



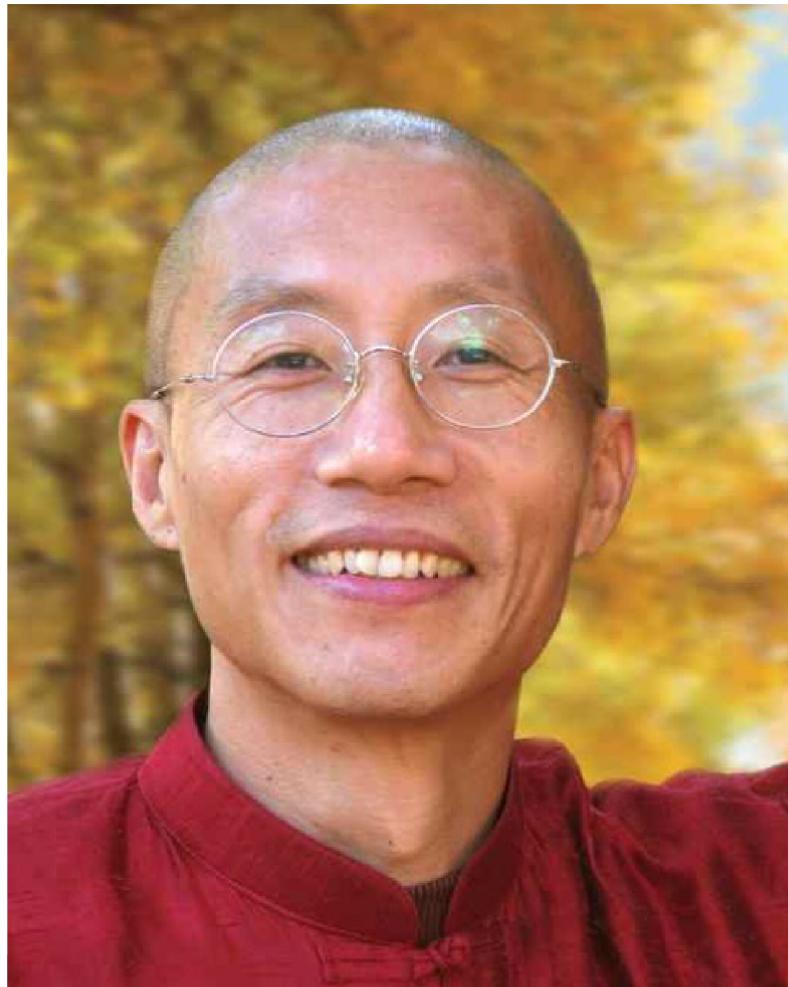
# Wisdom of the Body

*The Inner Alchemy of Transformation*

**MASTER MINGTONG GU**



## The Wisdom of the Body



**Master Mingtong Gu**  
Founder, The Chi Center

Master Gu shares his joyous teachings and extensive master skills to train your ability to expand wisdom and energy. Born and raised in China, Master Gu received extensive Qigong training under Grandmaster Pang at the largest Qigong medicine-less hospital in China. He has mastered the unique ability to lead the collective energy field to accelerate personal and global healing. Named The Qigong Master of the Year by the World Congress for Qigong and TCM, Mingtong Gu leads retreats and workshops internationally with tens of thousands of people. Master Gu is the author of key books and the Pure Qi Online series that translate the ancient teachings of Wisdom Healing Qigong for contemporary times.

Master Gu is on faculty for Esalen Institute, Omega Institute, 1440 Multiversity, Spirit Rock Meditation Center, and the Shift Network. He has been a keynote presenter at Institute of Noetic Science (IONS), Wisdom 2.0, US Journal Training, PBS, and the Festival of Faiths. He has additionally spoken at VISA, GOOGLE, Mile Hi, and the Energy Psychology Conference. He founded the Chi Center, a beautiful 79 acre retreat center located 20 minutes south of Santa Fe, to bring Qigong wisdom to benefit others, based on his success working with all ages and many physical and emotional challenges.

Learn more about Master Mingtong and the "Chi Center for Wisdom Healing Qigong" at  
[www.chicenter.com](http://www.chicenter.com)

About the Author



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# The Wisdom of the Body

## INTRODUCTION

*What are you seeking? Health? Healing? Happiness?*

*Love? Fulfillment? Spiritual awakening?*

*Freedom from suffering? Personal, collective and/or planetary well-being?  
More peace, less stress?*

The list could go on. Yes, we are all searching for something. The issue isn't that we're looking; the problem is that we are often looking for the right answers in all the wrong places. Whether we are experiencing challenges in our physical, emotional or mental health, in our relationships, work, communities or world, our first inclination is to look for solutions outside of ourselves - in someone or something else. We want someone else to fix it, something else to blame, some reason or cause we can point to before we will fully engage the process of healing.

Often, the last place we think to look is ourselves.

I too know a lot about seeking! As a child growing up in poverty and multiple adoptive families in China, I experienced hardship and unhappiness early and firsthand. Determined to avoid this misery and create my own success, I studied diligently and became one of the best students in school, eventually leaving home at age 16 to attend college.

