

Buqi Newsletter

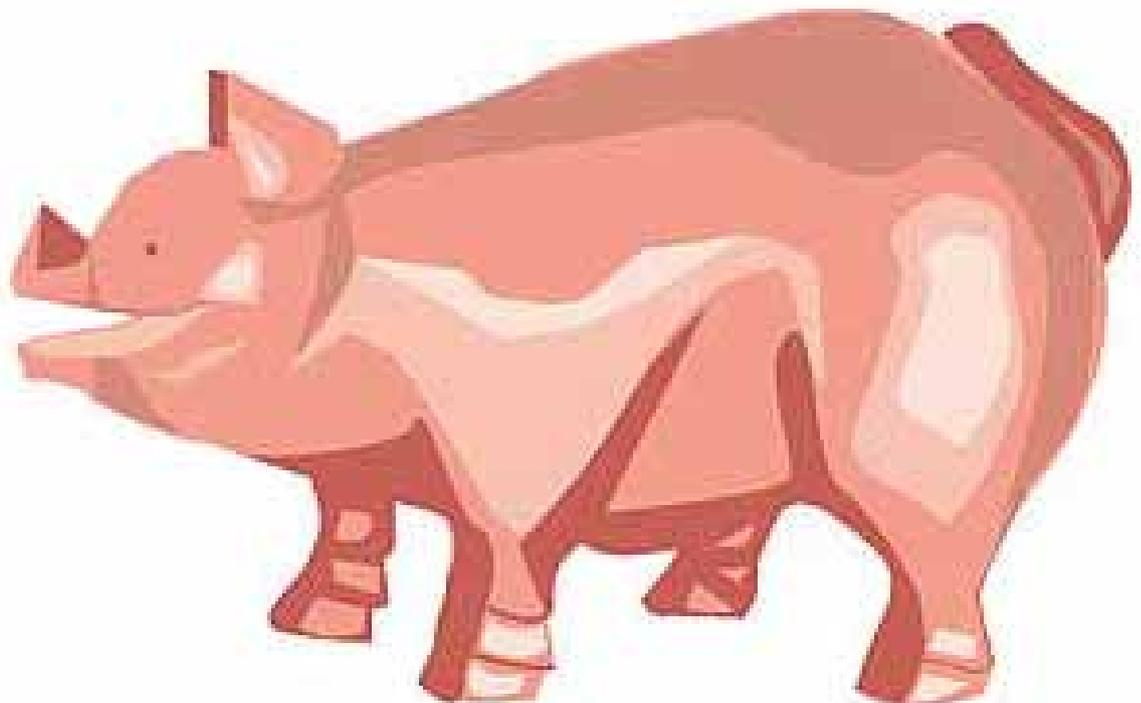
January 2007

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Chinese New year party 2007

England	Belgium	France
Bristol	Antwerp	Sète
Saturday 10 February (during Sound Daoyin course)	Saturday 17 February (during Sound Daoyin course)	Saturday 24 February (during Wuxigong course)

Happy New Year!

Dear friend,

We hope the year of the pig will bring you much luck, with the added benefit of a long and strong spine. We think that you are keen to gain complete insight into *all* things, but at this moment you probably want to know most of all, which activities Buqi Institute has in store for you in 2007.

First of all: there will be a New Year party to celebrate the start of the pig year. As we all know: pigs are fat. This means that the year of the pig can bring luck and abundance to us all. And as a bonus, if we do it right, we will all be fit and trim and may even look younger by the end of the year.

Last year, many of you had the opportunity to develop your practice to a higher level. Especially during the Diagnosis seminar, special information transmission was given which helped most people to attain a special physical and mental state. Many people finished the Daoyin, the treatment courses and the exam, thus becoming Buqi therapists, able to help people.

