



# L I N G G U I

## International Healing Qigong School

www.lingui.org

Summer-Fall 2007

### ONE YEAR QIGONG TUINA TRAINING PROGRAM BEGINS NOV. 17/18, 2007

**This one-year program is designed for health care practitioners or Qigong students who want to develop and strengthen their healing capacities and/or sharpen their Qigong teaching skills. This course offers powerful Qigong TuiNa techniques that can be used throughout your life to heal yourself as well as helping clients.**

#### Workshop topics:

#### Women's Health

**Taoist method of Women's Nei Dan.**

**The picture of cultivating the Purity for Women includes the description and theory of moon phases and the Conception Vessel and Governor Vessel. Practical technique of Hundred birds Returning to their Nest, addressing gynecological and emotional issues.**

*(cont. on pg. 2)*

### Healing with Sound

From the inception of the matter universe, sound has been used to create and change physical form and has provided a means for healing both body and spirit. All animals have the use of sound to express and communicate and we naturally emit different spontaneous sounds that help to heal and soothe. The crying sound of sadness, the laughter of joy, the moaning of sickness, or the cooing of a baby; all comes from within.

Ancient practitioners understood the ability of sound to transform the body and spirit. Today, tribal shamans still chant and sing their healing songs and "blow" away sickness. Spiritual adepts from both the East and West use the chanting of mantras and sound to cleanse and purify the mind and body. The use of mantras, chanting, and the intoning of specific syllables creates sound waves that vibrate in the physical body to nourish and heal as well as going out into the universe to nurture other parts of life.

The practice of the *Six Healing Sounds for Nourishing Life* has an ancient history that extends back to at least the third century, B.C. There are records of the use of healing sound practices since the early Qin Dynasty, dating to 207-221 B.C. During the Sui Dynasty (590-618 A.D.), Zhi Zhuan, a high priest of Tiantai Buddhism, revealed the potential of the healing power of the Six Healing Sounds. The Six Sounds were recorded as *Xu, Ke, Hu, Si, Chui, and Xi*.

*Six Sounds Therapy* is one of the most powerful healing techniques from ancient China and has been further developed in the Liu family for generations.

Sun Si-Miao, an expert in Chinese Traditional Medicine during the Tang Dynasty (618-906 A.D.), wrote that the Six Sounds correlate to specific organs and in Traditional Chinese medicine (TCM) the emotions are related to the five organs. The negative emotion of the liver is anger, the heart experiences over-excitement, the spleen relates to anxiety and worry, the lungs express sadness and the kidneys hold fear. Emotions lead to negative thoughts that send that negative information throughout the body, initiating disease and illness.

We can manage our emotions through healing sound. External sounds such as listening to music or the tones of musical instruments can have great effect on us internally, although this is less direct and not as long lasting as sound that originates within us. When the sound is generated from inside of us, the vibrations are more direct and more powerful.

The Six Sounds used in Six Sound Therapy, *Xu, Ke, Hu, Si, Chui, and Xi*, resonate with the organs and have been used for thousands of years to harmonize the internal organs and their spirits with the universe. When the five organs are vibrated by these sounds, negative emotions are gently released and the qi in the organs that has been tied up in these emotions is restored to a positive state. We feel brighter and lighter inside and our negative thoughts are replaced by positive thoughts. This is how emotions heal.

(cont. from pg. 1)

# Public Workshops 2007-2008

## Taoist Medicine

Special TuiNa techniques for the cervical vertebra

Taoist theory of He Tu and Luo Shu. The Method of integration, Nine Temples and Ba Gua, with pointing techniques.

Diagnosing Method, Distributing Qi Method and Delivering Qi Method. Mudra and Mantra Method of healing.

## Ophthalmology Hammer Therapy)

The relationship between Five Wheels and Five Brains. Emotions and ophthalmology Hammer treatment method of the Three Yin and the Three Yang Meridians. Wheel of Light Qigong (Taoist Method to clarify the eyes).

## Special TuiNa Techniques and Cancer. (visit website for further details)

The year long program is comprised of four study weekends: Nov. 17/18, 2007. Jan . 26/27, March 15/16, May 10/11 2008. plus a summer retreat July 16-20, 2008.

The cost of the program is \$1950 per year. For additional program information or to register, please contact Polly Maliongas at [info@linggui.org](mailto:info@linggui.org), or 503-380-5814, 206-817-4117.

