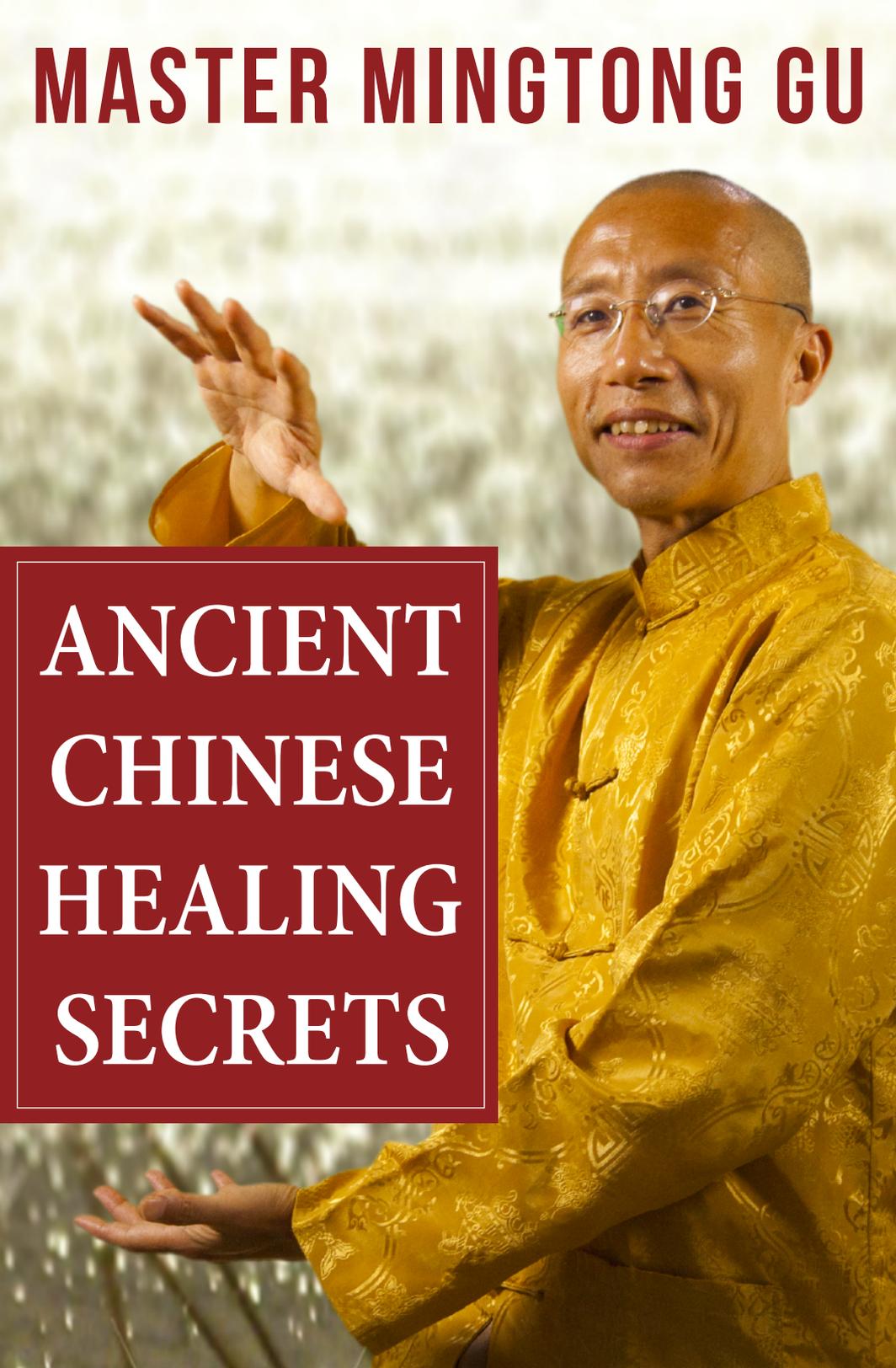


MASTER MINGTONG GU

A photograph of Master Mingtong Gu, a man with a shaved head and glasses, wearing a traditional yellow Chinese robe with intricate patterns. He is smiling and gesturing with his hands, one raised and one lower, as if in a teaching or healing session. The background is a soft, out-of-focus light.

ANCIENT
CHINESE
HEALING
SECRETS

Table of Contents

Endorsements	3
Stories of Healing	6
Introduction	9
Two Different Traditions of Healing	10
Scientific Proof That Mind and Body Are One	12
The Long History and Origin of Qigong	14
The Medicine-Free Qigong Hospital in China	16
Five Secrets of Wisdom Healing Qigong	20
The Value of Qigong in Modern Life	22
The Impact of Consistent Practice	24
The Six Golden Keys of Wisdom Healing Qigong	26
Scientific Proof of Qigong's Benefits: Better Than Vacation!	28
Accessible Healing for Everyone	33
Five Steps to Heal Illness and Injury, Enhance Well-being, and Enjoy Radiant Health	35
How to Take Your First Steps with Wisdom Healing Qigong	37

Endorsements



Jack Kornfield

“Mingtong is full of vitality, wisdom, and skill. He is a real healer and the practices he teaches can change your life.” (A leading meditation teacher, author, and co-founder of Spirit Rock Meditation Center and Insight Meditation.)



James Baraz

“Master Mingtong Gu creates an energy field that is truly healing. I personally know three friends who, after years of seemingly insurmountable health problems, have regained their vitality and been transformed through their work with him. He’s the real deal.” (Author: *Awakening Joy*, Spirit Rock Meditation Center teacher, Buddhist Peace Fellowship board.)



