

# Ziran Qigong

**Taoist Tranquillity Meditation – Level 2 – 1008 Drills Taoist Qigong  
Ziran Wuji Standing Meditation – Philosophy**

## **Master Liu Deming**

**21<sup>st</sup> , 22<sup>nd</sup> and 23<sup>rd</sup> of June 2013**

**The Netherlands – Alkmaar**

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**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 Traquillity 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 Weekend Seminar

Main components (all days, these next 3 topics are covered):

## 1) Preparation exercises

Especially designed to improve energy flow through the joints.

## 2) The philosophy of Ziran Qigong and the benefits of practicing it

This will be based on the philosophies of Taoism and Buddhism Chen, the ancient cosmology of Wuji and the Yin Yang theory, combined with Ziran Qigong. By practicing Ziran Qigong, one can regulate the breath, the body and the mind by releasing tension and creating space for internal and external harmony. When energy blockages are removed and tension is released, it's like cleaning of the river or the space in which we live. This allows the qi to flow freely, so the essence of the body can be strengthened, the spirit can be nurtured. One gets a greater sensation of body, qi and mind.

## 3) Ziran Wuji Standing Meditation

The meditation will focus on the opening of the three dantians (lower dantian of water qi, middle dantian of emotion qi, upper dantian of mental qi) to allow that emotions and tensions are released, so that body and soul are able to reconnect with the energies of heaven and earth, in a boundless and infinite state, as one (tian ren he yi).

### 21<sup>st</sup> of June - Friday evening , 19.00 – 21.00. Its contents:

#### **Taoist Tranquillity Meditation**

"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 Tranquillity 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 tranquillity 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.
- 3) Distinctly observe outside of world, there are formless and no any matters, world without world.

Once you understand these three emptinesses, you are in state of tranquillity.

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.

### 22<sup>nd</sup> and 23<sup>rd</sup> of June – Saturday and Sunday , 9.30 – 17.00. Its contents:

#### **Ziran Qigong Level 2 - Nourishing Joint & Bone Marrow Washing Method**

(Yang Jin Xi Sui Gong) - Cleansing & Creating Space

From perspective of Traditional Chinese Medicine is said that if our Qi and blood is not in its own natural harmony and balance, this will lead to Qi stagnation, causing disease (dis-ease) to occur. We serve our Wu Zhi (5 emotions) daily to allow our body's Qi and blood circulating smoothly to

achieve preventing from illness and a healthy life can be maintained.

"Dao Yin" ensures that there is an intense cleansing of tendons and muscles. Especially the Conception Vessel and Governing Vessel, the two main rivers of energy in our body, are involved. As a result of intensive expansion and relaxation, this will stimulate Qi to flow more efficiently within meridians, qi and blood flow improve organs and bone marrow are better fed, and the tendons are becoming softer and smoother.

Experience shows that this form is great for increasing our physical skills, in changing and training our nervous system, improving our concentration, releasing unnecessary distracting thoughts, thus to bring our body in a great state of harmony. After some time the practitioner will find this form very suitable to nourish the joints, enable to prevent and overcome arthritis. Practitioners will also experience larger internal "space" and flexibility.

Once the mind and body are reconnected and start to re-communicate, there is an awake and the healing process may begin.

This form consists of 19 movements:

- 1 - Ascending and descending method
- 2 - Bird spreads it's wings
- 3 - Lohan tightens his golden body
- 4 - Presenting the pole
- 5 - Lohan holds the sky
- 6 - Three sections drop to the floor
- 7 - Red pheasant presents his claws
- 8 - Warrior Strengthens the lungs
- 9 - Parting the sky
- 10 - Bone marrow strength Regulation
- 11 - Throw out the rings
- 12 - Separating the horses
- 13 - Tiger chintz, Dragon's Breath
- 14 - Smooth sailing the boat
- 15 - Praying for the Buddha
- 16 - Listen to the sound of the drums
- 17 - The bat hangs from the tree
- 18 - Phoenix spreads a single wing
- 19 - Swinging like a windmill



### **1008 Drills Taoist Qigong (Tao Jian Qian Ba Zuan)**

Taoists believe that man is a microcosm of the universe (macrocosm). The body is connected to the five elements, and the five elements correlate with the five organs, the five directions, and the 5 seasons. There is no end or beginning of life, all things are in transformation, in the great circle. The movement of Qi in our body is rising, falling, releasing and absorbing. Based on this concept 1008 Drills Taoist Qigong (Qian Ba Zuan) is created to stretch the tendons, opening all meridians, to stimulate and harmonise the flow of blood and Qi in all directions to transfer one's body into a moving sphere, not only in a physical sense, but also in Qi (vital energy) and Shen (wisdom). This is then enlightening the body. Students will practise floating the Qi in all directions whilst maintaining a centered and strong foundation.

