

Welcome!

Thank you for your interest in the Ling Gui International Healing Qigong School. In the 21st century, interest in Qigong as a powerful healing and personal cultivation practice continues to rise. World travel and multi-cultural awareness, the increasing demand for holistic healing practices in medicine, and the active role people are taking in their own healing, require that Qigong cross the centuries from its origins in ancient China to become a respected modern practice. Now Qigong is studied around the world for its profound capabilities.



Master Liu teaching Hu Lu Gong

My family, the Liu family, invites you to study Liu Dong's Method — our family Qigong, handed down and developed over generations, as well as other, long respected, traditional methods which have also been enhanced through our family's traditions.

Liu Dong's Method

Liu Family Forms

One Thousand Hands Buddha
Qigong of the Sun
Moon Meditation
Six Steps for Projecting Qi
Jade Leaves Qigong

Jade Woman
Sleeping Buddha
Pu Sa Qi Gong
Blue Meditation Qigong
Hu Lu Gong

Jade Body
Ling Gui "Spiritual Turtle"
Small Celestial Circulation
Yang Tai Gong
White Crane Qigong

Classical Forms

Eight Treasures
The Five Animals

Six Sounds Therapy

Yi Jin Xi Sui Jing

The Ling Gui International Healing Qigong School provides an opportunity to discover and cultivate Qigong in your own life. During this intensive and rewarding course of study and personal practice, you have the opportunity to find health, spiritual connection and insight into your own true nature.

We invite everyone, beginners and intermediates as well as advanced practitioners, to join the Healing Qigong Self-Cultivation & Teacher Training Program. During the school's opening years, Ling Gui has welcomed Qigong, Taiji, and Yoga teachers, Medical Doctors, Acupuncturists, Massage Therapists, and Chiropractors, as well as many people for whom Qigong is an entirely new experience.

In addition to the School Program, workshops on individual Qigong forms are hosted throughout the year by Master Liu He, Dr. Liu Dong, and instructors certified by the Ling Gui International Healing Qigong School. To receive updated information on available workshops or to request a workshop for your group, please contact us. We welcome your inquiries to the following: info@linggui.org, (503) 380-5814 or (206) 817-4117. Please visit our website at www.linggui.org.

Thank you for considering the Ling Gui School. Whatever your path, Qigong enhances your life and brings many new possibilities.

With warm regards,

Master Liu He
President

Healing Qigong

An Overview



“What is Qigong? When students ask this question, I tell them – You can’t fit Qigong in a box. Qigong is as large as nature, mysterious and full of surprises.”

Master Liu He

Qigong (pronounced *chee gong* and occasionally spelled “chi kung”) is a modern term, coined in the last hundred or so years to describe practices that work with energy through movement, breathing techniques and meditation to improve the quality of life. Tai chi, the martial arts, Zen Buddhism, and even yoga are all types of Qigong practice.

Energy work is one of the roots of Chinese medicine. The Chinese ancients, Taoists, Buddhists, and thinkers of all sorts, asked the question that people have asked through time — How can we improve the length and quality of life? In seeking answers, they investigated the cycles of nature — the rising energy of spring diminishing in autumn, the promise of morning followed by the waning light of evening — enduring patterns that could be seen to repeat as energy ebbs and flows, always moving, always flexible, always responding. Seeing humans as part of nature’s design, the ancients found ways to enhance the connection with nature, to live in harmony with nature’s rhythms and enjoy the power and strength of that harmony.

Qigong takes us back to nature’s rhythms. Today, as modern life draws us farther and farther away from the natural world, we know that we feel better visiting the ocean or hiking through the forest but don’t always know how to bring that good feeling into our everyday lives. Qigong is just such a bridge, a practice, a philosophy of life, and techniques to reawaken our life energy in harmony with the world around us. Too often our minds are so busy chasing the world’s tasty offerings that we leave our bodies far behind, struggling to catch up and, finally, crashing, leaving us vulnerable to disease and disability.

Healing Qigong, or medical Qigong maintains the closest ties to Chinese medicine, addressing energy blockage in the body and seeking to improve health and well-being by releasing blockage. Through practicing the movements of Qigong forms, we slow down our bodies, reconnect the mind and body and begin to find peace and quiet and reawaken our own healing capabilities.