Marci Shimoff

“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!” (#1 NY Times Bestselling Author, "Happy for No Reason," "Love For No Reason," "Chicken Soup for the Woman's Soul")



Brian Bouch, M.D.

“Master Mingtong Gu has brought a level of transmission of mind-body practice that is unparalleled in my experience. Since making these teachings available to patients in my medical practice, they have become healthier and happier.” (Founder of Hill Park Medical Center, UCLA School of Medicine.)



Tara Brach, Ph.D.

“I came away from a twelve-day retreat with Mingtong filled with a wonderful sense of aliveness, wakefulness and openheartedness. Mingtong is a compassionate healer, a wise teacher and a real force for transformation in today’s world.” (Clinical psychologist, meditation teacher.)



Kenneth Cohen (Gao Han)

“I can think of no finer representative of "Wisdom Healing Qigong" than my friend and colleague Mingtong Gu. He is one of those rare people who has both wisdom and knowledge and the ability to help others reach new levels of wholeness. He not only effectively communicates the healing practices of China to Westerners, but, more importantly, he helps people uncover the perennial wisdom that crosses all boundaries and is the common wealth of humanity.

Compassionate, kind, open, inspiring, full of good humor and an ability to tune in to the needs of his students, Master Mingtong Gu IS what Qigong is all about!” (Qigong Master, author of "The Way of Qigong".)



Robert Peng

“Master Mingtong Gu is a Qigong Master who embodies body, mind and spirit as a whole. It is a great pleasure to be his colleague to bring this valuable ancient wisdom of Qigong into our modern life. His Sound Healing is truly remarkable!” (Author of “The Master Key: Qigong Secrets for Vitality, Love, and Wisdom.”)



Joan Borysenko, Ph.D.

“Master Mingtong Gu is a gem of a teacher, perfect for these times. First of all, he’s the real deal with a depth of practice and accomplishment that is unmatched in my experience. His teaching style and mastery of visual arts to illustrate the movement of chi energy, make ancient wisdom easily accessible to the contemporary student. His very presence is a pure and potent transmission of joy, love, and laughter. You can’t help wishing you could bottle him up and take him home. Fortunately, you can. Using the Internet, Mingtong offers a variety of practices to a worldwide community of diverse individuals who want to begin or deepen their practice of Wisdom QiGong.” (Best-selling Author and Speaker.)

Stories of Healing



Vivienne Verdon-Roe

I had been struggling with chronic fatigue and Lyme disease for about twenty years. My health seemed to be going downhill, and frankly, I thought my life was pretty much over. I started doing Wisdom Healing Qigong and began transforming on all levels of my being — physical, emotional, mental, and spiritual. I have tons more energy, no pain, no fatigue.

Emotionally, I am so much happier. It takes a bit of training, but being able to create a healthier, more abundant, loving, peaceful life seems totally worth the effort! (Vivienne is now a Certified WHQ Teacher.)



Bianca Molle

In June 2009 I attended a workshop presented by Mingtong Gu. By the end of the weekend, I was convinced that Qigong was working for me. This Parkinson's journey was becoming a wonderful adventure. Qigong became my tour guide. I continued to practice at home. three hours a day. I saw the neurologist last week and was described as “showing no signs of Parkinson's at all.” If practice can show such benefits for a neurological condition, then what about for every human condition?



Michele Kennedy

About eight months into the practice, I no longer had migraine headaches that had been a part of my life for 25 years. I've never had them come back in the last three and a half years since. I no longer have limitations in my low back from arthritis, a frozen shoulder of 25 years dropped back into place. And probably the most important thing is that there's an incredible amount of energy that at the end of the day, I still have and are able to work off of rather than getting chocolate or sugar or candy or something.



Jay Bunker

Dealing with stage four head and neck cancer that had metastasized to my lymph nodes and was also in my tongue and my throat...I began practicing (Wisdom Healing Qigong) and really experienced a transformation in my body, my awareness, and the chi flowing through me, feeling my happiness increasing. I had a PET/CT scan in August, and it showed a 50% reduction in my tumors compared to May. And another tumor unrelated was a benign tumor on my acoustic nerve called the schwannoma which gives me tinnitus in this ear, and I had an MRI in September, and my doctor was amazed to tell me that it has actually shrunk. Besides the healing, I'm really feeling now that this is about my real purpose in life which is to deepen my connection with Spirit and to be more connected with the Oneness.



Tom Loeswick

I've been sick for a little over seven years starting with a black mold infection, Lyme disease, cancer and then major chemotherapy. And that left me in some very bad physical shape. I was starting to recover somewhat and then had emergency gallbladder surgery last May. And that finished me off emotionally and physically. I found Mingtong online, and I've done a little bit of Qigong before and just knew in my heart that this is what I need to do. I arranged to have a wheelchair get me through the airport and showed up to a Healing Intensive Retreat and about the third day things started to really turn around. I started to feel alive again in a way that I hadn't felt in a very long time. I love this practice quite a bit because the results have been so tangible. It gave me a confidence in my ability to show up in life that I didn't have even six months ago.



Introduction

My name is Master Mingtong Gu, and I'd like to share with you the ancient Chinese healing secrets that I have learned on my journey of more than 20 years of practice and teaching.

At the start of my journey, I was a child with severe health problems, living in a small village in China.

Now, after two decades of studying, practice, and teaching, I am honored and humbled to have taught tens of thousands of students, and to have founded The Chi Center for Wisdom Healing Qigong, where we have reached and helped millions of people around the world.

Let me tell you how it happened...

...and how you can use these ancient Chinese healing secrets to benefit your own health, wellness and happiness in life.



