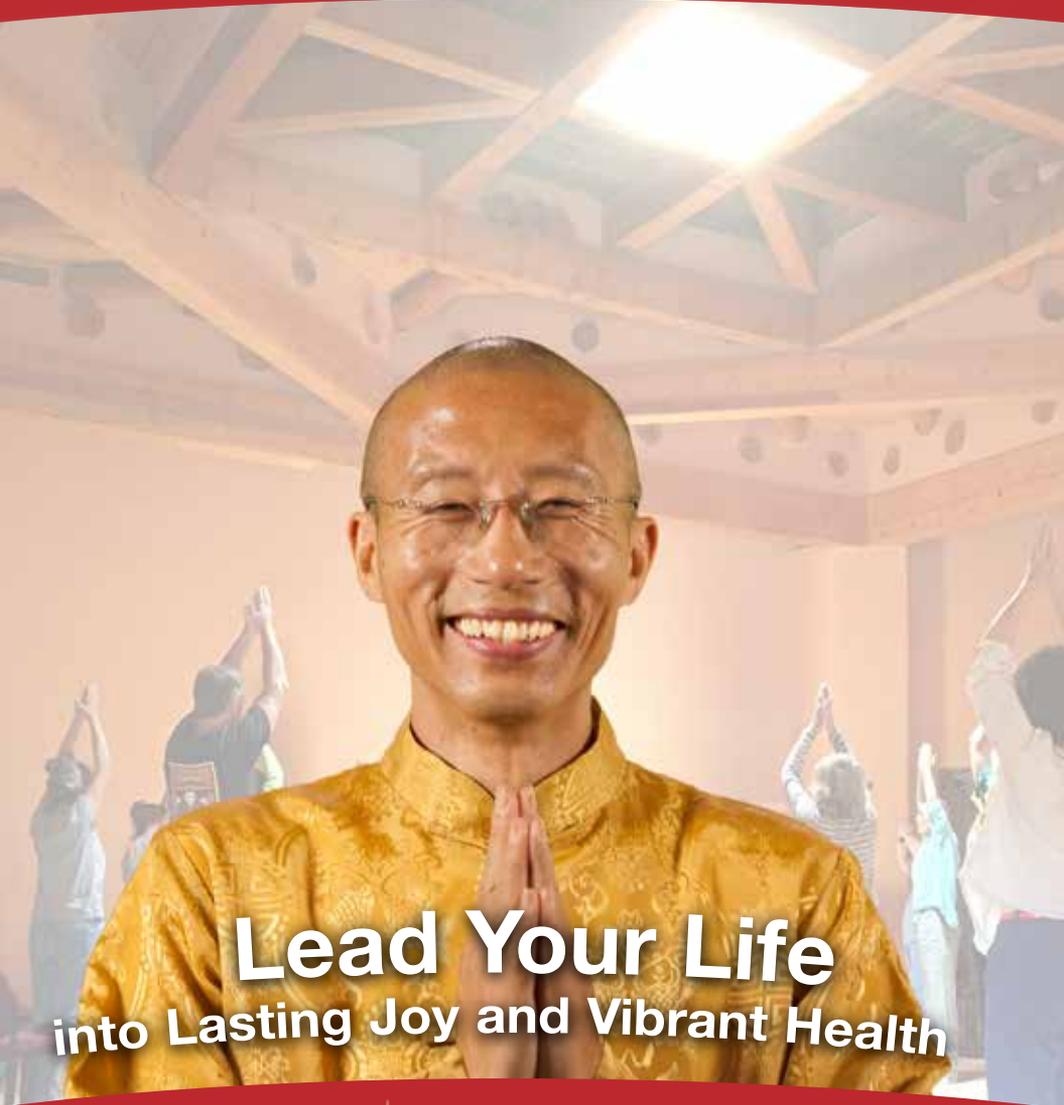


**SHARE
FREELY**

What Is Qigong?

Retreat with Master Mingtong Gu



Lead Your Life
into Lasting Joy and Vibrant Health



Teaching
Practice
Community

Answers to your questions:

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What *about humanity* surprises you the most?

When His Holiness the 14th Dalai Lama was asked this question his answer was:

"Man, because he sacrifices his health in order to make money. Then he sacrifices his money to recuperate his health. Then he is so anxious about the future that he doesn't enjoy the present. As a result, he doesn't live in the present or the future. He lives as if he's never going to die. Then he dies having never really lived."

The ancient practice of Qigong was born out of the desire to address this essential dilemma. For thousands of years these secret teachings were shared with the elite only. Now we are truly fortunate to have open access to this ancient technology of Qigong as a method to reclaim our health and access our energetic resources.

How Does Qigong benefit you and others?

Let's discover together how the energy of consciousness is alive within every aspect of our lives.

Let's discover together how by healing ourselves, we can heal our world.

Let's discover together how a 5,000 year old way of being is evolving as the answer to the complex problems of modern society and offering a pathway forward into an interdependent co-creative future.



Linking *us all together*

Together we all stand on this one beloved Mother Earth.
Together we breathe the same air and sleep under the same stars.
Together we ask the questions that are alive in our personal story.
Together we wonder if there isn't a better way,
if the energy of the universe might be harnessed
to enrich life here on earth for us as individuals and as a
community.
Together we seek a way forward that flows freely with love and
compassion where everyone is able to lead a rich and fulfilling
life.
May all our heart's desires be honored as we explore together the
potential residing in the DNA of all life.



"The Milky Way Baby is an image, that for me, reflects that we are all created from the same energy" - Mingtong Gu

What *is* Qigong?

Qigong is a technology and an art that applies ancient wisdom, modern science and the mind's creative power to transform our lives from dis-ease to health and well-being.

Qigong is a direct and powerful technology to tap into the infinite source of energy—the same energy in the Milky Way—and use this infinite source to transform our physical and psychological conditions for a better, more balanced life.

Qigong is a technology that uses pure energy to effectively cultivate love, wisdom, compassion and harmony for the greatest healing.

Qigong is a way to invest consciousness, the most precious treasure of life, in the largest bank of the universe, the energy bank, the source of all creation, and thus fulfill your highest potential for creativity, healing, peace, service and wisdom.

Qigong, a science of miracles, is a way to create the most ideal condition for miracles to happen in our lives.

Qigong is the cultivation of mind and body and allows you to experience the true nature of all phenomena, including your body, as pure energy, so you can realize the Oneness of self, others and nature. It allows you to open the great potential for the mind to alter and transform physical conditions.

Qigong is a technology that allows you to direct positive, creative, loving intention into the body directly so you can transform disharmonious conditions within to healthy, harmonious and happy conditions.

Qigong expands and awakens consciousness and applies this consciousness to transform life.

Qigong has been proven effective through the long history of ancient traditions and with modern science. Qigong has helped millions of people reduce health costs and heal chronic conditions.

Qigong is accessible to all ages and backgrounds. Not a religion, rather, it is a science of mind, and is applicable to all levels of transformation and health needs.

