

STUDY WITH GREAT CHINESE SPIRITUAL TEACHERS Qigong China Trip Spring 2020

Wisdom and Peace Wellness Center

www.wisdomandpeace.com

Master Zhang, Jichang:

Master Zhang has been a Qigong healer for more than 40 years. His healing ability is widely recognized by the Qigong organizations in China. His extrasensory perception allows him to diagnose and heal patients with the power of his Qi. He has published articles on Swirling Energy Field, Synchronization Resonance Therapy, Long Distance Healing, Energy's Uptake and Accumulation and Release among others. He has earned a great reputation from his students and patients all over the world.

- ❖ Master Zhang is going to teach us methods to create "Swirling Energy Field" and his basic healing techniques. He will also give us a treatment as a group. (total 6 hours)

Professor Yu, Xiaofei:

Professor Yu was a graduate student of Astrophysics at Nanjing University. As a graduate student, he began his studies in Buddhism and Daoism. In the thirty years since his graduation, he has been teaching Chinese philosophy; specializing in Buddhism at a school of the leading personnel of the Chinese government.

Professor Yu's profound wisdom and knowledge are the hallmarks of his lectures. He has given numerous lectures to thousands of Buddhist monks, nuns, Daoists and people throughout the country who pursue enlightenment. He is also an advocate of Qigong. Professor Yu's excellent reputation and high regard as a scholar, teacher and lecturer in the Buddhist and Qigong communities is well deserved and his contributions in all these fields will be remembered in history.

- ❖ Prof. Yu will give us a lecture on Eastern Philosophy and Spiritual Practice. (total 12 hours)

Master Cui, Shiguang:

Master Cui, born in 1938 in a family of Chinese traditional philosophy, has devoted his life to the studies of Chinese traditional culture and has a deep understanding and profound knowledge of "I-Ching". He has created an accelerated method of

acquiring the basic knowledge of "I-Ching". Master Cui is the honorary chairman of China "I-Ching" Science Association and a guest professor of the College of Economics Management of Qing Hua University.

- ❖ The topic of his lecture is "How to apply the principle of 'I-Ching' to wellness and enlightenment" (total 6 hours)

Buddhist Master Mingxian:

Buddhist Master Mingxian started practicing Buddhism and became a vegetarian at age 12. At age 18, he took the vow and became a monk at Cloud Mountain Temple in Jiangxi. For the past 18 years, he has been giving lectures in Buddhist teachings and has written several books on the topic. In 2006, together with Buddhist Master Huizai, he followed in the footsteps of Xuanzang (Journey to the West), walked 5 months before finally reaching Nalanda University in India.

- ❖ Buddhist Master Mingxian's topic: How to Reach Tranquility. (total 6 hours)

Each lecturer welcomes questions.

Chinese Essence Qigong:

Starting from the first day in Beijing, we will spend one hour each morning to learn Chinese Essence Qigong.

Chinese Essence Qigong was developed by the Chinese Academy of Somatic Science after years of research and discussion among scientists, traditional Chinese medicine experts, philosophers and the major Qigong masters in China. It was first introduced to the public in China by Professor Fuyin Chen, the Director of the Academy, in 1987. Since 1994, the form has been taught to thousands of American students as well as others throughout the world.

Chinese Essence Qigong is a form based on the summary of the major types of Qigong in China. It encompasses all the merits of both traditional and contemporary Qigong. It includes the essence of Confucianist, Buddhist, Daoist, medical and martial art Qigong. It is easy to learn and is a good way to harmonize body, spirit and mind. Through years of practice by thousands of people, this form has proven to be very effective in eliminating diseases, improving health, balancing emotions and refining the spirit.