



The  
**JADE SUN SCHOOL**  
of TaiChi & QiGong

THE FUNDAMENTALS OF 'WHITE CRANE QI GONG'  
&  
THE 'SIX WORD SECRET' MEDICAL QI GONG HEALING SYSTEM

Venue: Elysium Sanctuary, Wexford - Rathnageeragh, Gusserane, Newbawn, Near New Ross.

We cordially invite you to the above Training in the Medical Qi Gong System  
'THE SIX WORD SECRET':

The practice of this system is profoundly powerful and brings healing to all  
levels of ones' being.

Within the Taoist Tradition it is at once a Medical Qi Gong and a Spiritual  
or Shen Qi Gong.

At the Jade Sun School of Tai Chi & Qi Gong

we teach this System from the perspective of the White Crane Qi Gong that has been bequeathed to  
humanity by the Bodhisattva Kuan Yin.

The White Crane emphasis is translated as the Way of the Compassionate Heart.



Here is what you will learn and open up within yourself. The following information is sequential, with each part leading to the next unfolding and building to a whole and complete practice.

### PRACTICE 1: ALIGN THE QI FIELD & OPEN THE ENERGY GATES

You will learn to align the Energy [Qi] Field and gently start to open the main "Energy gates" of the body's meridian system. This is achieved through postural technique and by embracing the inner Mind/Heart technology of LETTING GO.

#### EFFECT

This practice improves overall Qi flow and the releasing of stagnation in the meridian system. Tension, anxiety and fatigue will start to dissipate.

### PRACTICE 2: BREATHING TO THE LOWER DANTIEN

The above principles will allow you to remember how to breathe into the Lower DANTIEN ENERGY CENTRE. This is the point of the centre of gravity within the human Qi system and the human body.

#### EFFECT

This is the way you breathed as a baby; before stress. So it is literally stressless breathing. Taoism says breath governs Qi, so by consciously breathing from this CENTRE you ground, harmonise, balance, regulate and consolidate the whole Qi SYSTEM. Another effect from this is the awareness of the practitioner coming to a profound state of TRANQUILITY.

The above TWO PRACTICES combine to help you achieve the status of 'STANDING WITH YOURSELF', a prerequisite for deeper practice.



### PRACTICE 3: ZHAN ZHUANG/STANDING TREE & THE BREATH OF SURRENDER

We now advance to the practice of ZHA ZHUANG or STANDING TREE POSTURE. This will sink the focus of your Qi deeper into the LOWER DANTIEN by opening the inner HEART GATES connected to the MIDDLE DANTIEN CENTRE, allowing us to safely explore the LETTING GO principle within the CORE THRUSTING VESSEL [or central channel] dissolving deeper tensions in the SOLAR PLEXUS. This further deepening of the breath to the Lower Dantien is referred to as the 'Breath of Surrender'. The transition from 'Standing with Ones' Self' to 'Standing Tree' is informed by the WHITE CRANE method of unfolding the COMPASSIONATE HEART. The resultant opening of FEELING who we are, our true HUMANITY, allows us to start dissolving the need for control and open the doorway to learning to trust the flow of the Qi of the GREAT MOTHER; the TAO. Here the WHITE CRANE opens it WINGS.

#### EFFECT

Through the above practices the Lower Dantien breath opens more from the inside out, and it helps it eventually to advance into a more SPHERICAL breathing experience. This in turn has the effect of initiating a more energetic breathing that pumps the whole Qi field enhancing all the benefits mentioned above. The influence is especially felt in the ETHERIC ASPECT OF THE HUMAN ENERGY i.e. where the MERIDIAN channels interface with our anatomy and physiology. Also the HEART opens and deeper stresses release; now the UPPER DANTIENS' experience of tranquility can move to one of inner REVERENCE and eventually inner JOY.



### PRACTICE 4: '4 LIMB QI GONG'

We now move to the WHITE CRANE moving QI GONG called '4 LIMB QI GONG'. Here we engage movement of the limbs to pump Qi around the 12 Organ-related MERIDIANS of the etheric field. Here we also introduce the concept of the KUA to further open energy gates that enhance our ability to pump the SACRAL area to further the pumping of the Lower Dantien.

#### EFFECT

Again this amplifies all the previous benefits and targets the ORGAN PATHWAYS, setting the necessary ground work for INTERNAL ORGAN QI GONG practice.

### PRACTICE 5: SHEN QI GONG USING SOUND TO INTEGRATE THE 3 DANTIENS

Next we take a break from the above and move to a more internal meditative/alchemy aspect of the WHITE CRANE TEACHING. We create a SACRED space inviting KUAN YIN to help us align and harmonise the 3 DANTIEN; these represent the 3 core aspects of our being, namely MIND/HEART/BODY; that is our thinking /feeling/and creating capacities. You will be guided to explore a powerful healing SHEN QI GONG METHOD using SOUND to integrate the 3 DANTIENS to prepare for deeper healing and growth. The sounding is simple and gentle and awakens gently the functions of the 3 DANTIENS while dissolving their deeper tensions.

#### EFFECT

Brings a deep centeredness into our being enabling our capacity to focus compassionately on our need to let go for deeper transformations/healing to manifest.



### PRACTICE 6: SIX WORD SECRET QI GONG

At last we are ready to embrace THE SIX WORD SECRET QI GONG. We have studied all the prerequisite requirements to open to the transformative healing power of this simple beautiful system.

Here specific MOVEMENTS, colour INTENTIONS and sound EXPRESSIONS are combined to bring HEALING Qi into the INTERNAL ORGANS and to expel TOXIC Qi from the same. The earlier method of SPHERICAL BREATHING is KEY to having a real concrete effect on the ORGANS.

#### EFFECT

Here we are concerned with specific healing benefits as the focus is on the INTERNAL ORGANS of the human Qi system; also in tandem is a profound harmonising of the 5 ELEMENTS of the person. These are WATER /WOOD/METAL/FIRE/EARTH. For example; if a person had DIGESTIVE DYSFUNCTION they may focus on the LIVER/GALL plus the STOMACH/SPLEEN organ exercises. Again this may involve harmonising the relationship between WOOD and the EARTH ELEMENTS. This will be engaged in the course so you can navigate the system according to ones' personal needs.

### PRACTICE 7

We finish with a simple QI GONG TUINA SET to harmonise and ground the whole energy field; particularly the Lower Dantien.

#### EFFECT

Stabilise, ground and consolidate the whole QI FIELD after all the work that has been done.



The  
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Cost: €630.00

Deposit: €100.00

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