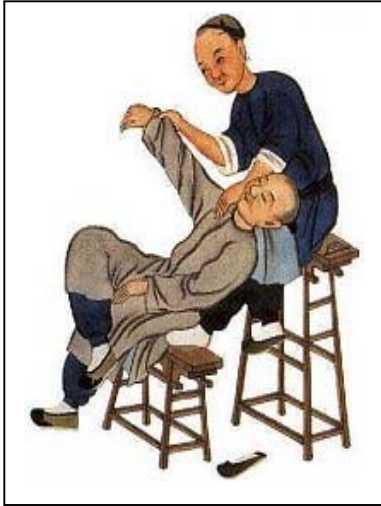


# L I N G G U I



## International Healing Qigong School



NEWSLETTER Spring, 2006



### ONE YEAR QIGONG TUI NA STUDY PROGRAM



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*Photography by Phyllis Lefohn*

Tui Na, an integral part of Traditional Chinese Medicine, is one of the first documented massage techniques in the world. When practiced with Healing Qigong, it's benefits are more powerful, long-lasting and deeply therapeutic for the patient.

Dr. Liu Dong stresses the difference between Tui Na and Qigong Tui Na. Qigong Tui Na emphasizes the importance of intention; the concentration of the power of thought. When thought is concentrated and attention is directed inward, the mind is still. We can then achieve a state of Tranquility of Heart, Clarity of Shen and Purity of Intention. The greater the purity of intention, the more energy and power the practitioner will manifest. Qigong Tui Na uses the integration of Intention, Power, and Qi to deliver shen and energy to patients by using several pointing techniques. This method activates the Jing, Qi, and Shen of the patient as an essential part of the healing process. The therapy then becomes an act of meditation, recharging the vital energy of both practitioner and patient.

The restorative power of Tui Na and Healing Qigong has been developed by Dr. Liu Dong's family over many generations. Ling Gui Healing Qigong School invites you to learn from this powerful lineage by participating in our Master Program, beginning this Summer Retreat 2006. The one year course will be taught by Dr. Liu Dong and Master Liu He.

#### **Course Studies include:**

\*\*Dragon Tiger Gates Qigong—a 14th Century Taoist Qigong method for delivering potent Qi to your hands as well as practicing Diagnosing, Distributing and Delivering Qi Methods.

\*\* Special Tui Na techniques for the head, the cervical, dorsal, and lumbar areas of the spine, and additional Qigong Tui Na methods.

\*\*Taoist Nei Dan (internal alchemy) for women to heal gynecological problems and emotional imbalances.

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\*\*Traditional Chinese Medicine theory in the diagnosis and healing of cancer and Qigong Tui Na techniques for healing cancer. Includes a special Chinese method of inhaling/exhaling movements for healing malignancies.

\*\*Hui Gong. Wisdom Qigong, for practicing intention and delivering brightness.

\*\*Healthy Eyes "Hammer" Therapy for healing ophthalmologic problems. Includes the Taoist "Qigong Wheel of Light" method for clarifying the eyes.

### **Guest Instructor:**

Our guest instructor during this course is Taoist Master Zhao Chang Fu. Master Zhao is the 14th generation of the Taoist School of Sang-Feng, as well as the Director of White Cloud (Baiyun Guan) Temple. A sacred site dating back to the 8th century, Baiyun Guan is the oldest and largest Taoist temple in Beijing, China. Master Zhao will teach special Tui Na techniques, the Taoist method for delivering Qi, as well as the Method of Tan-Dao, which integrates Zen and Taoist wisdom.

### **This One Year Master Program is open to the following:**

\*Health Professionals, including Acupuncturists, Naturopaths, Chiropractic and Medical Doctors

\*Certified Massage Therapists with Qigong experience

\*Any person with a minimum of 5 years Qigong experience.

*(A Healing Tui Na Qigong certificate will be given for Continuing Education Hours)*

Tuition is \$1900\*, (10% off if paid in full by July 26, 2006) Books, \$75.\*

Course dates: Summer Retreat July 26-30, 2006, in Portland, OR and 5 weekends, September 23-24, 2006, November 4-5, 2006, January 27-28, 2007, March 24-25, 2007, and May 19-20, 2007 in Seattle, WA.

\*Fees do not include lodging, transportation, or meals.

**Dr. Liu Dong will be available for individual Qigong Tui Na Treatments in May. To make an appointment, please contact Nancy Sides at 206-790-1480.**

## **ONE THOUSAND HANDS BUDDHA & EIGHT TREASURES WORKSHOP May 20/21, 2006 in Seattle**

**One Thousand Hands Buddha** is a superior, spiritually healing Qigong method. This Qigong form was inspired by the symbolic positioning of Buddha's fingers, referred to as "mudras" by Buddhists. It is a method that produces calmness and keeps the heart from "galloping away", leading the practitioner into a state of silence and peace, a little at a time. This meditative Qigong form alleviates suffering, fortifies energy, calms the heart and helps the spirit attain wisdom. The method also helps fight stress and strengthens the memory.

**Eight Treasures**, Ba Duan Jin, is one of the four oldest and most well-known Qigong methods. A classical Chinese form, it was developed to build strong bones, increase tendon flexibility, strengthen organ systems and heal the seven emotions. This method is powerful, but easy to learn.

❖ **Time:** Saturday(1:30pm-6pm)  
and Sunday (9am-3:30pm)

❖ **Place:** The Moving Space (5340 Ballard Ave NW, Seattle)

**Cost:** \$200 (As space is limited, early registration is suggested). To register, please send a check for the cost of the workshop to Linggui International Healing Qigong School at 1631 NE Broadway #409. Portland, OR 97232-1425

\*All fees, once paid are non-refundable.



