



## The Origin, Meaning and Purpose of *Wu Ming Qigong*

The American Taoist Healing Center teaches a unique system of Qigong — *Wu Ming Qigong* — which descends directly from the ancient Taoist masters Lao Tzu and Chuang Tzu. In the *Tao Te Ching*, the classic Taoist text authored by Lao Tzu, “*wu ming*” means “no name,” and refers to the Universal state as it existed before the creation of heaven and earth — a state with no form, existing before time, space and matter. *Wu ming* is the original natural force from which flows the essence of all things.

Reference to the term “Taoist,” as in “Taoist *Wu Ming Qigong*,” does not refer to a formalized religious practice but rather to following the way of Tao. *Wu Ming Qigong* is a practice of internal energy (Qi), not dogma, and because of this should not conflict with religious affiliations. It seeks to connect the practitioner’s body, mind and spirit, with no emphasis on creed or formal observances.

Taoist *Wu Ming Qigong* traces its origins back through thousands of years of Qigong practice to the teachings of Lao Tzu. His philosophy was one of true simplicity and emptiness: Nothing is everything ... No technique is the best technique. By being empty in the everyday world one opens the door to an scope of daily life which becomes an reports three-dimensional reality. This connection to the Universal energy can inform one’s every action. The entire scope of daily life then becomes the true ground of Qigong practice. Experiencing the Tao in its purest form is an acute awareness of the moment.

Simplicity, itself, is the cornerstone of this Qigong system. Two six-week sessions form the prerequisite course. The first session focuses on building an energy foundation — most students will experience an awakening of their internal vital energy, or Qi. The second six weeks work to fur-

ther build, refine and balance the student’s energy. A commitment to at least twenty minutes of practice per day can bring about substantial health benefits.



*Wu Ming*

In the *Wu Ming Qigong* system no breathing techniques nor mental focus/visualization techniques are used. The simple, gentle movements allow the student to progress naturally, yet rapidly, as he or she develops an understanding of the body-mind-spirit connection and its link to the Universal

energy force. As this understanding grows, the student also learns instinctively what benefits the system brings and how to apply these benefits in his or her daily life.

Ultimately, the most powerful systems of Qigong pass something more than technique or practice to the student.

In China, this special component is called “*xin fa*” or “heart transmission” and the process of receiving the heart transmission is called “*zhan gong*,” or “opening channels.” This is an energy transfer bearing a message which is passed from master to student. Traditionally, it is considered to be a great and precious gift. The message functions like a key for learning and understanding the system. After the energy transfer, the



Qi

becomes unnecessary. This stage is er healing is needed within the individual and further guides his or her Qigong practice. Practice of fixed postures then becomes unnecessary. This stage is really the beginning of practice in the *Wu Ming* system because it places the student on the threshold of a connection to the Universal.



Tao

Individual training goals and the special needs of each student determine the course of study at the intermediate and advanced levels. This specific Taoist training readies the student to receive ancient secrets of applying energy to daily life.

An important key to any Qigong practice is a qualified teacher. The teacher is the critical link between system and student and helps guide the experience of energy movement in the body. This is particularly important since Qigong is actually energy healing if done properly. During this process of rebalancing and opening blockages, various physical and mental states may occur which need interpretation and explanation by the teacher.

The heart in traditional Chinese medicine refers not only to the heart as a physical organ, but also as the king or ruler of all the internal organs as well as the mental and emotional realms of being. In performing the task of pumping blood throughout the body, the heart also acts as a conduit for feeling and consciousness, communicating with every cell in the human organism. The heart is also the center from which the expression of unconditional love emanates.

This Universal compassion is at the core of all moral and spiritual systems that deal with spiritual growth and helping others. At the American Taoist Healing Center, in the study of Taoist *Wu Ming Qigong*, opening the heart is seen as the true gateway to the highest form of practice. Only through complete emptiness, selflessness and lack of pur-

While there are hundreds of Qigong systems, a powerful one like *Wu Ming Qigong* will create increasingly dramatic changes in the practitioner’s life, especially the ability to think and function at a very high level in everyday life — solving problems, creating art, healing others, etc. The first level of changes experienced as a result of consistent and dedicated Qigong practice commonly occurs in the area of health, then enhanced sensitivity, and, eventually, intuition and even psychic power. *Wu Ming Qigong* has the potential to immeasurably enrich one’s ability to engage life in its fullest terms.



