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Qigong is a powerful healing system developed in China over many thousands of years. It is one of the components of the holistic system of Traditional Chinese Medicine. 'Qigong' (pronounced Chi-Kung) is a new term that has been used over the last 50 years to describe all of the Chinese energy techniques.

The word 'Qigong' is made up of two Chinese characters, 'Qi' refers to the energy of life, the vital energy which flows through the network of meridians in the body and connects with the energy or 'Qi' of the universe. In Japan and Korea it's known as 'Ki' and if studying Yoga the term 'Prana' is used. Most cultures have a similar terminology for life energy. 'Gong' is a term which translates to work, mastery and training. Qigong therefore translates to 'energy work', 'working with the energy of life' or 'mastering the energy of life'.

There are thousands of different styles and systems of Qigong, using different static postures, movements, breathing techniques, mental training and visualisation methods, either done standing, moving, walking, sitting or lying. Traditionally Qigong is used to train the Qi energy for martial, medical or spiritual purposes.

Benefits of Qigong

If the flow of Qi becomes blocked, stagnant or disturbed, it can cause illness (both physical and emotional) and can decrease your quality of life. With regular practise Qigong can help stimulate this powerful energy, helping release stress, increase health and vitality as well as develop spiritual perception, serenity and awareness. It helps the individual take more responsibility for his or her own energy, helping improve quality of life.

"Too much color, the eyes cannot enjoy.

Too much noise, the ears cannot receive, and music cannot be heard or appreciated.

Too complicated, too prepared, or too processed food causes the tongue to lose its taste.

Too much rushing around, hunting and searching, maddens the mind.

Too much interest in hard-to-obtain goods distorts one's behaviour.

The wise one likes to maintain one's inner essence, and thus is not enslaved by sensory pleasure.

Sensory pleasures and the outer search for material goods create burdens and cause one's life to become scattered."

Lao Tzu, Dao De Jing, Chapter 12



Xiyuan Hospital



With Master Cheng



September 2010 with Dr. Xu

Sixth World Conference on Medical Qigong

I had great privilege to attend the Sixth World Conference on Medical Qigong held in Beijing during June 2010. I have attended many conferences conducted by the World Academic Society of Medical Qigong, which is accredited by the Chinese Government and which places great importance on these conferences as a way of spreading and fostering Traditional Chinese Medicine and Chinese culture.

It was good to meet up with old friends and colleagues. The conference marked the 20 year anniversary of the foundation of the Society; I gave a talk and presentation about the work I have been doing in leading specialist training groups to China to learn from Masters at the source. I also gave a 30 minute workshop and demonstration on Guigen Qigong. I was honoured to be granted the Dedication Award for my initiative to improve the life quality of people and development of Medical Qigong.

While in Beijing I took my good friend Dr Gaspar Garcia from Spain to the Xiyuan Hospital to meet Dr Xu Hongtao at the Qigong Department. We practised Guigen Qigong and meditation together and discussed our common goals of spreading the healing benefits of Qigong.

Dayan Wild Goose Qigong

After the conference I travelled to Wuhan in Hubei province in central China to continue my training in Dayan Wild Goose Qigong with 28th lineage holder Grand Master Chen Chuan Gang. I had learnt the 1st 64 movement Wild Goose form the previous year and was going to revise this and then study the 2nd 64 movement set. I spent two weeks under Master Chen's guidance. It was very hot and humid as it was the height of summer and Wuhan is renowned as one of the furnaces of China. We trained every day from 6am to 8am, 9.30am to 11.30am, then after lunch we would have a siesta and meet again from 2pm to 4.30pm. I was amazed at Master Chen's knowledge and his strength and stamina; for a man of 89 years he is living proof of the benefits of Qigong. It was traditional training, one on one, and we spent quality time together. I had all my meals with Master Chen and his wife, as well as a few of his senior students.

Book/DVDs series

After many years of hard work I'm pleased to announce the release of my three Book/DVDs series. With the continuous growth of Qigong, and by request, each of the original DVDs is now accompanied by a beautifully produced book which includes a step-by-step guide to the exercises and meditations, the history and theory of Qigong and Traditional Chinese Medicine, and inspiring stories of those who have improved their quality of life from practising this ancient healing art.

These books follow my own healing journey from a near fatal accident at the age of 19 to becoming a Qigong teacher; 'The Art of Life'. The continuing journey to study Daoist Qigong at the Purple Cloud Monastery at Wudang Mountain in China; 'Absorbing the Essence'. Then to studying Guigen Qigong at the Xiyuan Hospital in Beijing; 'Restoring Natural Harmony'.

These unique series of Book/DVDs are distributed through Brumby Books and available from all good quality bookshops. They are also available from www.simonblowqigong.com

September 2010 China Study Tour

On this year's tour we spent the first five days in Beijing, staying in a comfortable hotel on the campus of the Beijing University of Youth Political Studies. It was a small campus in a nice downtown area; we practised Qigong each morning in the beautiful gardens of the university. For three mornings Dr Xu conducted informative lectures about Traditional Chinese Medicine and Qigong then after lunch we would go to a local park and practise Guigen Qigong. Whilst in Beijing we visited the Forbidden City and the Great Wall of China and also the studio of Master Cheng who is an old friend and helped contribute to my books with his beautiful Chinese writing.

From Beijing we travelled to Wuhan where we had a meeting with the Abbott of the Daoist Eternal Spring Monastery and lunch with Master Chen, his wife and a few of his instructors. Then we went to Puto Shan, or 'Buddha Mountain', which is situated on an island south of Shanghai, spending three nights there. I had previously been there in 2007 and had meetings with Master Ren, the Abbott of the men's monastery. Unfortunately Master Ren was away but referred us to Master Yi Yin, the Abbott of the women's monastery. We spent a whole day at the monastery. Master Yi Yin shared many stories about Buddhism and gave her personal insight into the many questions that were asked; we also had lunch with her and the other nuns of the monastery.

Our tour finished in Shanghai where we visited the healing clinic of the Shanghai Qigong Research Institute and the museum at the Shanghai University of Traditional Chinese Medicine; there was also time for some famous Shanghai shopping. Overall we had five high level meetings with Masters of Qigong, Chinese Medicine, Buddhism and Daoism.

Workshops/Retreats

Many successful weekend and one day workshops were conducted throughout Queensland, NSW, and Victoria and for the first time in Tasmania. If you are interested in helping organise a workshop in your area please don't hesitate to contact me. We have a new venue for weekend retreats at the beautiful Kangaroo Valley, two hours drive south of Sydney. We had a great weekend there in July, but it was a bit too cold and next year we will have weekend retreats in April, September and November when the weather will be a bit kinder to us. These retreats are held in conjunction with my good friends from the Medicine Hill Retreat Centre.

Four day residential Wild Goose Retreats were also held in Queensland and Victoria and more are being organised for 2011.



With Master Chen



With Master Yi Yin



Launceston October 2010

Simon Blow is the author of numerous books, DVDs and Audio CDs about this ancient healing art. He has been a full time professional teacher (Laoshi) since 1992; he has received training and certification from Traditional Hospitals and Daoist Monasteries in China and has been given authority to share these techniques. Simon has been initiated into Dragon Gate Daoism and given the name of 'Xin Si' meaning Genuine Wisdom. He also is also Standing Council Member of The World Academic Society of Medical Qigong, Beijing China.

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