recommend qigong to anyone contending with stress and other challenges with their mental and emotional state of mind? Do you see any challenges with this modality for working professionals?

**Answer To Question 3:**

*My overall summary of qigong is vital and miraculous for anyone! In my case I think it saved me from a great spiral in my personal and professional life. I had been aware that something was wrong inside of me for some time. Physical pain and anxiety had the wheel, and I didn’t know how to get it back. I have done many therapies, functional and medicinal, and thought I was doing everything right. I spend so much time with activities, exercising, eating well, supplementing, I had been to all the doctors...not one thing did what qigong has done. Qigong has brought understanding, and opened a door in my mind that I could not for the life of me do myself. It has been the catalyst for a new path and I could not be more grateful for it. My anxiety has decreased, and my baseline anger and depression is significantly dropped. Qigong treatment with Craig was what I needed, I’ve never received a treatment so helpful, that lasted and seems to have helped in rewiring how my brain processes external stresses. I recommend qigong to all many of my patients now...and I am not exaggerating when I say this. I think that everyone should explore this, and add it to their “toolbox” of self care activities. I definitely think that for someone who is sensitive to energy, empathic, and works closely with other humans should think of it as a vital requirement to stay healthy emotionally and physically. Qigong has saved my life, given me awareness and clarity, and brought me back to a place of hope and healing.*

*Thank you Craig, and thank you Qigong!*

### Participant Five

#### **Question 1:**

Please provide a summary of your experience in receiving qigong energy sessions. Did you notice any change in your mental and emotional states during the course of receiving the treatments? Did you experience any reduction in stress and/or negative emotional states?

#### **Answer To Question 1:**

*The best part of the qigong energy sessions was the in-person session. Normally, it is very difficult for me to turn off all the thoughts going through my mind, but during these sessions I was able to relax. During one of the sessions, I felt myself getting lighter, as if rising from the table.*

#### **Question 2:**

Please provide a summary of performing qigong prescription exercise. Were there any challenges? Did you notice any change in your mental and emotional states as a result of performing or not performing the exercises?

#### **Answer To Question 2:**

*The challenge of performing the qigong exercises was finding a good time. Usually, I would walk during the first part of my lunch and then perform the exercises in my classroom. I still benefitted from the exercises, feeling more relaxed, but the classroom was not the best setting. I enjoyed the exercises more when I did them at home. After performing the exercises, I was less stressed.*

#### **Question 3:**

How would you summarize the overall experience? Did you find it beneficial? Would you recommend qigong to anyone contending with stress and other challenges with their mental and emotional state of mind? Do you see any challenges with this modality for working professionals?

#### **Answer To Question 3:**

*I found the experience to be beneficial. I have tendonitis in my shoulder, but I feel the qigong sessions helped, since the pain is much better. I would definitely recommend qigong for people with stress and other challenges. I believe in the power of breathing and calming oneself. Qigong not only uses breathing, but also movement and sound. I still perform the exercises when I am stretching and breathing after working out. I also find qigong exercises helpful when trying to fall asleep. On nights when my thoughts are racing, I close my eyes, do the breathing pattern, while I imagine myself going through the motions.*

### Participant Six

Feedback not provided

### Participant Seven

#### **Question 1:**

Please provide a summary of your experience in receiving qigong energy sessions. Did you notice any change in your mental and emotional states during the course of receiving the treatments? Did you experience any reduction in stress and/or negative emotional states?

#### **Answer To Question 1:**

*I experienced what i like to refer to as “A Mental Massage” When you get a physical massage and you’re left with a deep sense of well being. It was like a reset and realignment of emotions, where calm and peacefulness was restored.*

#### **Question 2:**

Please provide a summary of performing qigong prescription exercise. Were there any challenges? Did you notice any change in your mental and emotional states as a result of performing or not performing the exercises?

#### **Answer To Question 2:**

*Since i already incorporate other facets of mindfulness and spiritual cleansing, my time was limited and I didn’t make time for the Qigong exercises.*

#### **Question 3:**

How would you summarize the overall experience? Did you find it beneficial? Would you recommend qigong to anyone contending with stress and other challenges with their mental and emotional state of mind? Do you see any challenges with this modality for working professionals?

