

When we first start our journey into the Chinese healing arts, initially it's important to connect with and discover our Qi or life force energy. Usually we have blockages and stagnations in our meridian system cause by a variety of factors and this can cause problems both physically and emotionally and if left unchecked it can cause illness and disease.

When we are affected by illness and disease it affects our quality of life and our ability to connect with and interrelate to others on a physical, emotional and spiritual level.

What all the Chinese Healing Arts have in common is the understanding of the Dao. The Dao (Tao) is a way of harmonising with nature and our environment. Lao Tzu, a historical figure from 500 BC, was the first great master to write about his understanding of the nature of the Dao in his book, the 'Dao De Jing'. Some of the other healing arts originating from the Daoist tradition include acupuncture, herbal medicine, therapeutic massage, Qigong and Tai Chi.

By staying unoccupied and being peaceful,
You can observe the coming and
going of all people and all lives

After reaching prosperity
All lives must know to return to the root
To return to the root is to be still and quiet
This is how the life force is able to return

Lao Tzu, Dao De Jing, Chapter Sixteen



June 2012 at the Medical Qigong Conference



July 2012 Initiation Ceremony



July 2012 at Nine Immortal Mountain

Seventh World Conference on Medical Qigong

I had the great privilege of attending the Seventh World Conference on Medical Qigong held in Beijing during June 2012. 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.

There are three different sections for presentations at these conferences: Medical Research Papers, Medical Clinical Studies and demonstrations of Qigong forms. At this year's conference I gave a demonstration of the 1st and 2nd 64 movement Dayan Wild Goose Qigong. There were other demonstrations of Taijiquan, Shaolin animal movements, Guolin Walking Qigong and other traditional and newer styles of Qigong. I was very honoured to receive an award for my presentation.

Initiation

After the conference I was joined by a small group of my students and we travelled down to Wuhan to continue our training in the Dayan Wild Goose Qigong with 28th Linage holder Grand Master Chen. A special ceremony was conducted and I was very honoured to become an initiated student and 29th Generation of the Dayan Wild Goose Qigong. Lynn Guilhaus a good friend, student and my book editor was on this trip and we were able to check in fine detail with Master Chen all the details and benefits for the 1st and 2nd 64 movement Dayan form for the upcoming book series. As I am now a family member, Master Chen was happy to share all this information with me.

Wuhan is renowned as one of the three heaters of China and it was very hot and humid; to escape the heat we took a side trip to the mountains. Nine Immortal Mountain is a three hour drive from down town Wuhan. A lake has been formed at the top of the ancient volcano and it was much cooler surrounded by the bamboo and pine forests. There are both Daoist and Buddhist temples set within this beautiful area.

2012 September Study Tour

Guigen translates to 'returning to the root', to the source from which all things emerge. Guigen Qigong was developed by Dr Xu Hongtao from his own internal research and working as a specialist doctor at the Qigong department at the Xiyuan Hospital in Beijing over the last 25 years. I'm very honoured that this year was the 7th group that I have taken to study directly with Dr Xu.

After six days in Beijing we travelled south to Hubei province to Wuhan, then a three hour drive to the Immortal Platform and the White Cloud Temple. We last visited here in 2006 as the first foreign group to stay at the top of the mountain. I was very happy to return and see my old friend Master Xiangli, the Abbott of the Monastery and see all the work he has done in repairing the ancient buildings. We stayed one night as guests of the Monastery.

Then we travelled further south to Longhushan in Jiangxi province, also known as Dragon Tiger Mountain which is one of the sacred Daoist Mountains of China. Then, onto Shanghai where we again visited Shanghai Qigong Research Institute. The Institute is attached to the Shanghai University of Traditional Chinese Medicine and we spent quality time with my old friend Master Shen discussing the theory and many benefits of practising Qigong.

Future tours- September 2013

On the 2013 tour we will be returning to Qing Cheng Shan translating to Green City Mountain in Sichuan Province in South West China. This will be the third time that I have traveled to this amazing and beautiful area of China. We will spend two nights at the guest house up on the mountain. Qing Cheng Shan is also one of the sacred Daoist Mountains and we will have discussions with the Abbott Master Tang. Sichuan is the home of the Panda and we will visit a research centre, seeing first hand these beautiful, playful animals. The tour starts in Beijing studying Guigen Qigong with Dr Xu and experiencing the culture of this ancient and modern city. Then to Xian to see the Terracotta Army still guarding the First Emperor. All of these tours finish in Shanghai for a few days before flying home.