In the Taiji 37 course we talked more deeply than before about the knowledge of the Nanpai school of Taiji. The Taiji 37 form exam is finished, with a number of people now able to teach the Taiji 37 form. However, everybody needs to continue to study and to exercise to further their own development and understanding of the form.

During the annual Taijiwuxigong summer course we explored in more detail the physical aspects of the different exercises and we discussed how this is linked to the improvement of health. In London many people joined Shen Jin's E-Mei lessons. Those people will have noticed that the E-Mei daoyin indeed are very strong exercise. Despite your aching bodies, please remember that this type of intensive exercise can provide a shortcut to developing strong internal forces.

Sometimes life can be confusing and some people are not really sure, where they are and what they have got: they try to find a different master as one would try to find a new umbrella. These people act like sheep, which need a shepherd to guide the way. Buqi is a centre of knowledge. This century the philosophy of medicine is undergoing a big change: it will move from the current core theory of chemicals and antibiotics to the theory of body posture and energy forces. The theory of the Double Vicious Circle provides a crucial theory for the onset of most diseases. We need to study this theory more deeply however to understand it more clearly. During last year's Buqi Clinical Training seminars, it became clear to all that *effective treatment is not possible without an accurate diagnosis of the Double Vicious Circle*. Understanding of the Double Vicious Circle gives direction to a treatment and confidence to the Buqi therapist. It will help her or him to develop from a sheep into a shepherd and to take the lead in this necessary advancement of medicine theory.

In August 2007 Dr. Shen Hongxun will retire. This means that the number of seminars taught by himself will be fewer, but he promises to continue to teach advanced lessons and master classes and to help Buqi Institute and Shen Hongxun College with the organisation of courses. There will be more different professional courses in the different branches of Buqi, Taijiwuxigong, etc. Shen Jin and senior student-teachers will give more lessons in different countries, and in the future more new teachers will graduate. Buqi only just passed the first milestone, the journey is still long. We need to work together and support each other in order to become strong. Only this way can humanity benefit from Buqi, Wuxigong and Taiji 37.

Often the question arises, whether it is necessary for the Buqi therapist to also study other disciplines, such as acupuncture for example. More study is always good, but the Buqi system has its own form of acupuncture: Buqi acupuncture. Dr. Shen will give a Qi-Needling course in France. This is an advanced course for Acupuncturists. The first of three seminars will take place in Valence (South France), 9-11 March 2007. In future, other professional Acupuncture courses may be organised in different countries.

We hope we will meet again soon

With best regards, the Buqi team

Planned future seminars by Dr. Shen Hongxun
(To be confirmed)

	2007-2008	2008-2009	2009-2010
September			Buqi advanced: 'Diabetes' (China)
November	Buqi advanced: 'Back pain' (Lille)	Buqi advanced: 'Spirit disease' (t.b.c.)	
April	Meditation (Lille) Taijijin (Gent)	Meditation (Lille) Taijijin (Gent)	Meditation (Lille) Taijijin (Gent)
July	Taiji 37 Nanpai* (Gent) Taijiwuxigong for teachers	Taiji 37 Nanpai* (Gent) Taijiwuxigong for teachers	Taiji 37 Nanpai* (Gent) Taijiwuxigong for teachers
August		Buqi diagnosis	Buqi advanced: clinic

* Including: self defence for children

The above mentioned seminars are a preliminary selection of subjects. Feedback as to which additional subjects you would like to see addressed is welcome.

Dr. Shen Hongxun invites you to join his last public lesson.

25 - 29 July 2007
Gent - Belgium

Taiji Congress

- Receive complete information transmission on the different methods taught by Dr. Shen Hongxun.
 - Courses in Buqi, Taiji37, Taijiwuxigong and Wuxi Meditation.
 - Taiji and Qigong festival with different activities and demonstrations.