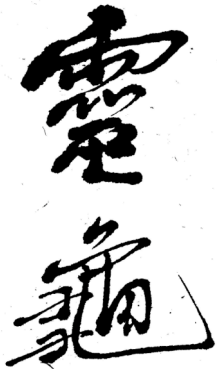
The Liu family tradition is healing and medical Qigong. Forms in Liu Dong’s Method are designed to address particular health concerns — e.g., Jade Body works to increase the health of the spine, the pillar of the body, through stretch and release that allows energy to flow freely again; Jade Woman focuses on the particular physiological needs of women’s bodies, improving gynecological health and fertility; Jade Leaves works on the eyes and Sleeping Buddha addresses insomnia while Six Sounds Therapy heals the six organs and balances the emotions. Each form is a gift, full of possibilities and mysteries, to be savored and studied, discovered and rediscovered.

Healing Qigong is empowering. As Master Liu says, “Who knows your body best? Who is your best doctor? You are, you, yourself.” Every person is different and every Qigong form reacts differently on each person so learning forms is a wonderful process of discovery – finding out how each form fits one’s own body, which forms resonate best, how each new form brings new insights into all forms, how practice changes every aspect of one’s life, not just the physical, but the emotional and spiritual life as well.

The most important means of receiving Qigong’s many benefits is practice – practicing the forms and practicing bringing Qigong into our lives through a philosophy of moderation and stability.

Ling Gui Healing Qigong

The Program



LING GUI Spiritual Turtle

Turtles are revered for stillness and calm, for peaceful breathing and their longevity. To be a spiritual turtle is to be in harmony with the Qi of the universe.

Through practicing Qigong we open to the universe. As we rediscover our own nature and our place in the patterns of the natural world we awaken our own innate healing capacity.

The Ling Gui School name honors the turtle and our graduates, certified teachers and healers entering the world as spiritual turtles.

calligraphy by Wang Gongyi

Initial Program

Healing Qigong Self-Cultivation & Teacher Training Program –

Two Years

The two-year program is designed to offer techniques for people who want to focus on their personal health and to prepare those people who also want to share their Qigong experience through teaching.

Students learn the history of Qigong and the basic theories of Chinese medicine — yin/yang theory and the theory of five elements — as well as the organ systems, the important meridians, pathways for Qi, and significant acupoints. In addition to medical theory, important philosophical ideas are discussed, ancient ideas that are fundamental to recovering and protecting good health.

Movement is, of course, an important part of the study, essential to the first lessons of Qigong — quieting the mind, joining slow movement to slow breathing, calming the mind so body and mind can rejoin in peace and the body can open to the energy of the universe.

Students learn to gather and store Qi, to create reserves that protect us when life is less than simple and, later, to guide Qi to release blockages.

Advanced Study

Healing Qigong Senior Teacher Training Program – One Year

Continuing the study of the basics of Chinese medicine, students study diagnostic concepts and principles, practicing in the classroom, and continue to awaken their awareness of energy and energy blockage in themselves and others. Building on the experience of guiding Qi, students learn to project Qi and to protect themselves by ensuring important reserves within themselves and to prescribe routines from the forms in Liu Dong's Method for particular health concerns. Practice teaching continues as well.

Healing Qigong Master Program – Three Years

During the first two years students continue learning healing Qigong forms and theory, concentrating on spiritual development and deeper Qigong practice. Continuing their teaching practice they act as apprentice teachers in small group practice during Ling Gui classes and public workshops.

The third year is devoted to continuing practice, both self-cultivation and working with others.

Healing Qigong Self-Cultivation & Teacher Training Program Curriculum

Year One: Developing a Core Practice Capturing Qi

Harmonization: Heart-Mind

Through studying Qigong theory and practicing several Qigong forms, students learn to gather and cultivate Qi. Students also gain an understanding and appreciation of the mind/body relationship, resulting in physical, emotional, and spiritual awareness and a deeper connection with the universe. Blocked Qi is released and an abundance of Qi stored in the Dan tian.

Theory:

- Introduction to the Four Principles of Taoist Philosophy
- Theory of Qi
- Theory of Five Elements
- Five Toxins of the Heart
- Self-healing Breathing Methods
- Influence of the Cycle of the Moon on the Human Body
- Seven Sacred Doors in Qigong Practice
- Qigong and Women
- Introduction to the Five Ancient Qigong Schools
- Ethics in Qigong Practice

Practice:

- One Thousand Hands Buddha, *Discovering the Innate Noble Heart.*
- Eight Treasures, *12th century method building strong bones and flexibility.*
- Jade Body, *Opening the spine and healing spinal problems.*
- Jade Woman, *Purification for the blood and liver; healing female diseases.*
- Hui Gong Level I, *Healing the Heart.*

Additional Forms: One or more forms, may be substituted or added at the Instructor's discretion during the two-year program, depending on the students' progress.

