

From Sage Philosophy to Magic Medicine Soup: On the Modern Information Water and Its Yin-Yang Principles in the *Zhouyi*

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Abstract

Starting from analyzing the masculine characteristics of WATER in the Book of Changes *Zhouyi*, this paper elucidates that water is the source of life and a symbol of masculinity in Chinese culture. The value of the Water Emperor is also endowed with the medium function of communication between heaven and humanity during witchcraft, divination, and sacrifice. the Yin-Yang principles of the hexagrams in the *Zhouyi* were materialized by Chinese Taoist doctors and utilized the mediating role of the "Water Emperor" to develop into a therapeutic talisman water that combines guidance techniques and medicinal herbs, achieving a perfect transition of water culture from sage philosophy to magical medicinal soup. The article discusses the relationship between Yin-Yang theory and Qigong, as well as the philosophical origins and scientific principles of modern Qigong information water, by tracing back to the cases of talismans water and Qigong in ancient Chinese medical history.

Keywords

Zhouyi; Qigong; Yin-Yang principles; Information water; Medical pharmacy.

1. Introduction

In the head of Chinese classics *Zhouyi*, a classic work that can be regarded as the philosophy of Eastern sages, water displaying its masculine qualities and male symbols. In the writings of later literati, it has been interpreted as the source of life. In the history of Taoist medicine, it was used to develop into a therapeutic talisman water that combines guidance techniques and medicinal herbs by Taoist doctors through the system that balances Yin-Yang. In today's technologically advanced world, China has experienced several waves of Qigong therapy fever. Among them, there are not lacking successful cases of using Qigong information water to treat cancer. Even some scholars have conducted experiments using this water to promote plant growth. Until now, more advanced information water has emerged: enthusiasts of the *Zhouyi* and the Eight Trigrams have invented a bottle drawn with runes on the outer surface. They claim that drinking information water in a cup can treat various illnesses. As the saying goes, treat illness if you have, maintain health if you haven't. This article explores the principles behind it, attempting to argue the relationship between the theory of Yin-Yang and Qigong during the process of water transforming from a magic weapon for nurturing the mind and inwardness in the philosophy of sages to a magical medicinal soup in the medical community in China, and explore the philosophical origins and scientific principles of the modern Qigong information water.

2. Materials and Principles

2.1. Masculine characteristics and the source of life: water imagery in the *Zhouyi*

Although the *Zhouyi* is a book of divination, its hexagrams and lines describe a group of cultural images with rich connotations through vivid language and symbolic writing techniques. Water is one of the important imagery. The Kan and Dui in the Eight Trigrams are related to water and depict two natural phenomena: "flowing water" and "lakes and marshes". The Kan hexagram and its draw lines in the 64 hexagrams have already interpreted and expressed the specific natural phenomenon of "flowing water" as a prototype image with rich cultural significance. In addition, among the 64 hexagrams, there are 14 hexagrams such as Meng, Kun, and Huan that also have water imagery active. The water imagery in the *Zhouyi* either symbolize masculinity and resilience, represent difficulties and obstacles, contain honesty and trustworthiness, or represent perseverance and persistence, carrying the ancient people's concepts and special emotions towards the image of "flowing water", displaying multiple cultural and aesthetic connotations, and having an extremely profound impact on the water imagery in later Chinese literary works.

In the conceptual world of the *Zhouyi*, the imagery of water first displays a masculine quality. According to the *Shuogua* 1, "Kan is water" and "Kan obtained a man through further exploration, so he is called the second son." That is to say, in the Eight Trigrams' symbol system of the "Six Sons of Qiankun", Kan symbolizes the male character. In the category of Yin-Yang in the *Zhouyi*, males represent masculine rigidity. In the hexagram painting of the Kan, both the inner and outer hexagrams' top and bottom lines represent Yin, with one Yang stored in the middle, symbolizing that water is represented by Yin, while the inner contain Yang. The Kan hexagram states: "Repetitive barriers, integrity lies in the heart. Smooth sailing, action is rewarded." It means being robust in one's heart and having integrity to maintain one's ideation. Despite facing danger, one can prosper on their own, highlighting the masculine qualities of being meek on the outside and firm on the inside. Regardless of whether it is flat or difficult, the goal of water is always to move firmly towards the east and low-lying areas, until it joins the sea, reflecting the cultural significance of the image of water endowed with masculine toughness in the *Zhouyi*. In the writings of Chinese literati throughout history, symbolic meanings such as water's masculinity, perseverance, integrity, and natural barriers are also commonly seen, maintaining a consistent connection with the water prototype in the *Zhouyi*.

