

What is this Program?

This Program is an invitation to learn how to promote peace, balance, and harmony in your life.

Teachings in Chinese Shamanic Qigong and Taiji will be given in the traditional style, and classes will be offered over the long term. Yearly meetings will provide a forum to discuss what we have each learned in our daily practice and to further our instruction from Master Zhongxian Wu.

Traditional style teaching in China encompasses two key components. First, a student commits to learn from a master for his/her whole life. Second, the master commits to transmit knowledge from the lineage directly to the student. The training is deeply grounded because the knowledge received grows as it is cultivated through daily practice.

Lineage transmission is the traditional manner a Master uses to pass knowledge on to lineage students. The feeling is similar to that of a nourishing family; the students and the Master become a Qigong or Taiji family and students build friendships like brothers and sisters. In internal cultivation, it is important to have support as well as to follow the right way. Being in good company can shorten the journey to Enlightenment. Meetings will be like family reunions for students to share experiences and to further our practice together.

What is the Cost?

The program cost for each session is \$1,200. Instruction, lodging, and catered meals are included. A \$500 deposit is required to reserve space in this unique training program. Deposits will be applied to the first session fee.

What is the Purpose?

The purpose of this program is to create communities of practitioners dedicated to the study of Classical Chinese Wisdom Traditions and to support each other on this path to Enlightenment.



Ancient Chinese Oracle Bones Symbol for Spirit, Lightning, Enlightenment

Program Curriculum

Session One:

- Chinese shamanic Qigong principles
- Yijing (I Ching) I – symbolism and numerology
- Shamanic Three Sources Qigong
- Five Elements Qigong
- Internal alchemy meditation I

Session Two:

- Chinese shamanic healing principles
- Yijing (I Ching) II – Bagua (Eight Trigrams), divination, fundamentals of diagnosis and healing
- Five Dragons Qigong
- Internal Alchemy Meditation II

Session Three:

- Chinese shamanic external Qi-healing principles
- Yijing (I Ching) III – Sixty-Four Hexagrams Divination (Beginning)
- Shamanic 28 Lunar Mansions Qigong
- Chinese calligraphy and Qi-healing I
- Internal Alchemy Meditation III

Session Four:

- Chinese shamanic spiritual cultivation and healing
- Yijing (I Ching) VI – Sixty-Four Hexagrams Divination (Intermediate)
- Shamanic Tiger Qigong
- Chinese calligraphy and Qi-healing II
- Internal Alchemy Meditation VI

Session Five:

- Fushui – Chinese Shamanic Energizing Water Qigong
- Yijing (I Ching) V – Sixty-Four Hexagrams Divination (Advanced)
- Yijing healing and spiritual cultivation
- Chinese calligraphy and Qi-healing III
- Remote Diagnosis and Remote Healing Training

Session six, seven, eight, etc. ...will offer:

- Chinese shamanic cosmology and Chinese medicine
- Chinese Four-Pillar astrology and Chinese medicine
- Xingyi (Heart-Mind) internal martial arts and internal alchemy
- Laozi (Laozu) and spiritual cultivation

What is the Course of Study?

The Chinese Shamanic Qigong and Taiji Training Program is a life-long program with annual opportunities to meet with this growing Taiji and Qigong family.

Studying Classical Chinese Wisdom Traditions promotes the development of knowledge through experience. To deepen our study of Taiji and Qigong, we will learn from classical texts such as The Book of Changes (Yijing), The Classic of the Whole and its Parts (Daodejing), and Yellow Emperor's Classic of Medicine (Huangdi Neijing). The arts of calligraphy, music, Fengshui and Chinese astrology will also be included. We will explore how to apply this learning to our daily practice and develop an understanding of the relationships found in the classics, self-cultivation practices, the way we live our daily lives, and the creation of harmonious communities.

The initial meeting and annual reunions will be held in natural locations that represent a variety of climates and environments, reflecting the richness and growth experienced through the training.

Session One

December 1-7, 2009

Cloud Mountain, Castle Rock, WA

This Session One will focus on Qigong

Contact Information

Chinese Shamanic Wisdom Traditions

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Master Zhongxian Wu

Zhongxian Wu is the recognized Master of multiple lineages of Qigong, Taiji, martial arts, calligraphy, Chinese astrology, and Yijing science. He has instructed thousands of students in the arts of Qigong and Taiji and has authored numerous publications on China's ancient life sciences. For four years he served as Resident Expert of Qigong, Taiji, and Chinese Calligraphy in the Classical Chinese Medicine Department at the National College of Natural Medicine. He was a sub-investigator in a 2003 Qigong research program sponsored by the National Institutes of Health (NIH) in the USA. He is the author of the Vital Breath of the Dao - Chinese Shamanic Tiger Qigong and Seeking the Spirit of Yijing 易经 - 8 Days to Mastering a Shamanic Yijing 易经 Prediction System. He is committed to bringing the authentic teachings of Chinese wisdom traditions to his students.



Master Wu in Sword Immortal form on an ancient tree over a 3,000 ft crevice on Mt. Flower in China

Chinese Shamanic Qigong and Taiji Training



A life-long training program
with
Master Zhongxian Wu

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