Qigong is a sustainable lifestyle. You can recharge yourself through “eating” energy just like you eat food, but from the infinite, formless source, like a super gas station of free energy.

Qigong trains the mind to perceive and utilize the formless, invisible energy that comprises 96% of the universe. New scientific research has validated and recognized this spiritual force known by ancient wisdom traditions around the world.

Note: Wisdom Healing Qigong™ is the trademark of the Wisdom Healing Foundation.

What is Wisdom Healing (Zhineng) Qigong ?

“Use of the mind’s intelligence to direct chi to reform, perfect and improve the conscious potential of the holistic body, thereby uplifting the consciousness of the practitioner from an automated condition to that of autonomous wisdom.”

*- Dr. Pang, founder of Zhineng Qigong
(Zhineng means Wisdom Healing)*

Wisdom is the understanding that arises from an awakening or our perception and consciousness of life. Ultimate wisdom is the ability to know and embody the creative source of the living universe, moment-to-moment. It is our conscious capacity to fully participate in the continuous dance of evolving, exuberant creation.

Healing is the application and benefit of this awakening wisdom when we work with energy as the foundational substance of the creative living universe within and around us. Healing includes the absence of dis-ease in physical, emotional and mental dimensions. Yet healing also seeks – quite naturally – deep transformation of the whole person, by realizing the whole unified harmony of the individual within and in relationship to the multi-dimensional unity of all life.

Qigong is the cosmology (theory) and technology (art) for consciousness to work with creative energy (chi). It is a creative union of consciousness and energy, which awakens the joy-full wisdom capacity of mind, heart, and body.

The Vision of the Chi Center

HEAL OURSELVES, HEAL OUR WORLD

We realize our human potential through the conscious evolution of mind and body, resulting in harmony, self-realization, integration and enlightenment for all.

How do we bring these beautiful ideas into our personal lives and practice?

Master Mingtong Gu:

I enable and empower students to realize and activate their deep hidden resources and healing ability.

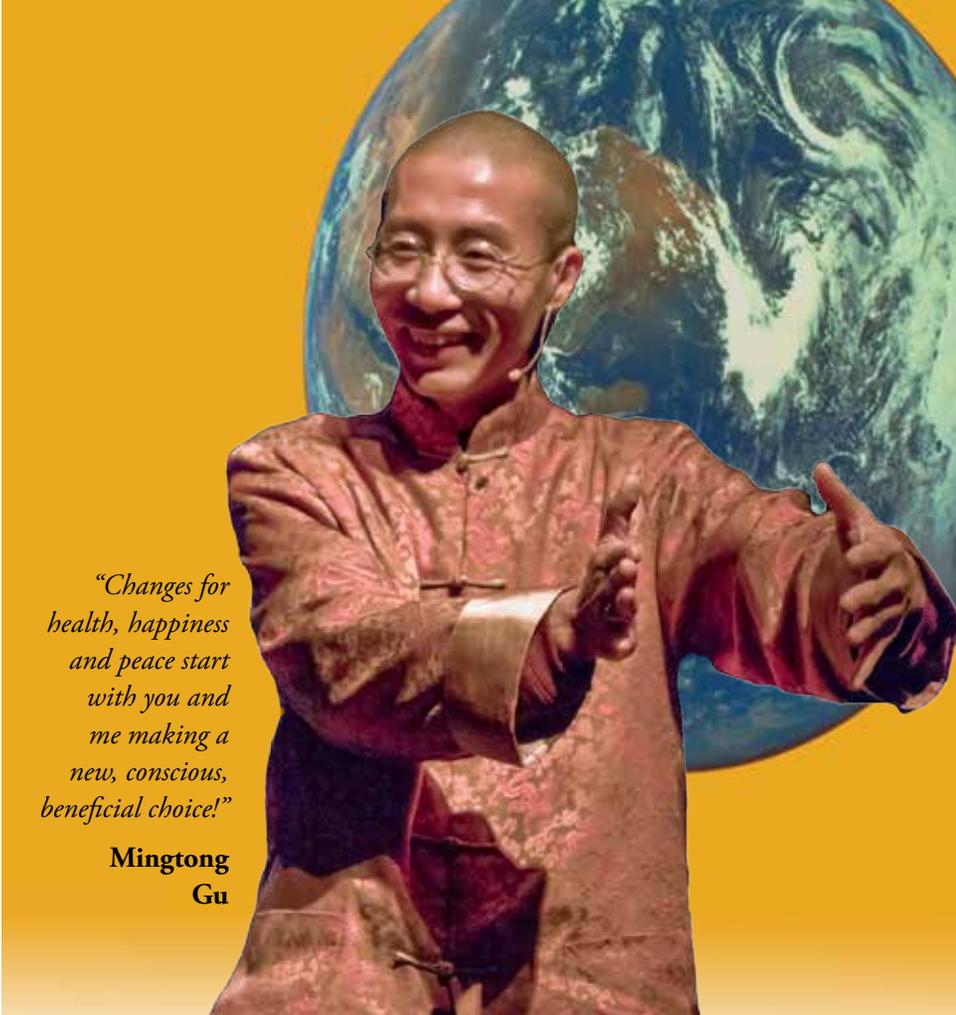
First, I help students shift their minds from a state of hopelessness, victimization, and stressfulness to a state of openness, relaxation, creativity, and proactive and choice-oriented empowerment. With experiential, somatic processes students realize the possibility of NOW—taking them from their paradigm of impossibilities to a paradigm of possibilities.

Second, I teach students the method prescribed by the medicine-less Qigong hospital in China, where it has been used for more than 200 kinds of diseases and with more than 200,000 people for more than two decades with a 95% success rate. This method involves gentle movement, visualization, sound and meditation.

Thirdly, I use the group synergy and collective energy field – the chi field – as a support as well as source of healing power that goes beyond any individual and is available for everyone participating.

Naturally, it creates a safe container where students can fully dedicate their intention and commitment to this deep process of transformation: making the impossible possible.

We, at the Chi Center, also provide the continuous support of sustainable practice through ongoing programs in Santa Fe, New Mexico and globally through online courses and materials available through the Chi Center online store.

A photograph of Master Mingtong Gu, a man with glasses and a shaved head, wearing a traditional red Qigong uniform. He is smiling and gesturing with his hands. The background is a bright yellow circle with a blue and green Earth visible behind it.

“Changes for health, happiness and peace start with you and me making a new, conscious, beneficial choice!”

Mingtong Gu

I have personally experienced total recovery from asthma, scoliosis and low back pain. I have witnessed hundreds of recoveries from all kinds of physical illnesses in China and the United States.

It is very satisfying for me to see people’s lives transform through this practice, even in just ten days at a Wisdom Healing Qigong retreat. Some students are released from ten to thirty years of migraines and other types of chronic pain. Students shift into states of calmness and joy after years of depression. Some heal from severe emotional trauma. Many regain life and health after years of Lyme disease and autoimmune diseases. Some are able to release cancers and tumors and return to their normal lives after being under the care of hospice. Many, including health professionals, have recovered from trauma, stress and burnout.