Water, as a symbol of masculinity, has also been reflected in later literary works. The difference is that the *Zhouyi* emphasizes the masculine nature of water imagery, taking inspiration from the natural characteristics of flowing water, and the focus of later literary works is on water as the source of life. Water symbolizes male, which has also been reflected in mythological stories that emerged after the Warring States period. The water god in those stories is generally male, such as the Xiangjun depicted by the prodigious patriotic poet Qu Yuan, who is the deity in charge of the Xiang River, is a male god.

Chinese ancient myths, history, and classical philosophical texts are all discourse expressions of the prototype concept of water. Moreover, in ancient Chinese mythology, whether it is social struggle or natural struggle, the order of water is a manifestation of social rational order. Dominating the order of water also means possessing the background resources that support the rational order of society. The ancient book "*Guanzi-Shuidi*" proposed the proposition that water is the origin of all things in the universe. At the end of the text, it is written as follows:

¹It is an article from *Yi Zhuan*, an ancient philosophical and ethical work that interprets the Book of Changes. During the Western Han Dynasty, this article includes the "Preface to the Trigrams" and "Miscellaneous Trigrams", which describe and explain the various things symbolized by the Eight Trigrams, and explain the principles and significance of the arrangement of the 64 hexagrams. There are 11 chapters in current version, which were added by Confucian scholars during the Han Dynasty to the content of divination and the content of the Book of Changes of Confucianism.

So, what can be called having everything? Water has everything. There is nothing that can survive without water, and understanding the true sustenance of all things can prove this truth. What has everything is water. So, what is water? Water is the origin of all things and the root of all life. Beauty and ugliness, worthy and unworthiness, foolishness and ignorance, or outstanding talent are all produced by it. So, when a sage governs the world, he does not warn anyone or persuade every household. The key is only to grasp the nature of water.

Water created all things in the universe, thus the ancestors bestowed the value of "emperor" on water. Volume 100 of the Kaiyuan Zhan Jing cites the Book of Han's Five Elements Annals, which states: "Water represents the north and is the ultimate place for collecting all things." The preface to the Annotations on the Water Scripture (Shui Jing Zhu) states: "The Zhouyi states that the heaven births water with the Dao, so the qi is slightly in the north and is the first of all things." The Shuogua Zhuan states: "The Kan hexagram, referring to water, represents the true north and symbolizes the destination of all things. Therefore, it is metaphorically used to describe laboring and overtaxing the mind in low and uneven places." All of these indicate that water is associated with the north due to its meaning of "emperor", and the political order of ancient China was manifested through the spatial orientation of north to south. It is precisely because water was endowed with the value of "emperor" that the medium of communication which the ancestors chose between heaven and humanity while performing witchcraft, divination, and sacrifice, is often associated with water.

So, from a philosophical perspective, based on the cultural characteristics of water's hardness inside of softness, whether it is national management or interpersonal communication, it can be inclusive, integrated, and blended through the same water, playing a role in balancing government functional departments, equilibrating group interests, and coordinating social relationships. In the Eastern philosophical system, it is undoubtedly a sage's philosophical thinking. Confucius, the ancient philosopher, examined minutely the ultimate existence of life itself through pondering on water, with a positive metaphysical attitude. The concept of "the highest good is like water" advocated by China is also one of the most typical manifestations. The meaning is that the highest level of "goodness" in treating people and things, a noble sentiment in Eastern and world religions, and a wisdom related to human civilization, should be like water, able to make corresponding changes with different circumstances in a soft posture, and can also be majestic when necessary. Burst forth with powerful spiritual power. In this philosophical theory that discusses the inwardness, the water of sage philosophy is endowed with advanced functions of healing the soul and elevating the realm of life.