## **For whom?**

This seminar is intended for anyone who is interested in Ziran Qigong, Standing Meditation and Meditation and in this way will expand his or her knowledge. Ziran Qigong has the quality to deepen and strengthen other qigong forms. Also for teachers who want to expand their teaching method with this learning method and the vision behind this.

You learn, besides the varied exercises, the deeper meaning that lies behind the exercises, making the exercises much more powerful and to maintain or obtain a better health. It teaches you to discharge stress out of your system (physically and mentally), so the body can use its self-healing ability (again). You do not need to have specific knowledge of Qi Gong, Tai Chi or (Standing) Meditation in order to participate in this seminar.

## **The location**

Sporthal Oudorp  
Amstelstraat 1  
1823 EV Oudorp (Alkmaar)

## **When, costs and registration**

In order to register to participate in this seminar you can send an E-mail or go to the [website](#) to send an E-mail by clicking one of the options (see further on below). There are four options, namely:

### **Option 1** - Taoist Tranquillity Meditation

Date: Friday, June 21, 2013

Time: 19.00 – 21.00. From 18.45 you are very welcome

Costs: € 35, -

### **Option 2** - Ziran Qigong Level 2 and 1008 Drills Taoist Qigong (Qian Ba Zuan)

Date: Saturday, June 22 till Sunday, June 23, 2013

Time: 9.30 - 17.00. From 9.15 you are very welcome

Costs: € 170, -

### **Option 3** - Taoist Tranquillity Meditation, Ziran Qigong Level 2 and 1008 Drills Taoist Qigong (Qian Ba Zuan)

Date: Friday, June 21 till Sunday, June 23, 2013

Time Friday: 19.00 – 21.00. From 18.45 you are very welcome

Time Saturday and Sunday: 9.30 - 17.00. From 9.15 you are very welcome

Costs: € 205, -

### **Option 4** - A other than the above options, for example, only Saturday or Sunday or in combination with Friday

Cost: Friday € 35, -

Cost: Weekend € 85, - per day

A confirmation of your registration will be sent to you as soon as possible.

In short:

#### Options and costs:

Option 1 → only 21<sup>st</sup> of June: € 35,-

Option 2 → only 22<sup>nd</sup> and 23<sup>rd</sup> of June: € 170,-

Option 3 → whole seminar (3 days): € 205,-

Option 4 → other than above. Friday: € 35,- and weekend € 85,- per day

## **Payment and conditions**

Please transfer the amount of your option to bank account IBAN-number:  
NL11RABO0141200332 of P.Gilles (city: Sint Pancras).

Please write down the name of the seminar “Ziran Qigong”+option “1, 2, 3 or 4” and **your name** in the description of the payment.

Cancellations until 1<sup>st</sup> of June 2013 will be refunded, after that unfortunately not any more.

### **Come from further away?**

There are several hotels, B & B's and camping sites in Alkmaar and surroundings. Alkmaar is situated about 40 km above Amsterdam. The nearest airport is Schiphol (Amsterdam). From Amsterdam you can travel best by train or rented car.

### **And beyond?**

There is also the possibility during the seminar to purchase DVD's from Level 1, Level 2 and Wu Xing. More information about these Ziran Qigong forms can be found on the webpage of Pieter Gilles.

Do you want to know more about Master Liu Deming, you can fill in "Liu Deming" or “Ziran Qigong” on YOU TUBE. Here you can see what the Master is capable of!

More information about Master Liu and Ziran Qigong practice can be found on [www.ziranqigong.com](http://www.ziranqigong.com) or <http://www.ziranmen.com/main/main.php>

### More weblinks:

About this seminar: [www.taichitao-pietergilles.nl/cursusziranqigong2013](http://www.taichitao-pietergilles.nl/cursusziranqigong2013) (Dutch, including this PDF)

General information: [www.taichitao-pietergilles.nl/ziranqigong](http://www.taichitao-pietergilles.nl/ziranqigong) (English)

Master Liu will also give seminars in France. For more information see <http://qigong-taichi-redon35.weebly.com/stages-dirigeacutes-par-maicrotre-liu-deming-en-2013.html> (French)

More information about the seminar of 2012 with reactions of participants: [www.taichitao-pietergilles.nl/cursusziranqigong2012](http://www.taichitao-pietergilles.nl/cursusziranqigong2012) (also PDF in English available)

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If you want to join this unique seminar, please send an E-mail to [info@taichitao-pietergilles.nl](mailto:info@taichitao-pietergilles.nl) or visit [www.taichitao-pietergilles.nl](http://www.taichitao-pietergilles.nl)

Need more information? Please send me an E-mail.

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Tai Chi Tao ☯ Pieter Gilles

Tai Chi – Qi Gong – Meditative Walking

**[www.taichitao-pietergilles.nl](http://www.taichitao-pietergilles.nl)**

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