

# L I N G G U I



## International Healing Qigong School

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### Special Issue for Women's Health

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### Jade Woman & Nourishing Woman- Qigong for the Whole Woman

*The people of China experienced great food shortages and starvation in the middle of this century and for several years before I was born. When my mother was pregnant with me in the late 1960's, the agricultural situation was improving, but she was still hungry most of the time.*

*Our family lived in northern China, where it is a tradition for an expectant woman to receive an abundance of chicken and duck eggs from family, friends, and neighbors. Thanks to this generous custom my mother had eggs to eat, but little else, and certainly not enough food and nourishment for a pregnant woman.*

*By her eighth month of pregnancy, her abdomen was so large (probably like a giant egg!) that people thought she must be having twins. To everyone's surprise, my mother finally gave birth to a big girl weighing over ten pounds! It was rare to have such a large baby with so little sustenance, and my mother always said she was fortunate to have practiced Jade Woman & Nourishing woman before, during, and after her pregnancy. Her practice was a tremendous benefit to her health and to my prenatal qi.*

*My mother's only regret was that she did not have the benefit of Qigong when she was expecting my brother seven years earlier. Because she did not receive the nutrition she needed while pregnant with him and had not learned Qigong, my older brother was smaller and weaker than I was when he was born. As an infant he contracted tuberculosis, an infectious disease that produces lesions in the lungs. Fortunately, my brother was taught to practice Qigong at an early age by our grandfather and completely healed himself of this dreaded and often fatal disease.*

A woman's physiology is very different from a man's; she has menstrual cycles, can become pregnant and experience childbirth, and goes through menopause. Special forms of Qigong have been developed to address the cycles of a woman's life and the physical and emotional changes she experiences. Jade Woman & Nourishing Woman Qigong have been practiced for generations by the women in my family.

What makes Qigong for women different from other Qigong forms? Both Qigong forms are an in-depth, powerful, and preventative self-healing method. It is specifically designed for women and the different responses to the phases of their lives. A woman is not only affected by seasonal biological rhythms (which also affect men), she is also affected by hormonal biological changes, *continue next page*



in addition to the social environment and demands of work and family. With all of these changes, it is very difficult to find a balance. Her physical, mental, and emotional states bob like a boat on the waves; up and down. If she cannot balance her ship in the sea, she will sink. Jade woman returns woman to the Nature she belongs to; it opens her channel meridians and releases her blockages. It creates an abundance of energy. Her emotions will be better controlled, and she will be able to move confidently. Qigong for Women can cultivate a satisfying spiritual life and a woman's innate heart appears.

Qigong for women includes movements, mantras and mudras, visualization and meditation.

Through the practice of special movements, a woman can purify her body. By intoning ancient sounds, or mantras, she can gain more control over her emotional health. Practicing mudra movements will lead to a sense of immediate connection with the universe. Through visualization and meditation, she will attain peace of mind. Fear will disappear and she will find true happiness in life.

By practicing Qigong for women, your gynecological health and vitality will quickly improve. Begin to take care of your body now! Remember, the best doctor for you is yourself; the best pharmacy is complete harmony between your body and mind. *Excerpt from Master Liu He's upcoming book*

## Ling Gui students' Qigong experience from practicing and teaching

I love to practice qigong with other people. The qi is always so much more powerful in a group. Last summer I was able to give some private lessons to a friend of mine. For years, my friends have been trying to have a baby. She has had several miscarriages over the years and the problem has usually been a lack of blood supply to the fetus. Last year, when they announced that they were expecting again, I offered to teach her Jade Woman. She learned the form and began to feel better almost immediately. She stated that she practices twice a week and feels great. Her energy has improved tremendously and the fainting spells have disappeared. She said she feels almost overwhelmed by the amount of energy she has and hopes it continues after the baby is born. It was very rewarding and gratifying for me to be able to share Jade Woman with her. --- *Mark Lynd, Ling Gui Certified Senior Teacher*