Not only is a good medicine for the inwardness, the water of the sage is but also a divine tool for treating diseases. What has attracted more attention in academic history is undoubtedly the materialization of this noble water culture by Chinese Taoist doctors, who used the mediating role of the "Water Emperor" based the system of Yin-Yang balance, to develop a therapeutic talisman water that combines guidance techniques and medicinal herbs. Guiding techniques use the principles of relieving blockages, promoting qi and water circulation, and replenishing essence and qi, which is now known as the magical Qigong technique. So, how did the metaphysical water imagery and Yin-Yang philosophy in the Zhouyi be effectively reflected in the material level of form and used for clinical treatment of bodily diseases?

2.2. Protecting and strengthening the Yang: Yin-Yang theory and Qigong

The first thing we need to understand is Qigong. Medical Qigong originated in remote antiquity, after thousands of years, has been applied for a distant origin and a long development in the field of medical rehabilitation. Since modern times, with the improvement of productivity and the introduction of modern science, medical Qigong has entered the era of Qigong science. Since the 1980s, medical Qigong has been widely applied as a new scientific and technology in clinical medicine and scientific research field, achieving a series of achievements.

Recent studies have found that Qigong can improve cognitive functions such as executive function, visual space, and attention in patients, and the Health Qigong 12-routine exercise training can improve the cognitive function of patients with MCI. Cao Xuemei applied the theoretical guidance method of taking both body and spirit into account and harmonizing Yin-Yang to explore the clinical ideas of traditional Chinese medicine in treating refractory insomnia from the perspective of TCM theory. Deng Yuzhen concluded through experimental observation that the combination of fitness Qigong Baduanjin exercise and sleep intervention can improve the quality of life, heart function, sleep quality, and reduce the incidence of adverse cardiovascular events in patients undergoing coronary intervention for coronary heart disease. Some scholars suggest that future research can extend the intervention time to better evaluate the temporal effects and the sustainability of the effects. Dr. Wang Haojie proposed to improve the construction of the internal fitness qigong teaching curriculum system, as he believes that fitness qigong is beneficial for promoting the mental health of college students.

Qigong exercise is one of the main technical methods of Chinese traditional health care sports. Its main feature is "three tunes": that is, through people's psychological activities to focus on activity directionally (mind adjustment), body's physical movements corresponding to a certain purpose (body adjustment), and combined with special breathing exercises (breath adjustment) to adjust and exercise the body, so that people's limbs, viscera, and emotions are affected by exercise, and fully absorb the essence of heaven and earth to supplement and nourish the body, so as to improve their disease resistance (immunity), self-healing ability, and thus improve the health level of the body. Qigong originated from the practical process of production, labor, and hygiene of ancient Chinese people, and its theoretical basis originates from traditional Chinese culture and medical concepts, especially the theory of Yin-Yang. It is of great significance to define and divide the names and forms of movements such as inner and outer, upper and lower, as well as movements such as elasticity and lifting, replenishing and releasing, exhaling and inhaling, firmness and softness, entry and exit, contraction and release into Yin-Yang, in order to correctly master the practice techniques and achieve better exercise results.

There seems to be no other athletic sports that can match the requirement for internal control of breathing and breathing guidance in the "Three Adjustments" exercise of Qigong. In his paper *The Concept of Qi in the Study of Qi Lu - Mencius and Guanzi*, Japanese sinologist Seiichi Onozawa described Chinese Qigong as "gymnastics centered around breathing techniques." Modern physiology argues that human respiratory muscles also belong to skeletal muscles and can be innervated by the central nervous system. Therefore, in addition to unconscious breathing (innervated by the vegetative nervous system), within a certain threshold range, people can consciously regulate and control the rhythm and intensity of breathing. Qigong exercise is precisely like this, cleverly utilizing the arbitrariness of breathing and directly intervening in breathing patterns, regulating metabolic processes such as gas exchange between the body and the outside world, oxygen and carbon dioxide ratios in the blood, and achieving many beneficial changes in the internal environment of the body, thereby affecting visceral function and achieving the goal of physical fitness.

