

Zy Qigong

IMAGE THERAPY HANDBOOK

Client:

Appointment 1:

Appointment 2:

Appointment 3:

Appointment 4:

Appointment 5:

Appointment 6:

Appointment 7:

Appointment 8:

Appointment 9:

Appointment 10:

Appointment 11:

Appointment 12:

Please call us as soon as possible if you need to change or re-schedule any of the above appointments.

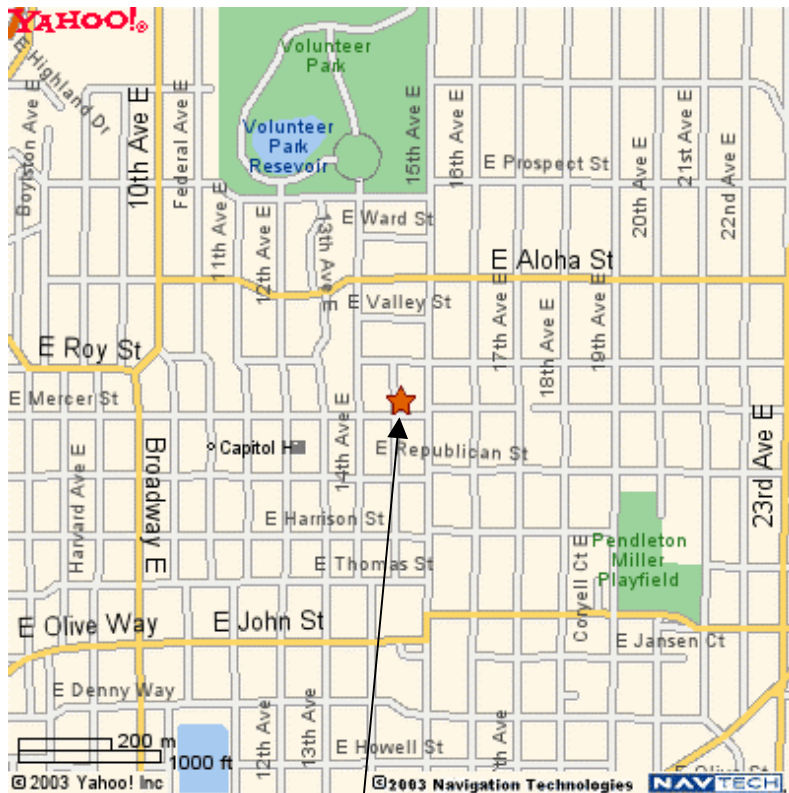
Please confirm whether your appointment is at our ZYQ Center on Malden or at another location.

Directions to ZY Qigong Office:

626 Malden Ave. East Ste. 2,
Seattle, WA 98112-4547
(206) 726-0088

*Capital Hill neighborhood,
5 blocks north of Group Health,
4 blocks south of Volunteer Park,
1 block west of 15th, 7 block east of Broadway.
Light green house on the corner of Roy & Malden.*

Street PARKING on Malden, Roy and 15th.
Parking is easy to find on weekdays.



Our office is located on the corner of Roy & Malden

I-5 South: miles
Take the **BOYLSTON AVE.** exit, exit number **168A**,
towards **ROANOKE ST.** 0.1
Turn **LEFT** onto **E ROANOKE ST.** 0.1
Turn **RIGHT** onto **10TH AVE E.** 0.2
Turn **LEFT** onto **E ALOHA ST.** 1.2
Turn **RIGHT** onto **14TH AVE E.** 0.2
Turn **LEFT** onto **E ROY ST.** 0.0
Turn **RIGHT** onto **MALDEN AVE E.** 0.0

I-5 North:
Take the **OLIVE WAY** exit, exit number **166** 0.2
OLIVE WAY becomes **E JOHN ST.** 0.8
Turn **LEFT** onto **15TH AVE E.** 0.1
Turn **LEFT** onto **E ROY ST.** 0.0
Turn **LEFT** onto **MALDEN AVE E.** 0.0

I-90 W: 6.5
Take the **I-5 NORTH** exit, exit number **2C**, towards
VANCOUVER B.C. 0.7
Then follow directions above for I-5 North.