#### **Answer To Question 3:**

*I found the overall experience very beneficial and a worthwhile addition to my daily mindfulness routine. I would highly recommend Qigong to anyone seeking to calm the noise or overactivity in their mind and experience a deep meaningful oneness that radiates beyond themselves and draws a curiosity from others as to a unique level of unspoken energy and vibration that you embody.*

### Participant Eight

Feedback not provided

### **Interpretation of Results in Relation to Hypotheses**

As previously stated, the hypothesis driving this study is incorporating qigong into a lifestyle may positively impact the mental and emotional health of modern business professionals. This results in achieving optimal performance levels. The quantitative and qualitative data compiled through this study support this hypothesis.

The quantitative data from the Emotional Rating Scale shows a significant impact on participants immediately after receiving a qi emission session. Among all participants, average decreases in negative emotions ranged from a nineteen percent (19%) decrease up to a fifty-eight percent (58%) decrease. In addition, of the forty eight sessions administered, the vast majority of participants indicated a rating of “one” to each emotion across across all organs categories after a session. The rating of “One” indicates “none” meaning the participant did not have any feelings of a specific emotion. With all possible emotions being marked as “one” it means that after receiving a qi emission session, all feelings of negative emotions were completely removed. This is an important consideration that is not derived from solely looking at percentage decreases. The results indicate that a qi emission session is highly effective in immediately removing negative emotional states.

The Perceived Stress Report indicates a positive impact of qigong intervention protocols as defined in this study. Participants realized a mean average of a twenty-three percent (23%) decrease in perceived stress across the duration of the study. 62.5% of participants (five of the eight) experienced decreases ranging from five percent (5%) to sixty-four percent (64%). Three participants realized significant decreases of thirty percent (30%), sixty-one percent (61%) and sixty-four percent (64%). One participant measured an eight percent (8%) increase in perceived



stress. The participants that reported performing the prescribed qigong exercises realized the biggest decreases in perceived stress. This indicates the importance of the combined approach of qi emission sessions along with prescribed qigong exercises. Since the Perceived Stress Report measures the perceived stress levels over a six week duration, it is the best indicator of the sustainable impact of a qigong intervention protocol over time. The quantitative data also indicates that an individual that complies and adheres to qigong prescriptions coupled with qi emission sessions will have the most positive outcomes compared to those that do not comply and adhere to prescription exercises.

The quantitative data from the General Anxiety Disorder 7 (GAD-7) assessments indicate a positive impact of qigong intervention protocols. Participants realized a mean average of a twenty-three percent (23%) decrease in feelings of anxiety across the duration of the study. 75% of participants (six of the eight) experienced decreases ranging from twenty-nine percent (29%) to seventy three percent (73%). One participant measured an sixty-seven percent (67%) increase in anxiety. The quantitative data also has similar findings to the Perceived Stress Report as participants that reported the best compliance and adherence to qigong prescription exercises realized the strongest positive impact.

The qualitative data provides additional support for the hypothesis. Participant Four stated, “Performed exercises after work. I need to do prior to work if possible as I have more ability to deal with people. I notice general improvements in my anger, and I am less threatened by others.” Participant Three stated, “I firmly believe that the qigong sessions have significantly impacted my work...Qigong has provided me with the strength, resilience, and confidence to persevere, even in the face of challenging personalities—a familiar experience for many in

corporate settings.” Other participants provided statements on a general improvement in mental and emotional wellbeing. Overall, the qualitative data provides deeper insight into the significant impact of qigong intervention protocols.

### **Implications for Business Professionals and Organizations**

The quantitative and qualitative data supports the hypothesis and indicates qigong may be a powerful tool for business professionals to incorporate into their life. By reducing stress, anxiety and other negative emotions, business professionals can perform at optimal levels. Through a balanced state of mind, business professionals can have greater clarity in thinking allowing for better decision making. Interactions among co-workers and other business associates can be more productive. All of these benefits can lead to a higher positive mindset which is critical for success.