September 2014

Over the last fifteen years we have had the great pleasure of organising unique study tours to China, to learn and to absorb the ancient culture. With the ever expanding modern Chinese culture it has become increasing harder to find out of the way untouched places. This year we will spend five days in Wuzhi County in Henan Province along the northern side of the Yellow River. This is a unique area of central China; there are many ancient culture areas to visit. We will have formal meeting with the Abbott of the Daoist Jia Ying Temple, see the 1000 year old Grottos with religious sculptures carved in caves in the mountain and visit farms and local families.

Our adventure starts in Beijing then we travel by overnight 1st class sleeper train to Zheng Zhou the capital of Henan Province. From there a two hour bus trip to Wuzi County, with plenty of time to relax, meditate and practise Qigong. Then our journey takes us to Wuhan a large ancient city on the banks of the Yangtze River

We start our trek home, with a fast train to the modern city of Shanghai from where we fly home. We will visit the studio of a Traditional Master Painter and be entertained with a private concert by Traditional Musicians. In places we visit you will absorb the powerful Qi, practice Qigong and meet Grand Masters. This is the tour of a lifetime, please book your place early as there will be limited spaces available.



September 2012 with Dr Xu



July 2012 with Master and Madam Chen



July 2012 Nine Immortal Mountain

Retreats /Workshops

This year I have been travelling conducting many successful workshops and retreats from Cygnet down in Tasmania to Herberton on the Atherton Tablelands up in Far North Queensland and many places in between. In August 2012 I was invited by NSW Health to conduct a residential training retreat at Evans Head on the North Coast of NSW. The training was on Restoring Natural Harmony and Guigen Qigong and was for fitness leaders and health care professionals working for the Health Department to be able to learn and share these healing techniques with the community. It was a great success and I was invited to conduct another training retreat in March 2013 on the Art of Life.

In May 2012 we had a fantastic one day workshop at Bellingen on the beautiful Mid North Coast of NSW. It was supported by local Tai Chi and Qigong teachers. Due to its success we are planning a weekend residential retreat at Grassy Head at a centre set in the rainforest by the beach during May 2013.

The annual Dayan Wild Goose retreats were conducted in December at Yackandandah in the beautiful North East Victoria. Special thank you to J and K for all the work you both put in to make us feel so welcome.

If you are interested in helping organise a workshop or retreat in your area please don't hesitate to contact me.

New DVD, Yoga and Qigong for Fertility

I travelled to Melbourne a few times conducting workshops and helping my good friend Helen Zee make a new DVD. Helen is a Yoga teacher and has been working for many years with couples helping them with fertility. She has had success at a number of fertility clinics with Yoga and we combined those successful Yoga Asanas with the Guigen Qigong section on the Water Element for the Kidneys and Bladder. I remember it was a very cold morning, but the light was amazing and we were able to film a beautiful professional DVD.

For more details concerning classes, workshops retreats and products please visit www.simonblowqigong.com



September 2012 with Dr Xu



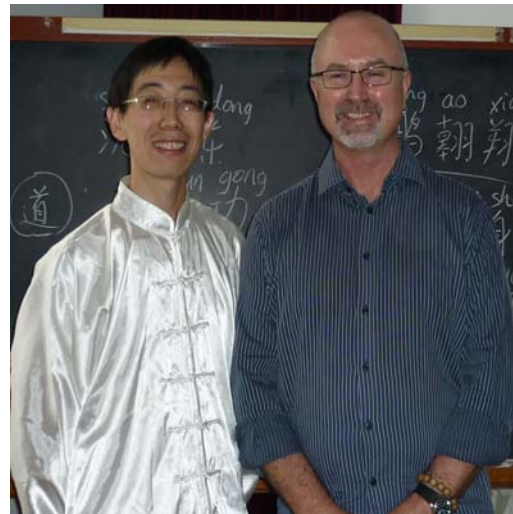
September 2012 Dragon Tiger Mountain



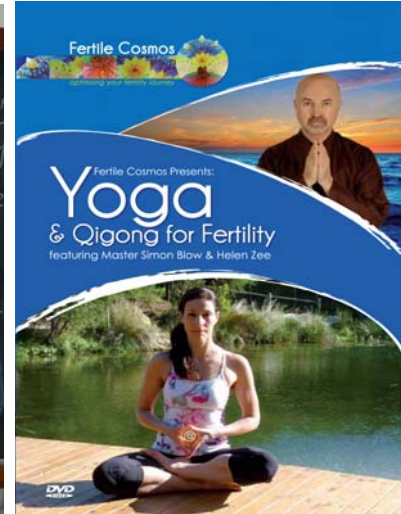
July 2012 Melbourne with Helen Zee



May 2012 Bellingen Qigong Workshop



September 2012 with Master-Shen



Yoga and Qigong for Fertility DVD

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, an initiated student and 29th Generation of the ancient Dayan Wild Goose Qigong. He also is also a Standing Council Member of The World Academic Society of Medical Qigong, Beijing China

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