

Seminar

Ziran Qigong

Master Liu Deming

10/11/12 October 2014

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.

Seminar information

10 October - Friday evening 19.00 pm – 21.00 pm

Taoist Tranquility 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 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 one's inside of world, removal of all distracting thoughts, and emotions, thus mind without the mind.
- 2) By appearance one's body, releasing all tensions, thus forms without the form.
- 3) Distinctly observe outside of world, formless without matter, world without world.

Once you understand these three states of emptiness, you are in state of tranquility.

Creating emptiness allows one to drop life's baggage, clean out the unuseful 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 awakened. Only when whose identity is with the universe and goes up and down with evolution, is absolutely free. Our own body contains 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. Understanding that we will be less troubled by the worldly gain and loss, good luck or ill luck.



11 October - Saturday 9.30 am – 5.00 pm

1) 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 harmonize 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.

2) Philosophy

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 practising Ziran Qigong, one can regulate the body, breath and mind by releasing tension and creating space for internal and external harmony. When body blockages are cleared and tension is released, it is just like clean up the river bank or the room that we are living in, 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 and spirit.

3) Ziran Wuji standing meditation – Nei Gong

The meditation will focus on opening one's three Dan tian (lower Dan tian of water Qi, middle Dan tian of emotion Qi, top Dan tian 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).

12 October - Sunday 9.30 am – 5.00 pm

1) Shaolin Ba Shi

Shaolin eight-movement qigong was by legend formed and passed down by the founder of Chan (Zen) Buddhism Bodhidharma. Through its eight different powerful movements Shaoli Ba Shi strengthens the internal organs, the external muscles, the tendons and bones, and harmonizes Yin and Yang. It is called nourishing the internal to strengthen the external, and harmonizing both in one. This enhances the great internal power as your training is progressing. Shaoli Ba Shi can improve the functions of the cardiovascular, respiratory and digestive systems, improve the mood, and lessen anxiety and depression. When the essence and qi are strengthened and full, the foundation for the spirit to convert are formed. This results in a way in which we can think clearly, are full of vigor, glowing with health and radiating vitality, expression of martial power. Our inner consciousness and intuition will awake.

2) Philosophy (see Saturday)

3) Standing Meditation / Nei Gong (see Saturday)

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

De Oever / 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 (see below) or go to the website to send an E-mail by choosing one of the following options. There are four options, namely:

Option 1 - Taoist Tranquillity Meditation.

Date: Friday, October 10, 2014.

Time: 7.00 pm – 9.00 pm. From 6.45 pm you are very welcome.

Costs: € 30, -.

Option 2 - Qian Ba Zuan, Shaolin Ba Shi, Philosophy, Standing Meditation.

Date: Saturday, October 11 till Sunday, October 12, 2014.

Time: 9.30 am – 5.00 pm. From 9.15 am you are very welcome.

Costs: € 170, -.

Option 3 (1+2) - Taoist Tranquillity Meditation, Qian Ba Zuan, Shaolin Ba Shi, Philosophy, Standing Meditation.

Date: Friday, October 11 till Sunday, October 12, 2014.

Time Friday: 7.00 pm – 9.00 pm. From 6.45 pm you are very welcome.

Time Saturday and Sunday: 9.30 am – 5.00 pm. From 9.15 am you are very welcome.

Costs: € 200, -.

Option 4 - Another than the above options, for example, only Saturday or Sunday or in combination with Friday.

Costs: Friday € 30, -.

Costs: 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 10 October: € 30,-.

Option 2 → only 11 and 12 October: € 170,-.

Option 3 → (1+2) whole seminar (3 days): € 200,-.

Option 4 → other than above. Friday: € 30,- and weekend € 85,- per day.

Payment and conditions

Please transfer the amount of your option to bank account IBAN-number:

NL 76 RABO 0119 5787 35 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 1st of September 2014 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 that?

During the seminar there is a possibility to purchase DVD's of Level 1, Level 2, Wu Xing, Shaolin Ba Shi and Tranquility Meditation.

More weblinks:

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

Registration by E-mail and information about this seminar:

www.taichitao-pietergilles.nl/seminarziranqigong2014.htm (in Dutch).

More information about these Ziran Qigong forms can be found on the webpage of Pieter Gilles.: www.taichitao-pietergilles.nl/ziranqigong.htm (in English).

More information about the seminars of 2012 and 2013 with very positive reactions of participants: www.taichitao-pietergilles.nl/seminarziranqigong2014.htm (in Dutch).

Do you want to know even 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 !

If you want to join this unique seminar, please send an E-mail (including your option) to info@taichitao-pietergilles.nl or visit www.taichitao-pietergilles.nl.

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

Tai Chi Tao ☯ Pieter Gilles

Tai Chi - Qi Gong - Nei Gong - Meditatief Lopen - Meditatie

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