



# LING GUI

## International Healing Qigong School

www.lingui.org

Winter – Spring 2008

### Student Testimonials

Yo San University recently hosted Dr. Liu Dong to teach a workshop on Hui Gong. Participants included Licensed Acupuncturists, students of Yo San, and other healthcare professionals. Hui Gong's ultimate purpose is to develop wisdom, deepen the intuition, and enhance one's potential by bringing the mind and heart into tranquility through cleansing and purifying the vital organs and harmonizing the spirits of the organs. Class participants had this to say about their Hui Gong experience:

- Excellent class! I really gained a lot from this class.
- Very clear, practical, useful
- This class was fantastic; I would have liked a more complete description of Nei Jing Tu
- After several years of studying Qigong & TCM, this is the first class that I felt/accessed Qi.
- Dr. Liu Dong is a National Treasure. He is one of a kind. He is the real deal. I highly recommend this class to all interested students. We are very lucky to have the opportunity to practice with him.
- It was absolutely great.
- Thank you for hosting Dr. Liu Dong to teach at Yo San. He adds true depth and breadth to the program and is invaluable as a source of wisdom, knowledge and methods.

Continue on page 2

### The Spine and your health



According to the *Nei Jing (The Yellow Emperor's Classic of Internal Medicine)*, “hundreds of illnesses come from damage to the spine.” Exercising the spine promotes good health and the recovery of health when diseases are present. Modern science has also proven that to exercise the spine can improve metabolism and improve the immune system.

There are four major acupoints on the spine which Taoist medicine has named as *secret doors*:

**Wei lu** acupoint is the starting point of the Governing Vessel and is described as “the rising sun.” Wei lu is known as Jun- the Emperor, Sovereign of the Governing Vessel. When Wei lu is open, yang qi rises to warm up and nourish the whole body and healing qi deficiency, increases kidney energy and nourishes the brain.

**Jia ji** is located right in the middle of the spine and serves to connect the upper body to the lower body. When Jia ji is open, a person can enjoy longevity and enter into the immortal dimension. Jia ji, also called “Spiritual Path,” is named Chen- the Minister or Prime Minister- second in importance to the Emperor.

**Yu zhen** acupoint joins the spinal cord and the brain. Only when Yu zhen is open can there be unity of body and spirit or shen. As coordinator between body and spirit, Yu zhen is also called Zuo- the Counselor- connecting all of the meridian channels and the head and lower body. The Chinese call this point Jade Pillow because in ancient times it was thought that in order for the emperor, the empress, and the emperor's concubines to stay healthy, they would have to sleep on a piece of jade to cleanse the entire body.

**Ni wan**, located at the crown of the head, is also called Tian men or “Gate of Heaven.” When Ni wan is open, a person can communicate with the outside world, with the universe. During Taoist sitting meditations, this is the point through which the Shen or spirit leaves the body to travel between the sun, the moon, and the stars. Ni Wan is Shi our Ambassador to the universe. When you relax this part of the brain completely, the body can balance and adjust all the parts – blood pressure, metabolism, digestion, completely.

Ni Wan also known as Bai hui lies within the area of the brain known as the hypothalamus.

**Student Testimonials**  
*continued from page 1*

**Join us February 16/17, 2008 to study Hui Gong-healing for the Heart**

**Qigong Saved My Basement.....**



Some work was being done on my sewer system and so a trench was open outside and right inside the basement. In the storm Sunday it started to fill with water. To keep the water from filling the basement, I was bailing with a bucket, filling up a trash can, and wheeling it out and dumping it into the greenbelt. I was able to keep that up over a period of 6 hours (with breaks in between). My 18 year old housemate meanwhile stopped after about 2 rounds of 20 minutes each because he was so tired. My shoulders and neck hurt and I am stiff and extremely tired, but I am functioning. I will rest more so the MS doesn't flare, but I am amazed I was able to do that. Qigong has really given me stamina! KW – Master's Program Student

What qigong has done for me. I've gone from being unable to walk around the block eight years ago, to having good health, and freedom from disabling, chronic pain in spite of the fact that I have severely degenerated discs in my lower back and upper neck from a childhood injury. And that's just the physical healing. I also found not just one, but two qigong teachers who are very different from each other in who they are, how they teach, and what they teach.