Dr. Shen Hongxun

Dr. Shen Hongxun is a household name in the fields of Taiji and Qigong. For over fifty five years he has studied and taught Taijiquan and various other exercise methods. He is also a physician trained in allopathic and Chinese medicine, the combination of which has led him to discover and explain the powerful healing functions of the earth force and of spontaneous movement. Based on this knowledge he created the Taijiwuxigong exercise system. He also discovered and developed the idea of transmission of health information, which is the central idea of his Buqi energy therapy system. Dr. Shen is always striving for further deepening and integration of his knowledge. One of his most important discoveries being that the true essence of energy exercises lies within the opening of the central channel and the development of Taiji forces (internal energy). Dr. Shen uses Taiji forces daily to prevent and treat disease and health problems and of course for martial arts.

Buqi Institute International and Shen Hongxun College

The Buqi Institute International and Shen Hongxun College are dedicated to promoting the further understanding of Chinese culture and wish to build a bridge between East and West, in particular with regard to health. Their main focus 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 International and **Shen Hongxun** College
UK +44 208 771 1318 B +32 32 81 05 32
info@buqi.net www.buqi.net

Booking information Taiji Congress

Date 25-29 July 2007
Venue Gent University
Cost € 300

Accommodation

Different locations, to be confirmed.
Cost of full board: ±42 euro p.p./night.

Booking

Please book early! Detailed information can be found under "How to book for courses" on page 16.

Zhang Sanfong

In most books about Taijiquan, Zhang Sanfong is depicted as a Daoist monk who was the founder of Taijiquan. However, historic writings as those found in the "MingSi" do not contain any proof of this theory.

Zhang Sanfong

Translation from the MingSi*

Zhang Sanfong was from the state of YiZhou in the region of LiaoDong. (Located in what is known today as the Nei Monggol or Inner Mongolian Autonomous Region. At Zhang Sanfong's time this region was under Mongolian rule.) His two first names really were QuanYi and QunSi (Zhang being the family name). Sanfong was his nickname, and because he never liked to wash himself, people often called him 'Dirty Zhang'. He had a strong large body, the form of the back as a turtle and a crane (it means he looked like an immortal, because turtles and cranes are long life animals) he had big ears and round eyes, the moustache and beard sticking out like needles, whether it was freezing or hot he always only wore monk clothes. He could eat a lot at a time, but could also last without food for a few days or even a few months. He could look at a page in a book and he would know its contents and never forget it again. People say he could travel

thousand kilometres in one day. He was often humming and he had the ability to talk freely to anyone about any subject. He had visited the different hills of the Wudan Mountain and he told people that this Mountain had a very good future, although at the time that region (including the hills of Wulong, Nanyian and ZhiXiao) was suffering from war. Zhang Sanfong and a few of his students travelled to Wudan Mountain and built a hall where they lived a short time.

The first Emperor of the Ming Dynasty, Zhu Tai Zhu, learnt about this. During HongWu (the name of the 24th year of his reign) he sent people to invite Zhan Sanfong and his students but they had disappeared.

...

In 1416, the middle of the YungLe period (The reign of Emperor Zhu Chen Zhu: 1403 -1424) the Emperor sent Hu Ying and the eunuch Zhu Xian with a written invitation to find Zhang Sanfong. After a few years however they still did not find him. Then the emperor asked Go Jing and Zhang Xing to lead 300.000 workers, spending millions of ounces of silver, to build temples in the TaiHe hills in the area known as Wudan Mountain.

**The MingSi is a collection of 1000 volumes on Chinese History.*

International courses 2007*

*International courses are translated into English, French and Dutch.

Seminar	With teacher	Venue	Date
Sound Daoyin	Dr Shen Hongxun	Antwerp, Belgium	16 –18 February
Taiji 37	Dr Shen Hongxun	Gent, Belgium	31 March - 4 April
Meditation	Dr Shen Hongxun	Lille, France	14-18 April
Taiji Forces	Dr Shen Hongxun	Nijmegen, Holland	25-27 May
Taiji Sword	Dr Shen Hongxun Shen Zhengyu	Antwerp, Belgium	6-10 July
TaijiWuxigong	Dr Shen Hongxun Shen Jin	Gent, Belgium	11-15 July
E-Mei	Shen Jin	Antwerp, Belgium	24-26 August

Taiji Congress 25 – 29 July in Gent Belgium

Please book as early as possible for the international courses!