Two Different Traditions of Healing

In the Western world, the body and mind are typically perceived as two separate entities. The body is solid, made from physical matter, while the mind is intangible and non-physical.

There are two common schools of thinking — one is “mind over matter” and the other is “matter over mind.” In both cases, mind and matter are separate.

Western conventional medicine typically focuses on the physical body, as if the mind is not a part of the equation. If you have a broken leg, you get a plaster cast put on until the bone heals. If you have a cut, you get sutures or dressings. If you have pain, you get a pain-reducing medication.

Your mind isn’t considered relevant to healing your body. So that’s the matter-over-mind approach.

But psychologists and neuroscientists have begun to understand how our thoughts can influence the health of the physical body. For example, the placebo effect — the scientific term for improved healing in patients given fake medication — is measurably real. Some patients get better when they merely *believe* they’re receiving treatment.

However, the placebo effect is often described as a “trick” that the mind plays on the body. So even the mind-over-matter perspective of the new psychology still makes the assumption that the mind and the body are

two separate things, one housed inside the other, but only occasionally interacting with each other.

The separation of mind from matter is only one possible perspective, called mind-body dualism. This idea was made concrete by the French philosopher of science Descartes in the seventeenth century.

Chinese tradition takes a very different view of the situation, with a holistic paradigm of mind-body-heart as inseparable energy systems.

There is an invisible, yet measurable, energy field connecting your mind-body-heart and all life.



Scientific Proof That Mind and Body Are One

More recently, modern science has been discovering the same secrets that Chinese healing traditions have known for thousands of years!

For example, physicists have shown that only 4% of the energy in our universe has a physical form. The other 96% is formless and invisible, yet scientists are able to measure it by the way it influences the physical world.

Just like the universe, your physical body is only one small manifestation of your energy.

The rest — the energy that can't be seen or touched, but that generates measurable effects — is the biggest piece of the puzzle. And yet the Western medical tradition only focuses on the 4%, while Eastern tradition focuses on the whole picture, including the physical and non-physical.

In Chinese, we call the energy of life - *chi*.

Scientists measure the effects of this energy on biological systems and processes in the same way that physicists can measure the effects of dark matter or dark energy. They do it by looking at how it changes the behavior of ordinary matter.

In ancient Eastern traditions, the mind, body and heart are seen (and treated) as a unified whole. There is no “mind over matter” or “matter over mind,” because your mind, body and heart are all part of a holistic energy system.

Now, there is also a growing acceptance in the Western scientific and medical community that your mind and body are simply two manifestations of a single energetic being.

Modern neuroscience has confirmed that the brain’s *neuroplasticity*, its ability to change its shape and function according to mental activity and reinforcement, is a powerful potential ability that exists throughout our whole lifetime. Focus and repetition allow us to directly influence the neural pathways of the brain.

According to the respected neuropsychologist Rick Hanson,

“What happens in your mind changes your brain, both temporarily and in lasting ways.”

By changing your thoughts, and your behavior choices, you can literally change the brain’s physical structure and functioning.

So the mind, the brain and body are all part of the same whole energy system, and when you tap into the energy, you can change the system on all of those levels — physical, emotional, mental and spiritual.



The Long History and Origin of Qigong

Qigong is a five thousand year old science and healing art. It is the grandmother of Traditional Chinese Medicine, including acupuncture, herbalism, and martial arts such as Tai Chi.

Many integrative medical approaches in the West are also strongly influenced by Qigong, such as energy medicine, somatic therapy and energy psychology.

The form of Qigong that I practice and teach is called Wisdom Healing (*Zhineng*) Qigong. It is inspired by mankind's search for immortality, longevity and the fullness of our human potential.

Although it is an ancient system, the principles of Wisdom Healing Qigong align perfectly with modern science.

Discoveries at the cutting edge of medical science and quantum physics confirm what ancient wisdom like Qigong has always known.

Learning to nurture and work with chi empowers you to heal from within. It makes it possible for all of us to expand and transcend the paradigm that views our body as a biological machine separate from our mind.

The practice of Wisdom Healing Qigong brings beneficial focus, balance and strength to the mind, brain and body. It also trains students

to build their own capacity for health, healing and spiritual development. Qigong has helped millions of people reduce health costs and heal chronic conditions.

Just like neuropsychological studies have already confirmed, consistent practice allows you to use the hidden potential of your mind to alter the physical state of your body.

Because Qigong cultivates your mind-body-heart and allows you to experience the true nature of all phenomena — including your body — as pure energy, this practice reconnects you with the universal oneness of yourself, others, and nature.

Wisdom Healing Qigong is a way to invest your consciousness, the most precious treasure of life, in the largest bank of the universe, the energy bank, the source of all creation... and thus fulfill your highest potential for creativity, healing, peace, service and wisdom.



The Medicine-Free Qigong Hospital in China

At the beginning of this ebook, I promised to share my own healing story with you.

I grew up in a small village in China, during the Cultural Revolution. And from my earliest memory, I suffered from severe asthma and scoliosis, as well as a lot of pain and stiffness.

My family tried Western and Chinese medicine, but nothing worked.

From a conventional medical point of view, these diseases were incurable. So I simply learned to live with these chronic conditions.

When I grew older, I became the first person from my village to attend college, and I moved to the United States to study. I was a mathematician, earning my MA in Mathematics from the University of California at San Diego, then going on to Brandeis and Harvard. Later, I became a visual artist, earning an MFA in photography and video arts from Ohio State University, and I taught at Columbus College of Art and Design.

Looking back now, I can see that both mathematics and art are conceptual skills of the mind, that helped me to take the focus away from the pain in my body.