*continue on page 3*

The hypothalamus is also called the “biological clock” and functions to adjust changes in body temperature, blood pressure, respiration, pulse rate, blood sugar levels, and internal secretions, according to the laws of Nature that govern the day and the night. A properly functioning biological clock is essential to good health.

*Please join us for **Jade Body Qigong** workshop,  
**April 12/13, 2008.**  
Qigong specifically for healing the spine.*

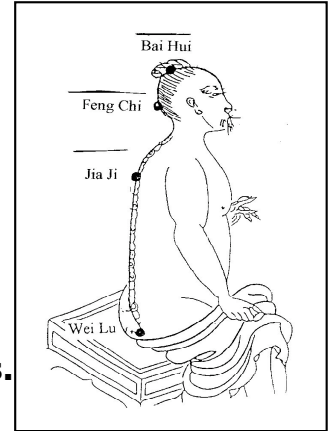


**Qigong Retreat in China with  
Dr. Liu Dong and Other Qigong Masters.  
Province of Yunnan :  
Jisu shan, Shangri-La and Tibetan region.  
April 7th - April 23rd, 2008**

Yunnan province is said to be the “place at the end of the rainbow”. Yunnan provides an ancient, natural setting in the southwestern frontier of China. Because of Yunnan’s high altitude and geographic location, its climate conditions are mild making it a travel destination to escape hot and cold weather.

**STUDY PROGRAM Includes:**

- Qi Gong Practice every day with Liu Dong or another master.
- Meet and work with authentic masters in their temples.
- Meditation retreat in the Tibetan Monastery of *Gedansong Zan ling*, and conference on Reincarnation.
- Qi Gong workshop in Wei Bao Shan (Taoist Mountain where Lao Tzu stayed for his meditation retreat)
- Study of XiXiHu at the Cancer Research Center



**2008 Year of the Rat - Earth  
February 7, 2008**

According to the Chinese Zodiac, the Year of 2008 is a **Year of the Rat (Earth)**, which begins on February 7, 2008 and ends on January 25, 2009. First in the cycle of 12 Animal signs, Rat Year begins the sequence and recurs every twelfth year. A **Rat Year** is a time of hard work, activity, and renewal. This is a good year to begin a new job, get married, launch a product or make a fresh start. Ventures begun now may not yield fast returns, but opportunities will come for people who are well prepared and resourceful. The best way for you to succeed is to be patient, let things develop slowly, and make the most of every opening you can find. In Chinese astrology, the Rat is respected and considered a courageous, enterprising person. People born in the Year of Rat are clever and bright, sociable and family-minded. They have broad interests and strong ability in adapting to the environment and are able to react adequately to any changes. They are gifted in many ways and have an easy-going manner. They are active and pleasant, tactful and fantastic, and are able to grasp opportunities. They seem to have interests in everything. They love to participate in doing many things and usually do them very well.

---from [www.springsgreetingcards.com](http://www.springsgreetingcards.com)



*Student Testimonials*  
*continued from page 2*

*And they are brother and sister! Master Liu He and Dr. Liu Dong have taught with great grace and patience under sometimes very difficult circumstances. They teach with incredible dignity, humility, and approachability. They are honor their students by always being fully present and giving fully of themselves, even if maybe they are stressed by life outside the classroom. Their dedication to Qigong is a testimony to the power it has in their own lives. They model a high level of intelligence and compassion, and they act as though we students can do what they do, with the same intelligence and compassion! And so, we students experience depths of meditation, depths of compassion, strength of character, and other qigong and life experiences we didn't think were possible. I am grateful to Master Liu He and Dr. Liu Dong.*  
*Susan S. – Master's Program Student*



**SAVE THE**  
**DATES FOR**  
**THE**  
**SUMMER**  
**RETREAT**

**JULY 16-20, 2008**  
**CEU/PDA credits**  
**available.**

# Public Workshops 2007-2008

## **Taoist Medical Qigong TuiNa - January 26/27, 2008 – Seattle**

This workshop will focus on Taoist Medical Theory emphasizing the teachings of He Tu and Luo Shu. The following healing methods will be taught: special TuiNa techniques for the cervical vertebra, mudra and mantra healing, integration of nine temples and the Ba Gua -with pointing techniques. Diagnostic, Distributing, and Delivering Qi methods.