This goes particularly for the Taiji Congress.
Please read "How to book for courses" on page 16.

UK courses 2007

Seminar	Teacher	Venue	Date
Sound Daoyin	Dr Shen Hongxun	Bristol	9 –11 February
E-Mei	Shen Jin	London	3-4 March
Taiji 37	Dr Shen Hongxun	Shropshire	7-11 April
E-Mei	Shen Jin	London	2-3 June
Buqi Clinic	Dr Shen Hongxun	Brighton	25-30 August
Taijiwuxigong	Shen Jin	t.b.a.	August

Taiji Congress 25 – 29 July in Gent Belgium

Calling Names - by Dr. Shen Hongxun

My name is Shen Hongxun. Shen is my family name and HongXun is my personal name; following Chinese tradition, a person is always addressed by both names with the family name being called first and followed by the personal name. If someone called me Hongxun Shen, I would never know that they were talking to me, as this is not my name.

Being catholic, my catholic Christian name is Antonio; when I was a young boy, the priests and nuns in the church called me Antonio Shen and I liked it. Twenty two years ago, my teacher Lama Fahai gave me the name Fo Re; Fo means Buddha, in this case the meaning is 'member of Buddha's family'; Re is the 'sun'.

At one time I was living in 'TianSan' (Heaven Mountain) in Xingjan (northwest China). TianSan really is a long chain of high mountains stretching over 1000 km, with the highest mountaintop reaching over 4000 meters altitude. This area is populated by people of the Kazaks minority and some medical staff such as doctors and nurses, who are usually of Han origin. So my Taijiquan students liked to call my Taiji system TianSan Pai (the Heaven Mountain School) and they called me TianSan XianShen (Heaven Mountain teacher). TianSan was also a popular first name, so many sons and grandsons of my colleagues in this region were given this name. Because there were so many TianSans, I asked people not to call me TianSan XianShen again.

After no-one has called me TianSan XianShen for over 20 years I had nearly forgotten all about it. In 1989 the American Qigong society and the New York Taijiquan Association invited me teach in New York. To announce the event they published an article in the Chinese newspaper; the article mentioned about me being called TianSan XianShen. To my utter astonishment I received a telephone call a few days after the article had appeared. A very angry man on the other end of the line told me that I did not have the right to use the name TianSan Xian Shen, because it was his name. I asked the caller: "Who are you"? and he answered: "I am TianSan XianShe" (XianShe means 'face reader'). Our names sounded similar but not exactly the same but it was mainly the first part of the name, TianSan, that he laid claim too, so I questioned him: "Do you take yourself to be the Chinese Emperor?" In China, contrary to Western countries, no-one was allowed to have exactly the same name as the Emperor – a name could sound very similar to the Emperor's name, but the writing of the character had to differ, if only slightly, i.e. a line or a point needed to be changed. I said to him: "What you are asking is difficult for me and anyway, you are too late! I cannot change and I shouldn't change, because in America there is no such law that forbids people to be called TianSan or any other name. Aren't there people with the same

name as the American president?" All of sudden the man became very apologetic and quickly ended the call.

But it seems that also my Chinese family name seems to give offence to certain people. I received an anonymous call in my office in Belgium and was told: "You cannot call yourself Shen." The man then proceeded to explain: "Chen is the name of my Taijiquan master, so you can't use this name." Obviously this person cannot tell the difference between the letter 'C' and the letter 'S'. My family name is Shen, not Chen. And I would certainly never wish to call myself 'Chen' because the DNA of the Shen family is a different strain than that of the Chen family. So there is no possibility of a mix-up between the two.

