

This Seminar

Master Shen Jin, director and principal of the Buqi Institute will be teaching.

Teachers and advanced students will have the opportunity to deeply research and experience the internal movement of different Daoyin.

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BUQI INSTITUTE BELGIUM
Julius de Geyterstraat 80
2660 Hoboken
België

Buqi Institute

Buqi institute wishes to build a bridge between East and West, specifically with regards to Chinese medicine. Its objective is to present this knowledge to the West in a scientifically responsible way.

The Buqi institute is growing steadily. At the moment there are events happening in Belgium, Holland, the UK, Luxembourg, France, Norway, the USA and Switzerland. The college organises different courses and seminars on:

Taijiquan or Tai Chi Chuan

There are two main schools of taijiquan: the Beipai or Northern School, and the Nanpai or Southern School. The Buqi Institute, Belgium and Shen Hongxun College, UK, are the only organisations still teaching Nanpai. Classes are available in Taiji 37 of the Nanpai, and the 'Heaven Mountain' style of taijiquan, which is developed from traditional Yang style taijiquan. 'Heaven Mountain' style taijiquan is taught in the long, medium, and short stance.

Qigong or Chi Kong

Taijiwuxigong and the 12 E mai Daoyin are two highly effective Qigong systems. Taijiwuxigong is taught in evening and weekend classes in Belgium, Holland, France, England and USA. Two annual Taijiwuxigong five-day residential summer seminars are held, one in Gent, Belgium, one in Shropshire, UK. The 12 E mai Daoyin is taught once a year in Mortsels, Belgium and there is a five-day Easter meditation course, teaching techniques to awaken latent functions.

The Buqi System

Buqi is a healing system that works with our innate energy forces. During treatment these forces are applied from a distance, there is no need to touch the patient. Results can be swift and powerful. The fundamentals of Buqi can be learned during the initial six-day seminar, open to all. A two-and-a-half-year diploma course can be followed.

Buqi also encompasses teachings on daily life, nutrition, meditation, and on how to use Buqi forces for enhanced artistic expression, athletic performance, etc.

Master Shen Jin



Master Shen Jin (°Shanghai 1957) is director and principal teacher of the Buqi Institute. She holds a diploma in Traditional

Chinese Medicine and began studying taijiquan and qigong with her father at the age of nine. At 21 she began to teach and became the youngest female master in the history of qigong. She has been teaching Taijiwuxigong, taijiquan and E-mai internationally for over 25 years and has developed the same 'empty force' for which her father is world famous.

Dr. Shen Hongxun

Dr. Shen Hongxun (°Shanghai 1939) is trained as a physician in Chinese and Western medicine. He held positions as Hospital Director and Director of a pharmaceutical company. He was also the honorary director of the Qigong Science Society of China.



Dr. Shen incorporated into his medical knowledge the special internal forces he had developed since boyhood. He has been practicing for over 50 years and learnt these techniques with acclaimed taijiquan masters, Buddhist and Taoist monks and his grandfather Shen Baotai. He began to treat some of his patients using these energetic forces. The results were very positive. Based upon these early successes he continued to research the effects this method had on different conditions. This led to the development of the Buqi System.

In 1987 the Universities of Gent and Venice both invited Dr. Shen to supervise Ph.D. students. Later he founded the Buqi Institute, Belgium and Shen Hongxun College, London. He has since been teaching in Europe and the USA.

International Taijiwuxigong Course

Spontaneous Movement

for **Health** and **Happiness**

30 July – 3 August 2011
Gent, Belgium



with master Shen Jin

BUQI INSTITUTE

Taijiwuxigong

We have adapted remarkably well to modern life, yet changes in our life-style and longer working days have a profound effect on the self-regulating and self-healing mechanism of our body and mind. The ‘spontaneous’ functions of the body are often weakened and in order to keep up with the speed of life, many peoples’ minds are occupied with external things and happenings. There seems to be no time to listen to and look at what is happening inside; we may feel that we are no longer in harmony with ourselves and our environment.

By teaching us how to use spontaneous movement, Taijiwuxigong offers a way to help us to find again the natural balance of our physical and emotional state by using and combining our own innate life-force (Dantian Force) and the natural forces of the Earth.

Spontaneous Movement A Natural Phenomenon

Spontaneous movement is a natural phenomenon of life. It is an internal auto-regulatory mechanism for many bodily functions and happens at all times. Heartbeat, peristalsis of the digestive organs, breathing, yawning, blinking of the eyelids are only a few examples of the spontaneous movement that continuously takes place on both the inside and the outside of our body. This is called involuntary spontaneous movement, as we have no control over it.