Who is Master Mingtong Gu?



**Qigong
Master
Mingtong
Gu**

“Mingtong lives what he teaches, exudes vibrancy and love, supports the empowerment and health of each person and shares his experience and knowledge as a wisdom master.”

—Bruce Fabric, M.D., Board Certified Psychiatrist

Mingtong Gu brings his joyous teachings and extensive, masterful skills to the translation of the ancient teachings of Wisdom Healing Qigong for contemporary times.

Master Gu is recognized as an international teacher and healer and in 2011 was awarded Qigong Master of the Year by the 13th World Qigong Congress for Qigong and Traditional Chinese Medicine. In China, he received his training from a variety of Grandmasters and at the world’s largest medicine-less Qigong hospital.

Master Gu is the founder of The Chi Center and Wisdom Healing Foundation and has trained and helped thousands of students through the Wisdom Healing Qigong program.

As a child growing up in China during the Cultural Revolution, Mingtong learned to have much patience and endurance. His family often went without food for days and being the youngest of seven children, he was adopted by a new family and returned to his birth family at 7-years-of-age. Despite such hardships, his mother was determined to support his dream of an education and Mingtong became the first from his village to attend college.

Mingtong earned his MA in Mathematics from the University of California at San Diego and then continued his training at Brandeis and Harvard. At this juncture, Mingtong decided to pursue an artist’s career. He earned an MFA in photography and video arts from Ohio State University and taught at Columbus College of Art

Large scale special events amplify the chi field.





Master Mingtong Gu with his wife Linling, a gifted healer and teacher.

and Design. Working as an artist and while still in graduate school, Qigong came into his life.

Mingtong was especially interested in the spiritual iconography of Hinduism, Buddhism, Taoism and other mystical traditions. According to Mingtong, in that process of searching, he encountered his own culture, including Qigong, in a new light.

In 1997, Mingtong returned to China to learn under Qigong Grandmaster Pang Ming, a doctor trained in Western and traditional Chinese medicine. At the medicine-less Qigong hospital that Dr. Pang founded, Mingtong observed thousands of people with chronic and “incurable” diseases being healed and personally recovered from his own chronic conditions of asthma, scoliosis, back pain and kidney weakness. Witnessing these profound healing experiences inspired him to dedicate his life to the teaching and practice of Qigong healing. Through this practice, Mingtong found his life’s passion, purpose, and fulfillment in this union of spiritual practice and applied healing wisdom.



Personal healing sessions with Linling and Mingtong are available by appointment.

In 2008, Master Gu, his wife, Linling and their 4-year-old son moved to the San Francisco Bay area. His teachings and healing energy attracted hundreds to his weekend workshops, retreats and weekly classes, including programs at Spirit Rock Meditation Center, the Esalen Institute, the California Institute of Integral Studies and the Institute of Noetic Sciences. In 2016 he was blessed with the opportunity to obtain a beautiful old spa outside of Santa Fe, New Mexico and begin creating his version the medicine-less Qigong hospital.

Group healing sessions magnify the potential for everyone involved.



Who *did he learn from?*



**Grandmaster
Pang
Ming**

Wisdom Healing Qigong, called Zhineng Qigong in China, was developed by Dr. Pang Ming, a renowned Chinese Qigong Grandmaster trained in both Western medicine and Traditional Chinese Medicine.

Dr. Pang Ming was born in 1940 in Dingxzing County, Hebei Province. After graduating from The Beijing Medical School, he practiced medicine into the 1970s. At a very young age, he was studying Qigong, psychic phenomena, mysticism, martial arts and other esoteric teachings, and has been dedicated to teaching and researching the most effective methods of different lineages.

In the 1980s, he founded the world's largest medicine-less Qigong hospital known as Huaxia Zhineng Qigong Training and Recovery Center. Through considerable scientific research (3,000 research papers were published during the 1990s) and more than 20 years, of experimenting with Qigong healing, Wisdom Healing Qigong has developed into a scientific system of working with energy to



A healing spiral of hundreds of people in the Center in China before it closed.

cure disease and improve life. Dr. Pang has published more than ten books to present this cultural treasure to humanity.

By learning this gift of self-healing, students graduated not only as physically healthy or recovering persons but also as much happier and integrated beings. The Center has trained thousands of Qigong teachers and many Master Teachers. Most of them have chosen to dedicate their life to Qigong healing, to share and teach.

What *happened to the medicine-less hospital?*

Wisdom Healing (*Zhineng*) Qigong was promoted by the Chinese government as one of the most effective forms of Qigong. While the government had found Qigong very valuable for dramatically reducing health care costs for their population, they were also wary of the large numbers of people gathering together. In 2000, it was outlawed for people to practice Qigong together in numbers greater than one hundred at a time. Since by this time the numbers at the medicine-less Qigong hospital had grown to 5,000, Dr. Pang thought it best to disperse and trust his teachings to his trained teachers (such as Mingtong Gu who had trained in his two year Qigong Master program) to carry out to the world.

Can we duplicate the medicine-less hospital in the U.S.?

Mingtong Gu is mindfully, step by step, creating a Western model of the medicine-less Qigong hospital concept and finding the same profound results when students apply themselves with dedication. A Western evolution of the medicine-less Qigong hospital is on its way. Meanwhile Western science has been progressively discovering the same quantum mind-body principles underlining the teaching of Qigong. Together we are part of this collective journey.

In 2005, Master Gu began with a five day Healing Intensive Retreat designed to activate the same energetic practices, teachings and experiences he had in China. Now, from five to thirty-day retreats are available for deep immersion in the healing chi field. The many, many miracles of healing happening during these retreats are shared in video clips on the Chi Center web site (www.chicenter.com). These stories, and the ones in the book *101 Miracles of Natural Healing*, can inspire your vision, dedication and practice.

Just as Dr. Pang started with ten students in the early 1970s and inspired millions of practitioners within two decades, Mingtong started with small classes and has expanded into a global program with thousands of online participants and sold-out retreats around the world. Our vision to create a center dedicated to integrative healing through Qigong and other modalities is now coming alive in our own new Center in Santa Fe, New Mexico.

2007: A healing spiral in empowering hundreds and beginning the momentum in the West.



How do the miracles happen?

In the science of Qigong, healing from chronic conditions is not a “miracle” in the way the word is often used. Healing can occur in a spontaneous manner with a quick shift of the mind or as the result of much dedicated practice. We deliberately activate our miracles with proven practices and our engaged consciousness.

At the medicine-less Qigong hospital in China, three keys were found essential for activating the true potentials of Qigong: consistent practice, accessing the collective and accumulative chi field and the true power of teachers and healers. Your practice can nourish your life energy in a sustainable way. A strong chi field can amplify the benefits exponentially. True teachers and healers can assist you to deepen your connection within and realize your true potential.

