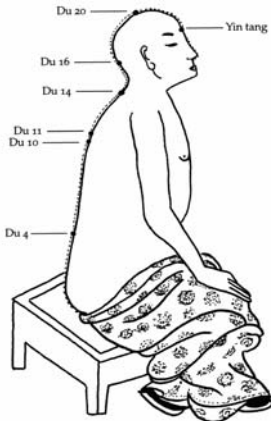


L I N G G U I



International Healing Qigong School

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The Healthy Eyes "Hammer" Qigong Method

- by Dr. Liu Dong



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Photography by Phyllis Lefohn

In today's world, our eyes are constantly being over-stimulated. Flashy billboards and bright lights, our constant focus on television and computer screens, as well as the stresses of hard work and daily life, contribute to numerous vision problems. Approximately 60% of the world's population suffers from some type of eyesight deficiency.

For over 2000 years, Traditional Chinese Medicine has sought methods to heal the eyes and prevent eye disease. One of these is the Hammer Qigong Method, which is the gentle tapping of the acupuncture points and meridians. Inscriptions from the Ming Dynasty show that many Chinese medical doctors regularly practiced the hammer method to heal numerous ophthalmology problems.

The ophthalmologic Hammer Method was researched in the 1960's by the late Ma Litang (daughter of Ma Xuzhou), a renowned Doctor of Chinese Medicine. His published experimental studies have shown that this practice can help prevent and heal myopia and hyperopia (near and far-sightedness), detached retina, glaucoma, cataracts, astigmatism, amblyopia (lazy eye), nystagmus (involuntary eye movement), retinitis pigmentosa, macular degeneration (vision loss), optic nerve atrophy, and maculopathy.

I developed this healing treatment, based on Dr. Ma's techniques, over many years by applying my own clinical experience along with my Family Qigong method. The result is very effective in the healing of vision problems. After five to seven cycles of treatment, 85-90% of my patients have shown significant improvement. Ling Gui School and I are happy to introduce you to this proven, effective method for preventing and healing eye disease and protecting your eyesight.

Delicate and unique in structure, the eyes can only be nourished by the Microcirculation (blood flow through arterioles and capillaries) System. Treatment with medication, orally or by injection, usually does not produce good results; surgical correction then becomes the only option in most cases. The "Healthy Eyes Hammer Treatment Method" however, uses a tiny rubber hammer to rhythmically stimulate the acupuncture points and meridians.

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LING GUI SCHOOL NEWS

When used on the acupoints, it generates a vibration to the body and improves the balance of jing, qi, and shen. This action then raises the qi and blood to the eyes.

Chinese Medicine teaches that the two organ systems related to the eyes are the liver and kidneys. The essence of the kidneys controls the function of the pupil; the blood of the liver controls the health of the iris. Absence of the essence of the kidneys and lack of liver blood can eventually lead to blindness. There are many causes for deficient kidney and liver energy. Excessive emotions can also adversely effect the movement of qi and blood resulting in lack of nourishment to the eyes. Over- excitement causes qi to slow down, anger can cause qi to ascend, sadness to disperse, worry can cause qi blockage, and fear to descend. Each of these negative emotions can be harmful to the eyes.

When the ophthalmologic hammer is used on the meridians, it generates energy, information, and healing potential. The union of these three elements can strengthen the essence of the kidneys, nourish the liver blood, and balance the emotions. The energy then travels through the meridians to the eyes and improves the Microcirculation around the eyes. Thus, the Hammer Qigong Method is both preventative and corrective in its application.

There are three modes of treatment in the Hammer Qigong Method:

- 1) After choosing the correct meridians, points, and rhythm for each patient, the hammer is used to strengthen, stimulate, spread, or unite the energy of the eyes.
- 2) Tui Na massage is used on the six yang meridians on the head.
- 3) Qigong practice for the eyes.

All of these need to be accompanied by a healthy diet and lifestyle program. This will allow the greatest possible benefits from the Hammer Qigong Method and assist you in protecting your precious eyesight.

Dr. Liu Dong will be available for the Healthy Eyes Hammer Qigong Treatment in February and March. To make an appointment, please contact Nancy Sides at 206-790-1480.