This search that began in my childhood continued through my college years and at age 22, I was selected by a famous Fields Medal mathematician to come to America to continue my education. Across the next 4 years, I studied Mathematics at the University of California San Diego and Harvard, earning two Master degrees in the process. Here I was, ascending the prized academic ladder and living in one of the wealthiest nations on Earth, and yet I was still unhappy.

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After spending some time getting in touch with my deep longing for happiness, I suddenly realized I wanted to study fine arts and almost overnight let go of my career as a mathematician. Over the next few years, I followed my heart, rediscovering my passion as I found my freedom and pathway to creative expression. I also earned two additional Master degrees; one in Photography and one a Masters of Fine Arts in Multimedia Art.

Even with now four Master degrees under my belt, I still did not feel truly happy and fulfilled. Although I had a lot of freedom, I was poor, barely surviving, and quite unhealthy.

Since childhood, I had struggled with asthma and scoliosis. My choice to go into Mathematics in part allowed me to escape the pain in my body and live in the life of my mind. Through art and the rediscovery of my creativity, I began to open and relate to my emotional self. And yet truly connecting with my body, never mind integrating body, heart, mind, and spirit, was not something I understood or knew how to do. And that was all about to change.



In my late twenties, an American friend introduced me to Qigong. It didn't take me long to recognize that this was the answer I had been searching for. I saw that through this practice of Wisdom Healing Qigong [Zhineng Qigong in China], I could realize the fulfillment of my heart's desire. Soon I discovered Grandmaster Pang Ming and the medicine-less Huaxia Zhineng Qigong Clinic & Training Center in China where I apprenticed intensively across many years. Upon completing the Masters-level training with Grand-

master Pang, I returned to the West, determined to dedicate my life to the teaching and practice of Wisdom Healing Qigong.



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Through Wisdom Healing Qigong, I healed myself of two “incurable” diseases: asthma and scoliosis. But even more importantly, I discovered my true self and that the health, happiness, love and life fulfillment I had been seeking all my life were already inside of me, inside of this body. Through these profound practices and wisdom teachings, I could experience a new depth of joy and fulfillment and realization of all my heart’s desires. This is the treasure of Wisdom Healing Qigong that I wish to share with you today: that you can discover everything you are looking for - health, healing, love, fulfillment and joy - right here inside of you and inside of your body!



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### **WHAT IS THE BODY? WHAT IS THE ENERGY BODY?**

When modern medical science refers to the body, it generally means the physical body composed of the skin on the exterior, the skeleton on the deep interior, and between these two, the flesh and numerous organs and their associated systems (including the circulatory, reproductive, digestive, immune, respiratory, and nervous systems) which support the body's functioning. The focus is primarily on the physical and how cells, systems, and biochemistry function and interact with each other. With the evolution of Holistic, Alternative, Complementary, and more recently, Integrative Medicine, the emotional, mental, and spiritual aspects of a person have gained more "relevance" and respect and are considered important, if not yet fully understood, influences on the health and well being of the physical body.

Wisdom Healing Qigong reveals a larger story. Through my decades of deep practice and study, I discovered that this body is not just a biological machine nor merely a vehicle for the spirit. This body is simultaneously multidimensional and an integrated whole. Underlying our various physical, emotional, mental, and spiritual aspects is the energy, or chi, that unites them all. This energy, and this energy body, are inseparable from the rest of life and the universe, past, present, and future. And when we consciously connect with this energy and our energetic body, we are collaborating and co-creating with our own creative potential and the creative energy of life. Think about it. That's amazing! Through Wisdom Healing Qigong, we can learn to tap into the very essence of the universe, through your own body!

*Let's take a moment to reflect:*

*You have a body!*

*This is your own body! This is the only body you have for this lifetime!*

*You can access your own body and discover the treasure within you!*



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We know a lot about the physical functioning of the body, for instance how the heart pumps blood throughout the circulatory system, how neurons fire, how cancer cells proliferate, etc. What is less well known is how emotion and thought impact our cells and physical body, how our stories including our diagnoses influence our structure, and how, often beyond our intellectual understanding, the body carries an innate wisdom and capacity for wholeness, healing, and regeneration. (Fortunately, what has been explored and practiced for centuries through the ancient wisdom traditions such as Qigong is now being researched and corroborated by such modern disciplines as neurophysiology and psychoneuroimmunology.)

Yet even with all this research, what do we mean by “wisdom of the body?” We often think of and treat the body as “dumb” matter, subject to our interventions, a one-way downhill slide toward degeneration and death that we try to delay as long as possible through our lifestyle and treatment choices. That despite our best efforts, we are ultimately victims of our life circumstances, including our diagnoses and prognoses. What we are missing in this model is the amazing opportunity we have for conscious partnering with the body and with the energy that supports and connects it to the rest of life.

At first, this collaboration may not feel “second nature.” When we go deeply into the body, we may discover some things we’ve been avoiding or maybe didn’t even realize were there, physical or psychological experiences such as pain, discomfort, stress, and anxiety. These challenges are real and yet because of their uncomfortable nature, we often ignore or try to suppress them. Yet there is a truth beyond these symptoms and the stories we associate with them. This deeper truth is energy.