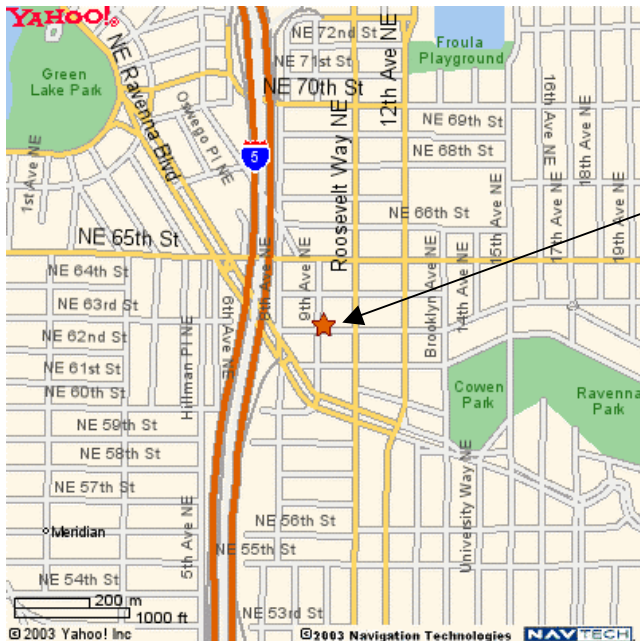
WA-520 W: 5.5
Take the exit **168B**, stay on the **RIGHT** lane 0.1
Turn **RIGHT** onto **E ROANOKE ST.** 0.0
Turn **RIGHT** onto **10TH AVE E.** 0.2
Turn **LEFT** onto **E ALOHA ST.** 0.3
Turn **RIGHT** onto **14TH AVE E.** 0.1
Turn **LEFT** onto **E ROY ST.** 0.0
Turn **RIGHT** onto **MALDEN AVE E.** 0.0

Downtown Seattle:
Take **OLIVE WAY** going **EAST**
Then follow directions above for I-5 North.

Directions to Seattle Healing Arts Office:

6300 9th Ave NE
Seattle, WA 98115
(206) 522-5646

**Free 2 hour Street PARKING on 9th Ave NE or
Pay parking lot in front of Seattle Healing Arts**



Mingtang will treat clients here in 2004 and possibly 2005.

I-5 North:

Take the **RAVENNA BLVD/NE 65TH ST** exit #170 **0.2** mi
Bear **RIGHT** on **NE 63RD ST** **0.1** mi
Turn **LEFT** on **9TH AVE NE** **<0.1** mi

I-5 South:

Take the **N.E. 65TH ST./N.E. 71ST ST.** exit #171 **0.1** mi
Continue on **6TH AVE NE** **0.1** mi
Bear **LEFT** on **NE 70TH ST** **0.2** mi
Turn **RIGHT** on **ROOSEVELT WAY NE** **0.4** mi
Turn **RIGHT** on **NE 63RD ST** **0.1** mi
Turn **RIGHT** on **9TH AVE NE** **<0.1** mi

THE IMAGE THERAPY HANDBOOK

ZY Qigong healing—Image Therapy—is explained in this handbook. It is not only intended as information for clients of Image Therapy, but also serves as a learning tool for Image Therapy students.

WHAT IS QIGONG?

Qigong is one of the world's oldest systems of healing and self-development. It is said that qigong scanning was used by the legendary Chinese emperor Shin-nong to develop the fundamentals of Chinese herbal medicine more than seven thousand years ago. Many other well-known disciplines, such as fengshui, ba-gua, acupressure, acupuncture, Chinese astronomy, and taichi also come from ancient shamanic and self-development practices that are now known as qigong. All these disciplines share the same principles, and they are based on the three main theories of Yin/Yang, Five Elements and Ba-gua. Taichi, for example, a set of gentle movement exercises that benefit health, was brought to us by qigong master Zhang Sanfeng of the Ming dynasty (1368-1644). These systems of knowledge are the result of direct knowledge and ability-transfer by qigong adepts.