In Dec 2017, Professor Tang Nong from Guangxi University of Traditional Chinese Medicine delivered a report at the Forum of Traditional Chinese Medicine Big Health, Elderly Care and Wellness held by the People's Government of Hezhou City, Guangxi. He gave a brilliant discussion on the balanced and harmonious development of Yin-Yang, the Tai hexagram in the *Zhouyi*, and the idea of Strengthening the Yang. He vividly interpreted the imagery of the Tai hexagram and the burning flames, as a wonderful metaphor for the Yang energy of life, and described the existence of life phenomena.

It is a static expression of the two hexagrams of Qian and Kun that the outer and upper parts of the *Zhouyi* belong to Yang, while the inner and lower parts belong to Yin. To reveal the true

essence of Qi, one must also refer to the Tai hexagram, which means that all actions and postures from the inside out, from the bottom up, emitted, and heated should be defined as Yang, and vice versa as Yin. The traditional Chinese medicine Fuyang sect² believes that Yang means rise and initiative, with a warm and promoting effect. The true essence of treating diseases and maintaining health lies in stimulating and protecting for the individual's Yang qi. Yin Yang balance is a guarantee of health, but it absolutely not equals to the equality between Yin-Yang. The relationship between Yin-Yang in the human body is that "Yang governs, and Yin follows". The so-called "Yin calming and Yang secret, mind and spirit were cured" refers to: only when the Yang energy is full and in a hidden and sealed state, can Yin be calm and Yang be secret. Exhaling is Yang, because the exhaled breath is warm, it represents the vivid essence of an individual's life; Inhaling is Yin, because throughout the process of inhaling, all one can perceive is a feeling of coldness, coolness, smoothness, and coolness.

The Qian and Kun hexagrams reveal the relationship between heaven and man (nature and man). Under this definition, the upper part is heaven, the lower part is earth, and mankind in it, conforming to nature is the only way for peace and longevity; The Tai and Pi 否 hexagrams presents the relationship between humans and heaven, which inspires people that conforming to nature should not be passive, but should fully reflect the positive and active side subjectively. Protecting and utilizing nature is just the best protect and strengthen for the Yang. The movement from the bottom, inside to the top, and outside directions belongs to Yang, while the opposite belongs to Yin. Exhalation is Yang, and inhalation is Yin. The Yin-Yang theory deduced by *Zhouyi* proves the importance of human breathing, The fitness benefits of Qigong and Baduanjin can be better utilized by applying the theory of "yin-yang balance".

2.3. A report from the medical Qigong community

From May 13 to September 18, 2018, Qigong scientists organized 52 students from all over China to gather at Suining Health Base³ for the purpose of physical and mental health. Under the leadership of a Qigong teacher, learn medical Qigong theory and practice techniques together, and voluntarily accept individual treatment from the teacher according to needs. They refer to this health base as the Medical Qigong Community, believing that in this community atmosphere, the power of Qigong in healthcare can be fully utilized. As a result, out of 52 students, 25 of them reported a sudden improvement in their symptoms after a single intervention with external qi. After 3-5 rounds of consolidation intervention, 10 of them reported the disappearance of their symptoms. After receiving intervention for 5 minutes, one of the trainees' symptoms disappeared immediately, whose facial nerve paralysis had lasted for 4 days before. Scientists have also proven from other perspectives that external gas is a special type of material (third level matter), which is the material of ultra modern physical spacetime. External qi is a substance on the information level, which not only has no toxic side effects on the human body, but also causes no pain or discomfort to patients during intervention. Among the 52 patients who received treatment, none reported any other toxic side effects such as pain or discomfort. In that experiment, a total of 341 interventions were performed on 52 patients, with an average of 6 interventions per person. The intervention was conducted in an ordinary consulting room and did not require special equipment or facilities, greatly reducing the cost of rehabilitation treatment.

Although Qigong external qi has been used to treat diseases for a long time, it is also known as "spreading qi" (the *Book of Jin: Biography of Medical Formulas and Techniques*⁴). However, it is

²Fuyang sect: means straightening the Yang energy. Fuyang medicine is a complete medical system that encompasses philosophy, theory, and clinical practice. After nearly 200 years of exploration, the Fuyang sect has formed a complete and mature theoretical system, as well as effective formulas and medicines for clinical practice. The principles, methods, and prescriptions of the *Yellow Emperor's Inner Canon* always reflect the idea of "Observe the pathogenesis of diseases discreetly". In clinical practice, Fuyang medicine attaches great importance to Yang Qi, and the theoretical core is to support and protect Yang. As an academic school, Fuyang Medicine has received increasing attention, especially in the past decade when learning Fuyang Medicine has formed a trend.