When the energy in our bodies is blocked or stagnant, we may experience less-than-optimal functioning: tiredness, irritation, injury, or if the energy flow has been impeded long enough, disease. Through Wisdom Healing Qigong, we can release these energetic contractions and return the body to



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its natural state of harmony. For instance, when we focus on opening the energy of our organ systems through the vibrational practices of Sound Healing Technologies, we learn to connect with the energy underneath the emotion and the story and shift into the natural, harmonious state of each system. For instance, we shift from jealousy and greed to love and joy (heart), from fear to power (kidneys), from worry to confidence (stomach/pancreas), from anger to courage (liver), and from sadness and depression to compassion (lungs). In the physical movement practices of Awaken Vitality and Lift Chi Up Pour Chi Down, we learn to expand our perception from the form to the formless and through connecting with the infinite creative potential of the formless, re-create the energetic structure of our entire being. This transforms us physically, emotionally, mentally, and spiritually. As we discover the natural qualities of this energy inside our bodies, we reconnect with the power, vitality, movement, joy, nourishment, and love that is the wisdom of the body.





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### 3 MISTAKES AND CONSEQUENCES OF DISCONNECTING THE MIND AND BODY

So how do we do that, connect with this energy and manifest it in our lives, hearts, minds, and bodies? That's a great question, and we will cover that shortly. First, however, let me explain three key mistakes we make on our healing journeys and what happens when we do.

#### **Mistake #1: *Mistaking your story and bodily diagnosis as the truth of your body.***

We all know the power of a good story. Stories move us - making us laugh, cry, question, wonder, and dream. Stories are important for understanding and making sense of our lives and our world. We all have stories.

The kind of stories we tell about ourselves and our lives turns out to be hugely important on the healing journey. In Wisdom Healing Qigong, we learn to shift this narrative from one of blame, disconnection, victimhood, and impossibility to one of responsibility, connection, empowerment, and do-ability. We focus on and nourish ourselves with the energy of wholeness and healing instead of continuously bombarding our minds, hearts, and bodies with fear and anxiety stemming from the “news” - whether we hear that news at the doctor’s office or on TV.

This does not mean we ignore or deny a diagnosis (providing it is an accurate diagnosis). Wisdom Healing Qigong is not a stick-your-head-in-the-sand approach to living life. Far from it. Rather, we face and embrace the challenges that life throws our way as opportunities for opening, accessing, and reconnecting to the creative energy of life. We go deeply into and partner with the underlying energy and its creative potential to regenerate our bodies and our lives from the inside out. As we connect with this larger truth and foundational wisdom, our stories of dis-ease become stories of healing.



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### **Mistake #2: Trying to figure out solutions to all of your problems using your head or mind only.**

When we seek solutions using our minds only, we can miss out on valuable information and openings for healing. The intellect is an incredible tool; there is no doubt about that. Yet in modern times, the elevated status of the mind (specifically the mental faculty) has come at the expense of our hearts and physiologies. Have you ever “listened to your heart” or “trusted your gut?” Felt a “knowing” that you knew but didn’t know how you knew?

In Chinese, the word “shen” means “heart-mind.” The heart and mind are seen as connected, this integration deemed essential for the full functioning of each. The mind informs the heart; the heart informs the mind, and the energy between them flows unimpeded. When we cut the mind off from the body, when we block the energetic communication between them, we can feel numb, without bodily sensation, unaware of pain or other symptoms we may have, disconnected from our heart, mentally busy and stressed. When we reconnect our body, heart, and mind, we feel settled, relaxed, loving and compassionate toward ourselves and others, whole. With Qigong practice, we access this integrated bodily intelligence again and again, growing our energetic capacity and daily experience of greater health, harmony, wisdom, and joy.

### **Mistake #3: Looking for solutions outside yourself — from something or someone else.**

We are all looking for the same things: health, happiness, love, and a fulfilling life with meaning and purpose. But if you are looking for the right thing in the wrong place, this is like looking for your keys on the street when they were lost in the house! Take your health, for example; your health is unlikely to be consistent if you are depending on others to take care of all the details for you. Other examples include happiness and love, which can be shared with others but will not be reliable if you are always waiting for others to give them to you.



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The good news is that health, happiness, and love are INTERNAL experiences of your OWN body, heart, and mind. They are inside your body. The energy of your body, mind, and heart are the keys to your own health, happiness, and love. The key is inside you.

Instead of depending on something or someone else, we must learn to look inside. This was the main discovery I made 25 years ago when healing asthma, scoliosis, and my childhood trauma. And it is relevant for all of us at this time of global uncertainty and crisis when so many institutions and systems on which we have depended for so long are now crumbling, requiring us to reclaim our birthright and responsibility, both individually and collectively.

Not only can you access the health, happiness, and love within your body right now but you also have the opportunity and responsibility to re-discover it within you every day. Remember, this body is your body and the only body you have for this lifetime. You have access to the wisdom of your body more than anyone else in the universe: more than any doctor, therapist, healer, guru, parent, child, or spouse. The wisdom of Qigong is to discover what is inside you already. The technology of Qigong practice can empower you to access this treasure of health and happiness inside you every day.



