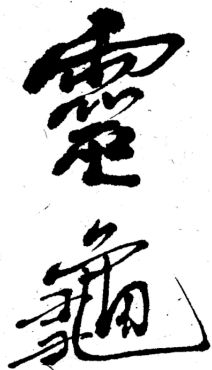


# L I N G G U I Q I G O N G



NEWSLETTER spring, 2005  
Ling Gui International Healing Qigong School

## STORY OF QIGONG: Excerpted from Master Liu's book (not yet published)



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

*(Because her parents had been caught in the Cultural Revolution's web and had to work in the fields, Master Liu was sent to live with her grandfather, a Chinese medical doctor and Qigong master, when she was only three years old. With her older brother, Liu Dong, she learned Qigong from her grandfather. Continuing her story from the Fall 2004 newsletter, Master Liu writes....)*

One year later when I was five, I could get up at 5:00 am without being awakened. I understood that Qigong must be starting to practice me. I was happy. I felt that an abundance of Qi had arrived in my body. Throughout my childhood, adolescence and adulthood, I was never seriously sick. Sometimes I would get a cold, but in a few hours later it would vanish. My grandfather also used to tell me that when you have good Qi in your body, bad Qi cannot come in. I liked my grandfather more and more and savored the happy life, living with my grandparents.

One morning, after my grandfather, my brother and I had finished practicing on the mountain, I felt so good with the energy from our practice. But when we arrived home, we saw big posters on the doors and walls of our house. My brother told me that the posters denounced my grandfather. He was accused of being against Chairman Mao because he taught Tao and Buddhism. This was at the time considered poison for the younger generation's minds.

Later that day, several Red Guards came to our home and took my grandfather away to prison. They told us his teaching was an old poison. They told us to stop doing Qigong and listen to Chairman Mao. They gave us a piece of paper upon which it was written: "Father is close, Mother is close, but neither is as close as Chairman Mao." They told us that we should memorize it. It broke my heart to see my grandfather being wildly condemned and called ugly names. My brother assured me that nothing they said was true. I was only five years old and I had no idea what was true or what was false. But I knew my grandfather was not a bad person. During the first week, I didn't want to continue doing Qigong, but my brother consoled me. He said I should continue practicing and when our grandfather came back, I could surprise him with my progress. If I didn't continue, he said, our grandfather would feel worse than when the Red Guard condemned him. So, my brother and I practiced alone, secretly, every day.

Nearly one year later, my grandfather came back. He seemed much thinner than before, but he didn't look like someone who had suffered badly. The "shen" (spirit/gleam) in his eyes was still there. He told us it was very hard in prison, but, because he secretly practiced Qigong at night and kept his belief in the philosophy of the Tao, he overcame it. He was very strong

*Continued on p.2*

## STORY OF QIGONG

*continued from p.1*

inside. He knew what he did was not wrong, and believed the Tao would flower again some day. Because it was summer, I saw a lot of scars on his body. I knew they had hurt him, but he didn't want to tell us about it. Because of him, I was even more motivated to practice Qigong.

During my childhood my Qigong level grew very fast and my grandfather, decided to break with the old tradition that only males could become Qigong masters. So, at the age of nine, my training to become a Qigong master began. It was the most enjoyable time for me, because I discovered a tremendous amount from this training.

In the beginning, I felt as though all my gates were opened -- like opening all the windows to let in fresh air. I felt I belonged to nature, and that nature belonged to me. My grandfather taught me a meditation to practice at 3:00 in the morning, the time of yin and yang harmony. I practiced several times per week, even during the winter. I still remember clearly the bitter cold of northern China. When I got up a little before 3:00 am it was still very dark. I put on my winter meditation coat, made by my grandmother and sat down in our unheated meditation room, formerly our garage for bicycles. I still felt cold when I started my meditation, but ten minutes later I felt a big red ball move up my spine and onto the Baihui (acupuncture point on the top of the head) and then fall down to the Huiyin (acupuncture point on the bottom of the torso). This happened several times: my body heated up quickly and nicely. Then I felt the energy within my

## L I N G G U I S C H O O L N E W S

**Dr. Liu Dong.** In October 2005, we will be extending a joyous welcome to Dr. Liu Dong to the Pacific Northwest. His application for a green card has been approved in the outstanding person category, and he will be residing and teaching in the U.S. for at least six months each year. See the enclosed flyer for details of Dr. Liu Dong's first public workshops in Portland and in Seattle.

**New Class Starting in March 2006.** The new class of the 2 year Self-Cultivation and Teacher Training Program will begin on the weekend of March 5 and 6, 2006, in Seattle. During the 2 year program, students learn many medical Qigong forms, Qigong theory, and may be certified to teach certain Qigong forms. The School is now accepting applications for enrollment.

**Guided Meditation Qigong CD Release.** With generous help from musician Jeremy Gordon, the Ling Gui School is very happy to announce the release of *Coming Into Harmony: guided Qigong with Master Liu He*. This CD includes the wonderfully renewing guided rainbow meditation that some of you experienced at the last summer retreat. Also included are relaxation techniques, and guided visualization and chanting of the powerfully healing vibrations of the Six Sounds Therapy Qigong. You may purchase this CD at Ling Gui School workshops.