## RECOLLECTIONS OF SUMMER RETREAT 2005

-By Michele Lewis

Qigong students from many different locales gathered together at the beautifully serene Still Meadow Community for five incredibly transforming days. The highlight of the Retreat was the return to the United States of Dr. Liu Dong, after being away for several years. Each day of the retreat was special in its own way; teachings, meditations, and opportunities to discuss and integrate what had been taught were afforded to all.

On the eve of his return to France, Dr. Liu Dong and many students participated in the Full Moon meditation. The nature spirits assisted by giving us a perfect night sky to sit under. It was a wonderful way to end the evening and send Dr. Liu on his way with all of our good wishes.

An interactive teaching was given by Master Liu He on the classic Nei Jing maps. These maps are ancient drawings of the workings of the organs in the body and their interdependence. Led by Master Liu, students explored and discussed the maps, and many different and profound ideas were exchanged.

The Retreat would not be complete without the annual testing of students who had fulfilled all of the requirements for Teaching Certification. Fellow students had the opportunity to watch demonstrations of several different Qigong forms and applaud the hard work and perseverance that leads to certification.

As the Retreat came to a close, all students received a special gift for their inner child-- the teaching by Master Liu on Tai Yang Gong, *Qigong of the Sun*, that she learned as a child. Master Liu taught us that your heart is your "sun" and we must have the pure heart of a child. Master Liu shared with us what her grandfather told her; "Keep practicing and one day you will fly into the sun!" *May we all one day fly into the sun! (italics)*

We are all looking forward to this year's retreat!

## SUMMER RETREAT

### July 26-31, 2006

Please join Ling Gui Qigong School for our annual summer retreat. Learn new Qigong forms, Qigong theory and philosophy as well as Qigong Tuina with Dr. Liu Dong and/or Master Liu He. This year, we will have two groups of study, one for learning Healing Qigong and another for Qigong Tuina.

#### ☯ Healing Qigong Group Program:

- Walking Qigong- for healing depression, anxiety and all types of cancers.
  - Great White Crane Qigong- for healing the lungs, increasing the immune system and energy.
  - Qigong theory and philosophy
- Cost of retreat for this program : \$450 excluding food, lodging, and transportation. **20 PDA available for this program.**

#### ☯ Qigong Tui Na Group Program:

- Theory:** -Theory of three spirits: Yuan Shen (original Shen), Shi Shen (Spirit of Knowledge) and Yu Shen (Spirit of Desire)
- Yi (Power of Intention)
  - Three Hun and Seven Po
- Practice:** -Special Tui Na techniques for the head
- Eight Qi Gong Tui Na techniques
  - Method of Delivering Shen
  - Hui Gong (Method of practicing intention and delivering brightness)
  - Walking Qigong- for healing depression, anxiety and all types of cancers.

Cost of retreat for this program : \$580 excluding food, lodging, and transportation. **25 CEU's or PDA available for this program.**

*Food and lodging are available on site, please check with us for details..*

- ❖ To register, please send a deposit check of \$200 to Linggui International Healing Qigong School at 1631 NE Broadway #409. Portland, OR 97232-1425. The balance may be paid at the retreat. \*Deposit non-refundable.

### A Healing Qigong Story

Ling Gui would like to share with all of you the following healing testimonial we received from Qigong student, Julie Porter. Julie has many years of Qigong experience; she is a certified Senior Healing Qigong Teacher and is planning to begin her training this Summer as a Healing Qigong Master. Julie teaches Qigong at Portland State University and also with Master Liu He at OCOM.

Julie wrote to us, "About a year ago, a close relative woke up with a spot on her left eye that was blocking her vision. She said it was like having a 'fingerprint' over her eye. The doctor explained to her that the fluid in her eye had hardened, causing scar tissue at the back of the eye. The prognosis was not good, as there is no treatment for this condition. I did the healing technique on her for building yang qi (as taught to us by Master Liu this term) just to practice. I wasn't focusing on any particular healing. As I did this, she could feel something happening in her eye and almost asked me to stop. When I finished, the 'fingerprint' was gone! There was still a tiny spot left, but she could see through it. The spot grew a little over the next few days, so I did the technique again and it lessened. I am planning to repeat the technique every other day to see if the healing will hold completely." Thank you Julie, for sharing your healing experience with us. All Ling Gui students are welcome to share their healing stories.



# Nourishing Woman Qigong May 6/7, 2006 - Portland



With Master Liu He

Nourishing Woman Qigong, *Yang Tai Gong*, is a Healing Qigong form that has been developed in Master Liu He's family for many generations. This powerful method works to tonify a woman's body and reproductive system, enhance fertility, and will support the mother and her baby during pregnancy. This Qigong form is beneficial for all women, regardless of age, and will help relieve many of the physical and emotional issues associated with menopause.

❖ **Time:** Saturday(1:30pm-6pm)  
and Sunday (9am-3:30pm)

❖ **Cost:** \$200 (As space is limited, early registration is suggested). To register, please send a check for the cost of the workshop to Linggui International Healing Qigong School at 1631 NE Broadway #409. Portland, OR 97232-1425

\*All fees, once paid are non-refundable.



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**Liu Dong's Method:  
Ling Gui School's  
Healing Qigong Forms**

Jade Body – Healing For the Spine  
Jade Woman – Healing for Woman  
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