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### **WHAT ARE THE CAUSES OF YOUR ILLNESS AND SUFFERING? WHAT IS THE CAUSE OF YOUR HEALING?**

Everyone spends so much time and money trying to figure out their exact diagnoses and the causes of their illness and other problems of life. Yet everything is interrelated. If you say, "My digestive problems are caused by eating unhealthy food," this may be true, but what if I then asked you, "What caused you to eat unhealthy food?" You might respond, "I was stressed and anxious in my life..." "So what caused your stress and anxiety?" Et cetera, et cetera. This process could continue forever! The truth is that everything in your life (food, relationships, job, money, childhood, genetics, environment, culture...) has worked together to influence and determine your experience in this moment, including the functioning of your body, mind, and heart and your interaction with life. How could it be otherwise?

What has happened in the past cannot be changed, and you don't have much control over everything happening at this moment in the world around you! The good news is that you can change what is happening right now inside of you, inside your body. By changing the energy patterns inside you, you can be the cause of your healing, upgrading your health in all dimensions.

There is another level of healing that is important to recognize. When we're facing a problem, whether our own health challenges or a difficult situation in our family, communities or even the world, we can get stuck in the "drama" of it. What we're learning in Wisdom Healing Qigong is to go beyond how "bad" it is - beyond the shock, beyond the story, beyond the concepts we have about it, even beyond our history. We are learning to tap into the energy now, to awaken and open this energy and transform it from contraction to flow. We are shifting from the disconnection of body, mind, heart, and spirit to a deeper connection and wholeness.

When we do this, it makes it possible for us to experience deeper healing in all ways - physically, emotionally, mentally, spiritually. It also allows us to tap



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into the deeper dimension of existence that carries our history - our personal, collective, generational, human history - as well as our planetary history. This is an opportunity for purifying and transforming the fearful patterns we carry from the past individually and collectively. These patterns also directly contribute to the cause of disease, the cause of stress, the cause of reactivity, the cause of conflict on all levels - personally, interpersonally, socially, politically - even in the ways we are relating to the environment and the planet Earth.

Fear is one of the most powerful causes of all disease, conflict, and suffering. So while the expression and symptoms and problems might be different, the underlying energetic cause has very much to do with fear: personal fear, collective fear, generational fear. Qigong allows us to not only understand this deeper level but more importantly to connect with this energy, allowing us to engage proactively in this process of healing, purification, and transformation.

While the process may not always be easy, the technology is simple; through the movement, sound, and visualization techniques of Wisdom Healing Qigong, we activate this flow of healing. Combined with our intention, commitment, dedication, and purpose, we can truly become the cause of healing.





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### HOW CAN YOU DISCOVER AND EXPERIENCE WISDOM OF THE BODY THROUGH WISDOM HEALING QIGONG?

There are 3 key steps for discovering the wisdom of your body and realizing your goals of healing and well being.

- 1. Connecting with your body** - returning to your body as your home with awareness, love, and compassion;
- 2. Practicing mindfully**, cultivating awareness, intention, and attention - connecting with energy as the source of creation, life and healing;
- 3. Visualizing**, from intention through creative imagination - transforming limiting patterns inside your body through movement, sound, and visualization practices.

We will cover all 3 steps in order.

#### **Connecting with your body**

The first step is connecting with your body, feeling your body, acknowledging that you have a body! You have your own body. Claiming you have a body is very empowering. This is a very different experience than when the mind gets lost in the story, the diagnosis, the fear, the worry, the complaining, or even in the problem-solving. This busy “monkey mind,” though it feels active and productive, is stuck spinning in the mental dimension, and even while it thinks it is taking care of your body, it forgets that you even have a body!

So, the first step of the journey is connecting with your body. But it's more than just recognizing your body as if you're checking it off a list. How you connect with your body is also important.

#### **Practicing mindfully**

I always tell students it is not just what we practice, but how. We are learning



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not only what to practice, but how to do so effectively. If you are doing your Qigong practice because you heard it is good for you and you're doing it just to get it done and get on with your day, your practice will be more like physical exercise. While it can still benefit you when practiced in this way, your practice will be so much more effective and powerful if you approach it with awareness, intention, and attention.

For Wisdom Healing Qigong is at its core mind training. While this may seem contrary to our topic here - the wisdom of the body - it is actually right in line with it. Where the mind goes, chi flows. When we bring our attention back to our bodies, chi flows to where we're focusing. When we grow in awareness, returning our attention again and again, we connect with healing chi more easily, more fully. When we practice with intention and purpose, we potentize our practice even more.

This doesn't mean the healing journey is easy. Often in this process of learning to connect with the body, we are opening to an unknown part of our energy system. As we release our blockages and contractions, we may encounter the challenges, difficulties, pain and fear that we were consciously or unconsciously avoiding. Transforming these deeper dimensions of ourselves, including long-held patterns of emotional stress and reactivity, requires patience, dedication, trust, confidence, courage, self-compassion and self-love. Our practice helps us cultivate these very things.