³Suining: Place name, a county seat in Xuzhou City, Jiangsu Province, China. Located in the northwest of Jiangsu Province and the southeast of Xuzhou City.

⁴the *Book of Jin: Biography of Medical Formulas and Techniques*: it is said that, "those who learn to nourish Qi and have enough Qi can give it to others, which

not widely used in TCM clinic like other TCM treatments such as Chinese medicine, massage, acupuncture and moxibustion, etc. Since the 1980s, there has been a wave of in-depth exploration of traditional Qigong on the land of China, and extensive research and exploration have been conducted on the essence of external qi and its therapeutic mechanism. Scholars have further proposed the three-layer material theory hypothesis, believing that external qi is the third level of material in the universe, which is an objective existence characterized by the overall information of time and space. The practitioner can use the technique of controlling external qi to make the mixed energy change according to the expected instructions of consciousness.

In summary, Qigong is a guiding method that uses spatial information bodies (external qi) as a medium. So, as a medium, what kind of miracle will happen when Qigong and Water Emperor are applied together in the medical field?

3. Magical Information Water

In today's technologically advanced world, China has experienced several waves of Qigong therapy, including successful cases of using Qigong information water to treat cancer. Some scholars have even conducted experiments using this water to promote plant growth. But in China, information water can be traced back to the Taoist doctors' talisman water and Zhu You Thirteen Disciplines, such as Zhang Jiao using talisman water to treat diseases, and the folk using Nine Dragon Water to treat the disease of fish bones getting stuck in the throat.

3.1. The Nine Dragon Dissolve-bone Water (Jiulong Huagu Shui)

The famous case of "Taking Talisman water and Mantra to heal diseases" in ancient China tells the story of Zhang Jiao, the founder of the Taiping Dao, who burned Taoist yellow paper with mysterious symbols and placed it in water to allow patients to drink it for the purpose of curing diseases. He recruited hundreds of thousands of devout believers through this for the Taiping Dao. It is the most common and popular religious medical method in ancient China that taking Talisman water to heal diseases, which is practical and meets the needs of grassroots society. Some scholars believe that it is not religious witchcraft that plays a role, but the result of Zhang Jiao's adoption of the most advanced medical achievements at that time - prescription science and acupuncture and moxibustion. I think those are certain reasons for it. But at the same time, there should also be the therapeutic effect of Qigong. Just like the more mysterious Zhu You technique⁵, which is considered by most scholars as a guiding technique, the ancient Qigong therapy, whose principle is to "Transform essence and transfer qi". So, what Zhang Jiao used was essentially "a complex mixture of religious witchcraft and medical technology, undoubtedly within the scope of ancient Qigong therapy."

So, what about the Nine Dragon Water that can dissolve the bone? It is a commonly used folk technique in the Zhu You technique specifically used to treat fish bones and bone stuck in the throat. Many elderly people mastered this small spell, because ancient Chinese people also had to eat fish, and eating fish may cause the fish bones to get stuck in the throat. At that time, there was no Western medicine, so what should they do? Only Nine Dragon Water is available and capable. The production process only requires finding a bowl of clean water, pinching the Three Mountains Secret⁶ with the left hand and holding the water bowl, making Sword Shaped

is called the transmission and distribution of Qi." This means that those who have achieved success in practicing Qi can transmit Qi to others.

⁵The thirteen branches of Zhu You: Throughout history, the traditional Chinese medicine system has had a Zhu You pulse. In the Tang Dynasty, the Imperial Medical Office was divided into four departments, and in the Ming Dynasty, the Imperial Hospital had thirteen medical and technical departments, all of which included the Zhuyou Department. Zhu is a curse, and You is the cause of illness. Zhu You Shu is a method of using talismans and mnemonics to treat diseases, usually without or with minimal medication. People who can perform blessings are usually highly respected. The learning methods are often taught orally by the master with his disciples.

