

Dear student,

First we would like to wish you all the best for the new year. We hope that it brings you many good things. That you keep or improve your health. That you keep sharing love, warmth and energy with your dearest and nearest. We also hope that your wishes, plans and dreams come a bit closer again this year. And we certainly hope that you have lots of fun and laughter in your life, and that there may be many beautiful moments.

Hereby an overview of courses in Belgium and the Netherlands. For courses in the UK please contact Ann Sheldon at [buqibristol@buqi.net](mailto:buqibristol@buqi.net). For France please contact [buqifrance@buqi.net](mailto:buqifrance@buqi.net).

In case you can make it to one of the weekend courses in February, we would like to invite you to celebrate Chinese New Year with us. We celebrate it twice this year! The official date is 14 February, but we will party on:

1. Saturday 6<sup>th</sup> February, during the Taijiwuxigong weekend with Dr Shen in Eindhoven. We are still looking for a location but if you are already sure that you will be there, let us know as soon as possible ([sofie@buqi.net](mailto:sofie@buqi.net)). As soon as we know everything we will let you know.
2. Saturday 20<sup>th</sup> February, during the Taiji weekend with Shen Zhengyu in Mortsel. For this party we have a location: Koninklijk Atheneum Mortsel, Hof Van Riethlaan.

Dinner – Chinese fondue - will be at 19.00 and we will dance on till midnight. It is 30 euro for the meal, drinks included.

**Please book at the latest 15<sup>th</sup> February via [sofie@buqi.net](mailto:sofie@buqi.net) or 0032 (0)3 281 0532!**

## **PROFESSIONAL TAIJI TRAINING MORTSEL, SHEN ZHENGYU and DR SHEN HONGXUN**

23-24 January

20-21 February (with Chinese New Years Party on Saturday!)

13-14 March: Tuishou (pushing hands) with Dr. Shen

24-25 April: Tuishou (pushing hands)

8 -9 May: Tuishou (pushing hands)

12-13 June: Tuishou (pushing hands)

25-26 September: Sanshou (partner exercise) with Dr. Shen **(date might still change)**

23-24 October: Sanshou (partner exercise)

20-21 November: Sanshou (partner exercise)

11-12 December: Sanshou (partner exercise)

In March we start the module **tuishou** or **pushing hands**. It is open to everybody who is familiar with the basic principles of taiji. For more information or bookings please contact [sofie@buqi.net](mailto:sofie@buqi.net)

### ***Tuishou or pushing hands***

*Taiji aims at developing latent energy forces we all have. Tuishou is one of the methods to further develop and use these taiji forces.*

*Pushing hands is more than performing certain movements with someone else. It was originally created for unarmed combat. The roots of tuishou – and of taiji in general – are to be found in martial arts, but nowadays the emphasis has moved to body and healing arts. In tuishou there is no winner or loser. It is about a two-way development to a better understanding and application of taiji forces.*

*In tuishou you make contact with another person. This makes it more difficult to refrain from using muscle power and to make all movements using only taiji force. You are confronted not only with yourself but also with your partner.*

*Whatever you have achieved through the practice of taiji quan is put against what your partner has achieved. This helps you to further master the use of taiji forces. Touching each other on a physical, energetic, mental and emotional level happens in a friendly manner and with the greatest respect for each other's individuality. The well being of the partner remains important.*

## **PROFESSIONAL TAIJIWUXIGONG TRAINING EINDHOVEN, DR SHEN HONGXUN**

Dates for 2010:

6-7 February (with Chinese New Year's Party on Saturday!)

20-21 March

1-2 May

25-27 June (3 days).

For more information please contact Luigi Kwas via [lkwas@hotmail.com](mailto:lkwas@hotmail.com).

## **TAIJI SATURDAYS AND TAIJIWUXIGONG WEEKENDS, SHEN JIN**

Shen Jin gives a Taiji day every month in **Leuven**: 30 January, 20 February 27 March, 24 April, 22 May.

The dates for the taijwuxigong weekends are:

**Den Haag**: 27-28 February, 5-6 June.

**Mortsel**: 13-14 February, 29-30 May.

The first weekend we concentrate on exercises to open the front and back

channels, the second weekend exercises to activate the left and right channels.

For further information please go to [www.buqi.net](http://www.buqi.net). To book please contact [buqi.belgium@buqi.net](mailto:buqi.belgium@buqi.net).

## **SOUND MEDITATION, VAALBEEK, DR SHEN**

This five day course is scheduled 3-7 April in:

La Foresta

Prosperdreef 4

B – 3054 Vaalbeek (near Leuven)

Belgium

We have no English brochure but if you are interested let us know and I will send a short explanation about sound exercises.

Cost: €300 for the course.

Accommodation: - €40/day full board. For 5 nights from 2 April this would be €185. For 4 nights (from 3 April) €170.

- day rate: €18/day for lunch, teas/coffees)

Please note the following:

1. To book a room please pay the amount for accommodation by direct transfer before 12 March on following account: Buqi Student Club, IBAN BE92 0688 8932 4723, BIC GKCCBEBB, with the notice: 'accommodation La Foresta meditation 2010'. This sum is non-refundable.
2. All bedrooms are twin bedrooms and can only be used as single bedrooms if there are enough rooms for everybody. This will be known a week before the start of the course. You can then still book a single room if you wish and pay the supplement (+€5/day extra) on the first day.

