

# Practice Zhineng Qigong Levels with Master Yuantong Liu!

In 2022 we will offer six 90-minute lessons with Master Yuantong Liu to share the practice in a powerful Qifield with the Zhineng Qigong community. In the two lessons in February, Master Liu will lead us through the practice of the basic methods (Level 1). In March there will be two lessons with Master Liu leading us through the Body and Mind Method (Level 2). In April we will practice the Five Organs Hunyuan Method (Level 3).

Meeting together in a Qifield to practice is an important part of Zhineng Qigong. The Qi-field Technique (zuchang) is a unique, broad-scale, and highly effective teaching method that was created to augment an intelligent energy field for the purpose of teaching and treating small and large groups of people. We would love to welcome you into our big Qifield!

Master Yuantong Liu began studying a traditional form of qigong at the age of 8, and then later learned Zhineng Qigong, which he has continued to practice for the last 30 years. Master Liu was a teacher at the Hua Xia Qigong Center, also known as the Medicine-less Hospital, for 10 years. He has shared his knowledge with our Zhineng Qigong community for many years, and we are happy to have this opportunity to be with him in the Qifield to deepen our practice.



**Dates:** February 19 and 20, March 19 and 20, April 23 and 24  
**Time:** 9 – 10:30 a.m. CEST Amsterdam time  
**Location:** Zoom  
**Price:** 36 Euro per month (level) for 3 hours online training  
**Teacher:** Master Yuantong Liu  
**Language:** English



## **FEBRUARY: BACK TO THE ROOTS**

In the first online lessons we will practice the methods of Zhineng Qigong Level 1. The Lift Qi Up and Pour Qi Down method belongs to level 1 of Zhineng Qigong. This method promotes the exchange between external and internal hunyuan qi and increases the quality of our own body qi. The gentle, slow movements and visualizations activate our self healing capacity. The Three Centers Merge method is a standing form that gathers qi into the 3 energy centers of the body. This method uses different visualizations and postures depending on the level, as it is used as a transition between the different levels.

## **MARCH: (RE)CONNECT TO THE SOURCE**

The Body and Mind method works with internal qi, integrating the body and mind, allowing the qi to penetrate more deeply into the muscles, tendons, and bones. It can be practiced by relative beginners, and helps practitioners increase their ability to collect and induce qi. As the name indicates, the body combines with the mind and the mind directs the body, so that one practices with a unity of body and mind. Practicing Level One opens the pathways between human and natural hunyuan qi so that one's qi is plentiful and one's life functions and level of health are improved. The Body and Mind method builds on this and is a way to continue improving one's gongfu level.

## **APRIL: DISCOVER YOUR INNER LANDSCAPE**

The Five Organs Hunyuan Method uses the chanting of sounds along with movement to strengthen the organ's functions and balance the emotions. In this method we practice opening, closing, merging, and transforming qi of the inner organs. This qi is then returned to the Hunyuan Palace, where mind and qi merge further. The theory of Five Organs Hunyuan method explains how various practices of traditional qigong worked to open energy points and palaces using sound. The method uses this theory to guide the practice. The Five Organs Hunyuan method combines the mind mobilizing qi, movement mobilizing qi and sound mobilizing qi.

Hun Yuan Ling Tong



For all details,  
please have a look  
on our website

[www.zhigong.eu](http://www.zhigong.eu)