At the medicine-less Qigong hospital in China everyone was dedicated to healing, thus a powerful healing community formed, and each person’s progress was everyone’s progress. Massive group healings and practices were daily events. Everyone participated, even if on a stretcher or in a wheelchair. Everyone was blessed by the strong intention for healing and the deep desire to live and become vital and strong. Those that had already healed, or gained more strength, helped others or became teachers.

The most effective practices were shared widely and practiced for hours at a time. Caregivers assisted with the severely disabled in this residential experience. When a student arrived, they went through a battery of medical evaluations to determine their condition. Then they engaged deeply with the practices and teachings for twenty-four days. Then another set of tests was conducted. From this came the amazing percentages of documented changes.

With this deep dedication many became powerful healers and the rates of healing grew greater and greater as the healing chi field grew stronger and stronger. The cumulative benefits of this experience are now available to us as we continue the lineage of healing through Master Mingtong Gu, Dr. Pang and our own dedication.

Why does Qigong work to heal all disease (both by itself and as a compliment to conventional medicine)?

Qigong works with the totality of the living universe to tap into the formless energy resources beyond the 4% of the form energy (physical) and brings the newly discovered energy back to the physical world to enhance and transform the physical. In doing so, healing and awakening of the consciousness can be accelerated and realized fully.

- The living universe is made of energy: 96% is formless and invisible while 4% is physical – matter, dark matter and energy.
- Nothing is lost in the universe: $E = mc^2$.
- Everything is changing every moment: thermodynamics.
- There are two directions of causes, horizontal and vertical, behind every effect. One is the science of the physical (Newtonian physics) and the other is consciousness as energy (quantum physics).

Qigong's cosmology is aligned with ancient Taoist and Buddhist philosophy that is validated and rediscovered by today's latest science.

In contrast to the Western medical perspective on healing, which is:

Can my body heal itself? (the body as a machine)

the Qigong perspective is:

Can my mind and body heal together?

What did the research in China find?

In the 1980s, and 1990s, as Dr. Pang was developing the Huaxia Zhineng Qigong Training and Recovery Center, known as the medicine-less Qigong hospital around the world, considerable scientific research, some 3,000 research papers, were published. In two decades, the Center treated more than 200,000 patients. This sample of the 2,088 people was taken during a three month period in 1998 at the Center. From this group the following impressive results were documented:

Cured: 731 (35.01%); Very effective: 488 (23.37%); Effective: 863 (41.28%); No effect: 6 (0.29%); The total effective rate was 97%.

# of cases	Cured			Very effective		Effective		No effect		Total Effectiveness	
	Total # of cases	# of Cases	%	# of Cases	%	# of Cases	%	# of Cases	%	# of Cases	%
Gall/Kidney stone (lithiasis)	1951	319	16.35	726	37.21	871	44.64	35	1.79	1916	98.21
High Blood Pressure (hypertension)	1935	439	22.69	653	33.75	774	40	69	3.57	1866	96.43
Bronchiole Asthma	493	100	20.28	235	47.67	157	31.85	1	0.2	492	99.80
Coronary Heart Disease	1838	389	21.16	711	38.68	726	39.5	12	0.65	1826	99.35

Recent research reveals that Qigong training:

(see more detailed review at www.qigonginstitute.com)

- Initiates the relaxation response, decreasing heart rate and blood pressure.
- Alters the neurochemistry profile moderating pain, depression and addictive cravings, as well as optimizing immune capability.
- Enhances the efficiency of the immune system through increased rate and flow of the lymphatic fluid.
- Improves resistance to disease and infection and increases the efficiency of cell metabolism and tissue regeneration.
- Coordinates right/left brain hemisphere dominance promoting deep sleep, reduced anxiety and mental clarity.
- Induces alpha and theta brain waves that reduce heart rate and blood pressure, thus facilitating relaxation, mental focus and even paranormal skills.

Is there research on Mingtong's retreats?

Yes! In 2015, we began our own modest efforts to document the transformation that we were witnessing at each and every Healing Intensive Retreat. Our first two-week pilot study used pre-, mid-, and post-retreat self-report questionnaires, focusing on chronic pain, well-being and distress (including depression and anxiety). Careful appraisal of any symptom changes was also reported. The data was scored by an outside research organization and demonstrated that 94% of Retreat participants improved in terms of well-being and distress levels (including depression and anxiety) and 89% improved significantly. The scoring of the data also showed an Effect Size (severity adjusted) of 1.89, indicating that the results of the Retreat were considered highly effective. In fact, in the statistical world, 0.8 is generally regarded as highly effective; 1.89 is more than twice that! Chronic pain levels also reduced significantly over the course of the two week Retreat.

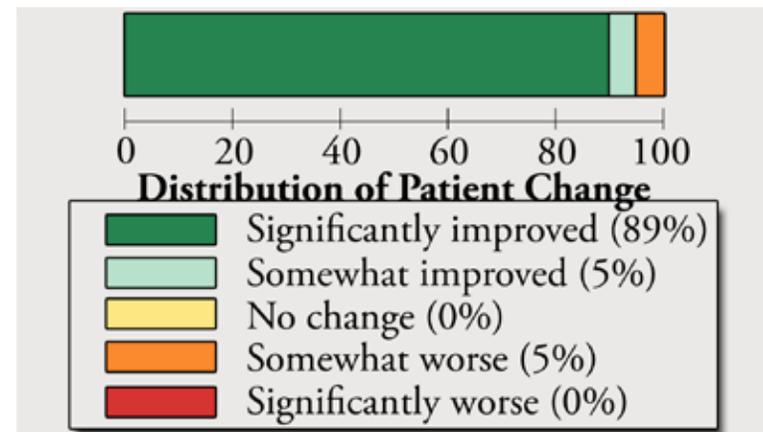
Pilot studies of subsequent Retreats have demonstrated comparable remarkable results, while the studies of weekly classes, conducted by psychologist and research coordinator, Ilka de Gast, have similarly shown positive results. We continue to explore additional options to investigate and document the amazing experiences of dramatically new levels of health, happiness and well-being that come with participation in The Chi Center's Healing Intensive Retreats and subsequent dedicated practice. All Wisdom Healing Qigong protocols were developed by Master Mingtong Gu.

In addition to the pilot studies and future research, The Chi Center website and You Tube channel are full of healing "miracle" stories of people just like you healing from all sorts of conditions.

Pilot Study based on a Two-Week Retreat led by Master Mingtong Gu

Change in Well-being and Global Distress scores including Depression and Anxiety

- 94% improvement
- 89% significant improvement



Quotes from Participants

Participant with HIV, anxiety and headaches:

"Feeling relaxed, peace of mind, headache relieved."

Participant with cancer and depression:

"Before I came I worried about dying 100 times per day, now I'm focused on living."