## **SUMMER COURSES**

There are three courses in Belgium this Summer, two in Ghent, one in Mortsel.

### **FIVE DAY TAIJIWUXIGONG COURSE, SHEN JIN**

**30 July-3 August.**

Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Gent.

Venue for sleeping accommodation: St Paulusinternaat E. De Deynestraat 2.

### **FOUR DAY LINGZI COURSE, DR SHEN**

**5 – 8 August.**

Venue for the course: sports hall of OC St Jozef, E. De Deynestraat 1, 9000 Gent.

Venue for sleeping accommodation: St Paulusinternaat E. De Deynestraat 2.

### ***LingZi or Reiki?***

*Reiki was originally called LingZi Su, which means 'vibration of the smallest particles', and was first discovered by Mikao Usui, who introduced it to Japan in*

*the early 20<sup>th</sup> century. The practice of LingZi Su however goes back to a method of the Taoist school of QianZheng LongMen Pai, which can be dated back to the times of the reign of Genghis Khan.*

*During the late 19<sup>th</sup> century, Usui had spent some time in Manchuria, where he studied and practised with the order of QianZheng LongMen Pai. Later, after he had returned Japan, he found himself in the midst of political turmoil and upheaval and he was forced to escape and hide in the woods, in order to avoid unjust imprisonment. He lived in the forest for around three months. He only could find some wild herbs, berries and mushrooms to eat, and naturally was very hungry. In his predicament, he spent a lot of his time praying for help to the lineage ancestors of the QianZheng LongMen Pai. After about eighty days something special happened: praying, he was chanting the name of QianZheng Tailing, the Taoist school's lineage ancestor, with his hands in the classic prayer position in front of the chest, palms and outstretched fingers touching; he began to feel a strong vibration all over his body, and he experienced spontaneous movement, with his hands, still in the prayer position, moving vigorously up and down, in front of his body. He continued to practise daily and his vibration and frequency dramatically increased dramatically.*

*Once he had returned to civilization he founded the first school of 'TaiLing Dao' (The way of the ancestral spirits) in Japan. TaiLing Dao (Japanese pronunciation: Teirei Dao) offered the opportunity to study and to practise the exercises that Usui had employed during his time of 'praying in the forest'. This technique became known as LingZi or LingZi Su. Usui founded the theory that everything in the universe can be divided into smaller and smaller particles, and LingZi describes the vibrations of the infinitely smallest particles. He felt that it was this cosmic frequency that he had experienced during the prayer exercises. According to Usui, the cosmos and all that is in it consists of LingZi. Today this theory has been confirmed by modern science such as quantum physics and astrophysics, with the emergence of modern understanding of particles much smaller than Molecules and Atoms, etc.*

*LingZi exercises to develop vibration force and to increase a person's frequency were very special: once a student had developed "XianDong" (visible spontaneous body movement), and then "YingDong" (invisible body vibration), they would practise with LingZi wood: thin wooden pieces in rectangular shape stacked in a pile. By sending vibration force through the palm of one hand into the pile one would make one piece move out of the pile. The next higher level was that through a combination of vibration force and mind force, a predetermined piece would have to be moved out of the pile, e.g. the 5th piece from the top, or the second from the bottom. These exercises were very specific and demanded rigorous and regular training. Only once a person had mastered to work and control a stack that contained 60 pieces, were they deemed to have a high enough frequency to treat patients. Treatment happened usually at a short distance by way of frequency information transmission, without the need to physically touch the patient.*

*Today, the original techniques of LingZi are known to and practiced by only very few people in the world. In 1953, Dr Shen Hongxun studied the original LingZi Su with master Ge QiTong, who himself had studied at the TaiLing Dao Centre in Shanghai. The high frequency and vibration of the original LingZi forms the basis of the Buqi Healing and Exercise System. The LingZi exercise is still practiced during every professional Buqi training, to enable practitioners to raise their own vibration quickly and safely. This lesson will concentrate on LingZi vibration exercises and offers an excellent possibility for all healers and therapists to get back in touch with the source of the cosmic forces. Another key ingredient of this seminar is the self-protection of the healer/therapist against any negative effects, when treating patients.*

## **FIVE DAY E MEI DAOYIN COURSE, SHEN JIN**

**18-22 August**, Koninklijk Atheneum Mortsel, Hof Van Riethlaan, 2640 Mortsel.

## **BUQI TRAINING**

With the Lingzi course in the Summer we start a new – and more comprehensive – buqi training. It will run over 2010-2013 and will mainly be held in Eindhoven. As soon as data are confirmed we will let you know.

If you have any queries please do contact us via [sofie@buqi.net](mailto:sofie@buqi.net), or telephone +32 (0)3 281 0532.

**If you prefer not to receive our mails any more, please let us know as soon as possible.**

Warm regards,  
Sofie-Ann  
Buqi Institute