Qigong shares similarities with other ancient healing methods and teachings from around the world. The concept of qi (vital energy or life force) exists in almost every culture. It is called “qi” in China; “ki” in Japan, and “prana” in India. Qigong is one of the most complete systems of health and self-development in the world.



WHO IS MINGTANG XU?

Mingtang is the current grandmaster of a system that is more than 7,000 years old. He comes from an ancient Shamanic family that has contributed to the founding of Zen Buddhism in China, and has been closely associated with the Shaolin monastery. As one of the foremost teachers and healers in Chinese medicine today, he has transmitted this system to more than 30,000 students.

WHAT IS ZY QIGONG?

Steeped in shamanic, Taoist and Buddhist practices, the ZY (Zhong Yuan) Qigong system integrates and transforms the physical, energy and spiritual anatomies. It is one of the most complete development systems in the world. Its teachings and learning come from the entire universe. Countless practitioners have realized ultimate freedom through ZY Qigong. In the course of one's practice, these teachers appear to further one's development.

WHAT IS ZY QIGONG HEALING—IMAGE THERAPY?

In ZY Qigong, we use Image Therapy to heal. An Image Therapy practitioner first does a QIGONG SCAN of the client. This is done on three levels—physical, energy, and informational.

On the physical level, the practitioner scans the structures of the body. For example, if the practitioner sees a hole in the stomach, it means that the client has an ulcer. If he/she sees tiny black dots moving in the client's blood, the client may have joint pain, or in a more developed case, arthritis.

An Image Therapy practitioner then scans the energy system, which is just as complete and complex as our physical system. Many ailments manifest themselves in the body's subtle energy field long before they produce physical symptoms. For example, cancer can be detected energetically years before it manifests physically. An early warning can alert you to start preventative care so that it never develops.

When the Image Therapy practitioner scans your informational system, he is looking at the mind, its learned knowledge, thought processes, emotions, beliefs, spirit, DNA information, and environmental and social influences on your health. More people are becoming aware of how emotions and beliefs can cause physical illness. When it is necessary, the practitioner scans to find the time and the event that caused an illness.

In one case, Mingtang told a client that she was holding onto some deep anger and resentment from an event that had happened 30 years ago, and that it was manifesting energetically in her liver. This helped her to release the unwanted energy so that it did not turn into physical disease.

Because the physical, energy and informational systems are interconnected, they affect each other equally. When you are physically vibrant and healthy, your energy is strong, your emotions are stable, and your thoughts are clear. When your energy is low, your body is weak, your immune system is weak, your informational system is weak, and you become easily stressed and depressed.

ZY QIGONG IMAGE THERAPY TREATMENT

The Image Therapy healer scans and treats the entire person. The treatments are individually tailored because no two people are the same, and no one person is the same over time. Different clients may share similar symptoms while the origins of their illnesses are quite different. Or they may have very different symptoms while the origins of their illnesses are similar.

For example, a little girl and a young man both suffered from rapidly worsening eyesight. Upon completing their health history forms, we found that they both had severe long-term stomach problems. After scanning the little girl, Mingtang concluded that she had eaten something that caused the stomach problem, which in turn made her liver function extremely low. The low energy in the liver channel affected the energy in the eye channel and made one of her eyes near-sighted, and the other far-sighted. Mingtang treated her stomach primarily, then her liver, and then her eyes. Her eyesight returned to normal in 6 treatments.

As for the young man, he had contracted a parasite in his liver. The low functioning liver affected his digestion, which then caused near-sightedness in just a few months. So the treatment for the young man was entirely different than for the little girl.

POSITIVE “SIDE EFFECTS” OF IMAGE THERAPY HEALING

Clients often find that symptoms other than what they are being treated for disappear. Image Therapy treats the whole person. It may be that treatment for an ailment of the stomach or the kidney results in alleviation of this complaint as well as a fifteen-year impotency problem, low energy, depression, headaches, etc. Many clients report feeling calmer, emotionally grounded and happier, as well as having increased immunity, more energy, greater mental clarity and focus, and feeling better in general.