It was while I was working as an artist, and still in graduate school, that Qigong came into my life. As an artist, I was interested in the spiritual iconography of Hinduism, Buddhism, Taoism and other mystical traditions. So a friend invited me to join her at my first Wisdom Healing Qigong class, and then her teacher connected me with an amazing man, Dr. Pang Ming.

Dr. Pang is a doctor in both Western Medicine and Chinese Medicine. He had started to experiment with using Qigong techniques for his patients' healing. Gradually, he prescribed more and more Qigong... and less and less medication.

He saw great results, and so he established the Zhineng Qigong Center in China. It was a little like a hospital, but one where Wisdom Healing Qigong was the primary healing modality.



“Use of the mind’s intelligence to direct chi to reform, perfect and improve the conscious potential of the holistic body, thereby uplifting the consciousness of the practitioner from an automated condition to that of autonomous wisdom.”

-Dr. Pang Ming, founder of Zhineng (Wisdom Healing) Qigong

Dr. Pang had also developed a method for working with the collective energy field — the chi field — of a large group of people to increase healing potential.

The Zhineng Qigong Center in China quickly grew to a large scale, with thousands of practitioners in residence. Healing outcomes demonstrated effective improvements for Dr. Pang’s students across many serious medical conditions.

The Center realized a 95% rate of measurable improvement across more than 200 diseases, including conditions which are

often considered incurable, such as cancer, diabetes, arthritis, heart disease and paralysis.

After four weeks of following Dr. Pang’s program, more than 30% of the students at the Zhineng Qigong Center were completely symptom-free. They had their health checked at conventional Western hospitals, and there were no longer signs of the diagnosed condition.

Now, as a Chinese person, I was eligible to live at the Center to focus on my own healing. It was challenging at first, and very uncomfortable... and I was there for a lot longer than four weeks.

After many months of living and practicing continuously at the Zhineng Qigong Center, I worked through two weeks of extreme coughing. I could feel that I was releasing a lot of energy blockages.

Then I remembered a traumatic experience I had when I was a small child — falling into a pit toilet five feet deep and not being able to climb back out. I remembered being unable to breathe, and finally losing consciousness, believing that I would die. At the Center many years later, through healing the energy imprints of the trauma in the body, the memory came back and asthma symptoms disappeared

I continued to practice Qigong intensively at the Center, opening myself to the healing energy and teachings from Dr. Pang and other teachers. Then, finally, my scoliosis symptoms — that doctors said could never be healed — also went away.

At last I was healed of those long-term chronic conditions that I had suffered since childhood. And in this process of healing and learning, my life was changed.

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I wanted to learn more, to go deeper into this ancient tradition that had transformed my experience. So I completed two years of further training with Dr. Pang, in his one-of-a-kind Qigong Master training program.

After completing my Qigong Master training, in 2001 I came back to America with one thought always on my mind: to build a Center for Wisdom Healing Qigong in the USA. Thus began The Chi Center — to bring this ancient healing wisdom and its scientifically proven effectiveness to more people around the world.

Tragically, in the year 2000, Chinese law banned people from practicing Qigong together in numbers greater than one hundred. By this time, the number of students at his Zhineng Qigong Center had grown to 5,000, so Dr. Pang thought it best to disperse his staff and students, entrusting his teachings to me and his other trained teachers to carry out into the world.

We have supported the healing of thousands of people who suffer from chronic conditions like autoimmune disease, neurological disorders, chronic pain and cancer. And we aim to support many more to improve their overall health, wellness and happiness through Wisdom Healing Qigong.

The guiding vision of our work at The Chi Center is “Heal ourselves; heal the world.” We realize our human potential through the conscious evolution of mind-body-heart, resulting in harmony, self-realization, integration and enlightenment for all.

My mission now is to bring healing to everyone, including all ages, all health conditions, and all walks of life... by sharing the ancient teachings and once-hidden practices of Wisdom Healing Qigong with anyone who wishes to learn.



Five Secrets of Wisdom Healing Qigong

Through gentle movement, visualization, sound and breathing practices, as well as conscious intention, the practice of Qigong dynamically restores the life energy and creative power within.

As the underlying causes of life's challenges are released and transformed, we reconnect with the universal source energy. We bring new and vital energy streams into mind, body and heart, and into the flow of life.

There are five secrets that make Wisdom Healing Qigong so effective:

1. Connecting with the ocean of light.

This is the source energy that is beyond your physical body, beyond whatever we are familiar with as life. It is an amazing gift, bringing us awareness and direct experience of a much greater presence of source energy.

2. Using your mind to bring this energy into your physical body.

This includes special methods — including Energy Meditation, Energy Movement, Energy Sound, and Visualization — to bring energy into the cells, into the bodily organs, and into the earthly dimension to activate, cultivate and train the mind-body's capacity.

3. Learning how to connect with the collective energy.

As a group, we connect with the chi field — a vast field of infinite energy that connects all life. We tap into the capacity of the self and also the capacity of the collective. By tapping into the transmission of the chi field organized by the teachers before us, we access the cumulative energy of all practitioners and teachers, locally and non-locally.

4. Practicing consistently, joyfully and wisely.

To grow, we need to repeat a practice many times and receive new teachings that progressively deepen our understanding. The process of changing our old habits and establishing new ones requires repetition because it takes time and familiarity for our minds to accept the new patterns and learn to enjoy the practice from deeper understanding.

5. Connecting with your teacher’s blessings and teachings.

The teacher is not only sharing the teaching itself, but also guiding and supporting your practice. By connecting with your teacher you are able to receive the blessings and teachings in a deeper way.



The Value of Qigong in Modern Life

Our modern lifestyles come with many challenges. For instance, we all at one time or another experience stress, pain, injury or illness, sometimes significantly affecting our lives and the lives of those we love.