⁶Three Mountains Secret (Sanshan Jue): one of the Taoist protective spells. Different Taoist schools or magical systems may vary slightly, but generally to

Gesture with the right hand fingers (Figure 1), drawing symbols on the surface of the bowl, while reciting spells. After drawing, let the patient drink the water. Once the water is finished drinking, the fish bones will disappear. Some folk people have shared the secret to making potions:



Figure 1: The Three Mountains Secret

Step 1. Take a piece of paper and draw four characters on it: 青龍入井. The secret is that before writing each word, you must first draw a character 鬼 on the left side, drawn as 鬼青, 鬼龍, 鬼入 and 鬼井.

Step 2. Light the paper and put it into a bowl, then rinse it with warm water. Half a bowl is enough. Hold the bowl with your left hand and draw on it with your right index finger: 鬼青, 鬼龍, 鬼入 and 鬼井. After writing, circle three times above the bowl with your right finger. Tell him to drink the water from the bowl. Be sure to keep in mind.

Step 3. While you drawing with your index finger above the bowl, repeat the four words using the pronunciation "Qing, Long, Ru, Jing" silently seven times in your abdomen.

Step 4. Let the patient drink the water from the bowl. Ask immediately "still have it or not" as soon as he/her finished drinking the enchanted water. The patient must answer "not". This must be explained before casting the spell, otherwise, if he doesn't know how to answer or answers incorrectly, it will fail.

Among them, the character 龍 must be in traditional Chinese, and the person who implements witchcraft must stand facing east. It is said that a person who able to operate this method can eat bamboo sticks and iron nails without getting stuck. The Nine Dragons Water is widely circulated in various parts of China, and the pithy formula used during preparation varies, but the effect is the same. Of course, we are not sure if reciting the pithy formula in English will be effective. The Nine Dragons Dissolve-Water is obviously also a type of talisman water. Drawing talismans and reciting spells above clear water are all used to create information water.

3.2. Qigong Information Water

Qigong treatment of diseases cannot be separated from external qi of Qigong. The so-called external qi of Qigong, is aimed at the internal qi. The release of external qi in Qigong refers to

straighten the left thumb, index finger, and tail finger, in a three finger tripod shape, with the middle and ring fingers naturally bent in the palm of the hand, and then the thumb and ring finger facing each other.

the conscious mobilization of internal qi in the body by practitioners of Qigong, and the concentrated release of internal qi from a specific acupoint or part of the body through the mind. This kind of qi that emits internal qi out of the body is called Qigong external qi. So, internal qi is the foundation of external qi. Without internal qi, there is absolutely no external qi. It can also be said that external qi is a reflection of internal qi outside the body, but this transformation is conditional. As long as one persists in practicing Qigong, everyone can obtain it. Having sufficient internal qi and providing mental guidance is necessary for it to be released outside the body. The more abundant the internal qi, the greater the energy released.

Medical Qigong is an important part of traditional Chinese medicine, which is the foundation and essence of traditional Chinese medicine. Bian Quanzhi has proven in long-term clinical practice that the use of medical Qigong in the treatment of tumors is practical and feasible. A patient diagnosed with the cauda equina neuroma in his sacral experienced significant pain relief after receiving a course of acupoint qi therapy. He was able to stand on their own and walk short distances, not similar to the treatment diagnosis and effectiveness he received in the hospital before at all. It looks like two different people. After the second course of treatment, and the patient's lumbosacral and inner and outer thighs had been painless. Going for MRI examination again, the conclusion was that the cauda equina neuroma has disappeared and has been cured.

The external qi released by Qigong practitioners in their functional state can treat diseases. Scientists have created information therapy devices that simulate the principle of Qigong practitioners releasing external qi, which can also treat certain diseases. Therefore, they envisioned that the substance receiving Qigong information may have the same effect as a simulator, and invited two Qigong masters, Zhao Guang and Zhang Yu. Then feed mice with the information water which after the external qi of Qigong, and observe the effect of information water on the immune function of spleen lymphocytes in mice. The results showed that the percentage of Ea in spleen lymphocytes significantly increased after the action of Qigong "information water", and the information effect in mice reached its peak in just one day. And the information can last for three days in the body.

