

One of the main underlining principles of the Chinese Healing Arts and the Daoist understanding of life is the concept of Wu Wei which translates to non-action, doing things without really doing anything. Unfortunately in modern society we tend to think too much. This wastes far too much energy and most of the time it is unnecessary. First of all we need to relax, to calm our mind and just be. Wu Wei is action without desire, motivation or intention.

Wu Wei refers to the cultivation of a state of being in which our actions are quite effortless and without even trying we're able to respond perfectly to whatever situations arise, simply going with the flow.



With Master Tang, Qing Cheng Shan



Da Yan Qigong, An Lu, China



With Prof Liu Ya Fei, Shanghai

12th Shanghai International Symposium on Qigong Science

I had the great privilege of attending the 12th Shanghai International Symposium on Qigong Science held in Shanghai during October 2013. The conference was organised by the Shanghai Qigong Institute and the Shanghai University of Traditional Chinese Medicine. I have become good friends with the directors of the Shanghai Qigong Institute from previous conferences that we have attended in Beijing and each year we make a formal visit to their research department in Shanghai as part of our China Qigong Study Tour.

The academic reports included presentations by Professor Liu Ya Fei, the Director of the He Bei Medical Qigong Hospital and Professor Shin Lin from the University of California on the quantitative studies on the beneficial effects of Qigong and Tai Chi on health and healing. There was also a great presentation by Professor Liu Tian Jun from the Beijing University of Chinese Medicine on the experimental research on the three regulations. I gave a demonstration of the 2nd 64 movement Da Yan Wild Goose Qigong and I was very honoured to receive an award for my presentation by Master Lin Hou Sheng the originator of the Taiji Qigong Shibashi forms.

Da Yan Wild Goose Training Tour 2013

In June at the height of the Chinese summer, we travelled with a small group to Wuhan to continue our training in the Da Yan Wild Goose Qigong with 28th lineage holder Grand Master Chen. On this trip three of our senior instructors: George Foster, Cherel Walters and Amber King were initiated as family members and 29th Generation of the Dayan Wild Goose Qigong. This special ceremony was held at a smaller county town (2 million) of An Lu about a 90 minute drive from Wuhan, the home town of Madam Chen. We had an amazing time here with our Qigong family and look forward to returning again to see all of our old friends.

There will no Wild Goose Training Tour in 2014, but a trip is planned for 2015 during March /April and during the Chinese Spring when the weather will be much kinder to us. Also on this trip we are planning on attending the 13th Shanghai International Qigong Symposium which will also be the 30th anniversary of the foundation of the Shanghai Qigong Institute. The pre- requisite of joining these tours is that you would need to have learnt the 1st 64 movement form as we will receive refinement and instruction from Grand Master Chen on both 1st and 2nd 64 forms

2013 September Study Tour

On the 2013 tour I was very pleased to return to Qing Cheng Shan which translates to Green City Mountain in Sichuan Province in South West China. This was the third time that I have travelled to this amazing and beautiful area of China. We spent a night at the monastery's guest house up on the mountain and received a special blessing ceremony from the Daoist nuns. I was very privileged to receive two paintings from the Abbott, Master Tang. He has presented paintings to me on my previous two trips which are in my books 'Absorbing the Essence' and 'Restoring Natural Harmony'. Master Tang emits his Qi into his art work and is a well-known Daoist artist; the new painting will be in the two new Wild Goose Qigong books.

Future tours- September 2014

Over the last fifteen years we have had the great pleasure in 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 Shandong Province and we will have the great fortune to travel with my good friend Master Cheng an artist and Master of traditional Chinese painting. Master Cheng has been to this area many times and has direct contacts with the Daoist and Buddhist monasteries

One of the main features of our Qigong study tours over the last ten years has been our study and time spent with Dr Xu Hongtao. Dr Xu developed Guigen Qigong from his own internal research and working as a specialist doctor at the Qigong department at the Xiyuan Hospital in Beijing over the last 30 years. Guigen translates to 'returning to the root', to the source from which all things emerge. This will be the final year that we will be studying with Dr Xu, as he will be retiring from the hospital in 2015 and this being the 8th tour studying with him we have decided to make a change for 2015. As of September 2015 the Qigong study aspect of these tours will be 4 to 5 days at the He Bei Medical Qigong Hospital. For full itinerary please see website www.simonblowqigong.com

Retreats /Workshops

This year I have been travelling up and down the east coast of Australia conducting many successful workshops and retreats from Cygnet in Tasmania to the Atherton Tablelands in Far North Queensland and many places in between. In March 2013 we conducted a residential training retreat for NSW Health at Evans Head on the North Coast of NSW. The training was on the 'Art of Life' and was for fitness leaders and health care professionals to be able to share these healing techniques with the community. I also conducted a similar training for QLD Health in July 2013 at Lake Tinaroo on the Atherton Tablelands. More instructor training is scheduled for 2014. In May 2013 we had a fantastic weekend residential retreat at Grassy Head on the beautiful Mid North Coast of NSW. Due to its success we will be conducting another one in early May 2014. This is an amazing venue set in the rainforest by the beach.

The Mary McKillop Spirituality Centre at Kincumber on Central Coast of NSW was the venue for two amazing weekend retreats in 2013; we are booked for more retreats in April and October 2014.

The annual Da Yan Wild Goose retreats were conducted in November/December 2013 at Yackandandah in the beautiful North East Victoria. This was the 8th and last retreat we have had with J and K; I would like to thank both of them for all the great work they have put into making these retreats so successful and fun.

We have secured a great venue for the 2014 Annual Da Yan Wild Goose Retreats at Vijayoloka Buddhist Retreat Centre, Minto about one hour South West of Sydney. Two retreats, one for the 1st and one for the 2nd 64 movement forms will be held mid November 2014. Wild Goose workshops will also be held in Tamworth, NSW and Euroa, VIC as well as in Tasmania.

For full details about workshops and retreats please see website www.simonblowqigong.com

Classes

After fifteen years conducting classes for the Woollahra Council at the Woollahra Seniors Centre, the council has handed over the administration of the class to me at our new venue, Jewishcare Saber Street, Woollahra. Now at the new time of 9.30am on Mondays. I'm very pleased to continue in 2014 therapeutic group classes at We Help Ourselves (WHOS) and for Mission Australia. Also our community classes at Little Bay, Bondi and Annandale. I'm also honoured to commence a group class at the new **Chis O'Brien Lifehouse at RPA Hospital** on Mondays at 3pm.

India

2013 was a busy and rewarding year and in December I travelled to India on a four week meditation holiday. I stayed at the Ramana Ashram in Tamil Nadu in Southern India; this is the fourth time I have been to this amazing place. I had time to relax, refresh, to meditate and just to be. The Ashram is the perfect place to practise Wu Wei.



With Dr Xu, Beijing



Grassy Head, NSW



Kincumber, NSW

Simon Blow a near fatal accident at the age of nineteen lead Simon to investigate different methods of healing and rejuvenation a path he has been following ever since. He is the author of numerous Books, DVDs and Meditation CDs, as well as a sought-after speaker and workshop presenter. Simon has been working for over thirty years to help spread the benefits of meditation, peace and love. He works with many different groups helping them to develop self healing skills to manage their stress levels and improve their quality of life. Simon has been initiated into Dragon Gate Daoism and given the name of Xin Si meaning Genuine Wisdom and is a 29th generation of the ancient Da Yan - Wild Goose Qigong. He also is a Standing Council Member of The World Academic Society of Medical Qigong, Beijing .

**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**