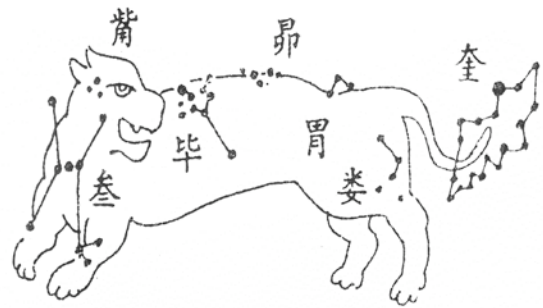


# L I N G G U I



## International Healing Qigong School

NEWSLETTER Fall, 2008



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### Men's Health and Qigong

In ancient Chinese tradition, males have taken dominant roles in many facets of life. This is also found in Chinese medicine and Qigong practice. Many classic texts, such as the Yellow Emperor's Classic of Internal Medicine, address men's longevity and sexuality.

As we know, in today's lifestyle and our fast driven, high technology culture, longevity and sexuality are not the only health concerns for men. More and more men experience anxiety, depression, heart attacks, prostate and testicular issues, various urination problems, or infertility. According to Chinese medicine, men's health mainly relates to the optimal energetic function of the Kidney system (storing Jing and healthy Zhi spirit) and the Lung system (providing Wei Qi and harmonious Po spirit).

#### The Kidneys

The Kidneys are very important as they store our essence or Jing (our prenatal Qi), and postnatal Qi that we gather from eating and breathing. While we can't change the quantity of our prenatal Qi, we can protect it, especially through meditation and Qigong practice; we can improve the quality and animate what is stored and undeveloped.

When the Kidney essence is insufficient, sexual function problems and infertility can be the result. A man's Jing is directly connected with the sperm produced. When men get older the Kidney Jing naturally declines. Declining Jing may also occur when a man engages in excessive sexual activities, overworking, or use of drugs and alcohol.

In addition, the Kidneys dominate birth, growth, development of the human body, and reproduction. When the Kidney essence is abundant, our physical and mental development is normal. Our Kidneys also govern the liquids that dampen and nourish, maintaining the right proportions in the body. They transform the fluids of our bodies into positive Qi- as steam- that is sent up to nourish and humidify the rest of the organs. Connected with the bladder, the Kidneys also send out undesirable turbidity through the urine.

Our Kidneys dominate bones and teeth, developing marrow to fill up the brain. When the Kidneys are strong, our bones and teeth are strong as well. Marrow – including bone marrow held in the bone cavities, the spinal cord located in the vertebral column, and the brain in the cranium – is derived from the essential Qi of the Kidney. It is the quality of marrow in the brain – also called the “sea of marrow” – that gives clarity and wisdom. When the Kidneys are strong, we can think clearly and more intelligently.

*(cont. next page)*

Easily damaged by the emotion of fear, fear injures the Kidneys making energy sink so nothing can move up. This is the most harmful emotion because it is generated internally and accumulates over time.

Kidneys work in conjunction with the lungs to control the reception of Qi. According to Chinese medicine, when we inhale through the Lungs in a normal way, the Qi gathered from the breath descends to the Kidneys. When the Lungs don't function well, the Kidneys don't receive this Qi energy. When the Kidneys function insufficiently, we feel that we cannot breathe deeply and the Qi is blocked in the Lungs. As each of the organs house a different spirit, the Kidneys provide us with Zhi and is often translated as will power. With fully functioning Kidney energy, the active animation of Zhi provides us with motivation and focus for pursuit of a goal. When the Kidneys are weak this may lead to discouragement, distraction and feelings of depression.

## **The Lungs**

The Lungs are the first organ to make contact with the universe. They bring breath to the body and are related to the nose and skin, the parts of the body that contact the external world. *Wei Qi* –the energy of our immune system–disperses on the surface of the body as our first defense against negative or pathogenic Qi. When the Lungs aren't working well, *Wei Qi* can't disperse to the skin and nose to protect us.

The Lungs also condense and send energy down into the body, creating a “canopy” above the organs that captures and diffuses uprising energy to outer layers of flesh and skin. When the Lungs can't send energy down, the other organs can't exchange energy with the universe. Stretching and expanding the Lungs is very beneficial as the Lungs always want to contract. The deep breathing that brings quiet to the mind and heart is particularly beneficial to the lungs.

There are seven aspects of the spirit Po that is housed in the Lungs. The Po is considered the Corporeal Soul, the physical aspect of the soul that is absorbed by the earth when we die. Men are more associated with the Po spirit and Qi while women relate more with the Hun (spirit of the Liver) and blood.

Experiencing emotions are a part of life and can become problematic when we become “stuck” in a particular emotion. All emotions directly affect the Lungs changing the quality/pattern of our breathing and affecting the flow of Qi in the body. Practicing Qigong that address the Lungs is very important when working with all emotions and especially those presenting as depression, sadness, grief, or anxiety.

*To learn Qigong for Men's Health, join us October 11/12, 2008 for Bai Hu (White Tiger) Qigong. Rooted in Shamanic Taoist Qigong traditions, White Tiger Qigong is a form focusing on the Lung and Kidney systems. By working these systems, one purifies the Lungs and empowers the Kidneys – harmonizing spirits and physical conditions creating self-healing for men's health (prostate, urinary and reproductive system, infertility, release daily stress, anxiety, depression and increasing vital energy). Just in time for Fall, this form stimulates the Wei Qi (defensive qi against illness), reinforces your immune system and awakens your qi emitting potential. Women will also receive the self-healing benefits from this practice. The workshop will be held at Motion and Rest, 5340 Ballard Ave. NW Seattle, WA – Saturday 1:30-6pm and Sunday 9am-3:30pm. Tuition for the weekend is \$225.*

## **TWO YEAR QIGONG SELF CULTIVATION AND TEACHER TRAINING PROGRAM TO BEGIN April 2009.**

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.