Participant with sluggishness from hypothyroid and joint pain in hip and knees:

"Feel the blockage in my left thyroid has cleared – no pressure there. My hip is totally pain free and knees are mostly pain free."



Learn to both give and receive the healing energy.

What *is the most important?*

The SIX GOLDEN KEYS

Through extensive research with millions of people, Wisdom Healing Qigong was credited as the most effective method of Qigong healing by the Chinese government in 1997. Millions of people used Wisdom Healing Qigong and the secrets behind its practice, the Six Golden Keys, to realize its effective healing.

Master Mingtong Gu:

“I used these principles for my own healing and spiritual transformation. They are treasures we cultivate in all healing retreats to realize the full potential of healing. The results are no less than amazing! It is my desire that you fulfill your highest purpose and this is my gift to you.”

Haola

“I AM”

Activate your divine blue print with the chant “*Haola*”. *Haola* means “all is well, so be it!” *Haola* is activating the belief in the ultimate goodness of our bodies, energy and all dimensions of life. Its sound creates energy circulation awakening a feeling of well-being.

Inner Smile

“I am love”

Activate the inner medicine of self-love, relaxation and unconditional happiness by purposefully smiling inwardly to all aspects of yourself. The Inner Smile brings kindness, happiness, and unconditional joy into the body’s energy field.

Service

“I am connected”

Activate the energy of love and share it to amplify your power of healing and transformation. Dedicate your healing practice to another human being or a group of people. By sharing, we are cultivating chi (life force energy) together for the highest good.

Trust

“I am enough”

Allow yourself to participate in life fully and flow from moment to moment. You realize something is working for you even though you don’t know exactly why. This empowers the mind to become more committed and more trustful of the practice, and that creates an even more positive affect.

Chi Field

“I am a co-creator”

Activate the collective power for the purpose of fulfilling the universal desire. The more you initiate your healing benefit in the collective purpose, the more you can connect and embody the chi field. You are receiving the collective and accumulative power of the community and lineages.

Practice

“I am NOW”

Activate the full potential of being alive. Wise ones have realized that the deep healing and awakening has to come from within each person. Practice makes this possible.

How do we get energy to flow freely? How do we get more?

Qigong is a form of practice aimed at improving the flow of chi (energy) inside the body, therefore the induction of chi is a main tool used in the practice. Inducing chi means to direct, attract and absorb the flow of chi within and outside the body. We attract chi to maintain life processes through the exchange of chi with tangible substances like the air we breathe, the food we eat, and the things we experience with our senses and with the universal energy, called *Hun Yuan Chi*. There are three methods of inducing and attracting chi: movement, sound and vibration, and using the mind's intention.

Movement

Your quality of life correlates with the amount of movement of internal chi blending with external chi. The movements used in Wisdom Healing Qigong unite the mind with chi and attract chi with the mind. The slow movements allow for relaxation as well as an energetic flow. The deep movements allow the opening of energy channels as well as release of pain, blockages and stress. The mindful movements allow the mind to connect with the body and help quiet the mind's busy thoughts and mental stress.

Sound

By "chanting" certain sounds, you can induce, attract and mobilize the movement and absorption of chi. Sounds activate energy with higher and deeper vibrations. These sacred sounds allow the opening of energy channels and centers as well as quiet the mind. Five Organ Integrative Sound Healing Method allows you to access the emotional energy in the body's organs to release and transform the emotional tension and limitation. For example, sound healing can transform fearfulness to carefulness, worry to centeredness, anger to courage, sadness to compassion,



"What is a Miracle? It is the realization of the impossible to be possible and doable. Qigong is a science of NATURAL miracles. The chi field of a group synergy can greatly amplify the effect." – Mingtong Gu

and depression to natural joy. Sounds allow you to activate life energy beyond any physical and mental limitation and allow deep connection between your conscious and unconscious minds.

Mind

With mind's induction of chi through visualization and meditation, you can access the positive and creative power of the mind. Visualization and meditation can access different parts of the brain's functions beyond linear, left-brain thinking. This practice also cultivates the whole brain and whole body wisdom and connects the mind with feelings through energetic imagery.

Overall, through the integrative approach of movement, sound, visualization and meditation, you can access life energy most fully and integrate the holistic functions of mind, body and heart. In addition, you can realize the full potential of the "Law of Attraction", mindful meditation, prayer, energy psychology, applications of spirituality and quantum physics, and mind-body medicine in general.

What *are the essential practices?*

Wisdom Healing Qigong has several levels of practice and is a complete and open system of Qigong. These practices represent a radically different technology which is offered to awaken, transform and integrate our entire chi body—from the cellular to the spiritual—returning us to our natural, healthy, and balanced state of being. This technology re-patterns the physical, emotional and mental/ spiritual energy that is not flowing freely and is experienced as pain and suffering, into energy that is flowing freely, bringing forth natural states of happiness, compassion, openness and wholeness. In Level I, we begin with:

- **Lift Chi Up Pour Chi Down (LCUPCD):** a moving practice that trains the mind to activate life energy within the body and receive energy from the universe.
- **Lachi:** the mind connects with simple hand movements to amplify and direct chi energy. Most often done sitting.
- **Standing Meditation:** an effective way to concentrate and direct energy, and opens major energy gates and centers, helping you receive and stabilize the chi energy within you.
- **Inner Smile and Six Golden Keys:** cultivation of the goodness, interconnectedness, love and commitment. A powerful meditation and a way of life.
- **Awaken Vitality Method (Preliminary Practices):** Spinal Bone Marrow Method, Wall Squats, Hip Rotations, Crane's Neck, Chen Chi and Spinal Bending open channels and allow a free flow of energy.
- **Five Organ Integrative Sound Healing:** a powerful way to release emotional blockages and stagnated energy from our body's organs.

Who *would benefit from Wisdom Healing Qigong?*

You would benefit if you are:

- Working with serious physical or emotional diseases.
- Feeling stressed, depleted, or full of anxiety or depressed and wish to strengthen your endocrine and immune systems.
- A caregiver of your family or others who have disease.
- Seeking powerful tools for self healing or expanding professional capacities.
- Inspired to work for the awakening of human potential.
- Committed to make sustainable positive changes in your life.

Wisdom Healing Qigong is beneficial for people with all types and levels of health challenges, or those with great interest in realizing their innate capacities for healing and transformation.

Empowering ourselves as healers in Paired Healing Sessions.





Where *are you?*

The Chi Center has a new home! Formerly the Vista Clara Ranch Spa Resort in New Mexico, this incredible property is now The Center for Wisdom Healing Qigong. This beautiful 79 acre resort is located 20 minutes south of Santa Fe in Galisteo, NM.

Situated on a span of seventy-nine acres covered with ancient cottonwood trees, a fishpond, labyrinths, and breath-taking views of several mountain ranges, the land itself is a healing balm. The landscape at the new center is nothing short of magical. A stunning circular building set into the earth, reminiscent of sacred underground ceremonial kivas, will be used for gatherings and workshops. This property invokes both heaven and earth with its beauty, quality of light, and potential gateway to health.