Chinese joke

Preliminary explanation:

In Chinese, the word for family name is 'Xing'. In some dialects the word for family (Xing) will be added to the actual family name, so someone with the family name Jiao would actually be called Mr. Xing Jiao (showing that he is of the 'Jiao' family).

Mr. Jiao is being released from hospital after a successful operation. The doctor's orders are: "When you come home, please refrain for a while from 'Tong Fang' - literally translated, Tong Fang means 'together in the same room (in this case, with your wife) - this being a euphemism for physical intimacy. Mr. Jiao did not understand and answered: "Doctor, this is impossible, my home is small and I only have one room". To make him understand, the Doctor became more explicit: "What I mean is, do not Tong Chuong" - Tong again meaning 'together', and Chuong stands for 'bed'. (Chinese people do not openly talk about sex). Mr. Jiao became rather agitated as he answered: "Doctor, this is difficult too - I only have one bed and I cannot sleep on the floor". Exasperated the doctor finally said: "Man, what I am saying is, don't have Xingjiao" - Xingjiao is the fairly modern official medical expression for sexual intercourse. But Mr. Jiao was an uneducated farmer; he did not understand any medical language. He burst out: "Doctor, my ancestors have been known under the name of Xing Jiao for generations, if I am no longer a Xing Jiao, then who am I?"

Luckily for me, my ancestors made a good choice, as they were of the Xing (family) Shen. If they had been of the family Xing Jiao, then today I could only be a monk.

BUQI Professional Seminars 2007

The courses printed in black are the last courses of the current Buqi professional training, given in 2007. After the summer of 2007 the Buqi training will continue in a new form.

		UK		Belgium	Netherlands	France
		Brighton	Bristol	Antwerp	Den Bosch	Valence
Buqi General		August 2005	July 2005	juli/juillet 2005	Oktober 2005	Oct 2005
Buqi Daoyin	1	9 – 11 December 2005	18 - 19 Nov 2006	30 sept-1 okt/oct 2006	14-15 okt 2006	17-18 dec 2005
	2	11 – 12 February 2006	9 - 11 Feb 2007 (sound)	11-12 nov 2006	9-10 dec 2006	4-5 mars 2006
	3	13 –14 May 2006	24 - 25 March 2007 (animal)	16-18 Feb 2007 (sound)	17-18 march '07 (lying down)	3-5 juin 2006 (Son)
	4	24 – 25 June 2006	5 - 6 May '07 (lying down)	12 - 13 May '07 (lying down)	4 - 6 May 2007 (sound)	30 sept-1 oct. 2006
Diagnosis		11-17 August 2006 in Mortsel (Antwerp) Belgium				
Treatment	1	25 – 26 Nov. 2006	5 – 6 Nov. 2005	30 sept-2 okt/oct 2005	14-15 okt 2005	11-12 nov. 2006
	2	3 – 4 Feb 2007	18 - 19 Feb. 2006	4-5 feb/fév 2006		27-28 Jan 2007
	3	28 – 29 April 2007	25 - 26 March 2006	18-19 maart/mars 2006		17-18 March 2007
	4	16 –17 June 2007	17 - 18 June 2006	10-11 juni 2006		2 - 3 June 2007
Clinic		25-30 Aug. 2007	21 - 27 Oct. 2006	18-24 augustus 2006	16 - 22 July 2007	26 juin-1 July 2007
Exam		23-24 June 2007, by e-mail. Register in time!				
Diploma		29 July 2007				

BUQI written exam

CONGRATULATIONS!