Nevermind the distractions of a life that's "always on" — constantly connected to your phone, email, texting, instant messaging, social media and mobile apps — and how draining this can be for your health and well-being.

It's counterintuitive, yet in this very modern lifestyle, the constant activity that makes you *feel* like you're connected to everything is actually *preventing* you from connecting on a more profound, energetic level with the world within you and around you.

It even stops you from fully connecting with your own mind, body and spirit. But the ancient principles and practices of Wisdom Healing Qigong give you a way to transform all this modern stress and reconnect with something bigger and more important.

It can help to prevent burnout, heal illnesses and injuries, and relieve emotional or psychological suffering. And all just by committing to a simple daily practice.

No matter what originally led to your challenges, the ultimate cause of what you're going through now is a contraction of energy. The contraction of the chi in your body, heart and mind is causing the dysfunction, causing the problem.

So by reconnecting with the chi and nurturing it, you're shifting from contraction to openness to flow. You're awakening the power and energy medicine within you, expanding your energy levels and increasing your capacity to heal.

Wisdom Healing Qigong offers a sustainable lifestyle for optimum wellness in every aspect of life. You consume and transform energy just like a car consumes and transforms gas, yet there's an unlimited supply — you can refuel yourself as often as you need to from the infinite source of chi.

The functioning of all life depends on energy. So the more the energy opens up, the more you experience physical, emotional, and mental well-being. You're not only releasing contraction; you're also reprogramming your system to respond to life in a healthy way.



The Impact of Consistent Practice

What you do is important. But more important is HOW you do it and WHY you do it.

As I mentioned earlier, neuroplasticity shows us that through repetition and focus, we can intentionally change the pathways in our brains. We can use this ability to stop an old habit or start a new one, thereby changing our life experience.

Ideally, Qigong is a daily habit — it is not something that you do once or twice a year! And it takes a little time to settle into a routine of daily practice.

Behavioral psychology shows that creating any new habit can take between 21 and 100 days of consistent daily practice. By practicing Wisdom Healing Qigong regularly and consistently, you can reconnect your body and mind with a new habit and a new energy.

You reconnect with the chi, and that reconnects you with your own healing capacity. It doesn't matter whether the issues are caused by illness or aging, by a feeling of sadness or anxiety, or by feeling disconnected from your life. Qigong addresses the energetic connection on all levels of life.

Our bodies are not just biological machines. And if you're feeling a lack of energy, that doesn't mean that the life energy is gone. The chi is always there — it's everywhere, all the time!

The problem is that you have lost your conscious connection to the flow. Something within you is blocking the flow, and so you feel depleted. Your mind, body and heart are not functioning at their full potential, because of a lack of connection to the flow of energy.

Consistent Qigong practice trains you in new patterns to behave in a different way... to remain open and maintain a state of mindfulness even when there are challenges or the usual stressful conditions of everyday life. Once the connection is re-established, the flow is no longer blocked, and you feel more energized, renewed and revitalized.

As an example of what consistent, intensive Wisdom Healing Qigong practice can achieve, consider my student Bianca Molle. She was a middle school teacher who loved her job, but it was getting more and more difficult for her to continue teaching because she was struggling to focus. Eventually, she was diagnosed as suffering from Parkinson's disease.

Even though she took multiple medications, with doses several times a day, the drug treatment wasn't working well and had started to become less effective. Bianca was experiencing muscle tremors, problems with balance and walking, and she was very fatigued and in a lot of pain. And her handwriting became unreadable, which is a big problem for a middle school teacher.

When Bianca started practicing Wisdom Healing Qigong, she built up to practice for up to three hours per day. One year later, she no longer needed to take medications to ease her symptoms. And after two years of Wisdom Healing Qigong, she was declared symptom-free. ([Click here if you'd like to hear more of Bianca's story in her own words, on video.](#))

With consistency and purpose, you really can empower yourself to heal.



The Six Golden Keys of Wisdom Healing Qigong

These are the same principles I practiced for my own healing and spiritual transformation. Now I am sharing them with you, in the hope that you will use them to fulfill your highest purpose and experience total well-being.

1. Haola: “I am.”

Activate your divine blueprint by chanting “Haola.” Haola means “All is well; so be it!” Haola is activating the belief in the ultimate goodness of our bodies, energy and all dimensions of life. Its sound creates energy circulation, awakening a feeling of well-being.

2. Inner Smile: “I am love.”

Activate your inner medicine of self-love, relaxation and unconditional happiness by purposefully smiling inwardly to all aspects of yourself. The Inner Smile brings kindness, happiness and unconditional joy into your body’s energy field.

3. Service: “I am connected.”

Activate the energy of love and share it to amplify your power of healing and transformation. Dedicate your healing practice to another human being or a group of people. By sharing, we are cultivating chi together for the highest good.

4. Trust: “I am enough.”

Allow yourself to participate in life fully and flow from moment to moment. You will realize that something is working for you, even though you don’t know exactly why. This empowers your mind to become more committed and more trustful of the practice, and that creates an even more positive effect.

5. Collaboration: “I am a co-creator.”

Activate the collective power of the chi field for the purpose of fulfilling the universal desire. The more you initiate your healing benefit in the collective purpose, the more you can connect and embody the chi field. You are receiving the collective and accumulative power of the community and lineages.

6. Practice: “I am now.”

Activate the full potential of being alive. Wise ones have realized that the deep healing and awakening has to come from within each person. Practice makes this possible.



Scientific Proof of Qigong's Benefits: Better Than Vacation!