TWO YEAR QIGONG SELF CULTIVATION AND TEACHER TRAINING PROGRAM TO BEGIN MARCH 4 and 5, 2006.

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- yin/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, at the end the first year, seek teaching certification in two of the Liu Family methods. An additional three forms are available for teacher certification at the end of the second year.

The first study weekend begins March 4/5, 2006.

Three additional weekends, May 20/21, September 30/Oct1, November 11/12 and a summer retreat July 26-30 complete the first year. The cost of the program is \$1500 per year*. For additional Program information or to register, please contact Polly Maliongas at **info@linggui.org, or phone 503-380-5814, 206-817-4117**

**Tuition fee does not include books, lodging, transportation or meals.*



Summer Retreat July 26-31, 2006

Please join Ling Gui Qigong School's Summer Retreat. Learn a new Qigong form as well as Qigong Theory and philosophy with Dr. Liu Dong and/or Master Liu He. If you have already studied Liu Family forms, there will be an opportunity to review with Ling Gui students.

This year's summer retreat will once again be held in the relaxing and beautiful Still Meadow Community in Clackamas, Oregon. In addition to a wonderfully inspiring teaching room, there are trails on the property, a wood-fired sauna, swimming in the nearby Clackamas River, and, for the adventurous, a hot spring about an hour up the road and a hike through the woods. Cost for the five day retreat is \$450, excluding food and lodging.

Cultivating the Heart



In China there is a simple story about a master and his apprentice. One day, before meditation, the apprentice asked his master, "What is the enlightenment of Buddha?" His master answered, "The enlightenment of Buddha is the awakening of your heart. Your heart is your master." The apprentice, astonished, asked, "If I have a master in my heart, why do I need you?" The master answered, "A real master is there to tell you that you do not need a master." In Chinese Medicine and Taoist philosophy, because all mental activities are understood to be associated with particular internal organs. "The mind connects with the heart;" "The soul connects with the lungs;" "The ethereal soul connects with the liver;" The intention connects with the spleen;" and "the will connects with the kidneys." Among these five, the mind/heart connection is most important because the mind supports the outward activities – appearance, expression of the eye, speech, response, consciousness and thinking activities – the life of the whole body. It is also the source of our mental and emotional states. Disturbances of the heart or our "state of mind" show up immediately in our bodies. When we're frightened, our heart beats faster and our breathing becomes short and shallow. Love also makes our hearts tremble, while anger makes our eyes fierce and our faces red. In China we say, if you want to become strong and stable, you have to start to cultivate your heart. A particular Ling Gui form to cultivate the heart is One Thousand Hands Buddha. This form will be instructed in Seattle the weekend of **May 20 & 21, 2006** - please see the enclosed flyer for additional information.

2006 - Year of the Red Fire Dog

Happy Chinese New Year! The New Year began January 29, a new moon day and the first day in the Chinese Lunar Calendar System. For those who were taught the Seven Day Liver Cleanse, the new moon is the best and most effective time to begin a deep liver cleanse and detoxifying program. For a simple cleanse, drink lemon water in the morning for the first three days and mung bean liquid (boil beans and remove) or grapefruit juice for the remaining days.

Practice Qigong, especially Jade Woman, before 11am.



In Chinese astrology, there are 12 animals which are represented for each year as follows: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, **Dog** and Pig. In Chinese culture, it is the custom to wear a red belt or red socks during your year to bring you good qi and good luck.

 **Workshop Dates, Mark Your Calendar for 2006**

Date	Workshop	Location
March 4/5, 2006	Jade Body with Dr. Liu Dong	Seattle
March 11/12,2006	Tui Na	Seattle
March 18/19, 2006	Hui Gong (for Kidneys) with Dr. Liu Dong	Portland
March 23/24, 2006	Hui Gong (for Heart) with Dr. Liu Dong	Helena, MT
May 6/7, 2006	Nourishing Woman with Master Liu He	Portland
May 20/21, 2006	One Thousand Hands Buddha & Eight Treasures with Master Liu He	Seattle
July 26/30, 2006	Retreat-Program to be announced	Portland