# TAO OF HEALING

## ***Wu Ming Qigong* — Fee Schedule / Cancellation Policy**

*The Center accepts cash or checks made payable to Tao of Healing. Credit card payments are not accepted for Qigong classes.*

**Basic Fees:** For all beginning students (non-refundable)

\$35.00	One-time Registration Fee
\$32.00	AAU Liability Insurance
\$17.50	50% discount off of the usual cost of the uniform

**FOUNDATION I:** Beginning Energy Foundation, building phase; duration: generally 6–12 weeks

Dragon Way participants, Taiji students, patients, close relatives	\$250.00 + basic fees = \$334.50 total
All Others	\$300.00 + basic fees = \$384.50 total

**Refund/Cancellation Policy:** The fee for Foundation I of *Wu Ming Qigong* is payable (with the above basic fees) on registration before the first class. If you should decide to discontinue practice of *Wu Ming Qigong* after the first class, you will be refunded \$250.00. There is no refund once you begin the second class. Because *Wu Ming Qigong* is an internal martial art, observation of class prior to joining is not possible.

**FOUNDATION II:** Intermediate Energy Foundation, balancing phase; duration: generally 6–12 weeks

Dragon Way Participants, Taiji students, Patients	\$300.00
All Others	\$350.00

**PREPARATORY TRAINING for ZHUAN GONG:** duration: a minimum of 3 months

Once Foundation I & II are completed, students enter Preparatory Training for *Zhuan Gong*, the Channel Opening, which is an energy transfer and message from teacher to student. For this class level, students complete an Annual Commitment Contract. It is important for students to attend class on a regular basis during their time of preparation for *Zhuan Gong* in order to strengthen their energy foundation.

**Completion of the Dragon's Way® program is an additional prerequisite.**

Monthly tuition	\$75.00 (\$55 for full time high school, college, TCM/acupuncture students)
Annual AAU fee	\$32.00 (unless you hold a current AAU membership card)

\* Completion of the Dragon's Way® program is an additional requirement for *Zhuan Gong*.

### **ZHUAN GONG—Channel Opening**

Formal Application must be made at least two weeks before the Qi trip during which *Zhuan Gong* is offered and depends upon the inner growth of the student. Master Lu makes this determination

One-time Channel Opening Fee	\$500.00
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### **ADVANCED STUDENTS**

Once you have received *Zhuan Gong*, you are accepted as an Advanced Student. Students in New York attend the Advanced Class. Once at this level, all students complete an Annual Commitment Contract.

Monthly tuition	\$75.00 (\$55 for full time high school, college, TCM/acupuncture students)
Annual AAU fee	\$32.00 (unless you hold a current AAU membership card)

*Approval is required from Master Lu for any change in the above such as timing and so forth. Schedule is not subject to change.*



# TAO OF HEALING

## *Wu Ming Qigong — Application to Study*

Name \_\_\_\_\_ Date of Application \_\_\_\_/\_\_\_\_/\_\_\_\_

Sex: Male / Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Referred by \_\_\_\_\_

Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (hm)(\_\_\_\_) \_\_\_\_\_ (wk) (\_\_\_\_) \_\_\_\_\_ (Cell) (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

Do you have any experience in meditation or martial arts? Yes / No

If yes, what system did you study? \_\_\_\_\_

Who was your teacher? \_\_\_\_\_

How long did you practice? \_\_\_\_\_

### STATEMENT OF PURPOSE

The purpose of the Tao of Healing center is to help individuals achieve an optimum level health and spiritual balance by utilizing methods of natural healing based on traditional Taoist principles and traditional Chinese medicine. At the TOH, we create a supportive environment within which individuals can apply these methods in order to develop the mind-body-spirit connection and strengthen its link to the Universal energy.

With these objectives in mind, we request that each applicant write a short paragraph in response to the three questions on the following page. (If you require more space, please attach a separate sheet of paper and number the questions accordingly.)

In order to have your application to the TOH reviewed, you must:

- (a) complete the three questions
- (b) indicate the location you wish to attend
- (c) sign and date your application
- (d) return the completed application with a \$10 non-refundable application fee payable in cash or by check. Checks should be made payable to "Tao of Healing". (Note that applications may not be faxed.)

*Please note: Qigong classes are payable by check or cash only. Credit card payments are not accepted.*



# TAO OF HEALING

**Wu Ming Qigong Application for \_\_\_\_\_ (print name), p. 2**

1. What are your personal goals for studying at the Tao of Healing?
  
  
  
  
  
  
  
  
  
  
2. Why have you chosen to study at the TOH? How do you feel the TOH can help you achieve your goals?
  
  
  
  
  
  
  
  
  
  
3. What is your personal understanding of *Wu Ming Qigong*?

Please indicate the *Wu Ming* Foundation Class you wish to attend:

\_\_\_\_\_ 6:30 PM, Tuesday, New York Center, 34 West 27<sup>th</sup> St, 12<sup>th</sup> floor, NY, NY 10001

\_\_\_\_\_ 6:30 PM, Thursday, 176 Cooper Ave., (Union Congregational Church, Vincent Building), Upper Montclair, New Jersey (Note: The class times in NJ vary according to a seven-week cycle. Class start times vary between 6:30 and 7:30 PM.)

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

*Please note: This Application, with your \$10 Application Fee, should be returned by mail or in person to the Center. You will be notified usually within two weeks if you have been accepted for study at the Center.*

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For Center office use only