## Hui Gong for the Kidneys – Sept. 22/23, 2007 - Seattle

Hui Gong's ultimate purpose is to develop wisdom, deepen the intuition, and enhance one's potential by bringing the mind and heart into tranquility through cleansing and purifying the vital organs and harmonizing the spirits of the organs. When our bodies are stressed the heart fire rises to the brain, causing inability to focus and concentrate, mental nervousness, and short-term memory problems. When the kidneys are strong we have clarity of thought, intelligence and wisdom - and the willpower to act on the dreams and ideas in our hearts.

## Six Sounds Therapy – November 10/11, 2007 – Seattle

Six Sounds Therapy is one of the oldest Qigong methods in China. While bringing the mind into powerful harmony with the Qi, students will learn how to stabilize the five emotions through the sounds and movements of each organ system. It is a good Qigong method for promoting personal health and well-being. See article on page one.

## Turtle Qigong TuiNa - November 17/18, 2007 – Seattle

Turtle Qigong TuiNa for the Abdomen - In Taoist medicine, the abdomen is the foundation for generating qi and blood for the five solid organs and six hollow channels, and is considered our second brain. The organs and hollow channels develop from the umbilical cord. By performing Turtle (a symbol of longevity and spirituality) Qigong TuiNa on the abdomen, a higher self-healing is initiated. This self-healing addresses: depression, anxiety, insomnia, digestion issues, urinary difficulties, sexual dysfunction, and/or gynecological imbalances. This workshop will also include healing protocol for low back pain.

## Taoist Medical Qigong TuiNa - January 26/27, 2008 – Seattle

This workshop will focus on Taoist Medical Theory emphasizing the teachings of He Tu and Luo Shu. The following healing methods will be taught: special TuiNa techniques for the cervical vertebra, general mudra and mantra healing, integration of nine temples and the Ba Gua -with pointing techniques. Diagnostic, distributing and delivering Qi methods.

## Jade Woman Qigong - February 16/17, 2008 - Portland

A powerful method of healing that addresses the special needs of a woman's body. It helps to increase the blood, nourish the liver, and assists in healing both physical diseases and emotional imbalances. It is a beautiful, feminine form that is very effective in reducing weight and treating problems related to gynecology and menopause.

## Jade Body Qigong (Healing for the Spine) – April 12/13, 2008 – Seattle

According to the *Nei Jing- The Yellow Emperor's Classic of Internal Medicine*, "...hundreds of illnesses come from damage to the spine." Exercising the spine promotes good health and the recovery of health when diseases are present. When practicing this form, which focuses on the spine, you can improve metabolism, immune system and heal the spine.

**Workshop times: Saturdays 1:30-6:00pm & Sundays 9:00am-3:30pm**  
**Tuition for each workshop: Qigong Workshops: \$225 Qigong TuiNa: \$275**

As space is limited, please register early. For registration, please visit our website, [www.linggui.org](http://www.linggui.org), contact us via phone (503)-380-5814 & (206)-817-4117 or email [info@linggui.org](mailto:info@linggui.org).

## Ling Qui China Trip - 2007

Our journey began in Kunming, the City of Eternal Spring, in the Yunnan Province of China. We stayed three days to adjust to the altitude that is 4000 feet above sea level. One day we visited the Cancer Research Center and studied with volunteers who practiced XiXiHu as part of their cancer cure. We also visited the Park of the Minorities (Yunnan has 37 different ethnic groups) and Dr. Liu taught the group Hui Gong for the Heart.



Leaving Kunming, we traveled to three different monasteries: Buddhist, Taoist and Tibetan Buddhist. Traveling by bus, we arrived at the Buddhist monastery on JiZu Mountain. We meditated, hiked, and conversed with several monks and practiced qigong. Then we boarded the bus and traveled to visit a Taoist monastery on Wei Bao Mountain. Here we studied with a Taoist Nun to learn about qigong for women and a qigong form called Nu Dan Qigong. The next two days we studied with a famous Taoist monk who is the 12<sup>th</sup> student of the form, Great Dipper Qigong. For the last monastery, we made our way to a Tibetan Buddhist monastery. Here we were fortunate to meet the Living Buddha as he is not always in residence. Each of us, individually, received a blessing from him.

