

Dear student,

Hereby an overview of courses in Belgium and the Netherlands. For courses in the UK please contact Ann Sheldon at bugibristol@buqi.net. For France please contact bugifrance@buqi.net.

Professional TAIJI TRAINING Mortsel, SHEN ZHENGYU and DR SHEN HONGXUN

12-13 June: Tuishou (pushing hands)

25-26 September: Sanshou (partner exercise) with Dr. Shen

23-24 October: Sanshou (partner exercise)

13-14 November: Sanshou (partner exercise) (! please note that date has changed!)

11-12 December: Sanshou (partner exercise)

SUMMER COURSES

There are four courses in Belgium you can choose from this Summer, two in Ghent, two in Mortsel.

TAIJI JIAN (sword) with SHEN ZHENGYU, 16-18 July, Mortsel

Tranquility in movement, relaxation in alertness, emptiness in observation. Yin in yang, yang in yin; taiji jian, touching at the essence of taiji

*Taiji aims at developing latent **forces** or powers present in each of us. Taiji jian (two-edged straight sword) is one method to further develop and handle these taiji forces. The roots of taiji practice lie in the martial arts. Nowadays physical and healing aspects come first, although it's important not to lose the martial aspect out of sight.*

*The objectif of this three-day course is to obtain a **sharper understanding** of taiji **forces** (or jin in Chinese) through basic sword techniques and sword form. The exercises help to **relax** the **body** and **improve posture**. You stand firmly on your legs and you become more powerful. The sword is **guided** by continuous and constant **attention** to its point or cutting edge. This way you develop our concentration.*

*Due to the constant **mental focus** on the sword you create an intense, expanding, outwardly directed energy structure. You become less disturbed by external impulses. You arrive within yourself. Concentration becomes reflective observation. There is emptiness and the mind comes to rest.*

*This **extending of force** from your hand into a tool can be applied in daily life, when you use various home, garden and kitchen tools to cut food, open a bottle, drill, chop wood. In all these actions you can learn to use the body as a unit.*

The further development of taiji forces helps to make the body more open. You will be able to remove waste products better, and symptoms such as pain, stiffness, tension, inflammation etc disappear.

Practical:

Venue: Koninklijk Atheneum Mortsel, Hof Van Riethlaan, 2640 Mortsel

Price: 125 euro.

Five day TAIJIWUXIGONG course, SHEN JIN, 30 July-3 August, Ghent

*Taijiwuxigong provides various standing, sitting and lying exercises which have two functions. The first is to **correct body posture**, the second is **to clear stuck waste products**. This helps to **restore physical wellbeing and mental and emotional equilibrium**.*

Through the practice of Taijiwuxigong we can learn how to bring the vibrations of the earth force up through the body and allow this to clear the spinal column.

*This **realigns** the **vertebrae** and opens the spaces between them, making the body **taller** again. Pressure on nerves and blood vessels around the spine is relieved and freedom of movement restored. Spontaneous movement (both physical and emotional reactions) can occur and we can feel the healing effect this has on the body as it helps to remove and flush out disease.*

*The exercises are very beneficial for people who do a lot of **desk or computer work** and who suffer from 'mouse-arm syndrome'. Spending long hours sitting at a desk often leads to a distorted body position – the result is tightness and muscle tension in the neck and shoulders (especially that of the arm used most). This tension can cause mal-positioning of the neck vertebrae, in turn putting pressure on the local nerves and inhibiting blood circulation to the brain.*

Practical:

Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Gent.

Venue for sleeping accommodation: St Paulusinternaat E. De Deynestraat 2.

Price course: 300 euros

Accommodation: ± 40 or 30 euro/day depending on whether we can offer half or full board.

Lunch: ± 11 euro/day

Please note that there is a limited number of bedrooms, so if you need a room we advise you to book as soon as possible.

Four day LINGZI SU course, DR SHEN, 5 – 8 August, Ghent

LingZi Su or Reiki?

Reiki was originally called LingZi Su, which means 'vibration of the smallest particles', and was first discovered by Mikao Usui, who introduced it to Japan in the early 20th century. The practice of LingZi Su however goes back to a method of the Taoist school of QianZheng LongMen Pai, which can be dated back to the times of the reign of Genghis Khan.