I understand what it's like to be on a search for greater wellness and enjoyment of life. Looking not only to be healthy, but to be happy and full of vibrant, creative energy... to enjoy life and find meaning and purpose in it.

I set out on that same search myself many years ago. And I'm very happy to be able to tell you that wellness and joy are within your reach.

The beauty of Wisdom Healing Qigong is that, because it addresses the energy at the root of life, health and healing, the teachings and practices work exactly the same for all challenges and medical conditions.

You'll learn to release the stress that causes illness so that you can reconnect with infinite energy and rebalance your mind and body to maximize your inner healing capability.

Qigong is powerful, and some of our students who come to us with serious medical conditions have experienced massive transformations in their health, with results confirmed by their medical specialists.

For example, my student Jay Bunker, who is a doctor of chiropractic, had a lot of very good reasons for feeling depressed and having low energy; he was diagnosed with Stage IV head and neck cancer that was also

present in his tongue and throat and had already metastasized to his lymph nodes.

Searching for a way to ease his symptoms, Jay attended one of our in-person Wisdom Healing Qigong retreats where students immerse themselves in the practice and teachings of Qigong.

The transformation he experienced in his body and mind after beginning and maintaining consistent Qigong practice was extensive. He felt happier, more energetic, more excited to wake up and get out of bed each day. He finally felt a deep spiritual connection to the universal oneness, in a way that he had always wanted to experience.

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His PET-CT scan after attending the retreat showed a 50% reduction in his tumors, compared to the previous scan results only 3 months before.
”

And this connectedness and sense of meaning was so important to him that it was almost as a side note that Jay told us that his **PET-CT scan after attending the retreat showed a 50% reduction in his tumors, compared to the previous scan results only 3 months before.** His doctor also informed him that an unrelated benign tumor on his acoustic nerve, which had created symptoms of ringing in Jay’s ears, had shrunk considerably — a very unusual outcome that is only seen in about 8% of such tumors.

Jay has since returned to our in-person retreats to maintain his recovery and well-being. He told us that, besides the healing he’s experienced, Qigong has opened him up to his true purpose in life and deepened his sense of spiritual connection with the oneness of existence. ([Watch Jay tell his story in his own words here.](#))

Jay’s story, and other individual anecdotes, could be taken as coincidence. But the statistically significant evidence from scientifically rigorous experiments is also very convincing.

There has been a great deal of research in the past few decades into the effects of Wisdom Healing Qigong and similar mind-body-heart practices. More than 3,000 research papers were published during the 1980s and 1990s alone!

Many studies conducted by respected research organizations have shown that consistent practice of holistic mind-body therapies like Wisdom Healing Qigong creates improvements in the symptoms of a wide range of conditions, including neurological conditions, cancer, immune and autoimmune reactions, mental health challenges, chronic pain and more.

After reviewing 20 years' worth of experimental studies, medical researchers in the Department of Psychiatry at the University of Medicine and Dentistry of New Jersey have stated that **“Qigong therapy may actually stop and prevent cancer growth, and help patients recover from many different diseases at the same time.”**¹

And when researchers at Tufts University School of Medicine and the UCLA Semel Institute for Neuroscience reviewed 39 different investigations into how integrative mind-body practices like Wisdom Healing Qigong affect the immune system, they concluded that **“Mind-body therapies reduce markers of inflammation and influence virus-specific immune responses to vaccination.”**²

Multiple studies by researchers at Harvard Medical School, Tufts University, University of California at Los Angeles, as well as other respected schools of medicine, have shown that **Qigong can reduce muscular and skeletal pains, back pain, neck pain, arthritis, headaches and other forms of chronic pain.**³

And a team of researchers, led by Professor Judith Prins, PhD at Radboud Expert Centre for Psychology and Medicine, has concluded that our thoughts and perceptions play a very strong role in determining how well and how quickly patients heal from chronic pain — in fact, your perceptions and mindset are more important than your level of physical fitness or exercise!⁴

¹ <http://www.qigonginstitute.org/html/papers/ReviewQG4Cancer.pdf>

² <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0100903>

³ http://www.worldtaichiday.org/Medical_Research_On_Tai_Chi_Qigong/chronic_pain.html

⁴ [http://www.jpsychores.com/article/S0022-3999\(10\)00063-2/fulltext](http://www.jpsychores.com/article/S0022-3999(10)00063-2/fulltext)

The scientific evidence also shows positive effects on gene expression, muscle strength, coordination, balance, posture and overall well-being.

One study at Massachusetts General Hospital found that the resilience-boosting effect of mind-body therapies reduced the need for health care services by 43%, saving an average of \$2,360 per person per year in emergency room visits alone.⁵

Qigong has been clearly demonstrated to improve your health and give you a better quality of life. If you've been suffering from lack of energy or any other wellness issues, you'll be happy to hear that modern scientific studies show Wisdom Healing Qigong has deep healing effects on the mind, brain and body.

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...Qigong creates improvements in the symptoms of a wide range of conditions, including neurological conditions, cancer, immune and autoimmune reactions, mental health challenges, chronic pain and more.
”

Qigong improves mental clarity, energy levels and vibrancy, hormonal and emotional function, affecting your total well-being.