In June 2006 a written exam was taken from students who follow the professional Buqi therapists training. We are pleased to announce that the following Buqi students have successfully passed the exam:

<i>Barbara Allen</i>	<i>Elaine Parkinson</i>
<i>Ashton Begent</i>	<i>Steve Pine</i>
<i>Jason Doorga</i>	<i>Marc Price</i>
<i>Chris Fernie</i>	<i>Taiga Przibylla</i>
<i>Sheila Green</i>	<i>John Roberts</i>
<i>David Hall</i>	<i>Anne Russel</i>
<i>John Kidson</i>	<i>Ann Sheldon</i>
<i>Steve Lovell</i>	<i>Vicky Siggens</i>
<i>John Massey</i>	<i>Patricia Stewart</i>
<i>Stephanie McGrath</i>	<i>Anke Thoss</i>
<i>Tony Merideth</i>	<i>Tore Tunheim</i>
<i>Catriona Mundle</i>	<i>Paolo Udovicic</i>
<i>Jeannette Nyquist</i>	<i>Edmond Williams</i>

The graduation will be celebrated during the summer of this year (date to be announced). Buqi diplomas will be handed out then to the new Buqi therapists. In the meantime: all whose names appear on the list are authorised by Shen Hongxun College / Buqi Institute International to practise Buqi professionally. If you need written confirmation of this for insurance purposes etc., please contact us.

Some of you still need to hand in some of the ten obligatory case studies. Please do so before next summer, so you can take part in the graduation ceremony.

In the weekend of 23-24 June there will be another opportunity to take the written exam. Please register in time through **info@buqi.net**.

Advanced course of Acupuncture

Qi Needling

*Transmit Qi to your patient to create and direct internal movement
for the elimination of Binqi/Xieqi*

Three seminars in France with **Dr. Shen Hongxun**
9-11 March / 28-30 September / 23-25 November 2007
Valence (South of France)

BUQI Lyon



Buqi Lyon
La Planche, 07360
Dunière sur Eyrieux, France

+31 (0)485 523 929 (NL) - +32 (0)3 281 0532 (B)
buqibelgium@buqi.net - www.buqi.net

Booking form Qi Acupuncture Valence

Name:

Address:

E-mail:

- I book for the following seminars:
(Fee per seminar: € 280,-)
- Seminar 1: Develop your own energy force
9-11 March 2007, Valence (South of France)
- Seminar 2: Needling with energy force
28-30 Sept. 2007, Valence (South of France)
- Seminar 3: Different needling techniques
23-25 Nov. 2007, Valence (South of France)
- Please send information about accommodation

Date:

Signature:

Qi Acupuncture

The most important aspect of the work of an acupuncturist is to provoke an internal movement within the patient to guide pathogenic factors (Binqi or Xieqi) out of the patient's body and to change its quality. This internal movement can be perceived by the patient as 'qi-sensation'.

There are many different qi-sensations, each one being triggered by a particular treatment technique chosen to treat a certain condition. Undoubtedly most acupuncturists are able to provoke a qi-sensation within their patient. The crucial point however is the ability to control and guide the qi flow.

In ancient times early acupuncturists used their own internal energy force (Dantian force) to change, move and expel Binqi. They transmitted their energy force through the needle directly to the problem area in the patient's body. Acupuncturists who are able to do this can give much more powerful and effective treatment.

During the three parts of this training Dr. Shen Hongxun teaches fast and effective exercises and methods to first 'awaken' your Dantian, develop and employ Dantian force and to use this energy in order to enhance your needling technique and to create movement and extraction of Binqi/Xieqi from patients' meridians and organs.

The "Qi Acupuncture" courses are open to all practising acupuncturists and those studying acupuncture.

+31 (0)485 523 929 (NL) - +32 (0)3 281 0532 (B) - buqibelgium@buqi.net - www.buqi.net

Dr. Shen Hongxun

Dr. Shen Hongxun is a doctor of western and traditional Chinese medicine. He has taught acupuncture to TCM and conventional western doctors in Shanghai and Xinjiang.

In 1987 Dr. Shen was invited by the Universities of Gent (Belgium) and Venice to supervise Ph.D. students. Later he founded the Buqi Institute International (Belgium) and Shen Hongxun College (UK). He has since been teaching in Europe and the USA.