### **Visualizing**

Through the practices of Wisdom Healing Qigong, we are activating the life energy inside of us. This is true whether we are practicing the physical movements or sound healing or visualization. All aspects of ourselves, including our mind and emotions, influence the energy inside of us. As we are learning these ancient tools for accessing life energy, we are also cultivating the healing mind.



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Through our intentions for healing and our creative visualization (for instance, envisioning wholeness and perfect health), we discover and connect with the life force within us, the invisible energy that is the source of our life, health, and healing. Rather than fixating on our problems, symptoms or diagnoses, we visualize wellness, perfect function, happiness and fulfillment. Remember, where the mind goes, chi flows? In imagining what is possible, we are providing new energetic information, creating a new energetic blueprint, gathering healing chi to this new energetic structure, and transforming the old limiting patterns of fear and dis-ease into new patterns of freedom, choice, and radiant well-being.



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### HOW TO USE THE 3AS PRACTICE TO TRANSFORM YOUR ENERGY AND RETURN TO THE WISDOM OF THE BODY

In Wisdom Healing Qigong, we employ the **3As practice** to connect with the body, release contracted energy, and return to wholeness. The three As are:

1. **Acceptance** - Acknowledging, allowing, and accepting what is just as it is, without needing to change it or fix it or avoid it. This includes symptoms, thoughts, feelings, sensations inside our body.
2. **Activation** - Here, we activate the change from contraction to openness and return to the flow of energy through our practice.
3. **Appreciation** - With appreciation, we consciously feel our gratitude for the healing process and our proactive role in it, and by doing so, reinforce the positive changes we are facilitating.

While the 3As can include dialog (this practice is often done in guided group sessions) and any of the other practices including movement, the 3As is essentially an internal practice. We cultivate **internal unconditional acceptance** of our body, shifting from our mental stories about our body and situation to our actual bodily experience, from external distractions and reactivity to internal truth, and from blaming others and the world around us to resolving the contractions inside our own body (releasing stress in the process).

With **internal activation**, we change our energy consciously and intentionally. Through proactive practice, we shift from contraction to openness, from stress to relaxation, from disconnection to connection. When our energy is open and flowing, instead of reacting we can respond to life from a more centered, open, loving and conscious place.

When we **internally appreciate** our own body, mind, and heart consciously, we are upgrading our inner intelligence and cultivating the collaboration with our inner wisdom. Over time, we discover and embody this wisdom - the natural intuitive intelligence of our wholeness.



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So the first step is acknowledging our limiting patterns. When we begin to feel these patterns, we may experience pain, worry, anger, fear, sadness or any number of other challenging emotions. We learn to acknowledge and accept these feelings without judgment, without conditions. The second step is transforming them by connecting with source energy and shifting to more fulfilling, positive patterns: loving, powerful, creative, confident, courageous and compassionate patterns. The third step is appreciating this process, appreciating life, appreciating the continuous purification and transformation we're engaging, acknowledging that life on planet Earth is a continuous transformation. As we repeat this process, shifting from limiting patterns to more life-fulfilling patterns, we are changing our programming from the past. The practice of healing is about remembering to activate these positive patterns again and again in spite of any challenging patterns that arise. We continually reconnect with the energy and wisdom of the body.



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When you realize the connection of your mind and body and experience the collaboration between them, you discover the body does not exist by itself as separate from "you." You are the wholeness of this energy system encompassing the physical, emotional, mental, and spiritual aspects of yourself. The wisdom of the body is not just how your body can naturally heal from infection and disease or knows what healthy foods to eat... as if the body is something other than yourself. The collaboration of your mind and body and the alignment with your wholeness reveal the deeper layer of the wisdom of your body: this energy body contains everything you are looking for. Through connecting with the wisdom of your body, you are cultivating the capacity to heal and to function in natural, healthy, kind, wise and joyful ways. You are upgrading your mind and heart and body and life, co-creating your next step to reach your highest potential.



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### **WHAT IS YOUR NEXT STEP? WHAT SUPPORT SYSTEM DO YOU NEED TO REALIZE THE WISDOM OF YOUR BODY?**

Wisdom Healing Qigong is a profound art and science for healing and awakening, truly one of the most amazing technologies available today for realizing health and wholeness, joy, connection, deep love, and life fulfillment. As tens of thousands of students across the world have already experienced, learning to access the wisdom of the body through these profound practices and teachings results in greater health, more vitality, abundant joy, and deeper life purpose.

You may be wondering, how can I realize these benefits and transform my own life? How can I join Wisdom Healing Qigong practitioners around the globe in waking up my body, heart, and mind, opening to new possibilities, and fulfilling my creative potential? What is my next step?

I'm glad you asked! Reading this ebook is a great start! Together we have explored the wisdom of the body, the 3 common mistakes that keep us from connecting with this wisdom, the causes of our illness and suffering and how to apply the teachings and practices of Wisdom Healing Qigong to be and become the cause of our healing! Wow. Now we can take it deeper.

First, please enjoy our [FREE webinar, 3 Keys to Unlock the Wisdom of Your Body](#). Take your next step right now to activate your capacity for health, happiness, and healing! You can [register today right here!](#)

In this webinar, I will share the 3 Wisdom Keys I have discovered, learned, and personally practiced for many decades — the same essential keys that transformed my own life when I was struggling, as well as those of tens of thousands of my students over more than 20 years. You won't want to miss this! Take your learning to the next level and get inspired with these profound teachings.