A systematic review and analysis of multiple studies involving more than 2,000 people has demonstrated that Qigong practice has a significant effect on symptoms of depression.⁶ And a study reported in the International Journal of Stress Management found that Qigong significantly reduces depression, anger, anxiety and fatigue, and “boosts resistance to daily stressors.”⁷

Researchers at Harvard Medical School have even concluded that regular mindfulness and integrative mind-body practices

⁵ <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0140212>

⁶ <https://www.ncbi.nlm.nih.gov/pubmed/26275645>

⁷ <http://psycnet.apa.org/record/2011-16806-006>

like Wisdom Healing Qigong are more beneficial to your well-being than going on vacation!⁸

Here at The Chi Center, we've also conducted our own studies, which confirmed that students at our Wisdom Healing Qigong Healing Intensive Retreats experience strong positive effects of increased well-being. **Our data was scored by an outside research organization, and demonstrated that 94% of retreat participants improved their well-being; including lowered distress, less depression, less anxiety and reduced pain.**

⁸ <https://www.health.harvard.edu/blog/relaxation-benefits-meditation-stronger-relaxation-benefits-taking-vacation-2016102710532>



Accessible Healing for Everyone

Wisdom Healing Qigong used to be very secret and not easily accessed by the average person. It was a hidden tradition even in China.

But now, thanks to the technology of the internet and easier travel around the world, it has become readily available.

Finally this healing wisdom is accessible to everyone, of any age, at all levels of experience and health:

- You can do it anywhere, at any time.
- You don't have to remember a lot of complex movements and routines.
- You don't need any special equipment or special clothes.
- You don't even need to be able to move your body — some of our students with serious medical conditions begin by practicing in their minds only, until they have regained sufficient strength and energy to engage physical practice.

With Wisdom Healing Qigong, you practice gentle, energetic movements and meditations that help you let go of tension and stress. In this way, you enhance the function and communication of your whole body's systems, strengthening your awareness of the connection and continuous interaction between mind and body, reintegrating their capacities to balance and heal.

And Qigong is even accessible online, with programs like our Qigong for Beginners course that teaches the practice and philosophy of Wisdom Healing Qigong. So now that you have this self-healing capacity at your fingertips, it's as easy as pressing a button on your computer or tapping the screen of your phone.

Through the internet, I'm able to help even more students around the world shift their minds from a state of hopelessness, victimization and stress to a state of openness, relaxation, creativity, and proactive and choice-oriented empowerment.

And together as a community of students and practitioners, both online and offline, we use the group synergy and collective energy field — the chi field — as a source of healing power that goes beyond any individual and is available for everyone participating.

It is my hope that more and more people will learn to access Wisdom Healing Qigong to empower their own well-being and happiness in life.





Five Steps to Heal Illness and Injury, Enhance Well-being, and Enjoy Radiant Health

1. Movement to Create Mind-Body Connection

The movements used in Wisdom Healing Qigong unite the mind with chi. Slow movements allow for relaxation as well as an energetic flow. Deep movements allow the opening of energy channels as well as release of pain, blockages and stress. Mindful movements allow the mind to connect with the body and help quiet busy thoughts and mental stress.

2. Sound Healing for Emotional Clearing and Well-being

By chanting certain sounds, such as the “Haola” I mentioned earlier, you can mobilize the movement and absorption of chi. Sounds activate energy with higher and deeper vibrations, and these sacred

sounds allow the opening of energy channels and centers as well as quieting the mind, releasing and transforming tension.

3. Meditation and Visualization to Calm Your Mind and Reduce Stress

You can access the power of your mind through visualization and meditation, which access different parts of the brain's functions beyond linear thinking. Visualizing the energy that connects all of your body's systems and connects your mind, body and heart to the universe around us, you will learn to progress through layer upon layer of energy — cleansing and rebalancing each system from within.

4. Connecting Energy for Holistic Mind-Body-Heart Function

Everything in life is based on energy. And so, we practice establishing your mind-heart-body energy connection so that these systems work together to experience a deeper wholeness, in the process releasing tension and stress from organs and muscles, thoughts and emotions.

5. Experience Oneness in Everyday Life

The profound sense of oneness with the universe and all life that you experience after consistent practice can be life-changing. By activating and cultivating your connection and unity with other people, with nature, and with the invisible spiritual energy of life, you will regain a sense of purpose and belonging that you may have been missing for many years.



How to Take Your First Steps with Wisdom Healing Qigong

You can take the first steps towards your healing and wellness path today.

Start with an online course to help you learn and begin practicing. Try the simple, gentle movements, sounds and visualizations I've described to you, all specifically designed to open up energy blockages.

When you recognize any challenges to your well-being as an expression of the energy flow and blockages in your body and mind, you can identify the blocked, contracted energy and free it to flow optimally.

This is not only the path to healing illness, but also to healing every other aspect of your life! You'll feel the integrated wholeness of your being, tap into your body's own deeper wisdom for healing, and empower yourself to live a richer, revitalized, more joyful life.

Every journey starts with the first step, from intention to action. Your desire to have better health, happier thoughts and more energy is the beginning — and your commitment to the first step is the key.

You can rediscover, embody, and directly experience this wisdom and medicine.

It's already within your body, mind and heart — it can be reawakened by your practice.

The best times to practice are the first and last moments of your day. Begin your day by awakening your internal energy and aligning with energy all around you. Then practice again just before you go to sleep; relax, release your mind from the day, and ease into a deep resting state.

You may think you've already tried everything, all kinds of treatments and therapies... but if you haven't tried healing yourself from within through Wisdom Healing Qigong, then there is still hope and the opportunity for a lifetime of joy for you.

All you need to do is begin, re-empowering yourself and reconnecting with the healing energy of life.

For more information and guidance on your journey, visit www.ChiCenter.com.