- *A woman age 90 said after 4 treatments, “I have never had such mental clarity and focus in my entire life!”*
- *Another client said after two treatments, “I feel like an energy bomb went off in my body!”*
- *A client with more than ten years of chronic fatigue said, “I feel like myself for the first time in ten years! I have so much more energy and focus that nothing seems too hard to accomplish. Everything seems to be more vivid and colorful!”*

Long-term studies show that PERSISTENT QIGONG PRACTICE prevents illness, prolongs life, and develops human potential. Hundreds of Mingtang's clients have become students, and with practice have developed their own scanning and healing abilities.

ENERGY, PHYSICAL, AND INFORMATIONAL TREATMENTS

ZYQ Image Therapy practitioners use their developed energy to “jump-start” weakened or dormant energy systems, to awaken qi centers, open qi channels, and to re-establish innate healing processes. Using the information gathered from scanning, the practitioner tailors his treatment to balance the client’s qi within the body among the organs. He takes away excess qi, puts in qi where needed, and restores a state of complete balance. He activates your connections with the universe and gathers external energies that benefit your specific condition.

If the client has an energy imbalance, blockage or stagnation, and the problem has not changed the physical body or entered into the informational system, one treatment may solve the problem.

In one case, a nurse practitioner that worked at a sports clinic had lower back pain for two weeks. Her doctor could not determine the cause. Mingtang saw an energy blockage in her back, and after 15 min. of treatment her pain lessened by 80%. Two days later she still felt some pain and by the third day the pain was gone. Two years later she still had no pain.

Another woman had chronic back pain for years. She attended a ZY Qigong workshop and during the Big Tree exercise experienced severe pain because the energy in her body was trying to open a blockage. Mingtang passed by her and felt her pain. He unblocked the channel and six months later she said that the pain had never returned.

If excess energy or bad information has already changed the physical body, or the injury has caused physical damage, more Image Therapy treatments and supplements may be needed to rebuild the physical body.

For example, one client had a car accident three years ago and suffered structural damage to the lower spine. She was told that surgery might help, but that it would not stop the pain. She was looking at a life of increasing pain medication when she met Mingtang. He scanned her and saw that the bone marrow was crushed during the accident and had not healed. Many nerves were damaged as well. After a course of treatment, she was able to hike the trails on Mt. Rainer for two days without any pain. Her continual practice of qigong eventually healed her back completely.

Once I (Claire) saw a young client who was in a near fatal car accident and was in a coma for a week. This caused much immobility. While I was working on waking up some areas that were

asleep, I knew it was excruciatingly painful for him, but he didn’t say anything. So I asked him why he was able to relax and let me work on him so effectively. He said, “I thought if I can stand the accident (injury) pain, I can stand the healing pain.” Then after a while he said, “The (healing) pain is like weakness leaving the body.” I was quite taken aback by the simply truth in his statement.

Physical damage takes longer to heal, and nerve damage can take even longer to completely recover.

Energy and information healing can change the physical body. For example, a client came to Mingtang for low immune system issues. He is a chiropractor. Because one vertebra of his spine always popped out, he had to ask a colleague to adjust him regularly. After a course of treatment with Mingtang, not only was his immune system strengthened, the problematic vertebra in his spine stayed put. Months later when we saw him at a party, he commented how amazed he was that his problem vertebra had continued to stay in place.

To heal the informational system, Mingtang looks into the original events in one’s past that caused the emotional damage. When it is useful for healing, he would help the client to remember the origin of the illness and to follow it in the progression of time. He may use images or mantras to help the client undo the cause. Mingtang also tries to supplement incomplete knowledge or philosophies and to enhance a client’s outlook on life. Sometimes there are conflicts that need to be resolved before healing can take place.

Nothing physical, energetic, or informational simply disappears. It all needs to go somewhere. Mingtang may mediate between the physical, energy and informational systems to resolve a situation that is harmful for the client. Energy and informational healings are harder to explain than physical healings because our culture has primarily focused on the study of the physical realm for the last two centuries. Studying with Mingtang will address further questions with respect to these interrelated systems.