From an organization standpoint, qigong could be an important component in a company wellness program. Benefits derived may include higher productivity, increased employee retention and decreased absenteeism. All of these items contribute to bottom line profitability which is most important for the sustainability of any business.

Qigong is proving to revolutionize stress management and develop emotional balance for modern business professionals leading to success. Business professionals and organizations should consider incorporating qigong into their health and wellness practices. In so doing, business professionals can achieve improved psychological (as well as physical) well being and a state of homeostasis. With a strong mind-body balance, business professionals may perform at optimal levels which serve the attainment of goals and objectives of businesses. Ultimately, this leads to overall organizational success.

### **Summary of Key Findings**

Through this research study, the key findings are summarized below:

- Qi emission sessions can have an immediate and significant impact on reducing negative emotions to the extent that they are completely eliminated.
- The combination of qi emission sessions and qigong prescription exercises helps to attain an improved mental and emotional state of balance over a sustained period of time.
- Compliance and adherence to qigong prescriptions increase the probability of success in reducing stress, anxiety and obtaining a healthier state of mind.

### **Final Thoughts on the Potential of Qigong for Business Professionals**

Incorporating qigong into one's lifestyle can have a profound impact on one's professional life in a positive way. The author of this study discovered this through his own personal experience as an entrepreneur and qigong practitioner. This study has validated this personal experience as it has proven to be a repeatable process through the experience of

research participants. It is highly recommended that business professionals explore qigong and determine if it is impactful for them. The primary challenge will be for business professionals to make time for a consistent qigong practice. The demands and time constraints business professionals contend with on a day-to-day basis will prove to be a major challenge. Individuals must prioritize their own self-care regimen in order to have any level of impact in incorporating qigong into their lifestyle. Through having a proper mindset and prioritizing self-care, one can be successful and realize the benefits of qigong.

Below are recommendations for incorporating qigong in a variety of contexts.

### **Strategies for Promoting Qigong Adoption in Corporate Culture**

Qigong has limited awareness among general business professionals. Education is necessary to create awareness as to what qigong is and the potential benefits provided through incorporating qigong into one's health and wellness pursuits. Focusing on the benefits of reducing stress, anxiety and improved human interactions can appeal to business professionals. With the first step of creating awareness, the second step is consideration. To encourage business professionals to move forward and take action, one with trust and authority must serve as an advocate for qigong. This can be either leadership internal to an organization or an outside expert. One approach could be an organizational challenge for team members to participate in a qigong program for a set duration, for example, a thirty day qigong challenge. Upon completion, results can be compiled and shared among team members. Individuals experiencing success can be encourage to continue and also serve as an inspiration for others to continue experimenting with a qigong practice.

### **Training Programs for Qigong Instructors in Business Contexts**

Qigong has a wide variety of applications across life situations. In order to be effective in a business context, a focused approach is necessary. Qigong instructors and practitioners need to be educated on the specific mental and emotional conditions business professionals contend with. Then, they need to be trained on the proper qigong protocols relevant to address these

conditions. In other words, this becomes a specialty. A qigong practitioner specializing in mental and emotional health in a professional context increases the likelihood of success.

### **Guidelines for business professionals to integrate Qigong into their daily routines**

The primary challenge for business professionals to integrate qigong into their daily routines is time constraints. Modern business professionals have demanding careers that consume a vast amount of their time throughout the day and into the evening. There may be a mindset of “I don’t have time for this” but individuals need to shift their mindset and make self-care a priority. This is the first step. The second step is making time for a qigong practice. An approach is to wake up earlier in the morning in order to perform a practice. For example, if a business professional typically awakes at 6 am, and they have a 30 minute qigong routine, then they should awake at 5:30 am, perform their practice, then move on with their day. However, everyone manages their time differently. So whatever approach that is conducive to developing a consistent qigong practice is what should be pursued. Consistency is of utmost importance for sustainable and lasting effects. Also, patience is also required as results typically improve over time. It is recommended that individuals commit to a daily, disciplined practice for a thirty to ninety day period and keep a journal to log their results.