The new Center for Wisdom Healing Qigong will be a place...

- for people to come to learn and heal through Wisdom Healing Qigong -- a self care, self healing and self empowering system of practice
- for healthcare professionals, leaders and teachers to nourish and recharge their own body, heart and mind
- for people to discover their true power and wisdom for health, happiness and harmony
- to provide energetic support, expansion and integration for all wisdom traditions and healthcare professionals
- for connecting people globally to dedicate healing of ourselves and healing of our world

Could *this be a part of my life?*

Chi Center Retreats appreciate the challenges of living and we provide tools to activate your full potential of health and well-being. You are not alone. In the chi community, we heal together in the energy field through our practice and through our sharing.

The Chi Center offers a variety of retreat opportunities. Seven-Thirty-day **Healing Intensive Retreats** can be residential or commuter. Designed to awaken your internal wisdom and activate physical, mental and emotional well-being, you will learn effective movement practices, visualization techniques and sound healing methods that will transform your daily life.

In a quiet, meditative environment with delicious food and comfortable lodging you will find security in the midst of new learning. You will learn the ultimate methods of transmitting healing energy, how to organize an energy field for healing with collective power, and gather support from your individual practice and community connections for life-long well-being. Discover a vibrant road map to healing the body, mind and spirit.

Professional Development Retreats are available for **Wellness Professionals** who wish to learn energy healing for themselves and others and for dedicated students who wish to become **Wisdom Healing Qigong Teachers**.

Chi Center Retreats are an opportunity to work on your body, heart, mind, and energy to realize your deepest intention for radiant health, joy, profound peace, and to embody the awakening consciousness. They are beneficial for people with all types and levels of health challenges, or for those who desire to dive deeply into Qigong as a form of mind-body practice as well as a spiritual path of awakening consciousness. Wisdom Healing Qigong is a direct path to deep healing, beyond medicine and belief. Many students repeat the retreat experience as an opportunity to advance their practice and absorb chi at deeper and deeper levels.

Unique in North America, Chi Center Retreats are modeled upon the very successful healing program for people experiencing major health challenges at the world's largest medicine-less Qigong hospital in China, founded by Grandmaster Pang Ming.

Master Gu brings together a strong team of senior teachers, artists and support people for each retreat. His compassion, joy and creativity make every Chi Center Retreat the best yet! He offers a range of healing techniques for self and others, training for teachers, and personal healing sessions.

There is no prior Qigong experience required. Anyone is welcome who sincerely wishes to transform life's problems and challenges into opportunities for growth on physical and consciousness levels.

Lift Chi Up Pour Chi Down is a Level I practice you will learn and enjoy greatly.



What *do you do at these retreats?*

You will learn a natural healing process that was developed by Dr. Pang Ming, the founder of the medicine-less Qigong hospital in China. You can cultivate and take in this profound medicine of heart and mind for the total healing of your body.

- You learn the theory and practices of one of the most effective energy healing sciences, from basic to the advanced.
- You drink in the potent Chi medicine day and night, just as the people at the medicine-less Qigong Hospital in China – through movement, meditation, sound, visualization and REST.
- Master Gu will personally lead you in cultivating the key ingredients of chi medicine as the most effective “prescriptions” from the medicine-less Qigong hospital.
- You will learn to organize a chi field of healing with collective power to accelerate your healing. You will learn group healing and the ultimate method to transmit chi for healing of self and others (called *Lachi*).
- Mingtong and Linling will lead group healings and spirals, with optional individual sessions available at some retreats.

Sumptuous meals with accommodations for most diets nourish the body and soul.





Sharing common and unique perspectives and experiences in small support groups.

- You will learn the basic and advanced practices of Wisdom Healing Qigong, practice often together and be able to continue at home.
- You will “purify” your chi by moving through challenges and releasing the mental and emotional resistance with these profound practices. You will learn to clear and balance the emotions for a deeper healing.
- You learn to “receive” chi mentally. You will develop a quiet and creative mind to realize healing most effectively. You access your inner wisdom and consciousness, awakening to your deep nature and purpose, strengthening your inner resources.
- You will learn to activate the infinite potential in your food, supplements and conventional medicines. Digest the chi medicine of great food, sincere companions, music, song, dance, and lots of laughter and hugs. You will also experience the joy of eating in silence during many of our meals together.
- You will discover how to cultivate pure and expanded consciousness. Frequent periods of extended silence will allow for integration and your personal journey deeply inward.
- You will be joined by qualified teachers and experienced leaders (Chi team leaders) to support you personally and facilitate small support groups. The chi community bonds are precious jewels you will take with you for the rest of your life.

Could *I make it work for me?*

Each year we expand our offerings because of your requests. We hope you find just what you need in our current program, and if you don’t—please ask. Together, we are making this happen!

Three styles of retreats to support you

- 7-14-28 day Healing Intensives to immerse yourself in the healing energy field 24/7, deeply absorbing the Qigong way of being, healing, empowerment, vitality, joy and transformation.
- Professional Development for Qigong Teachers and Healers to continue their personal growth while learning the art of sharing Wisdom Healing Qigong.
- Increasingly our events and retreats are available to online participation through Live Stream participation.

Accommodation (food and lodging)

Single, double and shared rooms are available at our newly remodeled retreat center in Santa Fe, New Mexico. We are always seeking to give you a comfortable, clean place to rest, renew, grow and integrate a new way of being.

Incredibly healthy food will be provided, with love and caring, accommodating most dietary requests including vegan, vegetarian, gluten free, and dairy free.

Our most frequently used locations are the Angela Center in Santa Rosa (www.angelacenter.org) and The Institute of Noetic Sciences, Petaluma (www.ions.org).

Fees, Registration and Payment

You can reserve your spot for an upcoming retreat through our website. Prices vary with length of stay and location.

Commuter and scholarship options help make our retreats accessible to almost anyone with a strong desire to participate. Fees cover tuition, group healings and day use fee. Food and lodging is extra.

Will *the chi community* “come home” with me?

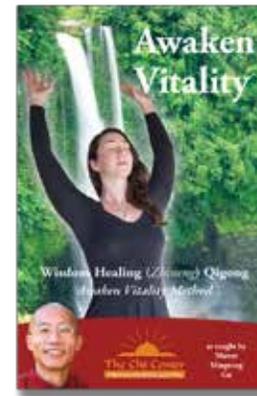
The Chi Center community is a village of healing and love. The friends you make at the retreat are life-long. The support runs deep and continues long after you go home. Each time you begin to practice from this point on you are automatically connected to the whole family—the whole village—and you will feel the support and the joy rippling in with the energy circulating in your life, your relationships and your practice.

