



Prof. Dr. med. Henry Johannes Greten
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Concern: Letter of recommendation

Chengdu, September 25th, 2005

To whom it may concern

Prof. Dr. med. Henry Johannes Greten is known to me since 2000, as he came to our faculty in Chengdu for scientific exchange and lectures. He was already a known scholar of Chinese Medicine and had some 18 years of Qigong practice at that time. He was seeking for further education in high-level qigong.

Due to his superior understanding of Chinese Medicine and the laws of the flow of qi, he made quick progress within the techniques shown to him. As he is the discoverer of the Heidelberg Model, he could quickly analyse the techniques and make good therapeutic usage of the exercises, thus achieving quickly what takes others years.

Qigong, according to traditional understanding, leads to harmony of man and is regarded as a therapeutic means as well as an access to new cognition. Greten's theory of the four-layered ontology, a neurophysiologically based theory of psychobiology and the foundation of PTTTCM, finds new ways to explain the beneficial effect of the exercises.

This includes their function as a traditional biofeedback method, of conditioning the vegetative nervous system, thereby reducing irritation of limbic functions, and therefore reducing emotional overflow. These effects may be useful to deblock impaired psychological self-healing mechanisms and to make subconscious inherent knowledge accessible.

This theory is currently investigated by a group of scientists from Sweden and the Max Planck Institute in Leipzig in cooperation with Greten.

Mr. Greten is well-respected by his Chinese colleagues, known to be extremely competent in TCM, and to be a warm-hearted, polite, and reliable fellow. It is a joy to work with him. May his combined east-western medical knowledge contribute to the further improvement of our understanding of TCM, and may people like him build bridges to link our continents. May he continue to teach qigong on this superior level.

Mr. Zhang Chigong
Qigong Master

张志刚