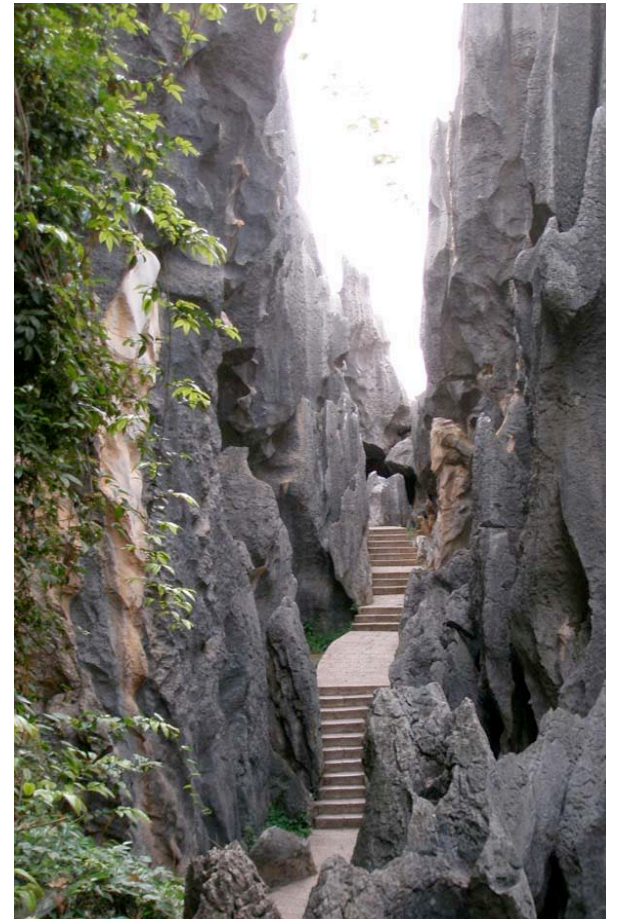


Our trip ended at the Stone Forest, a magnificent landscape of jagged stones. The bus rides through the Yunnan Province were beautiful....mountains, rivers, farmland and small towns, all under sunny skies. We even ventured into a few markets to try our skills bargaining for souvenirs. It was a wonderful trip with many experiences, planned and spontaneous, that we will always remember.

*Please check the China trip link on our [Linggui.org](http://Linggui.org) website for more pictures and memories of other students (soon to come).*



*XiXiHu at Cancer Research Center*



*Stone Forest - China*

# New Training Program

Our Self-Cultivation and Teacher Training Program will begin April 2008. This two-year program is designed for all people- regardless of level or experience- to develop or strengthen their foundation in Qigong. This course offers techniques for those who want to focus on their personal health and to prepare those who also want to share their Qigong experience through teaching. Students learn the history of Qigong and the basic theories of Chinese Medicine- the concept of yin and yang, the five elements, organ systems, meridians and much more. Ancient philosophical ideas are discussed that are basic to recovering and protecting good health. Those who wish to teach may seek teaching certification at the end of the first year in two of the Liu Family methods. An additional three forms are available for teacher certification at the end of the second year.

The cost of the program is \$1600 per year. For additional Program information or to register, please contact Polly Maliongas at **info@linggui.org, or 503-380-5814, 206-817-4117.**

Summer Retreat

July 25 – 29, 2007

Deadline for registration/deposit  
June 30, 2007 (Space is limited)



## Student Corner

*My experience as a student of Ling Gui for the three last years has been life- changing to say the least. Practicing Qigong has helped me transition through a difficult life situation with grace and equanimity. Every class has been worth the time and expense of traveling from Montana. Master Liu He and Dr. Liu Dong are exceptionally qualified teachers of Qigong and individuals of the highest integrity. Their untiring mission to share their knowledge with as many students as possible is commendable. I have the utmost respect for them as teachers and individuals. Thank you!*

– Michele, Senior Teacher Program



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### Liu Dong Methods include:

Jade Body – Healing For the Spine  
Jade Woman – Healing for Women  
Jade Leaves – Healing for the Eyes  
Sleeping Buddha – Healing Insomnia  
Hulu Gong – For the Immune System  
Ling Gui – Benefiting Arthritis  
One Thousand Hands Buddha  
Blue Meditation Qigong  
and many others