In the deep and frequent periods of silence in the retreats, you come to know this subtle field of support that expands beyond time and space. In the peals of laughter, and bounty of song and dance, you come to know the fullness, and the joyfulness that knows no boundaries. The experience cultivated during the partner and small group practices will ripple out into all your important relationships. You can even choose to take home a recording of the full retreat to keep the learning alive and in your own time integrate the vast range of teachings, meditations, group sessions and practices.



What *is taught*?

Wisdom Healing Qigong begins with accessible practices that are enlivening, challenging and easy to modify, opening you to greater energy flowing freely both within your body and in your relationship to the world.



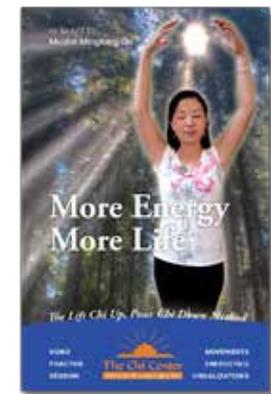
The Awaken Vitality Method

(formerly called *Preliminary Practices*) is six movement patterns designed to awaken the vitality of your spine and therefore all the systems of your body: Spinal Bone Marrow, Hip Rotations, Crane’s Neck, Bending Spine, Chen Chi and Standing Meditation. Combining simple movements, mental focus, visualization and loving kindness, we challenge our bodies and infuse our systems with nourishing, high-quality

energy, while lubricating our joints and releasing stuck energy from our spine. Throughout this process, we invite and create a rich dialog between all the elements of our being. Master Mingtong Gu gathers the wisdom and cultivation of his lineage into a clearly described and easy-to-follow process of learning, sharing the Awaken Vitality Method at every event and retreat.

The Lift Chi Up, Pour Chi Down Method

is a profound sequence of movements that connects us with pure source energy and helps us gather this energy into every cell of our being, releasing blockages and bringing unconditional nourishment and peace. We learn to exchange and circulate this life force



between the most intimate parts of ourselves and the most vast aspects of our nature. The Lift Chi Up, Pour Chi Down Method is taught on a variety of video, audio and written materials and is available to you in online courses and retreats.

Many of the powerful stories of healing have come from a daily practice of Lift Chi Up, Pour Chi Down and can be read about on the Healing Stories section of our website or YouTube channel.

Haola, Inner Smile and Lachi

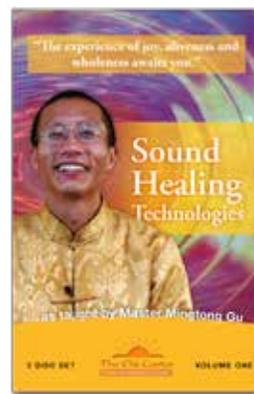
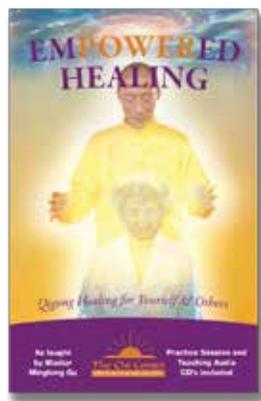
Haola means “All is well, and getting better.” We activate *Haola* in many ways: when greeting each other, responding to challenges, appreciating our own or others’ progress (or challenges) and while practicing.

Our practices are not all about physical movement. There is nothing that brings happiness more quickly than the practice of the Inner Smile. We teach a pattern that blesses your organs and activates your heart and mind to fill every cell of your body with the radiance of a genuine smile.

Lachi is a simple pattern of gentle expanding and gathering with our hands around a visualized ball of light. Into that ball of light we place whatever is in our heart to activate. You can practice *Lachi* for your own well being, for a specific health issue, for another person or for concern for the world.

Sound Healing

Everything in our world vibrates. Thus when we use sound combined with our heart and mind (consciousness) we impact life within us and around us. In Wisdom Healing Qigong, we have a powerful set of sound healing practices to bring the fullest resonance to our lives. The Five Organ Integrative Sound Healing Method comprises sounds to activate the physical, emotional



and mental/spiritual dimensions of our Heart, Kidney and Reproductive System, Digestive System, Liver and Purification System, and Respiratory System. Emotional resourcefulness and the deep release of unconscious blockages, including old habit energies and fears come with consistent practice. The simple and intentional chanting of these sounds delivers us to a whole new level of vitality and self-empowerment.

Advanced Practices

Each of our practices is taught progressively - beginning, intermediate and advanced courses are available online. The full power of the practice is *always* available at every level, and we must develop our capacity to absorb, integrate this energy. Capacity to dive deep into our inner energetic realms comes with practice and deliberate cultivation. The practices of Wisdom Healing Qigong invite us to live life fully, happily and resourcefully, no matter our circumstance. Discover the true benefits for yourself and for the world in which we live.

Mingtong teaches Wisdom Healing Qigong Theory at every level of our practice. We begin with the Inner Smile and acceptance of all aspects of who we are. *Haola* and each of our physical practices and sound healing are ways of activating a new potential. The Three A's (Acceptance, Activation and Appreciation) are tools to be the change we seek to create in our bodies and lives. At the intermediate level we investigate the nature of our mind in facilitating healing and develop our power of visualization. The advanced courses provide a rich investigation and application of the Integrative Oneness Theory, as well as a deepening of every practice (Awaken Vitality, LCUPCD, and Sound Healing, leading to Body Mind Method and Brain Activation practices that cultivate our mental capacity and (for many) paranormal abilities.



Enthusiasm at a recent retreat for professional development of teachers and healers.

How *can I learn this Qigong?*

The Wisdom Healing Qigong program offers an extensive range of opportunities, from introductory to professional levels.

Online Practitioner Program (*live video streaming with repeat viewing opportunities*) Master Gu introduces the teachings and demonstrates step-by-step the gentle movements, meditations, visualizations and sound. Participants develop the skills and confidence as they learn and practice together with others from around the globe. The Online Practitioner Program is a powerful way to sustain your practice, increase your vitality and enhance your response to stress, illness, aging and injury. Available for beginning, intermediate and advanced students in four-month ongoing courses, designed to provide the progressive and systematic development of your well being. Each course includes Live Streams, Audio and Video teachings and practices, office hours and access to certified Wisdom Healing Qigong Instructors.

Home Retreat Course (*post-retreat curriculum*)

Due to increasing global demand for continuing practice support after our powerful Healing Intensive Retreats, we have assembled a rich online resource for serious Qigong students. With the Home Retreat Course, you can receive the transmissions through video and audio files, and be supported daily with consistent and powerful practices designed to amplify your deep integration.

eNewsletter

Our emails are a wonderful way for you to discover inspiring videos, Free online events and healing stories from students around the world. Sign up on our website: <http://www.chicenter.com>

Materials from our Store

Learn the basic practices of Lift Chi Up Pour Chi Down, *Lachi*, Body Mind, Sound Healing and the Awaken Vitality Method with the CDs, DVDs, books and eBooks that are available through our online store.