Exercises with Spontaneous Movement

Spontaneous movement does not always have to be involuntary. It is possible to intentionally induce spontaneous movement in order to regulate and optimise the body’s own auto-regulatory mechanism and self-healing function. One key element of spontaneous movement is our body’s cell vibration. Billions of body cells are continuously oscillating in all different directions at all times, thus creating different frequencies in different parts of the body.

Unhealthy cells in diseased areas vibrate at a different frequency to healthy cells. Thus it is possible that by influencing the vibration rate of cells, we can change and regulate their frequency and so create favourable conditions for health for health and healing. Another

essential component of spontaneous movement is the vibration of Earth Force. Taijiwuxigong uses different standing, sitting and lying down positions in order to ‘find’ and connect with the Earth Force.

A Double Vicious Circle Incorrect Body Posture and Negative Emotion

During the 1992 World Congress of Medicine about the relationship between the spinal column and disease, it was reported that there is a link between problems of the spine and over 40 different conditions and illnesses, such as Asthma, Diabetes, Hypertension, back pain, joint and muscle problems to name but a few.

In fact, in his research Dr. Shen Hongxun has found that in addition to spinal problems, negative emotions and stress also play a key role in the development of disease. This led to the development of his theory of the Double Vicious Circle, which describes incorrect body posture and negative emotions as the two primary factors in the development of a majority of diseases.

Negative emotions affect the body’s biochemistry and result in the formation of toxic metabolic by-products. These products tend to accumulate in the spaces between the vertebrae but also in other joints and organs. Most spinal problems are the result of long-standing incorrect body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pulling force of the earth (as opposed to it’s pushing force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is narrowing of the inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues of the body are affected; this causes malfunctioning of organs and disease in the interrelated areas.

Early signs may be chronic tiredness and lack of energy and also impaired function of the immune system. Spontaneous movement exercises help to correct body position, stretch the spine and open the inter-vertebral spaces, so that we may even grow by a few centimetres.

It is impossible to remedy a bad posture with pills and

potions and therefore similarly impossible to treat the ensuing health problems solely with the prescription of medicines. More and more doctors are beginning to see the importance of exercise in the treatment of symptoms and disease.

However, few recognise postural and spinal problems as the origin of their patients’ symptoms. The Buqi Treatment System addresses the root cause of many problems by introducing spontaneous movement to improve body position and to flush out Binqi (negative factors).

Prevention and Treatment

Spontaneous movement as taught within Taijiwuxigong is a very effective method for preventing the onset of many diseases and for keeping ourselves in good condition. Furthermore, it also addresses many health problems such as respiratory diseases, digestive disorders, Diabetes, gynaecological conditions, Hemiplegia, back, joint and muscle problems, premature ageing and many others.

People who are doing a lot of desk and computer work and are suffering from computer syndrome also find it very Julius de Geyterstraat 80, 2660 Antwerp beneficial. Sitting for long hours at a desk often leads to a distorted body position, tightness and muscle tension in the shoulder of the ‘mouse-arm’. This tension can lead to mal-positioning of the vertebrae in the neck, which puts pressure on the local nerves and inhibits blood circulation to the brain.

Clean Body, Clear Mind

Taijiwuxigong not only helps us to re-align and clear our body, meridians and energy channels from negative factors, it also aids to restore our mental and emotional equilibrium, thus bringing back harmony to all aspects of life. People from all walks of life practise Taijiwuxigong and report that they experience a clearer mind, refinement in artistic expression, increased physical ability and stamina which is also very useful in sporting activities, and a sense of overall well-being and happiness. It is an excellent tool for maintaining health, preventing and treating disease.

BUQI INSTITUTE BELGIUM B.V.B.A.
GSM +32 (0) 475 780 248 / Tel. +32 (0)3 281 05 32 (B)
buqibelgium@buqi.net www.buqi.net

Practical Details

Date: 30 July -3 August 2011
Venue: **OC St. Jozef**
Ebergiste De Deynestraat 1
9000 Ghent Belgium
Program: Daily from 10:00 to 17:00
Last day 10:00 to 13:00

Course Cost: € 300

Accommodation:
Full board at the school: € 185.

- A list of hotels and B&B in Ghent is available on request.
- A confirmation of booking and directions will be sent near the date of the course.

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Booking Form

Taijiwuxigong, 30 July-3 August 2011, Ghent
Please book early (at least before June 25th), as the number of rooms is limited.

Name:
Address:

Tel: GSM:
Email:

- () will participate in the Taijiwuxigong seminar (€300)
() would like to book a room with full board (€185)
() would like vegetarian meals
() would like lunches/dinners, but no room
() would like to book an extra night for Friday 29th July
() would like to book an extra night for Wednesday 3rd August
() wishes to receive a list of hotels and B&B

Date: **Signature:**