

Seminar

Ziran Qigong Stage one

- open and nourish Microcosmic Orbit -

Master Liu Deming

1st , 2nd and 3rd of June 2012

Master Liu is the 5th generation inheritor of the Liu He Zi Ran Men lineage. He began his study of Ziran Kung Fu and Qigong in his teens with Master Hong Zheng Fu, and later, with the legendary Grandmaster Wan Lai Sheng. After graduating from Beijing University of Physical Education, Master Liu accepted a teaching post at the famous Shaolin Temple, then spent 12 years teaching at the Fujian Institute Of Physical Education.



Since coming to Australia Master Liu has taught at his own school the Ziranmen Kung Fu Academy and taught for 10 years at Melbourne University Tai Chi and Wu Shu Club. He was the founder of the Australia Wu Shu and Tai Chi Practitioners Association, is now a lecturer at the Victorian College of the Arts and is the head coach of Shaolin temple Wu Shu Training Centre in Australia.

Through his nearly 30 years teaching experience, Master Liu has come to believe that the state of a persons physical and mental health is so much more important than any material properties they may strive for. He understands that to gain this free mind and spirit, one's life should be nourished by great philosophy and culture.

Taoism and Qigong are the two most important disciplines that we should focus on. Through [Taoist Tranquillity Meditation](#) and [Ziran Qigong practice](#), you can develop inner peace and strength to help deal with day to day stress, heal mental and physical sickness and it can lead us into a greater space of consciousness and happiness. This is called "Ziran life and spiritual development".

Master Liu also believes that there are many levels of interest and commitment in Meditation and Qigong, from relaxation, fitness of the body, through to training for spiritual infinity and beyond this, into the life long search and commitment for the Taoist immortality excellence.

Ziran Qigong Stage one Weekend Seminar

1st of June - Friday evening – Taoist Tranquility Meditation, 19.00pm – 21.00pm. Its contents:

"The nature of water is to be clear and pure; but it can be made turbid by the soil. The disposition of man is serene and tranquil; but lust and desire can disturb it".

The philosophy of the Tao is to nourish our daily life. Ziran Qigong through its Taoist tranquility meditation can develop inner peace and strength to help deal with day to day stress and lead us into a greater space of consciousness and happiness.

There are three parts to tranquility meditation: the mind of an empty room, the mind of still water and the mind of a bright mirror. In this meditation, we will be concentrating on:

- 1) Internally look at once inside of world, removal of all distracting thoughts, and emotions, thus mind without the mind.
- 2) By appearance once body, releasing all tensions, thus forms without the form.
- 2) Distinctly observe outside of world, there are formless and no any matters, world without world. Once you understand these three emptiness, you are in state of tranquility.

Creating emptiness allows one to drop life's baggage, clean out the un-useful belongings and detach the attachment. Only when the room is empty, there is a space to expand, so life's journey can be light and bright, intuition can be awoken. Only when who is identity with the universe and goes up and down with the evolution, is absolutely free, then the members of our own body are but so much dust and dirt, while death and life, end and beginning, are but as the succession of day and night, which cannot disturb our inner peace; and how much less shall we be troubled by the worldly gain and loss, good luck or ill luck.



2nd of June – Saturday, 9.30am – 5pm. Its contents:

1) A talk about the **philosophy of the Ziran Qigong** and the benefits of the practice. This talk will be based on Daoist and Chen Buddhism philosophy, ancient cosmology of Wuji and Yin Yang theory, in combination with the relationship with Ziran qigong ie.

Through practicing ziran qigong, one can regulate the body, breath and mind by releasing tension and creating space for internal and external harmony. When body blockage are cleared and tension are released, it just like clean up the river bank or the room that we were living, Qi can start to flow smoothly, therefor the body's essence can be firmed, spirit

can be nourished, then one can gain a greater embodiment of body, qi, spirit.

2) Ziran Qigong level 1 - Tendon & Meridian cleansing method. The goal of level one is to obtain a state of meditation relaxation through movement and to move in such a manner that their entire body feels as if it is interconnected. When this is achieved the practitioner will most likely become aware of the areas of the body in which qi has become blocked or tense. It is through the recognition of these areas that a healing process and inner awakens may begin.

3rd of June – Sunday, 9.30am – 5pm. Its contents:

1) Ziran Wuji standing meditation

The meditation will focus on opening one's three Dantian (lower dantian of water Qi, middle dantian of emotion qi, top dantian of spiritual qi) to enable the releasing of emotions, drop tensions, to re-connect our soul and body with earth and heaven, to gain united heaven earth and mankind into ultimateless, boundless, infinite state, in one (tian ren he yi).



2) Wu Xing Qi Gong - Five Element Qi Gong (Internal Nourishment)

The Taoists believe that there are five basic energies or elements which make up the universe. There are Metal, Water, Wood, Fire and Earth. These five elements are also found within the human body and relate to specific organs. Through regular practice of the movements with your mind focused on the breath and meridian points, Five Element Qi Gong works to balance and purify these five Organs and six Fu. By building up with a great Qi flow, strengthens your Yuan Qi that enable to prevent the buildup of negative Qi and disease.

During practice, the practitioner's mind should be in state of meditation. When your Yi (will) concentrate in different meridians, this will help you to clean up the emotions which affect your organs and fu's functions, such as grief, fear, anger, anxiety and worry. By detoxing and keep your five element in great balance, this will greatly enhances health and vitality.

If you want to join this unique seminar, please mail info@taichitao-pietergilles.nl or visit www.taichitao-pietergilles.nl for more information about the precise location.

More information about Master Liu and Ziran Qigong practice can be found on www.ziranqigong.com.

Options and costs: Option 1 → only 1 st of June: € 35,- Option 2 → only 2 nd and 3 rd of June: € 160,- Option 3 → whole seminar (3 days): € 195,-	Location: Sporthal Oosterhout Vondelstraat 35 1813AA Alkmaar
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Tai Chi Tao ☯ Pieter Gilles

Tai Chi – Qi Gong – Meditatief Lopen – 5 Elementen Oefeningen – Chi Testen

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