Year Two: Deepening the Core Practice **Guiding Qi**

Harmonization: Mind-Energy

Students study energetic relationships within the human body and learn to guide, transform, emit, lead, vibrate and control Qi. As a result, students are able to stabilize the seven emotions and bring their minds into a powerful harmony with their Qi.

Theory:

- Three Processes of Qigong
- Three Responses of Practicing Qigong
- Three Secret Methods of Self-protection
- Relationships between Emotions and Sounds
- Ethics of Teaching Qigong

Practice:

- Six Sound Therapy, *Healing the organs and balancing the emotions.*
- Ling Gui “Spiritual Turtle,” *Tonifying the kidneys and healing arthritis.*
- Sleeping Buddha, *Healing insomnia.*
- Hui Gong Level II, *Healing the kidneys.*

Additional Forms: One or more forms, may be substituted or added at the Instructor’s discretion during the two-year program, depending on the students’ progress.

Additional Option: Two week study program in China

Healing Qigong Senior Teacher Training Program

Curriculum

Cultivation of Healing Energy Projecting Qi

Harmonization: Energy-Healing Power

After completing the Initial Program, students enter an intensive, one-year program to deepen their understanding of Qigong Theory as it applies to healing; learn Qigong theory for advanced self-protection and recharging energy; and begin the study of Differential Diagnosis of Energetic Principles. While gaining valuable clinical experience in the classroom, students learn how to prescribe Qigong routines for particular health concerns continuing their study of forms learned in the Initial Program

Theory:

- The Invisible Needle Theory and Application
- Three Fundamental Methods of Removing Murky Qi
- The Aura Color and its Healing
- Four Keys to Healing
- Four Processes for Treatment
- How to Develop your Healing Capacity
- Hammer Therapy
- Healing through Colors
- Internal Alchemy
- Qigong and the Eyes
- Ethics of Teaching and Healing

Practice:

- Six Steps for Projecting Qi.
- Blue Meditation Qigong, *Tibetan Lhama Qigong*.
- Yang Tai Gong, *Jade Woman 2; Tonifying the female body and procreative organs*.
- Jade Leaves Qigong & Hammer Therapy, *Healing eye diseases*.
- Tui Na, *Qigong Massage*.
- Hui Gong Level III, *Activate the yuan shen (the original spirit)*.

Additional Forms: One or more forms may be substituted or added.

Additional Option: Two week study program in China

Healing Qigong Master Program Curriculum

Cultivation of Healing Energy Healing Qigong Master Certification Focusing Qi *Harmonization: Intent-Mastery*

The Healing Qigong Master Program cultivates a very deep level of Qigong. After the Initial Program and the Senior Teacher Training Program, students in the Master Program undertake a three year course: the first two years continue intensive study of forms and theory as well as providing clinical diagnosis and teaching apprenticeship opportunities in Study Weekends and Retreats. Students clarify their focus in Qigong, gaining an increasingly profound understanding of the effects of Qigong, and sharpening their healing and teaching skills with Masters Liu He and Liu Dong. The third year is devoted to self-cultivation and continuing practice, with a summer retreat celebration.

Theory:

- Three Processes to Develop Celestial Circulation
- Internal Alchemical Processes Between Men & Women
- Qigong Emission
- The heart-kidney and thought-will (yi-zhi) relationships.
- The role of the kidney soul (zhi) in relation with the organs.
- Presentation of the four stages in cancer treatment from the physical and psychological standpoints.
- The influence on breathing of the kidney-lung relationship and emotions.
- Research presentation: the effects of qigong on the eyes.
- Qigong for the children & Elderly.
- Advanced Qigong Prescriptions.

Practice:

- Small Celestial Circulation, *Guiding Qi through the Ren mai and Du mai.*
- Big Celestial Circulation, *Guiding Qi through the twelve meridians.*
- Xi Xi Hu Qigong, *Qigong for the Elderly.*
- The Five Animals, *Qigong for Children.*
- Feng Shui Methods, *For harmonious living environments.*

Additional Forms: One or more forms may be substituted or added.

Requirements, Study Plans & Outcomes

Healing Qigong Self-Cultivation & Teacher Training Program

Program Entrance Requirements: An interest in pursuing Qigong studies. Students are welcome from all levels of experience.

Study Plan: During each year students meet for four Study Weekends and a five-day Summer Retreat to study new forms and theory and review past work. Between Study Weekends is a time for personal practice and practice in small, local groups, a time that students begin to discover the best way to develop with the form. Each form brings new insights into the Qigong practice enhancing the understanding and progress with all forms. Practice journals are encouraged as a valuable reference, a record progress, questions, and triumphs.

