Shen Hongxun College

The Shen Hongxun College is dedicated to promoting the further understanding of Chinese culture and wishes to build a bridge between East and West, in particular with regard to health. The main focus of the institute is the development of the Buqi System, however courses are also offered in taiji, qigong with spontaneous movement, meditation and daoyin. Buqi courses and other lessons are held in Belgium, the Netherlands, the UK, France and the USA. Buqi Institute Belgium and Buqi France organise in Belgium/Holland and France respectively.

Practical details

Subject	**Date**
Headache	25-26 Nov 2006
Respiratory system	3-4 Feb 2007
Hypertension	28-29 April 07
Hemiplegia	16-17 June 07
Buqi clinical training	*October 2007*

Time: Saturday: 10.00 - 17.00
Sunday: 10.00 - 17.00

Venue: **Falmer High School**
Lewes Road
Brighton

Cost: £ 130 per weekend, or
£ 480 for all four weekends (to be paid at the first weekend)

Bookings:
Please book by telephone or e-mail or contact us for the return address for the booking form. Shortly before the course you will receive a confirmation letter with directions to the venue.

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4 weekends in Brighton

2006 - 2007

BUQI

treatment techniques

Transmission
of health information



with Dr. Shen Hongxun

Shen Hongxun College

Buqi treatment techniques

During Buqi health information transmission, the practitioner applies Buqi forces to particular areas of the patient's body, in order to influence the organs and other body systems.

The practitioner can choose from a variety of techniques in order to influence different body systems. These techniques can influence the nervous system, the hormonal system, the immune system, the nuclei of the intervertebral discs and the organs themselves.

In general we distinguish between two kinds of treatment techniques, bu and xie. The function of a bu technique is to give activating information. This technique is used to give force to the intervertebral nuclei, to activate the nervous system, the hormonal system and the blood circulation. A bu technique can also directly activate the organs. However, in Buqi most of the techniques are xie techniques, because of the importance of expelling binqi. The function of a xie technique is to expel binqi. It is also used to calm the nervous system and to quieten the mind.

Every hand technique is also designed to prevent the practitioner from receiving binqi from the patient. As extra protection the Buqi healer also learns specific exercises to expel any binqi from their own body that might have been picked up from the patient.

Headache

Headache is a very common complaint. Usually headaches arise because of narrowed intervertebral spaces in the neck and the upper back, which cause swelling and inflammation in and around the spine. This irritates the nerves and nerve roots in the spinal column. By using information transmission the swelling can be reduced and the chemical by-products caused by the inflammation cleared. By expelling Binqi that has accumulated in the intervertebral spaces more space is created in-between the vertebral bodies. Nerves are no longer irritated and symptoms of pain can disappear.

Respiratory diseases

Respiratory problems often result from negative emotions stored in the chest area combined with a distorted body posture. The main focus of this course is the removal of binqi caused by negative emotion. One of the techniques taught is how to pull binqi directly from the body of the patient.

Hypertension

During this seminar the link between faulty body posture and hypertension is explored. Symptoms related to high blood pressure can include eye problems, and problems of the heart, kidney and prostrate. In a majority of hypertension patients the “hypertension-body-posture” can be observed. A key point in the development and treatment of hypertension is the FenZhi area, which is located at the base of the cranium, just above the first inter-vertebral space.

Hemiplegia

Hemiplegia is half-sided paralysis caused by a stroke. In this course students learn to treat hemiplegia by bringing spontaneous movement information into the central channel. The role of the Vagus nerve in the regulation of vaso-dilation will be investigated and students will learn how to activate the Vagus nerve in order to improve blood circulation to the brain.

Clinical training

These four weekends are part of the last professional Buqi therapists training that is taught by Dr. Shen Hongxun himself. The professional training will be concluded by a clinical training, during which Buqi students can experience treating real patients. This training will be held in the Brighton area in October 2007, more information to follow.

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Booking form

Name:
Address:

Tel:
E-mail:

( ) I will attend the following treatment techniques courses:

- ( ) Headache, 25-26 Nov. 2006
- ( ) Respiratory disease, 3-4 Feb. 2007
- ( ) Hypertension, 28-29 April 2007
- ( ) Hemiplegia, 16-17 June 2007

( ) I would like to receive a list of hotels and B&B

Date: **Signature:**