Since all three aspects of a human being—physical, energy and informational—are all inter-connected, all three aspects need to be restored to balance in order to heal one’s illness. Emotions might be connected to a physical illness. During the course of treatment, some emotional release—sadness, anger, fear (in forms of shaking or laughter)—may occur. The client may feel emotional intensity during the period of healing. This is normal. After the release, your overall health will come to a more balanced state.

In this treatment modality, each of the body's organs is seen as a living entity. Therefore, different illnesses require different informational treatments. For example, while some organs with informational deficiency may require treatment with tenderness and nurturing, another may require removal of information that does not belong. To remove some information from a client, Mingtang might tap into different emotions during treatment. The healer's emotional attitude during healing is directed toward the disease and not the person, something clients sometimes have difficulty understanding. To gain a more comprehensive understanding of the informational aspect of ZY Qigong Image Therapy healing, you may want to attend a ZY Qigong class or retreat.

HOW IS IMAGE THERAPY DIFFERENT FROM OTHER HEALING MODALITIES?

Since the founding of modern laboratory medicine at the turn of the century, people of the western world have gotten used to the idea that the doctor will do everything for them. Most of us have forgotten that we have an innate ability to heal ourselves.

Image Therapy treatments activate our self-healing system. They require the client to cooperate and fully participate with the practitioner for maximum results. Some clients will be given simple qigong exercises to perform during their course of treatment. Doing these exercises will shorten your treatment and healing time.

Many of us have the misconception that we should not be in any kind of pain. Pain is not "bad," it is simply a signal from your body. Some part of your body is communicating to your nerves and then to your brain that something is not right and needs attention. Sometimes, when the pain is chronic, our body and brain learn to live with it and ignore it. In this circumstance, your body and brain have to wake up and become aware of what is wrong in that part of the body before they can correct it. So after two to four treatments, you might feel more pain before you feel better. **THIS IS A NORMAL PART OF THE HEALING PROCESS.**

Some qigong exercises might bring about more uncomfortable sensations. When qi is trying to go through blockages, there is more pressure than usual and sensations of tingling or pain might be felt. For many people, the Big Tree stance is uncomfortable at first, because during the stance, your body tells you everything that is wrong with it, in the form of pain, numbness and other sensations. If you continue your practice, energy will become stronger in your body, and it will be able to push through blockages and stagnations. It will open energy channels,

and the body will become more energized, relaxed and healthy. Healing yourself with qigong exercises might take a few days for an acute problem or a few years if you are healing a chronic condition. It also depends on how much and how deeply you practice.

Image Therapy treatment by Mingtang can bring about results VERY QUICKLY. He increases the energy in your body at each session so that your system makes the desired changes rapidly and safely. If you choose to be healed by Mingtang or other ZYQ Image Therapy practitioners, it is important to FOLLOW THEIR INSTRUCTIONS PRECISELY.

Often the thyroid gland will correct after one treatment. If you are taking thyroid medication, your levels might change radically. Mingtang may ask you to have your primary doctor order a thyroid level. One client did this and the lab result showed the anticipated result of too much thyroid. The primary doctor instructed him to lessen the dosage and to continue taking the medication. The client did it quite safely, but because he did not go off the thyroid completely, his Image Therapy treatments had to be lengthened. Some clients did not call their primary care givers. Some did call, but lab tests were not considered. Because their thyroid levels were too high, they felt bad and their Image Therapy treatment had to be lengthened.

Mingtang uses regeneration methods that may require you to take calcium, herbs, or some other supplements to help your body through the transition. When he tells you to take something, YOU NEED TO TAKE IT IMMEDIATELY because your body needs additional nutritional support to rebuild and heal. Not taking the prescribed nutrient may result in headache, muscle spasms, and longer healing time.

Image Therapy treatments and practice can significantly improve the immune system. Cancerous cells can be found in everyone, and it is important to keep the immune system healthy so that cancer or some other disease does not manifest physically. Image Therapy treatment and qigong practice not only prevent cancer, it can heal many cancers even in the advanced stages.