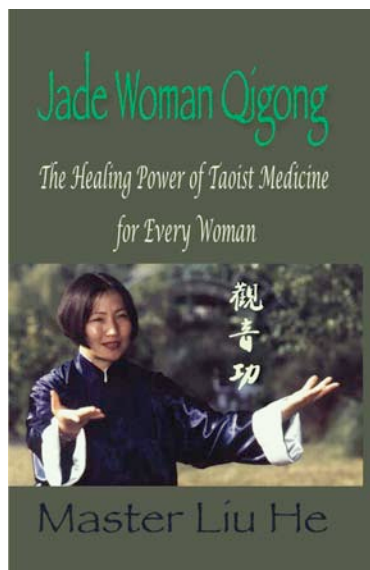
The first study weekend is April 4/5, 2009.

Three additional weekends, September 26/27, November 7/8, 2009, January 30/31, 2010 and a summer retreat July 29-August 2, 2009 complete the first 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](mailto:info@linggui.org) or phone 503-380-5814, 206-817-4117

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



## Excerpt from Master Liu He's Upcoming Book



The long awaited book *Jade Woman Qigong The Healing Power of Taoist Medicine for Every Woman* by Master Liu He will be available the end of 2008. The book is loaded with theory, lessons and ....

**What is the difference between Taiji and Qigong?** Taiji is a part of Qigong, what we call Daoyin Qigong. It employs movement to circulate and store Qi in the body. One can meditate in the movement of Taiji.

**Master Liu He, since you are a master, how many hours do you practice every day? And how long should we, as students, practice?** When I reached the master level, Qi began to practice me. This also means that I practice 24 hours a day. Whatever I am doing -- talking, cooking or sleeping -- I am in harmony with nature and in a state of Qigong, and in this way Qigong becomes formless. You, as students, need to practice one qigong form for at least 10-15 minutes per day to maintain your current level, and in addition to this, once per week you need to practice 45 minutes to 1 hour to deepen your practice. When you come to a weekend workshop once every two months, this can really deepen your practice further. You should do this until all of your acupoints open and qi starts to practice you, and qigong becomes formless.

**Why do we say, everyone is Buddha?** The word Buddha means, "to awaken". Everyone has the potential to awaken and become a master.

**What is the spiritual embryo?** The spiritual embryo is the concept of returning back to the Tao and Buddhahood. There are three stages of the spiritual embryo and they may be discovered through qigong practice. After practicing qigong for a period of time, you enter the first stage which refers to our first 3 years of life. Everyone in this age group is fully awakened, intuition is strong, all acupoints are open, and the innate noble heart is present. After this age, our Zhi Shen and Yu Shen (spirit of knowledge and desire) is engaged and we begin our education process of reading and writing. Our world becomes labeled and our desires enhanced. If qigong is not practiced, all the acupoints close and the innate noble heart becomes obscured by desire, negative emotions, etc.

As you continue your qigong practice, you enter the second stage which refers to our first three months of life. This stage is even stronger than the first stage. In this stage parents must make sure to protect the baby from loud noises and harsh sounds (the Hun-spirit of the Liver-can be easily obscured). If the baby is protected well, later on the baby will have a positive mind, more intuition, and a connection with his or her prenatal life.

As you continue practicing, you enter the third stage which refers to our first three months after conception. This is a very high level of qigong. This level can first heal all the problems related with the prenatal issues and then can reconnect you with the Tao and reach Buddhahood.

### Qigong Health Tips for Fall

Fall will soon be here and now is the time to enhance your health and immune system. This would be a good time to practice Hulu Gong, Jade Body or Great White Crane Qigong. Not familiar with these forms? Not to worry here is a simple yet effective Qigong routine to raise your immunities.



#### Cupping Qi into the Lungs

Make light fists with your hands, swing your arms up and tap just under the collarbone (this acupoint works with the Lung system) and inhale. Exhale swing arms down and behind, repeat swing arms up and tap -- inhale -- swing arms down exhale. Repeat the movement 39 times.

To aid in your defense against colds/flu this season, you may also want to cook up some ginger chicken soup to help warm and nourish your body.

 **Workshop Dates, Mark Your Calendar for 2008 – check the website for further information**

<b>Date</b>	<b>Workshop</b>	<b>Location</b>
September 20/21, 2008	Hulu Gong	Seattle
October 11/12, 2008	Bai Hu (White Tiger) Qigong	Seattle
November 15/16, 2008	Yu Hu (Jade Tiger) Qigong	Seattle
January 10/11, 2009	Qigong TuiNa - New program begins	Seattle
January 31/February 1, 2009	Self-healing Qigong	Seattle
February 14/15, 2009	Nourishing Woman	Portland

**ONE YEAR QIGONG TUINA TRAINING  
PROGRAM BEGINS January 10/11, 2009**

**Remaining program dates: March 7/8, May 9/10, July 29-August 2, October 3/4, 2009**

**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. For more information please visit our website or contact us via phone or email.**

Ling Gui International  
Healing Qigong School  
1631 NE Broadway #409  
Portland, OR 97232-1425



**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