Information water is the product of the external energy emitted by the Qigong practitioner's Laogong acupoint or sword finger acting on water. It has been proven that the external qi of a Qigong practitioner not only contains electric fields, magnetic fields, infrared radiation, infrasound waves, and microwaves, but also can alter the structure of water molecules, leaving behind material information such as magnetic fields and infrasound waves in the water. Chen Ming and others used instruments such as the Shimadzu RF-540 fluorescence spectrophotometer from Japan, the Beckman DU-7 ultraviolet/visible spectrophotometer from the United States, and the Fourier transform infrared spectrometer to study liquids such as double distilled water, physiological saline, and glucose sodium chloride solution after Qigong exertion. They found that external qi can cause changes in these liquids.

Chinese scientists have studied the effects of information water on the physiology and biochemistry of shiitake mushrooms, proving that it is possible to apply Qigong in biological development. Hu Wenbo and Li Junming found that in the shiitake mushrooms soaked in information water, some of them were unusually large in shape, with the largest cap diameter reaching 21cm and weighing 612g. There was a clear phenomenon of the stem becoming shorter, thicker, and their mushroom umbrella easier to be opened. They believe that information water plays a role in transmitting and transforming energy during the growth process of shiitake mushrooms, leading to a series of beneficial physiological effects in their growth. It can not only stimulate buds and increase yield, but also change the product shape and fruiting body orientation of shiitake mushrooms. Directional brown stripes appear on the shiitake mushroom cap, and the mushroom body also shows obvious orientation. Moreover, the longer the Qigong master works, the greater the amount of various information in the

information water. And, the longer the retention time, the more significant the effect on mushroom bud and growth promotion.

3.3. Modern Information Water

After understanding the ancient Chinese medical symbols water and Qigong water, let's take a look at the emerging information water now, perhaps it is easier to understand the principles behind it. In recent years, more advanced information water has emerged: enthusiasts who love the gossip of *Zhouyi* have invented a bottle drawn with runes on the outer surface. They claim that drinking information water in a cup can treat various illnesses. As the saying goes, treat illness if you have, maintain health if you haven't.

There is a model of the bottles, called Taiqing Lingbao Zun, integrates the Yin-Yang principles of the Eight Trigrams in the *Zhouyi* with the function of talismans, perfectly realizing the convenience, just like a portable medicine box, allowing people to drink information water anytime and anywhere without the need to personally master difficult to recite spells. The upper and lower edges of the bottle are surrounded by the Qian, Kun, Zhen, Xun, Kan, Li, Gen, Dui, forming a symmetrical closed loop. The bottle body is engraved with four Taoist spiritual talismans, and the bottom of the inner layer of the bottle is engraved with a Taiji pattern. The inside of the lid is engraved with the word "Amnesty Order" using laser carving technology, with Yang in Yin and Yin in Yang. Yin-Yang combine, and everything is in order. Drinking water from this bottle can cure illness and alleviate misfortunes, achieve one's dreams, and even make the partner of a heartbroken person change their mind.

Moreover, in addition to combining the principles of Yin, Yang, and Eight Trigrams to create information water containers, similar methods have also been developed in other cultural fields, but the principles are the same as those for making talismans water. For example, the Guanyin Living Water Cup printed with Buddhist scriptures (bringing unexpected luck and health), the Incantations of the Great Mercy (Shurangama Mantra, Medicine Master Mantra, Heart Sutra) Water Cup (customized according to needs), and the Huang Daxian invitation on behalf Crystal Cup are increasingly being accepted by the general public as modern information water. However, for believers, the lack of the process of on-site perform spells by the Master Daoist or Monk may result in not all the water in those containers having such effective therapeutic effects. From this, it can be seen that early talisman water and Qigong information water still had psychological implications and magical categories that could only be treated by spells. But overall, in the spirit of scientific experimentation to explore its inherent laws, and through repeated practice of this ancient and magical treatment method, I believe that information water can be harnessed and applied to the field of rehabilitation treatment, and it has enormous development, research, and practical value.

Disclosure of Interest:

The author declares that No conflict of interest exists.

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