One of Mingtang's clients was told by her doctor that she had a large tumor in her breast and the boundary was not clear. She was told that it was very serious, and that a mastectomy was indicated. She refused and came to see Mingtang. The neck and back pain from the tumor made it difficult for her to move. After two weeks of Image Therapy treatments, her mammogram became normal and showed no cancer. She continued to practice qigong everyday. One day she fainted during practice and didn't wake up for three days.

After that, all of her medical tests were normal. She has been clear of cancer since 1993. She attends qigong workshops and teaches qigong to others as well.

AREAS OF HEALING WHERE ZYQ IMAGE THERAPY IS MOST EFFECTIVE

ZYQ Image Therapy has been effective especially in areas that western medicine so far has found no standard effective treatment for. This is because Image Therapy increases qi, or vital energy, and improves the physical, energy and spiritual anatomies at the same time. For example, western science recently discovered “lazy cells.” ZYQ Image Therapy methods have been waking up “lazy” organs and cells from its very start. Scientists have just found the link to emotions in a part of the frontal lobe of the brain. ZYQ Image Therapy uses mantras and qi treatments to balance this part of the brain to achieve emotional imbalances.

HOW ZYQ WORKS WITH CHRONIC CONDITIONS

When we do ZY Qigong Image Therapy healing, we wake up areas and organs that are chronic, asleep, stagnant, numb or have dull pain. A lot of times, clients say it feels as if some area that has been uncomfortable for a long time is finally getting the attention it has been wanting. We bring the body’s attention to these areas so that it realizes that “this is not right”. We need to send extra help here, extra blood and qi. Once awake, the areas would feel more acute. The deep stagnant energy comes to the surface so the body can feel it more, and so we can move it out more easily.

When something is chronic, there are also many layers: physical, energy, and informational (emotional, environmental and family memories, etc.). We work to eventually get all layers to release. And that is when the cellular memory is finally released. The area can assume its original healthy state.

Sometimes different organs and areas are in a tightly weaved web. That is when we need to change the equilibrium of the system by working with each organ one by one, upset the old unhealthy equilibrium and establish a new healthy one.

When a system’s function improves, the client will feel many seemingly unrelated benefits. For example, when the kidneys are cleaner and stronger, one’s sexual energy is more robust; one’s hearing can improve; one’s bones and teeth can become strong again; and one will be less affected by fears and anxieties, just to name a few of the kidney system. Of course, all the other vital organs will also benefit.

WHAT IS THE RATE OF RECOVERY IN IMAGE THERAPY TREATMENTS BY MINGTANG?

Mingtang has been treating people since the age of seven. He has healed thousands in China, former Soviet republics, Germany, Spain, Israel, Hungary, Latvia, The Slovak Republic, The Czech Republic, and the United States.

The rate of healing depends on many factors. One factor is the client’s attitude. Some people are ready to accept the responsibility to heal, and some are not. The rate of healing also depends on whether the condition is chronic or acute, how strong the immune system is, the age of the

person, and how supportive the family environment is. USUALLY THE INDIVIDUAL’S ATTITUDE IS THE MOST IMPORTANT FACTOR IN THEIR RECOVERY, more so than the severity or length of illness.

From past experience, we have found that clients who are not ready to be well, who don’t follow instructions, who do not practice, who do not prioritize their healing, who are not ready to change their ways of thinking, their unhealthy living habits, and their unhealthy living environment, are the ones who do not have good results. No one can guarantee complete recovery. Your choices can optimize your results.

Mingtang has been successful in treating many forms of cancer, such as cancer of the breasts, ovary, uterus, cervix, prostate, lung, and brain. For many clients, after one course of Image Therapy treatment with Mingtang, cancerous cells were undetectable. In many clients, the tumors would be assimilated into the body after six months to two years. For extremely late stage cancer clients, Image Therapy treatments can reduce the pain and suffering, and minimize the length of morbidity.

However serious your illness is, if you do one simple qigong exercise every day, you are going to feel something change.