Students who plan to become Qigong teachers submit summaries of their practice hours at the time of certification. The following are the outcomes and requirements for teacher certification.

First Year Outcome: Upon completing the requirements listed below, students may apply for certification to teach one form approved by the School. Students may delay seeking certification until the end of the second year.

- ◆ Completion of all Study Weekends and the Summer Retreat
- ◆ 100 documented practice hours and one year of practice for the form you choose for certification
- ◆ A two-three page essay on your Qigong experience
- ◆ Demonstration of the Qigong form
- ◆ Certification fee

Second Year Outcome: Upon completing the requirements listed below students are eligible for certification to teach three additional forms – a total of four forms during the two-year program. Students may wait until the end of the second year to seek certification for all four forms.

- ◆ Completion of all Study Weekends and the Summer Retreat
- ◆ 100 documented practice hours and one year of practice on each form for certification
- ◆ A ten-page essay on Qigong experience
- ◆ Demonstration of forms for certification
- ◆ Certification fee

Healing Qigong Senior Teacher Training Program

Entrance Requirements: Completion of the Healing Qigong Self-Cultivation & Teacher Training Program.

Study Plan: In four Study Weekends and a Summer Retreat students continue to learn theory and Qigong forms focusing on diagnostic and treatment techniques. Student practice their clinical techniques in the classroom as well as continuing to practice gathering and conserving Qi.

Outcome: Upon completing the requirements listed below, students are eligible for certification as a Healing Qigong Senior Teacher and certification to teach three additional Qigong forms.

- ◆ Completion of all Study Weekends and the Summer Retreat
- ◆ 100 documented practice hours and one year of practice on each form for certification
- ◆ A fifteen-page essay
- ◆ A take-home exam on forms and theory
- ◆ Same requirements for form certification as in the previous two years

Healing Qigong Masters Program

Entrance Requirements: Completion of the Healing Qigong Senior Teacher Training Program.

Study Plan: During the first two years, students meet for four Study Weekends and a Summer Retreat. The third year of continuing practice and self-cultivation meets with a Summer Retreat, fulfilling remaining requirements and celebration of completion of the six- year Ling Gui Program.

Final Outcome: Upon completing the requirements listed below, students are eligible to receive certification as a Healing Qigong Master Teacher and receive authorization to certify their students in one form.

- ◇ Successful completion of three years study
- ◇ 1000 documented hours of personal practice, teaching and qigong tuina.
- ◇ Assess three certifying students
- ◇ A demonstration of practice skills for the form you may certify your students
- ◇ If you choose to certify in additional forms, the same certification requirements as previous three years

Founders & Primary Instructors

Dr. Liu Dong an internationally acclaimed Qigong Master, graduated from Beijing University of Traditional Chinese Medicine where he studied both Chinese and Western Medicine. He has conducted scientific research on the medical effects of Qigong in the United States (Harvard School of Medicine), France (National Health and Medical Research Institute in Marseille and Marmottan Hospital in Paris), as well as in China and Japan. He is a powerful Qigong healer with a profound knowledge of Qigong healing and Chinese Medicine and many years' experience treating patients with Qigong– including China's former president Deng Xiao Ping and other dignitaries. He has published several books and articles and directs two schools of Qigong as well as a busy Chinese medical clinic in Paris, France. The Qigong forms known as Liu Dong's Method are recognized and listed in the Chinese Ministry of Health's Qigong Encyclopedia and have been taught throughout China, Japan, France, Italy, Switzerland and the United States.

Master Liu He began learning Qigong at an early age, joining her brother, Liu Dong, in studying with their grandfather, a prominent Chinese healer and Qigong Master. When she was nine, her grandfather, recognizing her high level of consciousness, decided to break with the males-only tradition and train her to become a Qigong Master. She has participated as Qigong Master in several international Qigong and Chinese Medicine Congresses. Since leaving China in 1989, she co-founded the Ling Gui Healing Qigong School in France; with her brother, co-authored two books on Qigong theory; and collaborated with French doctor Francois Cludy, providing Qigong directions for his book about Chinese Medicine. Liu He has taught Qigong and healing techniques extensively in Europe and the Western United States and currently teaches at the Oregon College of Oriental Medicine (OCOM). Her special area of expertise is Qigong for women. She recently published a book about her signature form, "Jade Woman Qigong, The Healing Power of Taoist Medicine for Every Woman".