

Master Mingtong Gu - Immunity-Building Qigong for Self-Healing 2022

In this rejuvenating 7-step video course, you'll:

- Explore Wisdom Healing Qigong's deep solutions for the **isolation, anxiety, and physical illness** of these times
- Experience healing sounds and movements designed to **renew the organ systems** and support your immune system
- Discover the power of *Haola* (which means "all is well and getting better") **to connect with your unique intention and life purpose**
- **Awaken the natural functions of your body** and discover your own inner power as you cultivate energy — and transform emotions that are keeping you stuck
- **Transform your fears** so they stop weakening your hormone system
- Open up your lungs to experience how **releasing tension in your chest and shoulders** is so essential for a healthy respiratory and immune system
- Practice specific Qigong movements to **release stress and open your energetic connection with the earth**
- Recharge your inner battery and regulate energy flow to **improve everyday functions**
- Practice a **guided meditation** led by *your* highest vision
- Cultivate the **deeper meaning of healing in all dimensions** of personal and collective life
- **Break the cycle of anger and sorrow** by releasing the congestive energy patterns in your lungs

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Master Mingtong will guide you through the fundamental body-mind-spirit skills and competencies you'll need to create a daily Wisdom Healing Qigong practice that cultivates joy, inner peace, and vitality.

This course will feature teachings, training sessions, and experiential practices with Master Mingtong. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to clear emotional and energetic blocks to address dis-ease and unlock radiant health.

Module 1: True Connection to Your 3 Homes — Your Body, Residence & Spiritual Home



In this opening class, you'll discover how Wisdom Healing Qigong (WHQ) offers deep solutions for the isolation, anxiety, and physical illness of our modern world.

Through the practice of WHQ, you'll return to your body as your inner home and develop a deeper connection with subtle energy.

When you feel the connection *within* your body, you can feel more settled — both inside your body and inside the house in which you live.

When you connect with subtle energy, you feel more settled in your spiritual home, too — planet Earth and the Universe.

Practicing Qigong in a group — even online — allows you to experience deep wisdom, love, and connection with your fellow practitioners... as well as a sense of spiritual refuge within the collective presence of one another.

In this first session, you'll:

- Be guided through a **personal connection of *coming home*** to your body through the joy and refuge of inner awareness
- Experience the **3 Energy Home Meditation** to sink into deeper connection and safe refuge
- Enjoy the power of *Haola* (which means “all is well and getting better”) to **connect with your unique intention and life purpose**
- **Relax, recharge, and restore your body's energy** to rebuild your immune system

Module 2: Inner Purification — Enhance Your Immunity as You Transform Stress & Anger



Despite advancements in medicine, supplements, and treatments, **we're increasingly experiencing an epidemic of immune system deficiency** in many areas of our lives... This manifests as allergies, chemical sensitivities, autoimmune disorders, cancer, and many other chronic illnesses.

These challenges are magnified by the global pandemic and its associated health crises, economic challenges, social and political problems, and environmental disasters.

During this class, you'll awaken the natural functions of your body and discover your own inner power as you cultivate energy — and transform emotions that are keeping you stuck. In this session, you'll:

- Understand the **deeper causes of immune system deficiency**
- **Activate the 3 layers of immune function** and experience the holistic nature of purification
- Move through simple Qigong **movements and sound practices** to improve your immune system
- **Transform stress, anger, and fear** for immunity and healthy living
- Upgrade your inner operating system to **transform uncertainty into spaciousness and wisdom**

Module 3: The Creative Power Within — Transforming Fear & Anxiety Into Creativity & Power



Your hormone system is not only important for your immunity — it's critical for your overall health and longevity.

During this session, you'll explore how to transform your fears so they stop weakening your hormone system.

Modern times tend to heighten our sense of fear, not only because we're afraid for our own health or life conditions, but because we sense and share in others' fears — especially during these challenging times of crisis and uncertainty.

Specifically, when your kidney energy is frozen or contracted (through internal conditioning or external challenge)... you experience fear.

Through Qigong, you can awaken your energetic power that's been locked in a fearful pattern for so long. You'll learn to move into inner flow and creativity, so you can act rather than react.

In this module, you'll:

- Learn the **hip rotation movement to assist the kidneys** in neutralizing fear and awakening the spine
- Explore the **deeper essential role of kidney sounds** for awakening inner vitality and creativity
- Reconnect your inner power to **awaken your immune system** and inner resilience
- Learn to **empower yourself in this uncertain time**
- **Experience the process of transformation** to increase your baseline of health and wellbeing

Module 4: Increase Your Capacity to Breathe Deeply — Calm the Thyroid & Immune System



When you're open to change, you're able to breathe more deeply, which brings peace to the thyroid and immune system...

Modern life leaves us sitting around far too much, living a sedentary lifestyle that impedes the health and natural movement of the lungs, thyroid, and respiratory system.

The environmental conditions of disasters and pollution, both natural and man-made, add yet another level of stress to the respiratory system and to your overall health.

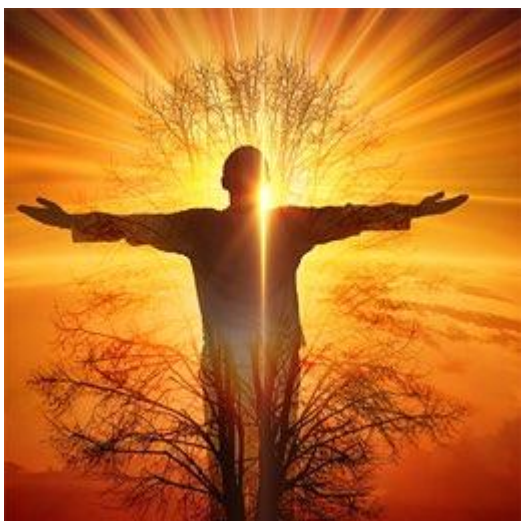
During this class, you'll learn to open up your lungs, and discover why releasing tension in your chest and shoulders is so essential for a healthy respiratory and immune system.