Another aspect to incorporate is to receive qi emission sessions. This does not need to be a daily routine but can be established at a cadence that is unique to each individual. Once per week for a designated period of time (i.e. six weeks) and then reducing the frequency to once a month or once a quarter can be an effective approach. It is the combination of an individual qigong practice with receiving qi emission sessions that will produce the strongest positive

outcomes. Once this has been achieved, an individual can determine how their practice is modified based on their balanced or imbalanced mental and emotional state of mind.

### **Recommendations for HR departments and corporate leaders on integration of Qigong into Corporate Wellness Programs**

It is important for business leaders to take action in promoting health and wellness for the employees in their organization. Setting up and administering a wellness program, typically managed by an HR department is the first step. To incorporate qigong as part of a wellness program, the next step is to find an outside expert to provide education and services to team members. It is highly recommended that leadership participates in order to serve as examples for staff members to follow.

HR Department leaders and other executive leadership can find experts in the field of qigong through various professional qigong organizations. The National Qigong Association (NQA) can serve as a resource. Their website located at <https://www.nqa.org/> contains educational resources along with a professional directory of qigong practitioners.

A recommended approach to introduce qigong into the workplace would be to have an educational workshop for employees. The workshop should be designed to educate employees as to what qigong is, the benefits and to learn some practical qigong exercises. Providing ongoing support material can aid in program effectiveness. The HR Department can be tasked with monitoring how qigong has been adopted by employees and the results derived from the practice.

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## APPENDICES

### Self Assessment Tools

The following pages contains three self-assessment tools utilized in this research study.

The three forms are:

1. **Emotional Rating Scale** - Participants were instructed to complete this form just prior to receiving a qi emission session and then to complete the form again immediately after receiving their qi emission session. The purpose of the form is to capture the before and after emotional states and to determine the impact a qi emission session has on negative emotions.

2. **Generalized Anxiety Disorder 7 (GAD-7)** - The Generalized Anxiety Disorder Assessment (GAD-7) is a seven-item tool used to measure the severity of generalized anxiety disorder (GAD). The GAD-7 asks individuals to rate the severity of their symptoms over the past two weeks.

3. **The Perceived Stress Scale** - The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last six weeks.

# Emotional Rating Scale

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Assessment Form for Participants in a Research Study for:

## Chinese Energy Medicine

**Title of Study:** Qigong: The Ancient Practice Revolutionizing Stress Management and Emotional Balance for Modern Business Professionals  
**Date:** 3/15/2023

Primary Contact:

Craig Cooke, Principal & Master of Chinese Energy Medicine

Craig@csquaredpro.io

Direct: 714.414.2577



# EMOTIONAL RATING SCALE

Please indicate the level of each emotion you are experiencing in the present moment (derived from your experiences in the past, hour, day or week) based on the associations with the five yin organs in Chinese Energy Medicine.

**Date Submitted:** \_\_\_\_\_

**Before or After a Qigong Session:** \_\_\_\_\_

**Rate each emotion on a scale of 1 to 5 according the the definitions below:**

**1 - none | 2 - some | 3 - moderate | 4 - a large amount | 5 - extreme**

**1. Rate your experience of emotions related to the Heart:**

Anxiety: \_\_\_\_\_

Restlessness: \_\_\_\_\_

Overexcitement: \_\_\_\_\_

**2. Rate your experience of emotions related to the Liver:**

Anger/Rage: \_\_\_\_\_

Frustration: \_\_\_\_\_

Irritability: \_\_\_\_\_

Resentment: \_\_\_\_\_

Depression: \_\_\_\_\_

**3. Rate your experience of emotions related to the Spleen:**

Worry: \_\_\_\_\_

Overthinking: \_\_\_\_\_

Obsessiveness: \_\_\_\_\_

Self-doubt: \_\_\_\_\_

Suspicion/Lack of Trust: \_\_\_\_\_

**4. Rate your experience of emotions related to the Lungs:**

Grief: \_\_\_\_\_

Sadness: \_\_\_\_\_

Shame: \_\_\_\_\_

Melancholy: \_\_\_\_\_

Guilt: \_\_\_\_\_

**5. Rate your experience of emotions related to the Kidneys:**

Fear: \_\_\_\_\_

Insecurity: \_\_\_\_\_

Loneliness: \_\_\_\_\_

Shock/Terror: \_\_\_\_\_

Paranoia/Phobia(s): \_\_\_\_\_

**Note:** Please be honest and reflective when completing this assessment. Your responses will help us understand the current state of your emotional well-being and guide the qigong treatment and exercises tailored to your needs.:

