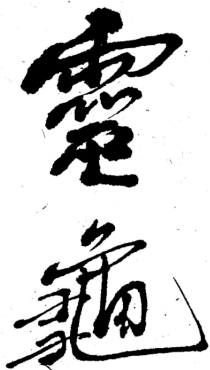


L I N G G U I Q I G O N G



NEWSLETTER fall, 2004
Ling Gui International Healing Qigong School

CELEBRATING THE FIRST GRADUATING CLASS



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.

Afternoon sun streams through the windows lighting up the six people standing in the middle of a spacious room, their limbs flowing, then suddenly stretching and holding. Then slowly, almost as if they are moving in water, they bend down and curve their bodies. While it is clear that everyone is doing the same movements, each person's gesticulation is unique, like six voices singing together yet each voice having its own tone and sound. The similarity is in the glow on their closed-eyed faces as each person demonstrates the undulating movements of Jade Body Qigong. Thirty or so fellow students sit on the floor on the periphery watching intently, with love and support. Their principle teacher, Master Liu He, sits in the back watching. A satisfied smile dances on her face.

The two year journey that has brought this group of people through challenges and joys of learning and practicing Qigong together is closing, and students demonstrate the Qigong forms they have learned during the years so that they may be certified to teach these forms. In groups of five to seven people, students demonstrate one form out of the numerous Qigong forms they have learned during the two years. Seeing the graceful, sweeping movements of the students, it is difficult to imagine that this person has suffered for years from severe aches due to chronic fatigue syndrome, or that person has battled cancer, or that person couldn't at first bend even slightly due to back pains.

While each person's story and experience with Qigong is as unique as his or her Qigong movements, the Ling Gui International Healing Qigong School celebrates each graduate of the very first class of the Self-Cultivation and Teacher Certification Training Program, by sharing these writings of three graduates.

Terry Patton perhaps represents all the students who drove and flew from far distances like Utah, Montana, Idaho and Wyoming to participate in the Qigong experience. She writes: "The building that housed Ling Gui was amazing and I immediately felt safe and calm in its interior. We all sat and waited not knowing what to expect. Then Master Liu He entered the room. Quietly, barely noticed, she sat in the front. The room quieted and we all followed her example. I relished the silence with which Master Liu He began our first lesson. No words, just a new beginning. Her simple English peaked my senses. I could feel without the intrusion of the spoken word. Beautifully simple yet filled with complexity. The movements of One Thousand Hands Buddha felt like music for the body. My brain became quiet, and my heart expanded in my chest. I was sure I felt the blood vessels open. My nervous system seemed attentive to every move. Qi radiated from the palm of my

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CELEBRATING THE FIRST GRADUATING CLASS *continued from p.1*

hands and the connection I had experienced in what seemed chance encounters now seemed achievable by the teachings of the Liu family. At the end of the first day I could feel every pore open, every cell searching for more of this magnificent Qi.”

Sue Kauffman came to Qigong after a neck surgery that was supposed to fix her neck injury but in fact gave her more pain and difficulties. She writes: “Physically I’ve moved from daily pain and discomfort that was off the scale to mild limited discomfort at times as my body continues its healing journey. For the first time in 10 years I can ride my bike without being an invalid for the next 2 to 3 days. For the first time since my neck operation I was able to carry a back pack and hike up Mt. St. Helen’s. Qigong made this possible. I will continue to practice and gratefully accept whatever comes my way. I know I have a long way to go but I can’t deny how far I’ve come, a celebration of possibility indeed!”

Mark Lynd, a long time Qigong practitioner and teacher, and a carpenter who operates his own construction company, says that Eight Treasures is one of his favorite forms. “It is simple and elegant. It encompasses the whole body from head to toe, has wonderful stretches from the tendons and muscles, and gathers a lot of Qi into the lower dan tian....Eight Treasures is very good for me because of the physical work that I do. Almost every morning I wake up and my body is sore in one place or another. After doing Eight

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

Congratulations! 32 students of Ling Gui International Healing Qigong School participated in the teacher certification process during the summer retreat held in late July. Master Liu was very happy about the progress of the students and remarked that as they start teaching Qigong, they will experience even more deepening of their Qigong practice.

Continuing Education Credits. Ling Gui School’s administration is getting Ling Gui School’s classes approved for continuing education credits for various health professionals. First group to benefit from this process is licensed acupuncturists. NCCAOM is reviewing Jade Body Qigong, Jade Woman Qigong, Yi Jin Xi Sui Jing and Six Sounds Therapy for 10 hours of Professional Development Activity credits each, and Eight Treasures and One Thousand Hands Buddha for 6 hours of Professional Development Activity credits each.

