

When I started my journey with the Chinese Healing arts in 1987, initially it was to improve my health and to gain physical strength and flexibility after a serious accident in 1979; but what has kept my interest and become my passion was the underlying philosophy of the Dao.

The Dao translates to 'the Way'. It's not a religion but a way of harmonising with nature. Its origins are in ancient Chinese culture dating back over 5000 years. Lao Tzu, a historical figure from 500 BC, was the first great master to write about his understanding of the nature of the Dao. His book, the 'Dao De Jing', is now the basis of most Daoist thought. Some of the other healing arts originating from Daoist tradition include acupuncture, herbal medicine and therapeutic massage.

I have had the great opportunity to visit the sacred mountains of China and have had many meetings with Daoist Priests. When they asked me what I was doing with the Qi that I was developing, I would explain the different groups of people that I work with and they would say I am talking about the 'high level'. The basic level is the energy cultivation practice; within the Daoist tradition, virtue is the highest level. Through our work and effort we are able to become aware of ourselves as a living spirit in physical form and when we use this to aid in the development of the human race we are simply one with the universe.

*The wise one helps others without expecting anything in return.
The wise one does not take credit for doing good for other people.
When a person does not think of one's accomplishments,
one remains fresh in life. Lao Tzu, Dao De Jing, Chapter Two*



September 2010 at the Forbidden City



September 2010 with Master Zhang



July 2010 at Luyi with Master Chen

Study Tours

Fourteen of these unique tours to China have been organised since 1999. They have an element of study combined with cultural activities and sightseeing. I feel very fortunate that I have been able to travel to China many times with like minded people enabling me to further my own understanding and knowledge of these ancient healing practices. Thank you to all those who have travelled this journey with us.

We visited China twice in 2011; on both occasions we were connecting with the energy of the Dao by going to historical and energetic places relating to Lao Tzu. In July at the height of summer with a small advanced group we studied Dayan Wild Goose Qigong both 1st and 2nd 64 movement sets with Grand Master Chen in Luyi county, Henan province. Luyi is the birth-place and home town of Lao Tzu; it's a small town on the central plains of China far away from the usual tourist path. Master Chen has been here many times and there is a dedicated group who practise the Wild Goose. There are many temples and historical buildings here and each morning we would practise together in front of the Ming Dao Palace. During this time we filmed the group practising both 1st and 2nd forms in the Palace which will be included in the upcoming Wild Goose Book/DVD series. It was a special time for all of us as we were all accepted as fellow members of the Qigong family.

September 2011 Tour

For three days we were under the guidance of Dr Xu Hongtao, the founder of Guigen Qigong and a specialist doctor from the Xiyuan Hospital in Beijing. We gained a greater insight into the holistic system of Traditional Chinese Medicine (TCM) and the healing benefits of Guigen Qigong and meditation.

After six days in Beijing we travelled to Xian, the ancient capital of the Tang dynasty, where we saw the Terracotta Army still guarding the first Emperor. From here we continued our journey following Lao Tzu; historical records indicate that he travelled 100km south west of Xian to Lou Guan Tai, where he was resting from his travels in this beautiful mountain area. The local mayor came to see him and from their conversations and the questions that the mayor asked, Tao Tzu wrote the five thousand character Dao De Jing. We spent a whole morning here absorbing the ancient wisdom and energy.

From here we went to Huashan, one of the sacred Daoist mountains. It was real mountain weather; a bit cooler, wet and misty. We spent the whole day at the Daoist Monastery where we had long discussions with the Abbott, Master Zhang, who helped deepen our understanding of this living philosophy. We were invited to have lunch with the other monks and nuns and had an afternoon sharing stories with Master Jin. When we were leaving, Master Zhang presented me with a golden sash which the Daoist Priests wear during ceremonies which has embroidery of ancient symbols of peace and longevity.

Our journey continued to Wuhan where we had dinner with Master and Madame Chen, then onto Shanghai. Here we visited the Shanghai Qigong Institute and were informed about the current research and ways Qigong was being used to treat different health conditions. There was plenty of time for some famous Shanghai shopping before flying home.

Future tours- September 2012 and 2013

Each September during the Chinese season of early autumn we travel to China. We always start our journey in Beijing and receive instruction and guidance on Guigen Qigong from Dr Xu. From there we go to different sacred mountains, visiting the masters at the Monasteries and practising Qigong and meditation. During the 2012 tour we will visit two monasteries, staying as guests at the Temple of the White Cloud on the Immortal Platform in Hubei province. Then travel south to Longhushan in Jiangxi province, also known as Dragon Tiger Mountain, one of the sacred Daoist Mountains. The 2013 tour takes us back to Xian and then further south west to Sichuan province and to Qing Cheng Shan (Green City Mountain). This will be our third time here and we will stay two nights up the mountain in the monastery's guesthouse. All tours finish in Shanghai before flying home.

Meditation for Children CD series

Three separate CDs have been professionally produced for different age groups; 3 years and over, 8 years and over (twens) and for teenagers. These CD have been made in conjunction with my good friend Patrice Thomas, an early childhood educator, author and workshop presenter. Patrice and I have worked on previous recording projects and we provide both male and female voices. These mindful journeys help induce creativity, reduce stress and help children develop into loving, caring members of our community.

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Classes

2012 marks the start of my twentieth year as a full time professional teacher. I started teaching part time in 1990 and by the end of 1992 I committed myself to work full time researching, understanding and sharing the Chinese Healing Arts. We continue classes in Sydney at Woollahra on Monday mornings, Little Bay on Tuesday and Thursday mornings and Friday mornings at Bondi. Monday evenings are at North Sydney and Saturday afternoons at Annandale. I also continue running specialist groups with We help Ourselves (WHOS), Mission Australia and the Haymarket Foundation and have been invited to start a regular group at the St John of God Hospital in Burwood.

Retreats /Workshops

The retreats at Kangaroo Valley, a few hours south of Sydney, have proven to be very successful. Working in conjunction with the Medicine Hill Retreat Centre, the three retreats in 2011 were all full, with over twenty people attending each one. Please book early to avoid disappointment.

I have been travelling up and down the east coast from Tasmania to Far North Queensland and we had a fantastic workshop at Herberton on the Atherton Tablelands. It's a beautiful old historical town; the jacaranda trees were in bloom and the people were very friendly. I'm looking forward to returning in October 2012. I also conducted workshops in Melbourne for the first time and will be back in Elwood in May 2012. If you are interested in helping organise a workshop in your area please don't hesitate to contact me.

Wild Goose Qigong residential retreats were held at Yackandandah in north eastern Victoria and will be held again in December 2012. We will also be conducting a residential Wild Goose retreat in Tasmania in mid January 2013.



July 2010 with Dr Xu



March 2010 retreat Kangaroo Valley



December 2010 retreat Yackandandah

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.

**Simon Blow PO Box 446 Summer Hill NSW 2130 Sydney Australia PH +61 2 9559 8153
Mobile 0421 815 254 simon@simonblowqigong.com www.simonblowqigong.com**