Photographs of Master Liu contained in this newsletter are by Phyllis Lefohn

body and I could guide my energy easily from the Dantian (area of lower abdomen) to Laogong (acupuncture point on the palms) or other parts of my body. I asked my brother, who had practiced several years longer, what had happened during my meditation. He told me my "xiao zhou tian" (small heavenly orbit) had opened, a jump to a high level of Qigong. I had done a good job. I was so proud of myself that I ran to tell my grandfather about my success. But instead of encouraging me, he said that I shouldn't be too

excited and proud, that pride and over excitement are two toxins of the heart which would obscure my innate heart, causing gates to be closed again. He said that I was still a beginner, which didn't make me happy. But, after many years of daily Qigong practice, I realize that even today I am still a beginner! That is the Tao. In Chinese the character "Tao" is composed of two characters that together mean the beginning of the road. There is no end.



## FINDING CALMNESS AND PEACE: Qigong experience of two American teenagers

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At seventeen and thirteen, Nada Rose and Adam McClellan are the two youngest students of the Ling Gui School's two year Self-Cultivation and Teacher Training Program. Together with their parents, Nada Rose and Adam come from Pennsylvania to learn Qigong from Master Liu. With honesty and insight, Nada Rose and Adam share their perspectives on learning Qigong and how that has affected their lives.

**Adam:** Qigong is good because it's another thing to do. I already do different types of martial arts, kung fu (etc.). But Qigong is more internal, and it's interesting because it's more than kicking and boxing. It's really cool. Couple of my friends know that I'm doing Qigong. They did kung fu with me, so they're impressed with Qigong (and)... made me promise to teach them once I'm certified. I mean, they already know about Qi because we learned about it in kung fu, (and) they think it's really cool to use it

to stay healthy and stuff.

I do self-massage quite a lot when I get stressed. My eyes are kind of dyslexic so when I have to do lots of reading, self-massages helps. I also like the turtle saying hello to the sun [name of a movement in the Ling Gui Qigong form]. I like the way Master Liu says it.

I wouldn't say that doing Qigong is life changing exactly, but it has calmed me down. I think it can help people. All my friends are playing video games all the time, and taking Qigong would calm them down.

For me, it's good, because I intend to have a martial arts school (where) I'll be teaching different forms. So Qigong will be one of the types I'll be teaching.

**Nada Rose:** Qigong is a great path for health and healing-- finding calmness and peace in your life and dealing with stress. I especially enjoy Master Liu's talks about Chinese philosophy and Qigong theory. I certainly have seen changes since learning Qigong. Even just after practicing, I feel

centered and I have more energy. When I am stressed out with school and work, some of the meditation helps. Sitting there with diamond mudra and meditating. I like cleansing the body from the Ling Gui form. That helps my body a lot. I can feel it cleansing out toxins in my body, in the back, shoulders and neck. My body feels clearer.

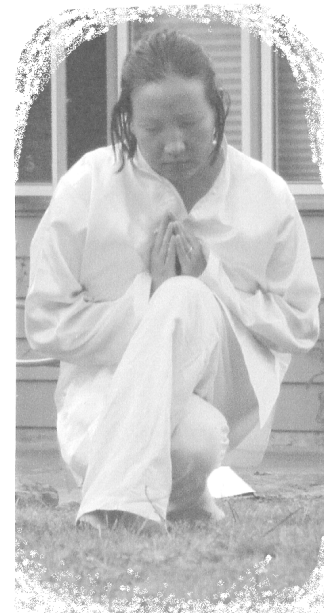
I know a lot of people who stress out pretty easily. Qigong would definitely help people. When you are a teenager, you have school and job (as well as) getting used to growing responsibilities. Dealing with them in calm manner is important.

I also had two years of kung fu and a little taekwondo. What I really like about Qigong is the philosophy. A friend of mine and I are both interested in Taoism, and the whole idea of finding calmness, peace and harmony. The internal aspects of martial arts. When I am in college next year, I will study philosophy.

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"A human being is a part of the whole, called by us Universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest -- a kind of optical delusion of his consciousness. This delusion is a kind of prison, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty."

Albert Einstein



NOURISHING WOMAN Qigong (Yang Tai Gong)  
for healing the gynecological system,  
increasing fertility and  
supporting pregnancy



- ❖ Are you pregnant?
- ❖ Are you hoping, planning to become pregnant?
- ❖ Do you wish to nourish your gynecological system, increase your blood supply, and support healing and well-being of your procreative organs?

**Nourishing Woman Qigong is a medical Qigong form** that has been developed in Master Liu's family to tonify the woman's body. This magical Qigong form provides great benefit to all women regardless of age or reproductive history, and is especially effective with cases of infertility, diseases related to the female reproductive organs or gynecological system. Nourishing Woman Qigong also provides great support during pregnancy, and is a form that Master Liu practiced regularly during her pregnancy with her daughter.

The workshop will take place on the weekend of **July 9 and 10 in Seattle**, at **The Moving Space** (5340 Ballard Ave NW, Seattle), and the cost for is \$200. For more information and to register, please call 206-817-4117. As space is limited, early registration is recommended.

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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