Paris Ling Gui School. More than 50 students have enrolled in the Paris school’s Qigong Master Program. Qigong enthusiasts from France, Italy, Switzerland, Belgium, Poland and Denmark will travel to Paris to learn from Dr. Liu Dong. These students have been teaching and practicing the Lui Dong’s Method of Qigong for several years around Europe. So don’t be surprised if the next time you are in Tuscany marveling at the beautiful landscape, you encounter a group of people chanting “chong” “guan” to their Jade Woman Qigong movements in a field of sunflowers.

Qigong Journey to China. Mark your calendars and get ready for the Seattle Ling Gui School’s first trip to China planned for the first three weeks of July, 2005. This trip promises to immerse you in the culture and people who gave birth to Qigong. You learn Qigong forms and theory from leading Qigong masters and travel to the Yun Nan Province, Shang-gri-la and Tibet.



Treasures the aches and pains meld away and I feel like a new man. I am relaxed and ready to keep up with the young 20 year olds on my crew.” Moving beyond physical benefits of Qigong practice, Mark writes: “Most important and exciting for me is the evolution of my Qigong practice. Qigong has moved beyond the physical to the realm of the spiritual.

It has given me a true glimpse of the Universe – still, silent, unmoving and limitless. It is this aspect of Qigong that now sustains and excites me. This is what I had hoped to find when I enrolled in the Ling Gui School. I found it, but it is not the end, it is just the beginning.”



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

Qigong is a treasure that my family has handed down from generation to generation. My grandfather was a Chinese medical doctor and a qigong master, and because of him I discovered this treasure.

My mother was an opera singer and my father practiced Fengshui (art for living) and wrote libretto for the opera. During the Cultural Revolution, they weren't allowed to continue their careers, and were sent to another town to work in the fields. I was three years old at the time, and my parents sent me to live with my grandparents so that they could take care of me. They also wanted me to learn Qigong from my grandfather. So, at the age of four, my Qigong training began.

My grandparents also lived in the north of China in the countryside surrounded by beautiful mountains. Every mountain had a different name. One mountain, far from my grandparent's house, was called Dragon Mountain, because from a

distance it looked like a dragon, strong and energetic. Another was called Black Bear Mountain, because many black bears lived on it. My grandfather called his favorite mountain, "Treasure Mountain," because many different Chinese herbs grew there. These herbs -- like Renshen (an herb used for tonification) -- were useful in healing his patients.

My grandfather was a nice, but strict person, whereas my grandmother was very easy to get along with. In the beginning, I naturally preferred my grandmother to my grandfather. My grandfather asked me to get up at 5:00 A.M. every morning to practice Qigong with him and my brother, who had already been training with him for several years. It was difficult for me to get up so early, but, since my grandfather was strict, I had no choice. He always told me that in the beginning you practice Qigong, and later on Qigong practices you. At the time, I had no idea what this sentence meant. Each morning we went to nearby Treasure Mountain to

practice Qigong of the Sun. There the Qi of the sun filled my body and I felt energetic the rest of the day. After practicing, my grandfather often showed us the many different herbs that grew on the mountain and described their healing properties. My brother and I listened enthusiastically. One year later when I was five, I could get up at 5:00 A.M. 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 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.

To be continued in the next newsletter

PUBLIC IS INVITED TO JOIN LING GUI STUDENTS TO LEARN QIGONG

SEPTEMBER 24 and 25, 2004

Jade Body Qigong is a powerful method for healing many spinal problems. By imitating the movements and breathing patterns of the turtle, the crane and the dragon, the entire spine is cleansed and tonified. In addition to physical movements, by opening and offering the heart center, the movements of this form cultivate qualities of generosity and compassion.

The cost of this workshop is \$175

OCTOBER 23 and 24, 2004

One Thousand Hands Buddha has been passed down for generations in the Liu family for balancing the emotions and awakening our original noble hearts. This beautifully peaceful sitting meditation form with various mudra (hand position) movements is great for all of us living with busy schedules and stress by bringing us to a place of calm and tranquility within.

Eight Treasures is an ancient Qigong form that originated with Taoist monks in the 12th century. It is said that the physical problems developed by monks from years of sitting meditation practice resolved completely by practicing these eight elegant yet simple routines. Imagine what these eight routines can do for us who spend years sitting at our desks!

The cost of this workshop is \$200.