You'll practice powerful healing sounds for the lungs, which help renew the natural state of the respiratory system and thyroid.

In this session, you'll:

- **Receive an opening practice** that includes movement, sounds, and meditation to balance the lung and thyroid system
- Explore the role of **chi energy in the lungs and thyroid system** — and discover how the thyroid affects every cellular function in the body
- Learn how an **imbalance of the respiratory, cardiovascular, immune, and reproductive systems** leads to conditions like exhaustion, depression, or heart arrhythmia
- Help your mind **release tension in the upper body** — this is especially important if you sit for long periods, carrying the stress of the day's work in your shoulders, neck, and back
- **Transform sadness** into compassion
- Cultivate a greater capacity for **embracing the challenges and changes of life with ease and grace**

Module 5: The Inner & Outer Nature — Your Body's Powerful Connection With the Earth



Despite the many gifts of the human brain and mind, we're often stressed and lost in the *busyness* of our thoughts — and disconnected from the source of creative life within and around us.

Through these practices you'll discover and connect with deeper dimensions of your body's energy — and its profound link with the earth.

The ancient wisdom of Qigong allows you to experience the *healing power of interconnection* and oneness with nature.

In this session, you'll:

- Discover the sacred nature and **link between your body and the earth**
- Practice specific Qigong movements to **release stress and open your energetic connection with the earth**
- **Cultivate your relationship with nature** as a healing and spiritual practice
- **Slow your mind down** to discover the joy and nourishment of life
- Practice Qigong as a way to **enjoy your body, yourself, and your life**

Module 6: Daily Recharge — More Energy Flow, Health & Happiness



When your energy (life force) is depleted or blocked, your health declines, your quality of life decreases, and your heart contracts.

Additionally, all other health issues arise with different symptoms, including the various problems we experience in our day-to-day life.

During this class, you'll discover why you can feel stuck and hopeless even when you have your biggest life goals in place.

In Qigong, you'll learn to cultivate self-awareness, self-love, self-care, and self-responsibility, especially when external conditions are out of your control.

In this session, you'll discover:

- How to **recharge your inner battery and regulate energy flow** — and improve the everyday functions of life
- How to **practice Qigong effectively** at home and in everyday life
- Proven ways to **enjoy your practice even more**
- How to **practice wisely** for a sustained benefit
- An integrated practice, **Recharge Your Energy and Reboot Your Immune System**, which integrates the movements, sounds, and meditations of the teachings in this class

Module 7: Renewed Purpose — Be the Source of Light, Love & Calm



Do you ever wonder why you haven't fulfilled a longtime dream or an important goal?

You may have learned the importance of setting your intentions, positive thinking, or other techniques that help realize your hidden potential...

And yet, it's very typical to feel exhausted and disappointed as your New Year's resolutions fade away. In this uncertain time, it is easy to feel lost, confused, and hopeless.

The truth is, when the mind and heart are disconnected or in conflict, strong intentions just aren't enough. The secret behind manifestation and fulfillment is the inner alignment of your mind, heart, and body...

In this session, you'll:

- Learn to **embrace the moment**, the process, and the wholeness within
- Live life fully by **embracing the journey** and discovering the deep meaning in your life
- Practice spiritual connection through the **5 Golden Cs** to experience wholeness and the oneness of life

- Cultivate the **deeper meaning of healing in all dimensions** of personal and collective life
- Practice a **guided meditation** led by *your* highest vision

The Qigong for Self-Healing Bonus Collection

In addition to Mingtong's transformative 7-part virtual course, you'll receive these powerful training sessions. These bonus sessions complement the course to take your understanding and practice to an even deeper level.

100-Day Gong Chart

PDF From Master Mingtong Gu



Master Mingtong invites you to practice Wisdom Healing Qigong one day at a time — to allow your mind-body-heart-spirit to connect on new levels. As each module in this course includes a video practice that you can do at home anytime, you can record each day's completed practice on this motivational chart. The PDF includes an intention-setting section and smile-inducing prompts! When you reach your first 50-Day Gong or 100-Day Gong, you'll be ready to receive a special bonus teaching from The Chi Center.

Deeper Sleep Meditation

Audio Recording From Master Mingtong Gu



A restful night's sleep is essential for your health and wellbeing. Getting too little sleep affects alertness and vitality — and it increases anxiety while weakening the body's immune system. Sink into this gentle meditation as Master Mingtong guides your body, mind, and emotions to relax.

Meditation Series

Series of 3 Video Meditations From Master Mingtong Gu



Ready for clear thinking and effective healing? Follow along with Master Mingtong in these meditations — to address the causes of imbalance and release any fixations that hold you back.

You'll receive:

- *Meditation for Immune System Health*
- *Meditation for Reducing Stress*
- *Meditation for Longevity & Spiritual Fulfillment*

Ancient Qigong Sound Healing for Emotional Wellbeing

Video Dialogue With Master Mingtong Gu and Sharon Smith



Master Mingtong teaches the ancient practice of sound healing to fully awaken your energy centers and emotional body. This advanced practice is known for transforming emotions and energy patterns to enhance the connectedness of mind-body-spirit. Dive into this teaching and experience deep transformation, moving away from the typical fight-or-flight reactions of fear — and towards empowerment, while awakening the joy of your whole being.