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And there's more. For more than twenty years I have devoted my life to sharing this amazing gift of Wisdom Healing Qigong. And it keeps getting better! As part of my vision of long-term health and happiness for all, I developed The Chi Center and its online Qigong mastery programs as well as in-person and online healing intensive retreats to guide students just like you with the deep immersion and ongoing support essential for their quest for health, wholeness, and happiness.

When you are ready to go even deeper, both the [healing retreats](#) and the [online courses](#) are part of our comprehensive plan.

There is no substitute for the profound deepening and opening that is possible through the healing retreats where you will experience individual and collective healing powered by the healing chi field cultivated by masters, teachers, and practitioners through time and space. And along with the energetic boost and inspiration of the retreats, it is essential to develop your own, ongoing practice. Our entire online program has been designed to guide you step-by-step in cultivating the wisdom of your body and mastering your energy steadily and progressively.

Start where you are. When students ask me which practice is the most effective, I say, "The one that you will do!" Qigong is a practice; it is neither a bandaid, a pill, nor a silver bullet. Practice is at the root of realizing the incredible gifts of Qigong. We have laid out an incredibly powerful and effective pathway to help you on your journey. Are you ready to take your next step?

Connecting to the wisdom of your body is the most powerful step you can take for realizing and fully integrating your health, your energy and your deep purpose in this lifetime. Let us know how we can support you on your journey! Haola! (All is well!!)

You will find more resources and links at the end of this ebook document!



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### APPENDIX 1: QIGONG'S HIDDEN 5,000 YEAR HERITAGE

The traditional lineage of Qigong traces back five thousand years or more, yet for the majority of its history it has remained a well-hidden secret.

In prehistoric times, shamanism connected early humans with the energies of an unseen spiritual world. Shamanic ritual is very prominent in China's prehistory, eventually evolving into organized systems of principles — all of which are ultimately based on an energetic perception of the universe.

About 2,500 years ago, in several parts of the world simultaneously, this energetic understanding of existence led to the formalization of philosophical cosmologies accompanied by specific systems of practice. Soon after came the time of the great philosopher Lao Tzu and the birth of Taoism in China, and the time of Buddha in India. Conceptual frameworks such as the I Ching, yin and yang, and the five elements were born out of the shamanic tradition.

From the transmission of Buddhist teachings into China came a new branch of energy wisdom that was neither Taoist nor Buddhist, but integrated both into a unique Chinese lineage called Huan Yuan. (Huan means integration; Yuan means oneness.)

Qigong is firmly rooted in this ancient Huan Yuan lineage. It has grown from those roots, in almost total secrecy, for thousands of years.

Some people assume that everybody in China does Qigong all the time, and that it has always been a widespread practice. But the truth is, although most Chinese people have heard of Qigong, very few of them practice it.

And around the world, even most of the people who've heard of it before have no idea what it actually is. So really, no matter where you go, only a vanishingly small percentage of people have direct personal experience of Qigong.



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Qigong is less commonly practiced in part because even when a path to longevity, wellbeing and self-actualization is available, not everyone is looking for that path. Most people are busy just getting by, just doing okay. They aren't searching for the secrets of immortality!

Throughout human history, only certain types of people have had the luxury of actively seeking total wellbeing and fulfillment in life. So for thousands of years, these esoteric teachings and practices were essentially only shared by the lucky few: emperors, royal families, and leaders of religions and martial arts. Although some doctors of traditional Chinese medicine also practiced Qigong, most did not. So an average Chinese person was unlikely to encounter anybody who even knew these secrets.

Even in recent history, knowledge of Qigong has been suppressed. The Cultural Revolution in China, which started in the late 1960s, purposely sought out and destroyed as much as possible of the country's traditional heritage. Our cultural treasures, our spiritually significant objects, our artistic and creative traditions, our religious practices, anything that could be labeled as a superstition or magical belief was forbidden.

By the end of this tragic period of Chinese history, the country was in a desperate position: lost without its traditional wisdom, and enduring the aftermath of terrible trauma. This stress and suffering led to a wide range of chronic health issues, so that although life expectancy and general health were reported to have improved at the time, the long term effect was one of spiritual and emotional sickness — which often becomes embodied as physical illness.



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### APPENDIX 2: A QIGONG RENAISSANCE

Into this difficult period emerged a few pioneers who felt called to teach Qigong, as a way of helping the country to repair itself and the people to recover their wellbeing and spiritual connection. One of those pioneers was Dr. Grandmaster Pang Ming, a Chinese physician with an M.D. in Western medicine.

Grandmaster Pang is what Westerners might call a ‘Renaissance man’ — in addition to his medical studies, he has also been a student since childhood of multiple Eastern spiritual traditions, healing traditions, and martial arts, including studying Qigong under 19 different Grandmasters.