Ling Gui International Healing Qigong School's
Self-Cultivation and Teacher Training Program

NEW CLASS BEGINS OCTOBER 23rd and 24th, 2004, IN SEATTLE

STEEP YOURSELF IN THE ANCIENT ART OF HEALING QIGONG.

**EXPERIENCE PHYSICAL, EMOTIONAL AND SPIRITUAL WELL-BEING.
TEACH QIGONG AT YOUR COMMUNITY CENTER, FITNESS CLUB OR AT A SPA BY THE OCEAN.
TAKE AN ACTIVE PART IN YOUR OWN HEALING.
ENHANCE YOUR EFFECTIVENESS AS A HEALTH PROFESSIONAL.**

**EVERYONE IS WELCOME.
SO COME AND JOIN OUR COMMUNITY OF AWAKENING HEARTS.**

Self-Cultivation and Teacher Training Program is a two-year program that provides a strong foundation in Qigong theory and practice. To accommodate people who travel from distances and who work full-time, the classes meet over eight study weekends and two five-day Summer Retreats.

For a school brochure and more information, please contact the Ling Gui International Healing Qigong School.



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



Liu Dong's Method:

Ling Gui School

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



Ling Gui International Healing Qigong School's

SELF-CULTIVATION AND TEACHER TRAINING PROGRAM

IMMERSE YOURSELF IN THE ANCIENT ART OF HEALING QIGONG!

Learn many Qigong forms recognized internationally for their healing effects.
Become a Qigong teacher and help yourself and others enjoy well-being.

Regular practice of qigong is recommended for:

- Maintaining good health.
- Releasing energy blocks that arise from stress and other causes.
- Replenishing vital energy in the body.
- Adjunctive care for treating cancer, heart disease and stroke.
- Strengthening the immune system.
- Recovering from injury, illness and low energy.

Did you know:

- ❖ Major newspapers claim Qigong as the "next yoga".
- ❖ Medical doctors prescribe qigong to patients with severe heart disease and cancer, like doctors at the University Medical Center in Arizona.
- ❖ Cancer Lifeline in Seattle and Bellevue offer weekly Qigong classes to cancer patients and their family.
- ❖ Resort spas like the Golden Door offer Qigong classes to its patrons.
- ❖ National Institute of Health has granted large sums of funds to study the health effects of Qigong.
- ❖ Scientific studies have found tumors in mice have reduced in size from Qi emission treatments.



Visit our website at www.linggui.org for more information, or contact the Ling Gui International Healing School at lingguiinfo@linggui.org, 503-380-5814 or 206-817-4117



**Wonderful opportunities to learn directly from Master Liu He
and experience the Ling Gui International Healing Qigong School**

REGISTER FOR THESE WORKSHOPS

Jade Body Qigong

September 25th from 3 to 6pm
September 26th from 9 to 3:30pm
Cost: \$175

at The Moving Space
5340 Ballard Ave.
Seattle, WA 98107

Jade Body Qigong is a powerful method for healing many spinal problems. By imitating the movements and breathing pattern of the turtle (undulation of the cervical vertebrae), the crane (undulation of the dorsal vertebrae) and the dragon (rotation of the lumbar vertebrae), the entire spine is cleansed and tonified. This method also cultivates qualities of generosity and compassion.



**Eight Treasures &
One Thousand Hands Buddha**

October 23rd from 1:30 to 6 pm
October 24th from 9 to 3:30pm
Cost: \$200

at The Moving Space
5340 Ballard Ave.
Seattle, WA 98107

Eight Treasures, also called Ba Duan Jin, is one of the four oldest and most famous Qigong methods from China. Eight simple yet elegant routines of this form are designed to build strong bones, increase tendon flexibility, strengthen particular organ-energy systems and heal the seven emotions.

One Thousand Hands Buddha is a beautiful sitting meditation form that uses different mudra (hand position) movements to cultivate qualities of wisdom, equanimity, truthfulness, tranquility and letting go. Regular practice of this form removes suffering, fortifies energy, calms the heart and helps the spirit attain wisdom.

REGISTRATION INFORMATION

To register for one or both of these workshops, please send a check for the cost of the workshop with this form to Ling Gui International Healing Qigong School at 1631 NE Broadway #409, Portland, Oregon 97227.

Name of Workshop: _____

Name: _____

Address: _____

Telephone: _____

E-mail: _____

How did you find out about the Ling Gui School? _____

For more information, visit our website www.linggui.org, contact the School by e-mail, lingguiinfo@linggui.org, or by telephone: 503-380-5814 or 206-817-4117