Dr. Shen has incorporated into his medical practice the energy forces he has developed since a very early age. He acquired these techniques through intensive study with acclaimed qigong and Taiji masters. He obtained remarkable results when he began treating patients, using energy forces. Based upon these early successes he continued to deeper research the effects this method of treatment has on different health conditions. This led to the development of the Buqi System.

The principles of the Qi Needling process

From the book 'Qi Needling' by Dr. Shen Hongxun

1. Bringing the Dantian force to the tip of the needle

The Dantian force can travel through the body and continue travelling out of the body to the tip of the needle and into the patient's body. The practitioner only needs to stretch the arm more, especially stretching the joints of wrist and fingers. Then at some point you will feel that the needle has a vibration. The patient will get a comfortable feeling in the needling area: warmth or vibration. When the patient still feels pain as before the treatment, it means the tip of the needle is not in the meridian or acupuncture point. So you need to move the top of the needle to the correct location and layer.

2. Sending the Dantian force into the patient's body

When the force has reached the meridian and the right point, you need to concentrate the mind. First breath in and use the fingers to pull the needle up slightly. Then breathe out and push the needle down to the meridian. Breathe out once deeply and stretch the arm some time to make the dantian force contact the patient's meridian.

3. Sending the Dantian force to the sick area

Combine the three forces of mind, Dantian and breathing to control the Dantian force through the top of the needle. First follow the opposite direction of the meridian: sending the force into the area you wish to treat. Then immediately reverse the direction of the force to an exit point (hand or foot).

Booking information Qi Needling

Dates (2007)

9-11 March, 28-30 Sept,
23-25 Nov

Cost

€ 280/seminar

Program

Daily 9.30 – 17.00

First day registration at 9.00

Venue

"Vacancier"

L'Épervière

Chemin de l'épervière
26000 Valence, France

Accommodation

At Vacancier or in hotel. Ask
us for options.

Booking

Buqi Lyon

La Planche

07360 Dunière sur Eyrieux, France

Info

buqibelgium@buqi.net

+32(0)32810532 (B)

+31(0)485 523 929 (NL)

A letter from Chris Vine

With reference to your request for anecdotes about study with Dr. Shen HongXun, I have a small story to contribute which you may or may not find interesting.

I was participating in a Wuxi Meditation workshop and we were working with the mantra "Namo Omi Do Veh". After a while I felt sleepy and was unable to maintain my upright sitting position, and I gradually reclined more and more back into my chair. But then I began to realize that I was not in fact asleep, but resting in some other state - and I began to perceive a small light in front of my closed eyes, in the centre of my head, which I was able to continue observing. Shortly after this the meditation session came to an end, I opened my eyes and discovered Dr. Shen standing directly in front me, and he said to me: "You seeing light".

Many of us have has more spectacular experiences than this, but for me this was a very powerful moment that demonstrated (as if I needed any more demonstration!!) how connected Dr Shen stays to his students.

I have had some extremely profound body/mind experiences as a result of my studies with Dr. Shen, and I feel extremely lucky to have had the opportunity to be his student over the past 13 years.

Best wishes,
Chris Vine

Londrina, Brazil
30 December 2006

Send us pictures and stories!

During the Taiji congress we wish to install a photo exhibition about the 19 years that Dr. Shen has been teaching in Europe. If you possess interesting photos from this period we would very much like to receive them. Send good quality scans and digital images to **info@buqi.net** or send hardcopies to: Buqi Institute, Smidsestraat 180, 9000 Gent, Belgium. Mark hardcopies with your address for return sending.

We want to colour the exhibition with stories of students' experiences. So dig into your memory and write something about the most special, strange or hilarious experience that you have had in relation to Dr. Shen Hongxun's courses. Send your story to **info@buqi.net**.