He brought into his modern medical practice the holistic perspective of Traditional Chinese Medicine, which was the primary form of healthcare in China until the adoption of Western medicine. Then he introduced ideas and practices from the energy work of Qigong, too, tracing back through the long history of the Qigong tradition and identifying the most helpful, practical techniques. There are many different forms of Qigong, under a handful of different systems, so Grandmaster Pang investigated a great deal of the historical records to determine what elements were the most effective.

Over time, he prescribed less and less medicine — eventually no medications at all — and instead prescribed only simple Qigong practice. Yet the outcomes for his patients continued getting better and better.

Because Grandmaster Pang was a scientist, he always placed great importance on recording and analyzing the data, to take an evidence-based approach as well as the holistic perspective of his Eastern heritage. Eventually he synthesized all of his knowledge and experience of healing approaches from East and West, tracing back through the extensive heritage of Qigong to create his own system which he called Zhineng Qigong. (The English translation of this Chinese term is Wisdom Healing Qigong.)



## The Wisdom of the Body

Zhineng Qigong is, on one hand, very practical thanks to Grandmaster Pang's background as a physician. On the other hand, it goes deep into intangibles, such as the essence of life and the most effective ways to unlock the full human potential. This is the result of Qigong's historical and ongoing quest for longevity, enhanced living, and total self-actualization.

Those are overused buzzwords in the West today, but the concepts are not new to China and the holistic approach to wellbeing is the key in traditional Chinese medicine.

Grandmaster Pang traced back through history to the ancient Huan Yuan lineage, exploring forbidden texts and secret teachings. He undertook the great work of synthesizing and systematizing all of that esoteric wisdom into something more modern and more accessible. His Zhineng Qigong is founded upon that lineage, emphasizing vitality, healing and wellbeing.

Zhineng Qigong goes beyond the holistic model of traditional Chinese medicine, and beyond the transcendental model of some Eastern traditions. It takes a very spiritual, energy-based approach to direct awakening of the mind, body, heart, and spirit, empowering integration into a unified system with the capability to access energetic connection and wisdom about the energetic nature of existence.

In 1988, Grandmaster Pang established the non-profit Zhineng Qigong Training and Recovery Center near Beijing, so that he could work outside the hospital paradigm, teaching Qigong openly for its health benefits instead of prescribing medications.

He understood that the more complex the practice, the more people are likely to reject or abandon it — so he created his own very simple yet highly effective approach. There are no prescriptions of medicine or special diets. It's all about simply activating your natural energy through Qigong practice. Even children can do it!



## The Wisdom of the Body

In the beginning, most of the people who came to the center were skeptical. They only came because they were desperate and feeling hopeless, after being diagnosed with a chronic or supposedly incurable condition and having already tried everything. They'd tried Western medicine, they'd tried traditional Chinese medicine, they'd tried all kinds of therapy. So trying Zhineng Qigong at the center was, for most of these people, literally their last resort.

But as you probably know, people with nothing to lose have everything to gain. So they gave Grandmaster Pang's center their last try, and went there to live a life of diligent Zhineng Qigong practice.

At first he had only a handful of students, but soon there were more, numbering into the hundreds and then the thousands.

I became one of those students. At one time when I was there, Grandmaster Pang had a total of 7,000 students spread across three different centers.

The Chinese government was skeptical and suspicious of Grandmaster Pang's highly successful training and recovery programs, even to the point of accusing him of wrongdoing and arresting him. But there was nothing to support the accusations, and a great deal of evidence to support Grandmaster Pang's results. Years later, the government changed its mind, accepting and honoring his methodology as the most validated and effective form of medical Qigong.

Because of his desire to scientifically validate the benefits of Qigong for healing, Grandmaster Pang had the students at his center undergo standard Western medical testing of their diagnosed health conditions before they entered into a month-long program of Zhineng Qigong practice. On completing the program, they were tested again at a local hospital and the test results were then compared to show the extent of the change.



## The Wisdom of the Body

Based on collecting about a decade's worth of this data, Grandmaster Pang was able to prove that 95% of his students — with all kinds of medical conditions — showed scientifically measurable improvement after taking his Qigong programs. That is usually considered to be unthinkable when the condition is diagnosed as chronic, incurable according to the Western medical paradigm.

There is now a vast collection of scientific evidence, spanning more than 3 decades, of Zhineng Qigong's healing effects in a wide range of diseases and health conditions, making this the most widely researched and tested form of Qigong in the world.