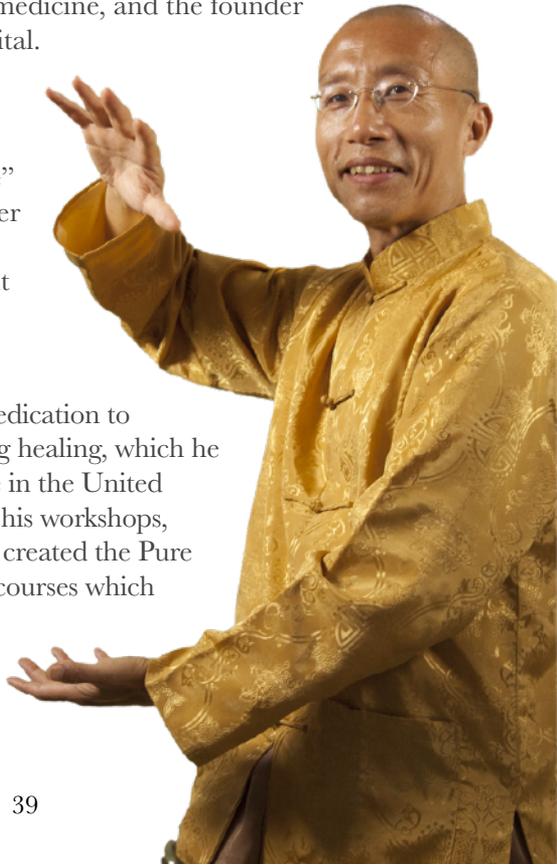
About Master Mingtong Gu

Named Qigong Master of the Year by the 13th World Congress on Qigong and Traditional Chinese Medicine, Mingtong Gu possesses a profound ability to harness energy in order to accelerate personal and global healing, making him a sought-after healer, practitioner and teacher.

As a child growing up in China during the Cultural Revolution, Master Gu endured hunger, poverty, and a long separation from his birth family. Despite these incredible hardships, he became the first from his village to attend college, earning a bachelor's degree in mathematics followed by two master's degrees, including an MFA from Ohio State University. As a graduate student in art, Master Gu discovered the treasures of his own culture through the spiritual iconography of Hinduism, Buddhism, Taoism, and Western mystic traditions while practicing yoga, Tantric Buddhism, and Qigong.

In 1997, Master Gu returned to China for Qigong training under Dr. Pang Ming, a Qigong grandmaster trained in Western medicine and traditional Chinese medicine, and the founder of the world's largest Qigong hospital. During his training, Master Gu observed thousands of cases of chronic and “incurable” diseases being healed at this “medicine-free” hospital, which has now treated over 200,000 patients with over 185 different illnesses, with a 95 percent effective improvement rate.

Witnessing these profound healing experiences inspired Master Gu's dedication to the teaching and practice of Qigong healing, which he now teaches to thousands of people in the United States, China, and Europe through his workshops, books and education programs. He created the Pure Qi Online series — a collection of courses which translate the ancient teachings of Wisdom Healing Qigong for contemporary times — and is the founder of the Chi Center



and the Center for Wisdom Healing Qigong, a beautiful 79-acre resort located 25 minutes south of Santa Fe, New Mexico.

Through practice, Master Gu has recovered from his own chronic conditions of asthma, scoliosis, back pain and kidney weakness. His teaching emphasizes activating the power of inner self-healing, facilitating the release of chronic illness while improving health and well-being. Master Gu lives and teaches with his wife Linling, also a gifted healer, and their two children.



About The Chi Center

The Chi Center has a new home! Formerly the Vista Clara Ranch Spa Resort in New Mexico, this incredible property is now The Center for Wisdom Healing Qigong. This beautiful 79-acre resort is located 25 minutes south of Santa Fe in Galisteo, NM.

With breathtaking views of New Mexico's landscape, the dazzling sunsets over the western mountains, and vast darkness of the enormous night sky, healing emerges as mind and spirit connect. Workshops are held in the beautiful circular building which replicates traditional ceremonial kivas, set into the earth. The main house features six fireplaces and the grounds include two labyrinths, outdoor fireplaces, fountains, a pond with a waterfall and paths for reflection and hiking. This is a place where heaven and earth truly meet within you and around you.

Just as Dr. Pang started with ten students in the early 1970s and inspired millions of practitioners within two decades, Mingtong started with small classes and has expanded into a global program with thousands of online participants and sold-out retreats around the world. Our vision to create a center dedicated to integrative healing through Wisdom Healing Qigong is now coming alive in our Center in New Mexico.

Learn more about the Chi Center at <http://www.chicenter.com>.



Healing Intensive Retreats

The Healing Intensive Retreat with Master Mingtong Gu is the most focused training retreat for people facing health challenges of body, mind and emotions. Based on the approved effectiveness of Wisdom (Healing) Zhineng (Wisdom Healing) Center Retreats in China, this Chi Center Healing Intensive Retreat allows you to directly access your inner medicine of mind, body and heart through the **ancient wisdom of energy practice**. You will be guided directly by Master Gu, a world-renowned teacher and healer in Wisdom Healing Qigong. Assistant teachers provide additional support.

Highlights:

- ✓ Receive exceptional teachings from Qigong Master Mingtong Gu. You receive direct energetic transmissions that help transform these powerful teachings into embodied wisdom that will inform and transform you on a cellular level.
- ✓ Learn the movements, sounds, meditations and visualizations of Wisdom Healing Qigong while engaging in daily intensive practice that will release blockages and open you to deeper levels of physical, emotional and energetic healing.
- ✓ Develop a sustainable Wisdom Healing Qigong practice by getting the tools, support and practice in Retreat and be able to continue it at home.
- ✓ Experience group healing sessions with Master Mingtong Gu that will infuse you with healing energy.
- ✓ Enjoy personalized and loving support from a compassionate community and dedicated, experienced teachers.

Learn more about the Healing Intensive Retreats at
<http://www.chicenter.com/Chi/Retreat/>