During the late 19th century, Usui had spent some time in Manchuria, where he studied and practised with the order of QianZheng LongMen Pai. Later, after he had returned Japan, he found himself in the midst of political turmoil and upheaval and he was forced to escape and hide in the woods, in order to avoid unjust imprisonment. He lived in the forest for around three months. He only could find some wild herbs, berries and mushrooms to eat, and naturally was very hungry. In his predicament, he spent a lot of his time praying for help to the lineage ancestors of the QianZheng LongMen Pai. After about eighty days something special happened: praying, he was chanting the name of QianZheng Tailing, the Taoist school's lineage ancestor, with his hands in the classic prayer position in front of the chest, palms and outstretched fingers touching; he began to feel a strong vibration all over his body, and he experienced spontaneous movement, with his hands, still in the prayer position, moving vigorously up and down, in front of his body. He continued to practise daily and his vibration and frequency dramatically increased dramatically.

*Once he had returned to civilization he founded the first school of 'TaiLing Dao' (The way of the ancestral spirits) in Japan. TaiLing Dao (Japanese pronunciation: Teirei Dao) offered the opportunity to study and to practise the exercises that Usui had employed during his time of 'praying in the forest'. This technique became known as LingZi or LingZi Su. Usui founded the theory that **everything in the universe can be divided into smaller and smaller particles**, and LingZi describes the vibrations of the infinitely smallest particles. He felt that it was this cosmic frequency that he had experienced during the prayer exercises. According to Usui, the cosmos and all that is in it consists of LingZi. Today this theory has been confirmed by modern science such as quantum physics and astrophysics, with the emergence of modern understanding of particles much smaller than Molecules and Atoms, etc.*

*LingZi exercises to **develop vibration force** and to **increase a person's frequency** were very special: once a student had developed "XianDong" (visible spontaneous body movement), and then "YingDong" (invisible body vibration), they would practise with LingZi wood: thin wooden pieces in rectangular shape stacked in a pile. By sending vibration force through the palm of one hand into the pile one would make one piece move out of the pile. The next higher level*

was that through a combination of vibration force and mind force, a predetermined piece would have to be moved out of the pile, e.g. the 5th piece from the top, or the second from the bottom. These exercises were very specific and demanded rigorous and regular training. Only once a person had mastered to work and control a stack that contained 60 pieces, were they deemed to have a high enough frequency to treat patients. Treatment happened usually at a short distance by way of frequency information transmission, without the need to physically touch the patient.

Today, the original techniques of LingZi are known to and practiced by only very few people in the world. In 1953, Dr Shen Hongxun studied the original LingZi Su with master Ge QiTong, who himself had studied at the TaiLing Dao Centre in Shanghai. The high frequency and vibration of the original LingZi forms the basis of the Buqi Healing and Exercise System. The LingZi exercise is still practiced during every professional Buqi training, to enable practitioners to raise their own vibration quickly and safely. This lesson will concentrate on LingZi vibration exercises and offers an excellent possibility for all healers and therapists to get back in touch with the source of the cosmic forces. Another key ingredient of this seminar is the self-protection of the healer/therapist against any negative effects, when treating patients.

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Five day E MEI DAOYIN course, SHEN JIN, 18-22 August, Mortsel

The E-Mei Mountain is in Sichuan province, in Central China. This region is marked by high mountains and is not easily accessible. For this reason, the area was a favourite hiding spot for the revolutionaries and rebels of past dynasties. Generals and hopeful future Emperors, often referred to as Tigers and Dragons, spent lengthy periods of time in these mountains, preparing their onslaught on the regime they planned to overthrow.

*The 12 Daoyin of the E-Mei are a traditional Buddhist exercise system. About 1000 years ago a monk devised this particularly **effective method of exercise to train those who were to fight** against the ruling Emperor's army; but these exercises were also used **to treat the injuries** suffered in combat, and bonesetters used the powerful Daoyin to improve their skills.*

*The exercises are an excellent way to **develop physical strength and stamina** and thus are very well suited to martial artists. But the tonifying effect of the*

*exercises means that they can be used to **improve health** and even to treat some diseases. The powerful force developed during the practice of the E-Mei Daoyin is also very useful for health and body-work, such as massage, etc.*

*For optimum results, one needs to pay attention to develop the exercises **one by one**, and each individual exercise **stage by stage**. Then it is possible to open the body's energy channels and meridians, enabling the practitioner not only to achieve a **high level of physical energy** but also to **develop on a mental plane**.*

Practical:

Venue: Koninklijk Atheneum Mortsel, Hof Van Riethlaan, 2640 Mortsel

Price: 300 euros

Lunch: 12 euros/day

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