# Generalized Anxiety Disorder 7 (GAD-7)

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Assessment Form for Participants in a Research Study for:

## Chinese Energy Medicine

**Title of Study:** Qigong: The Ancient Practice Revolutionizing Stress Management and Emotional Balance for Modern Business Professionals  
**Date:** 3/15/2023

Primary Contact:

Craig Cooke, Principal & Master of Chinese Energy Medicine

Craig@csquaredpro.io

Direct: 714.414.2577

# GAD-7 ANXIETY

The Generalized Anxiety Disorder Assessment (GAD-7) is a seven-item tool used to measure the severity of generalized anxiety disorder (GAD). The GAD-7 asks individuals to rate the severity of their symptoms over the past two weeks.

**Date Submitted:** \_\_\_\_\_

**For each question choose from the following alternatives:**

Over the last two weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3
	—	—	—	—
Column Totals				
			Total Score	

**If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?**

Not difficult at all \_\_\_\_\_

Somewhat difficult \_\_\_\_\_

Very difficult \_\_\_\_\_

Extremely difficult \_\_\_\_\_

### **Scoring GAD-7 Anxiety Severity**

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

### **Developer**

Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092-1097.

# Perceived Stress Scale

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# PERCEIVED STRESS SCALE

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last six weeks. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

**Date Submitted:** \_\_\_\_\_

**For each question choose from the following alternatives:**

**0 - never | 1 - almost never | 2 - sometimes | 3 - fairly often | 4 - very often**

Rating	Question
	1. In the last six weeks, how often have you been upset because of something that happened unexpectedly?
	2. In the last six weeks, how often have you felt that you were unable to control the important things in your life?
	3. In the last six weeks, how often have you felt nervous and stressed?
	4. In the last six weeks, how often have you felt confident about your ability to handle your personal problems?
	5. In the last six weeks, how often have you felt that things were going your way?
	6. In the last six weeks, how often have you found that you could not cope with all the things that you had to do?
	7. In the last six weeks, how often have you been able to control irritations in your life?
	8. In the last six weeks, how often have you felt that you were on top of things?
	9. In the last six weeks, how often have you been angered because of things that happened that were outside of your control?
	10. In the last six weeks, how often have you felt difficulties were piling up so high that you could not overcome them?

## Determining Your PSS Score

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:
  - 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.
- Now add up your scores for each item to get a total. My total score is \_\_\_\_\_.
- Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.
  - Scores ranging from 0-13 would be considered low stress.
  - Scores ranging from 14-26 would be considered moderate stress.
  - Scores ranging from 27-40 would be considered high perceived stress.


The Perceived Stress Scale is interesting and important because your perception of what is happening in your life is most important. Consider the idea that two individuals could have the exact same events and experiences in their lives for the past six weeks. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

## Disclaimer

The scores on the following self-assessment do not reflect any particular diagnosis or course of treatment. They are meant as a tool to help assess your level of stress.

### **Participant consent forms**

Each participant completed a consent form prior to the commencement of the study. Their participation was completely voluntary and without any form of paid stipend. The benefit to each participant was receiving six qi emission sessions at no charge. This form is contained on the following pages.



# Research Study

Informed Consent Form for Participants in a Research Study for:

## Chinese Energy Medicine

**Title of Study:** Qigong: The Ancient Practice Revolutionizing Stress Management and Emotional Balance for Modern Business Professionals  
**Date:** 3/15/2023

Primary Contact:

Craig Cooke, Principal & Master of Chinese Energy Medicine

Craig@csquaredpro.io

Direct: 714.414.2577



4/28/22

Participant

Dear Participant:

Thank you for your interest in participating in this research study. Your participation is highly valued and will contribute to deeper understandings of how the ancient practice of qigong may be beneficial to professionals in the modern world of business. Please read this form as it explains the nature of the study and requirements for participation. If you determine to participate, please sign the agreement section of the form and return to me at your earliest convenience.