## **Hui Gong for the Heart (Wisdom Qigong) – Feb. 16/17, 2008 – Seattle**

A Taoist style practice to develop wisdom and to bring out human potentialities. This practice has been handed down for over 2,000 years. This form focuses on bringing the mind-heart to tranquility through cleansing. Hui Gong uses the method of one thought replacing the train of many thoughts. It does this by using the mind to guide qi through the five solid organs. The goal of this practice is to wake up the spirits within the five organs, assist these spirits to recover their full functions, and gain back their natural rhythms - this is its self-healing power!

## **Jade Woman Qigong - February 23/24, 2008 - Portland**

A powerful method of healing that addresses the special needs of a woman's body. It helps to increase the blood, nourish the liver, and assists in healing both physical diseases and emotional imbalances. It is a beautiful, feminine form that is very effective in reducing weight and treating problems related to gynecology and menopause.

## **Jade Body Qigong (Healing for the Spine) – April 12/13, 2008 – Seattle**

According to the *Nei Jing- The Yellow Emperor's Classic of Internal Medicine*, "...hundreds of illnesses come from damage to the spine." Exercising the spine promotes good health and the recovery of health when diseases are present. When practicing this form you can improve metabolism, assist the immune system, and heal the spine.

## **Scalp Qigong TuiNa - May 10/11, 2008 – Seattle**

Scalp Qigong TuiNa is a powerful, effective, and easy method to perform in the treatment of stress-related ailments. Benefits include release of toxins from tense muscles and improved oxygen flow to the brain. By stimulating the release of endorphins it aids in reducing anxiety and mental tiredness. The treatment is especially effective in relieving migraines, insomnia, and headaches.

## **Nourishing Woman Qigong – August 16/17, 2008 – Portland**

Nourishing Woman Qigong (Yang Tai Gong) is a medical Qigong form that has been developed in Master Liu's family to tonify the woman's body and procreative organs, enhance fertility, and to support the mother and her baby during pregnancy. The physiology of women is different from that of men and this Qigong form focuses on nourishing the woman's body. This 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, as well as supporting pregnancy and childbirth.

**Workshop times: Saturdays 1:30-6:00pm & Sundays 9:00am-3:30pm**

**Tuition for each workshop: Qigong Workshops: \$225 Qigong TuiNa: \$275**

As space is limited, please register early. For registration, please visit our website, [www.linggui.org](http://www.linggui.org), contact us via phone (503)-380-5814 & (206)-817-4117 or email [info@linggui.org](mailto:info@linggui.org).

# **TWO YEAR QIGONG SELF CULTIVATION AND TEACHER TRAINING**

## **Highlights about this program**

### **NEW PROGRAM BEGINS April 12/13, 2008**

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. At the end of the first year, those who wish to teach may 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 April 12/13, 2008. Three additional weekends, September 21/21, November 15/16, January 31/February 1, 2009, and a summer retreat July 16-20 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@linggui.org](mailto:info@linggui.org), or 503-380-5814, 206-817-4117.

### Theory

- ☉ Four Principles of Taoist Philosophy.
- ☉ Five Toxins of the Heart
- ☉ Self-healing Breathing Methods
- ☉ Influence of the Cycle of the Moon on the Human Body
- ☉ Seven Sacred Doors in Qigong Practice
- ☉ Qigong and Women
- ☉ Five Ancient Qigong Schools
- ☉ Three Processes of Qigong
- ☉ Three Responses of Practicing Qigong
- ☉ Three Secret Methods of Self-protection
- ☉ Relationships between Emotions and Sounds
- ☉ Ethics of Teaching Qigong

### Practice

- ☉ Jade Body Qigong –healing for the spine and increasing immune system.
- ☉ 1000 Hands Buddha – Self- healing method
- ☉ Six Sounds Therapy – Healing the emotions
- ☉ Hui Gong – Healing for the kidneys
- ☉ Jade Woman- Healing woman's gynecology
- ☉ Eight Treasures - 12th century method building strong bones and flexibility.
- ☉ And more....



## **Ling Gui International Healing Qigong School**

1631 NE Broadway #409  
Portland, OR 97232-1425  
(503)380-5814 - (206)817-4117  
[www.linggui.org](http://www.linggui.org)

-----

### **Liu Dong Methods include:**

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