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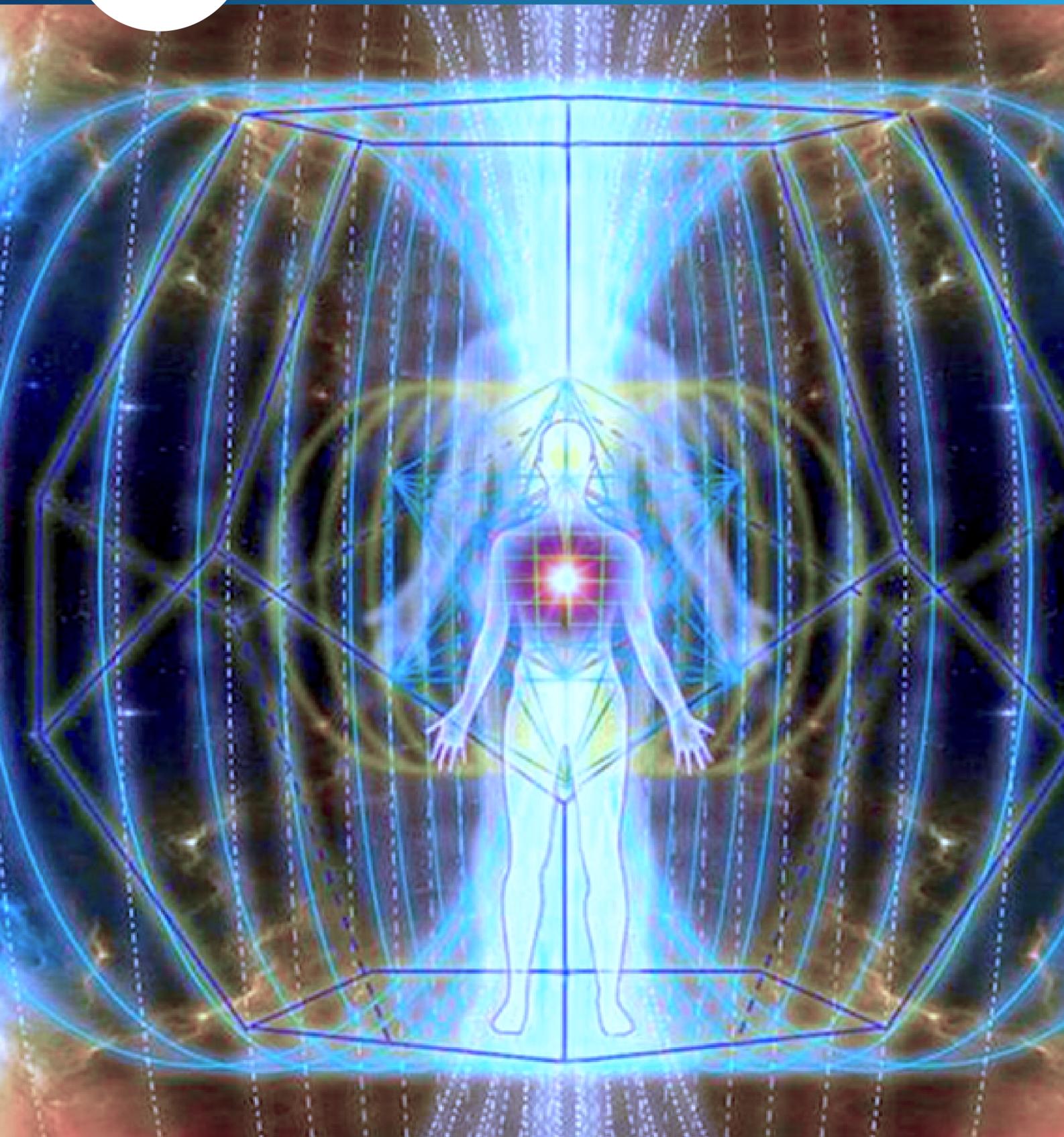
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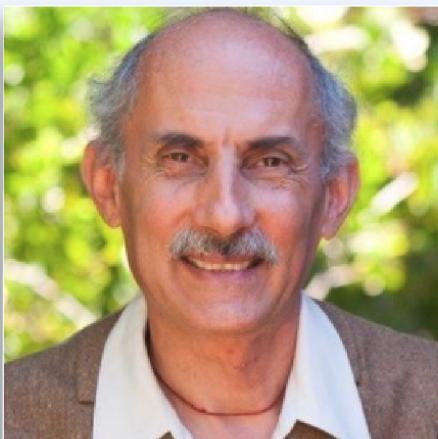
## The Wisdom of the Body





## The Wisdom of the Body

### WHAT OTHER SPIRITUAL TEACHERS & LEADERS ARE SAYING ABOUT MASTER MINGTONG GU



*"Master Mingtong is full of vitality, wisdom, and skill. He is a real healer and the practices he teaches can change your life."*

– Jack Kornfield, PhD, Spiritual Leader, Founder of Insight Meditation, and best selling Author.



*"Master Mingtong Gu is an exquisite embodiment of being "happy for no reason." I've had the great pleasure of taking courses from Master Gu, and I continue to receive wonderful benefits from those courses and experience better health and a more joyful life. His message is a true blessing to our world that is in need of more happy Chi!"*

– Marci Shimoff, Best Selling Author and Speaker



## The Wisdom of the Body

### WHAT OTHER SPIRITUAL TEACHERS & LEADERS ARE SAYING ABOUT MASTER MINGTONG GU



*"I came away from a Retreat with Master Mingtong filled with a wonderful sense of aliveness, wakefulness, and openheartedness. He is a compassionate healer, a wise teacher, and a real force for transformation in today's world."*

**–Tara Brach, PhD, Clinical Psychologist and Meditation Teacher**



*"Master Mingtong Gu is one of most joyful persons I know. His presence touches the depth of my heart. Wisdom Healing Qigong with Master Mingtong Gu is my best and most powerful experience of integrative healing."*

**–Joan Borysenko, Best-selling Author, Researcher and Mind-Body speaker**