Find Teachers Near You

The number of certified Wisdom Healing Qigong Teachers is growing; and many have local classes and some are willing to travel. Check the Certified Instructors Directory on the website for the teacher nearest you and for those offering classes through Skype.

One Day Teachings and Special Events

Mingtong frequently offers focused, daylong events on particular practices or aspects of theory as well as global healing events that draw large numbers of people interested in healing and transformation for themselves and for the world. These community events are open to all and provide an opportunity to experience the power of the Wisdom Healing Qigong chi field.

Professional Development

Eager to share this powerful technology with your clients and/or community? Once you have completed your foundational coursework in our online program (typically one year of practice and study), you can enroll in the First Year Professional Program along with the intermediate level courses. Our Professional Training Program has two tracks; the Instructor Training and Healing Facilitator Programs support your professional development and personal growth—physical, mental, emotional, and spiritual.

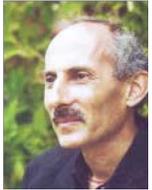
At the end of our first First Year Professional Training Course, you can attend the certification retreat and begin teaching as a Level 1 Instructor. The program then continues for another year for those seeking certification as a Level 1 Healing Facilitator; and for two more years for those seeking Level 2 Instructor certification.



Is *Mingtong Gu* the real deal?

Jack Kornfield:

“Mingtong is full of vitality, wisdom, and skill. He is a real healer and the practices he teaches can change your life.” (A leading meditation teacher, author, and co-founder of Spirit Rock Meditation Center and Insight Meditation.)



James Baraz

“Master Mingtong Gu creates an energy field that is truly healing. I personally know three friends who, after years of seemingly insurmountable health problems, have regained their vitality and been transformed through their work with him. He’s the real deal.” (Author: *Awakening Joy*, Spirit Rock Meditation Center teacher, Buddhist Peace Fellowship board.)



Lama Palden

“Many people I know personally have benefited greatly from their work with Mingtong Gu. He not only promotes healing through transmission, he teaches people how to heal themselves. How wonderful this is!” (First Western woman to be authorized as a Lama in the Vajrayana tradition.)



Brian Bouch, M.D.

“Master Mingtong Gu has brought a level of transmission of mind-body practice that is unparalleled in my experience. Since making these teachings available to patients in my medical practice, they have become healthier and happier.” (Founder of Hill Park Medical Center, UCLA School of Medicine.)



Tara Brach, Ph.D.

“I came away from a twelve-day retreat with Mingtong filled with a wonderful sense of aliveness, wakefulness and openheartedness. Mingtong is a compassionate healer, a wise teacher and a real force for transformation in today’s world.” (Clinical psychologist, meditation teacher.)



Have *the miracles happened to regular folk like me?*



Tsitsi Mutseta:

“My doctors gave me three months. I didn’t have hope. When we started the workshop my lungs were so tight from the cancer. Within two days my lungs were open. I did not feel any pain. I kept doing Qigong even after I left the retreat. Now nine of the tumors are gone and only little patches remain. The doctors were shocked and wanted to keep me in the hospital to study my case. I said to them, ‘I want to go home to practice my Qigong!’” (Student from Africa)



Vivienne Verdon-Roe:

“I had been struggling with chronic fatigue and Lyme disease for about twenty years. My health seemed to be going downhill, and frankly, I thought my life was pretty much over. I started doing Wisdom Healing Qigong and began transforming on all levels of my being - physical, emotional, mental, and spiritual. I have tons more energy, no pain, no fatigue. Emotionally, I am so much happier. It takes a bit of training, but being able to create a healthier, more abundant, loving, peaceful life seems totally worth the effort!” (Vivienne is now a Certified WHQ Teacher.)



Gina Thompson:

“Before I did Qigong with Master Mingtong Gu, my body was swollen from my face to my knees with lymphedema, complications from multiple cancer surgeries. My energy was as low as my spirit, I felt as stuck as my lymph glands. One month after I began Qigong I went to my Osteopath. He was astounded at the change in my body. The lymphedema was almost gone, my energy was high, my body toned, and he noted how calm and happy I was. ‘Your body is fluid’ he exclaimed! ‘If all my patients did what you did I would be out of business.’”(Retired Executive Director.)

Can *you help with Parkinson’s Disease?*



*“Just when the caterpillar thought the world was over, it became a butterfly”
– proverb*

I found a refrigerator magnet with that lovely proverb while waiting in line at Whole Foods shortly after I had been diagnosed with Parkinson’s Disease. That saying became my mantra because something told me that I could find some good in my situation. For a number of years I had felt pain and extreme fatigue. Also, I had demonstrated a tremor. I explored every avenue, visited everywhere, except inside myself.

In June 2009, I attended a Healer Within workshop presented by Mingtong Gu. Although I was shaky and having some difficulty following directions, I immediately felt a layer of pain lift.

By the end of the weekend, I was convinced that Qigong was working for me. Then, Mingtong announced that anyone working on healing a chronic or serious illness should expect to practice a minimum of two to three hours daily. I began pinching myself. This Parkinson’s journey was becoming a wonderful adventure. Qigong became my tour guide. I continued to practice at home three hours a day. I saw the neurologist last week and was described as “showing no signs of Parkinson’s at all.” If practice can show such benefits for a neurological condition, then what about for every human condition?

Einstein said it best: *“Either everything is a miracle or nothing is a miracle.”*

Bianca (Blanche) Molle, School Teacher

Brian Swimme

"The greatest discovery of modern science is the link between the energy coursing through the cells of our body and the energy that gave birth to the stars and galaxies and life itself.

Qigong is the embodiment of this discovery.

Through the practice of Qigong, one comes to feel the energy that pervades us and carries us forward in our lives; and one begins to abide in this primordial healing energy that has brought forth our cosmos over the last 13.7 billion years." (Mathematical Cosmologist and Author of *The Universe Story*)



JOIN US!

The Chi Center offers

programs for new & continuing

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Wellness Practitioners

Qigong Teachers

5 to 30-day Retreats

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Dr. Oz, Oprah's favorite MD, was asked out of all the health practices that one could do, what was the one practice that he would choose and recommend people practice to stay healthy. His response was *"If you want to be healthy and live to 100, do Qigong."*

This booklet explores your questions about Qigong, the famous medicine-less Qigong hospital in China and Master Mingtong Gu's founding of the Chi Center to bring this healing and wellness wisdom to Western practitioners. The Tao of Qigong DVD explores this popular form of Qigong, Wisdom Healing Qigong, its main principles and applications, and traces the foundations upon which all forms of Qigong are based. The Chi Center offers retreats, workshops and events for new and continuing students and wellness professionals and certification training of Qigong Teachers.

Master Mingtong Gu is an internationally recognized teacher and healer, who received his training from a variety of Grandmasters of China, Tibet, and at the world's largest Qigong hospital.

To participate fully
see the opportunities at
www.chicenter.com



Consult your health care professional before beginning this wellness program. The instruction presented herein is not intended as a substitute for professional medical advice.

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