I feel immense gratitude as I contemplate on my qigong training with the Ling Gui school. The practice has enriched my life in so many ways. I have deepened my learning about Chinese philosophy and I am more fully aware of being connected with nature. I have improved and evolved my physical, emotional, mental and spiritual well-being and I have discovered new and beautiful ways to be in the moment as I journey through life's transformations. As a woman in my early fifties, my body was beginning menopause, I wanted to transition through this phase as naturally and gracefully as possible as well as transform a small breast lump without surgery. Jade Woman Qigong has helped me avoid many of the uncomfortable and common side effects that so many menopausal women experience and the lump has reduced to over half of the original size. --- *Ling Gui Student*

My practice of Qi Gong continues to enrich and deepen. As the days, weeks and months go by, I can begin at moments to have a more clear understanding of Master Liu He's quote "At first you practice Qi Gong and then Qi Gong practices you." There are and have been many more moments of bodily sensation experience during the movements of a particular form and also during the innate movements or intentions of my daily life where I can feel I am more clearly moving from, within, without, around, through and synergistically with my "center". ---



## Herbal News

### *Gou Qi Zi* (Fructus Lycii)

This remarkable little Chinese herb is quickly making a name for itself. Many health food markets are selling the dried fruit and marketing a variety of health tonics.

According to Chinese Medicine, *Gou Qi Zi* has a sweet, neutral property and can be used to tonify the liver and kidney. This herb also benefits one's essence and blood, along with the added bonus of nourishing the liver and enhancing vision.

Also known as lycium fruit or wolfberry fruit, *Gou Qi Zi* may be used in a variety of recipes. A simple way to enjoy this fruit is to put a handful in some hot water and let it steep for a few minutes. You may then drink the tea and eat the berries. Try throwing a handful in your morning oatmeal or congee as well as stir frying some in your favorite dish.

Try Some Today!



## Taoist Advice for Making Love

*Excerpt from Master Liu He's upcoming book*

Inscribed on tablets of bamboo, the *Tian Xia Zhi Dao Tan* is a book on "the art of making love". Found in a tomb in China, this text by the ancient Taoists gave five pieces of advice on how women can reach sexual happiness and a long life through making love:

1. Breathe deeply and slowly. Relax the tension in the body.
2. To have satisfying sexual intercourse, caresses and erotic games are necessary.
3. Accumulate qi by contracting your anus and letting the qi flow to the genitals.
4. The best moment for women follows five reactions:
  - When she looks around, the sexual energy has arrived in her liver to strengthen it.
  - When her face becomes red, the sexual energy has arrived to purify her heart.
  - When she wants to touch her partner and her partner's face, the sexual energy has arrived in her spleen.
  - When she is silent and her nose grows damp, the sexual energy has reached her lungs.
  - When her vagina is lubricated and opens, the sexual energy has arrived in her kidneys.
5. Yin qi and Yang qi are in harmony during penetration. Both partners will taste the sweetness of making love. The body's energy will quickly increase through the sexual energy and physical and emotional negative energy will be released.

The result: the woman receives the highest yang energy to tonify her body, which is yin.

When you follow this advice, and practice Qigong for Women, your life and your sexual life will be extended. A full bloom will always belong to you and be within you.

A young- looking woman was chasing an older- looking woman down the street with a broom. People saw her chasing this older woman and they stopped her and asked "Why are you chasing this poor old woman?" The younger looking woman said "That is my daughter, I asked her to practice Qigong and she didn't follow my advice. Now, she has become older then me!" Hooray for the rejuvenating aspects of Qigong!

A Simple Technique for Rejuvenation – Fetal Breathing. Breathe in as subtle as possible through the nose and contract your navel/abdomen, breathe out as subtle as possible through the mouth and relax your navel/abdomen. Practice this breathing seven times before bed. Practicing before bed quiets the mind, releases daily stress, and promotes a good night's sleep.

## **TWO YEAR QIGONG SELF CULTIVATION AND TEACHER TRAINING PROGRAM BEGINS MARCH 4 and 5, 2007.**

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 first study weekend begins March 4/5, 2007. Three additional weekends, May 20/21, September 30/Oct 1, November 11/12, and a summer retreat July 26-30 comprise 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@lingui.org](mailto:info@lingui.org), or 503-380-5814, 206-817-4117.



Photography by Phyllis Lefohn