HOW CAN I INCREASE MY CHANCE OF RECOVERY? (AN IMAGE THERAPY CLIENT’S RESPONSIBILITY)

Please read the following suggestions for optimizing your healing journey and sign below if you will follow them. If you have difficulty making a decision, please first consider taking a class or a retreat to gain more understanding of ZY qigong and Image Therapy.

1. Are you ready to heal? Complete recovery can happen only if you are ready to let go of the disease. You need to be ready to confront issues, unhealthy emotional, physical, social, environmental and energy patterns.

Are you ready to change the way you live? This may involve eating different foods, changing priorities, getting more rest, fitting qigong exercises into your schedule, looking at your fears and unhealthy thought patterns, etc. Will significant people in your life be supportive of your decision to be well? You may feel better physically after 12 treatments, but if you don't change your lifestyle, the part of your lifestyle that made you sick in the first place might make you sick again.

2. If you are ready to heal, are you ready to follow the program? Usually a course of healing comprises 8-12 consecutive weekdays. Will you commit to at least 8 treatments? It usually takes the total 8 sessions for the body to change at the cellular level so that the healing result, the new equilibrium would stay. Sometimes stopping at 7 sessions could decrease the healing result tremendously. Will you commit to at least 8 treatments? If you can only schedule 7 sessions and have to wait a week to schedule the eighth session, it is better to wait for a period when you can schedule all 8 sessions consecutively. Skipping treatment sessions reduces the rate of success or increases the number of sessions.

Depending on the illness and stage the treatment, the healing session may last from 20 minutes to more than an hour. After a treatment we strongly recommend rest for three hours because an Image Therapy practitioner's qi continues to heal your body for that period of time after your treatment. Some clients may experience extreme tiredness, nausea, sluggishness, etc. Please DON'T PLAN TO READ, WATCH T.V. OR EAT during this post treatment three-hour rest period. So you can go without eating for this three-hour period after treatment, please remember to eat before your appointment. If you need to drive home directly after treatment, please tell your practitioner and he will delay the start of your rest time. Mingtang says, the treatment is like eating and the rest period is like digestion. Eating more but not digesting will not give you the nutrients you need. Therefore, the rest period is just as important as the treatment period.

3. Are you ready to follow instructions explicitly? If your practitioner instructs you to do something today, and you wait until tomorrow, you will miss the opportunity and delay results. During the healing session, Mingtang gives you a specific energy to make a change, and you may need physical substances to support the changes that the energy is making in your physical body. For example, if he changes your energy so that you can build stronger bones, you may need bone soup and other supplements to provide the nutrients necessary for bone repair. If you are confused by conflicting theories from other doctors and books, please wait to commit to this form of healing until you are ready to follow your Image Therapy practitioners' instructions.

For example, one client with Parkinson's disease was told to double the amount of calcium he was taking. After a few treatments, the client's shaking was worse. When Mingtang asked him if he was taking his calcium, he replied, "Oh, I haven't even bought it yet."

4. When you finish your session with Mingtang, please report to the staff the list of instructions that he has given you. This will prevent any misunderstanding.

One client was told to take herbs over one week. He thought that the herbs were too expensive and divided them into two weeks. After seven treatments the desired result was not reached.

Some pain and sleep medications can be physically or psychologically addicting. Your Image Therapy practitioner clearly knows when the client's body is well enough to stop the medication. If the client doesn't stop the medication, the desired results cannot be reached.

5. There are many healing theories and modalities. Please discuss with Mingtang or other Image Therapy practitioners any other forms of treatment that you are currently participating in, or that you plan to participate in while you are being treated. Not all healing techniques are compatible with your Image Therapy healing treatments. Please check with us to make sure that the treatment methods are complimentary.

6. If your treatment for one ailment is finished, and you want to be seen for another ailment, please fill out a new client health history form. Some illnesses have different origins. For example, if you had diabetes and a painful knee, you would do a treatment series on one problem, and then start a new series of treatments for the other ailment. Mingtang will be able to tell you in advance how many sessions would be required for the second ailment.

