This Seminar

Master Shen Jin, director and principal of the Buqi Institute will be teaching.

Teachers and advanced students will have the opportunity to deeply research and experience the internal movement of different Daoyin.

Buqi Institute

Buqi institute wishes to build a bridge between East and West, specifically with regards to Chinese medicine. Its objective is to present this knowledge to the West in a scientifically responsible way.

The Buqi Institute is growing steadily. At the moment there are events happening in Belgium, Holland, the UK, Luxembourg, France, Norway, the USA and Switzerland. The college organises different courses and seminars on:

Taijiquan or Tai Chi Chuan

There are two main schools of taijiquan: the Beipai or Northern School, and the Nanpai or Southern School. The Buqi Institute, Belgium and Shen Hongxun College, UK, are the only organisations still teaching Nanpai. Classes are available in Taiji 37 of the Nanpai, and the ‘Heaven Mountain’ style of taijiquan, which is developed from traditional Yang style taijiquan. ‘Heaven Mountain’ style taijiquan is taught in the long, medium, and short stance.

Qigong or Chi Kong

Taijiwuxigong and the 12 E mai Daoyin are two highly effective Qigong systems. Taijiwuxigong is taught in evening and weekend classes in Belgium, Holland, France, England and USA. Two annual Taijiwuxigong five-day residential summer seminars are held, one in Gent, Belgium, one in Shropshire, UK. The 12 E mai Daoyin is taught once a year in Mortsel, Belgium and there is a five-day Easter meditation course, teaching techniques to awaken latent functions.

The Buqi System

Buqi is a healing system that works with our innate energy forces. During treatment these forces are applied from a distance, there is no need to touch the patient. Results can be swift and powerful. The fundamentals of Buqi can be learned during the initial six-day seminar, open to all. A two-and-a-half-year diploma course can be followed. Buqi also encompasses teachings on daily life, nutrition, meditation, and on how to use Buqi forces for enhanced artistic expression, athletic performance, etc.

Master Shen Jin

Master Shen Jin (°Shanghai 1957) is director and principal teacher of the Buqi Institute. She holds a diploma in Traditional Chinese Medicine and began studying taijiquan and qigong with her father at the age of nine. At 21 she began to teach and became the youngest female master in the history of qigong. She has been teaching Taijiwuxigong, taijiquan and E-mai internationally for over 25 years and has developed the same ‘empty force’ for which her father is world famous.

Dr. Shen Hongxun

Dr. Shen Hongxun (°Shanghai 1939) is trained as a physician in Chinese and Western medicine. He held positions as Hospital Director and Director of a pharmaceutical company. He was also the honorary director of the Qigong Science Society of China.

Dr. Shen incorporated into his medical knowledge the special internal forces he had developed since boyhood. He has been practicing for over 50 years and learnt these techniques with acclaimed taijiquan masters, Buddhist and Taoist monks and his grandfather Shen Baotai. He began to treat some of his patients using these energetic forces. The results were very positive. Based upon these early successes he continued to research the effects this method had on different conditions. This led to the development of the Buqi System.

In 1987 the Universities of Gent and Venice both invited Dr. Shen to supervise Ph.D. students. Later he founded the Buqi Institute, Belgium and Shen Hongxun College, London. He has since been teaching in Europe and the USA.

International Taijiwuxigong Course

Spontaneous Movement for Health and Happiness

30 July – 3 August 2011

Gent, Belgium

with master Shen Jin
Taijiwuxigong

We have adapted remarkably well to modern life, yet changes in our style of living and working have profound effects on our health and wellbeing. Taijiwuxigong uses different standing, sitting and lying down positions in order to find and connect with the Earth Force.

A Double Vicious Circle
Incorrect Body Posture and Negative Emotion

During the 1992 World Congress of Medicine about the relationship between the spinal column and disease, it was reported that there is a link between problems of the spine and over 40 different conditions and illnesses, such as asthma, diabetes, back pain, joint and muscle problems to name but a few.

In fact, in his research Dr. Shen Hongxun has found that in addition to spinal problems, negative emotions and stress also play a key role in the development of disease. This led to the development of his theory of the Double Vicious Circle, which describes incorrect body posture and negative emotions as the two primary factors in the development of a major disease.

Negative emotions affect the body’s biochemistry and result in the formation of toxic metabolites by-products. These products tend to accumulate in the spaces between the vertebrae but also in other joints and organs. Most spinal problems are the result of long-standing incorrect body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pulling force of the earth (as opposed to it’s pushing force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

Exercises with Spontaneous Movement

Taijiwuxigong, 30 July-3 August 2011, Ghent

Spontaneous movement does not always have to be involuntary. It is possible to intentionally induce spontaneous movement to regulate and optimise the body’s own auto-regulatory mechanism and self-healing function. One key element of spontaneous movement is our body’s vibration. Billions of body cells are continuously oscillating in all different directions at all times, thus creating different frequencies in different parts of the body.

Unhealthy cells in diseased areas vibrate at a different frequency to healthy cells. This is possible because the vibrations of the body’s cells, which can be regulated and optimised for health and healing. Another essential component of spontaneous movement is the vibration of Earth Force. Taijiwuxigong uses different standing, sitting and lying down positions in order to find and connect with the Earth Force.

Prevention and Treatment
Spontaneous movement as taught within Taijiwuxigong is a very effective method for preventing the onset of many diseases and in preventing ourselves in good condition.

Moreover, it also addresses many health problems such as respiratory diseases, digestive disorders, Diabetes, gynaecological conditions, hemiplegia, back, joint and muscle problems, premature ageing and many others.

People who are doing a lot of desk and computer work and are suffering from computer syndrome also find it very useful to strengthen the body posture and negative emotions as the two primary factors in the development of many diseases and for keeping ourselves in good condition. This led to the development of his theory of the Double Vicious Circle, which describes incorrect body posture and negative emotions as the two primary factors in the development of a major disease.

In the course of his research, Dr. Shen Hongxun has found that in addition to spinal problems, negative emotions and stress also play a key role in the development of disease. This led to the development of his theory of the Double Vicious Circle, which describes incorrect body posture and negative emotions as the two primary factors in the development of a major disease.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.

The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pushing force (as opposed to it’s pulling force) lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues, and they provide oxygen and nutrients to the tissue and organs. Most spinal problems are the result of poor body posture.