BUQI Institute International
Smidsestraat 172
9000 Gent, Belgium

+44 (0)208 771 1318 (UK) / +32 (0)9 222 1004 (B)
meditation@buqi.net / www.buqi.net



Five-day Meditation in Lille (France)

14-18 April 2007

Golden Light Meditation

With Dr. Shen Hongxun and Shen Jin

BUQI Institute International
www.buqi.net / meditation@buqi.net



Golden Light Meditation

Find the bright light within yourself through posture (sitting position, hand position, etc.), breathing techniques and mental exercise. Through deeper exercise and practice on the levels of the mind and the energy body, learn how to grow and expand to unite with the cosmos. Peace and tranquility, relaxation, health and happiness will follow as you find a new state of being resulting from this meditation practice.

Practical details

Date: 14-18 April 2007

Venue: CREPS
59635 Wattignies (Lille)
France

Cost: € 200

Program: Sat - Tue 10 am - 5 pm
Wed 10 am - 2 pm

Accommodation:

Full board at CREPS. Shared rooms only.
(± € 30 p. p./night)

Bookings/info:

Due to limited accommodation space, please ensure to reserve your place by sending the booking form to the address overleaf or contact us by email or phone no later than 30 March 2007.

BUQI Institute International

+44 (0)208 771 1318 (UK) / +32 (0)9 222 1004 (B) / meditation@buqi.net / www.buqi.net

Dr. Shen Hongxun (Lama FoRe)

Dr. Shen Hongxun is a physician trained in allopathic and Chinese medicine. For more than 50 years he has researched different methods and systems of energy and spiritual work. His root master is Lama Fahai.

Dr. Shen has been teaching meditation for 18 years in Belgium, France, England and the United States. In his seminars Dr. Shen supports his meditation teachings with his knowledge of western medicine and TCM. This helps students to quickly advance in their practice.

Master Shen Jin

Master Shen Jin ("Shanghai 1957) is director and principal teacher of the Buqi Institute Belgium. She has studied since childhood with her father Dr. Shen Hongxun and now has been teaching Taijiwuxigong, Taijiquan, the Buqi system and E-mei daoyin internationally for over 25 years.

Booking Form

Golden Light Meditation, Lille 2007

Name:

Address:

Phone:

E-mail:

- I wish to register for the Wuxi Meditation course (€ 200)
- I wish to book full board accommodation (± € 30 p. person p. night)
- I prefer to share rooms with:
- I wish to book an extra night for Friday April 13
- I require vegetarian meals
- I wish to receive info of local hotels

Date:

Signature:

Booking information Golden Light Meditation

Date 14-18 April 2007

Location Lille (Northern France)

Cost € 200

Accommodation

Full board at CREPS. Shared rooms only.
Cost of full board: ±30 euro p.p./night.

Booking

Please book early! Detailed information can be found under "How to book for courses" on page 16.

How to book for courses

We ask you urgently to book as early as possible for our international courses. This goes especially for the **Taiji Congress**; as we expect a large number of people for this course, we need to receive bookings early so we can do our best to organise accommodation for everybody. Please send your reservation straight away to **info@buqi.net**. Accommodation details will be announced nearer the date of the course.

Booking forms for all our international courses will be available on our website **www.buqi.net** as of two months prior to the relevant course. The booking forms for the Taiji37 and Taijijin courses will be available as well on **www.taiji37.com**.

Credits

Editor in chief: Dr. Shen Hongxun
Editors: Ute Lüttich
Maarten Keijzers
Associated editors: Onintze Prencipé
Ann Sheldon
Hilary Thompson

Contact addresses

Shen Hongxun College

+44 (0)117 377 0103
buqibristol@buqi.net

+44 (0)208 771 7237
buqibrighton@buqi.net

Buqi Institute International

+ 32 (0)9 222 1004
info@buqi.net



Fahai Lama
Root Master of Dr. Shen Hongxun