7. At the end of a course of treatment, many clients are close to recovery. With time and practice, their healing will be complete. At this point, it is the client's preference or decision whether to let the ailment heal gradually in time, or to continue with the Image Therapy treatment to heal at a more rapid pace. Please discuss with your practitioner.

8. If, during the course of your treatment, you are experiencing a problem or feel insecure about any changes, please call the office at any time.

9. During the course of your Image Therapy treatment, we strongly recommend that you keep a journal of the changes taking place in your physical, energy and informational anatomies. Rating your primary complaints might be helpful. This will remind you to tell your

practitioner of all your changes, physical, energy, emotional and mental. It will also remind you of your healing progress.

10. Please wear soft clothing for your healing sessions: no denim, zippers, or under wire bras. Bras without under wire are fine.

The above recommendations are to make your healing journey more successful. Please understand that you take full responsibility for the decisions you make.

WHAT IS THE DIFFERENCE BETWEEN IMAGE THERAPY HEALING BY MINGTANG AND SELF-HEALING TAUGHT BY MINGTANG AT RETREATS?

The self-healing exercises taught at retreats are for long-term, life-long healing, prevention and self-development. Your own body knows best what is going on within it. With persistent practice, your qi system becomes strong. Since the qi flow in your body indicates blockages or stagnations, you gain a comprehensive understanding of your body, and in time, you will be able to perform a complete self-diagnosis. With more practice, your body automatically heals and balances itself. Many long-term practitioners develop other abilities, such as being able to scan and heal others.

During a course of Image Therapy healing, Mingtang will do a general scan, and then focus on your most important or urgent health problems. He will treat the areas that need to be healed at the present time. Less urgent issues are scanned and dealt with after the urgent health issues subside. Often these less urgent issues can be dealt with through simple qigong exercises. If you would like more knowledge and wisdom about Chinese medical qigong theories and practice, we strongly recommended that you take a ZY Qigong retreat where Mingtang has the time to explain and teach in detail.

Every person has weak places in their body. It could be an ankle that they have sprained many times, a lower back they have injured, glands that tend to swell up, lungs that are weak from repeatedly catching colds, a weak liver from much drinking, or weak kidneys from chronic stress. When one is under an extraordinary amount of stress or experiencing emotional or physical trauma, previously stressed and weak places tend to be re-activated. Regular qigong practice reduces stress, and prevents re-activation of old injuries. After a course of healing, many clients report complete recovery from their main complaints. Qigong exercises learned from a class or retreat can prevent past problems from returning.

WHAT DO I DO AFTER A COURSE OF ZYQ IMAGE THERAPY TREATMENTS?

Upon completion of a course of ZYQ Image Therapy treatments, on-going practice will support the continuation of the healing process. Although emotional highs and lows are normal, some environmental disturbances can make us feel that we have slid back to where we used to be.

Extreme stress and emotional swings can gradually erode some of the healing progress you have made. Continuing support can quickly restore you and bring you back on track. Therefore, please check in with us and let us know if you are experiencing one of these periods.

We offer many classes each quarter. The classes allow you to continue your healing process and will eventually help you prevent illness, disease, and pain. Level I is where all of our new students start. This allows the student to learn ZYQ exercises and move forward from there. The exercises are very simple, but very powerful. Each class runs eight weeks. Please see our web site or call us for the class schedule.

At the end of each quarter, we offer an all day practice session. This is an excellent opportunity to do all of the exercises without rushing or being interrupted by normal day to day activities.

Once or twice a year we offer a 5 day residential retreat with Mingtang. Students are able to practice, attend Mingtang's lectures, and experience extra qi while meditating.

During the summer we offer practice intensives at the Shaolin Monastery in China.

Please see our web site or call us for any information.

This edition is revised October 2004

ZY Qigong

IMAGE THERAPY PAYMENT RATES

WITH MINGTANG:

- An Image Therapy scan session: \$200
- An Image Therapy healing session: \$200
- A self-development session: \$200
- A wellness session: \$200

WITH CLAIRE OR RICHARD:

- An Image Therapy healing session: \$100/hour

Please make checks payable to ZY Qigong, or ZYQ.
We also accept cash or credit cards.