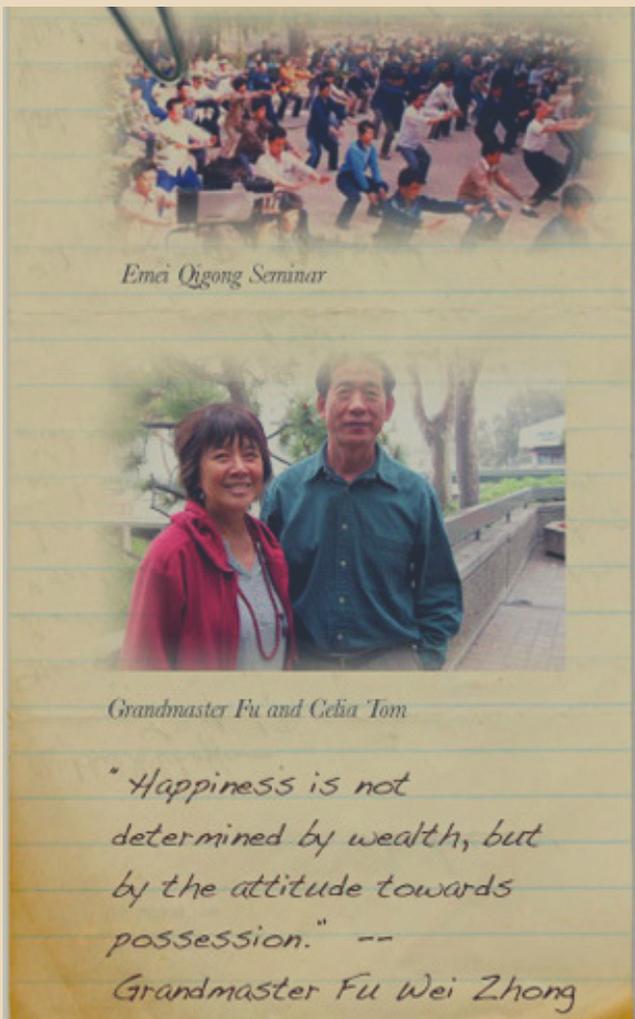


What is Emei Qigong?

Emei Qigong (err-may chee gong) focuses on cultivating Qi (energy) for healing and on cleansing the heart. It promotes good health, emotional balance, and spiritual awareness through practices that strengthen the body's vital energy. Its methods view the human body as a whole organic system. The intention is to be free and have calmness in the mind, and to have a strong internal energy flow. It is a complete and comprehensive system with simple, effective practices for all students that are dedicated to deepen their healing ability and advance spiritually.

Its methods have been evolving for centuries, practiced for more than 800 years by the monks of the Golden Temple on the summit of Emei Mountain in the Sichuan province of China.



Embrace your Qi Through:

WUJI GONG

There are three parts of Wuji Gong. I teach the part called "Floating Cloud Body-Empty Thought Mind".

During this exercise we practice moving our body without thought. Allowing our Qi to move gracefully by emptying out thoughts and letting our body go.

MEDITATION/MANTRA

In Emei Qigong meditation is considered the highest form of exercise in Qigong. The meditation focuses by going inward and emptying the thought process and opening the mind's eye. When open it allows your heart to discover your full potential.

This Mantra "Ah Me De Le Gong Zhen Hong" was introduced by Grandmaster Fu and is a pure Mantra in the sense that it has no meaning. The function is to link and move the universal energy. This mantra can also be used for self-healing, relaxation, stress reduction and protecting against picking up negative or diseased Qi.

HEALING SOUND

The Healing Sounds go back thousands of years and each sound creates a vibration that relates to a different organ.

This results in creating a beautiful flow of Qi (energy) within the body, with each organ working in harmony to strengthen each other.