Thank you for your consideration and the opportunity to work with you on this research study.

Sincerely,

A handwritten signature in black ink, appearing to read 'Craig Cooke', with a stylized, flowing script.

Craig Cooke

Principal & Master of Chinese Energy Medicine

# INFORMED CONSENT FORM

Please review this form in its entirety. Your signature is required at the end of this form to indicate your agreement to participate in this research study.

## Title Of Study

**Qigong: The Ancient Practice Revolutionizing Stress Management and Emotional Balance for Modern Business Professionals**

## Principal Investigator

**Craig Cooke**

## Introduction

You are invited to participate in a research study aimed at investigating the impact of qigong on the emotional and mental states of business professionals. Before deciding to participate, it is important for you to understand the purpose, procedures, potential risks, and benefits of this study. Please take your time to read this document carefully and feel free to ask any questions you may have before agreeing to participate.

## Purpose Of The Study

The purpose of this study is to examine how receiving qigong treatments along with performing prescribed qigong exercises, affects the emotional and mental well-being of business professionals. Qigong is a traditional Chinese health practice involving gentle movements, breathing techniques, and meditation. Receiving qigong treatments involves sitting or laying in a relaxed state while a qigong practitioner conducts qi emission therapy. By participating, you will contribute valuable insights to our understanding of complementary approaches to managing stress and promoting mental health in the workplace.

## Procedures

- If you agree to participate, you will be asked to complete baseline assessments of your emotional and mental states using standardized questionnaires.
- You will receive one qigong treatment session per week for six weeks from a qualified practitioner.
- Additionally, you will be provided with qigong exercises to perform daily for the duration of the six-week study period.
- You will be asked to complete weekly assessments of your emotional and mental states using the same questionnaires as the baseline assessment.
- You will be asked to keep a daily journal to record a brief summary of how you feel emotionally, mentally and physically (i.e. energy levels) on a daily basis.
- At the end of the study, you will undergo a final assessment to evaluate any changes in your emotional and mental states.

## Potential Risks

Participation in this study involves minimal risks. While qigong is generally considered safe, there is a possibility of experiencing mild discomfort or fatigue during or after qigong sessions. If you experience any adverse effects, you are encouraged to report them to the research team immediately. Qigong is contraindicated for people with Schizophrenia or history of any other psychotic disorder. Also, pregnant women will not be allowed for this study as some of the protocols to be utilized may not be safe for a developing fetus.

## Potential Benefits

Participating in this study may lead to a better understanding of how qigong can positively impact emotional and mental well-being related to performance in the workplace. Additionally, you may experience reduced stress, improved mood, increased focus and enhanced overall well-being as a result of practicing qigong.

## Privacy

Your privacy and confidentiality will be strictly protected throughout the study. Any information collected will be kept confidential and will only be accessible to the research team. Your identity will be anonymized in any reports or publications resulting from this study.

## Voluntary Participation

Participation in this study is voluntary, and you have the right to withdraw at any time without penalty. Your decision to participate or withdraw will not affect any present or future relationship with the researchers or affiliated institutions.

## Contact Information

If you have any questions or concerns about the study, you may contact the principal investigator, Craig Cooke, at [craig@csquaredpro.io](mailto:craig@csquaredpro.io) or by phone at (714) 414-2577.

## APPROVAL TO PROCEED

By signing below, each party represents it has read this Agreement, understands it, and agrees to be bound by it.

### Principal Investigator

By: \_\_\_\_\_  
(Signature)

Name: Craig Cooke \_\_\_\_\_

Title: Principal & Master of  
Chinese Energy Medicine \_\_\_\_\_

Date: March 15, 2024 \_\_\_\_\_

### Research Study Participant

By: \_\_\_\_\_  
(Signature)

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Date: \_\_\_\_\_