

Wisdom Healing Qigong - Teacher Training Program

www.chicenter.com

Warm Welcome!

We invite you to consider — does this program speak to your heart’s desire, your mind’s interest, your body’s hunger for health, and your quest for integral well-being?

We are confident our program effectively addresses these needs; because of the profound success of Wisdom Healing Qigong over the past 30 years (and Qigong over the past 5-7,000 years), the successful experience of thousands of Wisdom Healing Qigong™ teachers and students, and the depth of our collective commitment to continually refine and improve our offerings.

Program Overview

What is Wisdom Healing Qigong (WHQ)?

“Use of the mind’s intelligence to direct chi to reform, perfect and improve the conscious potential of the holistic body, thereby uplifting the consciousness of the practitioner from automated condition to that of autonomous wisdom.”

—Dr. Pang, teacher of Master Mingtong Gu

Wisdom is the understanding that arises from an awakening perception and consciousness of life. Ultimate wisdom is the ability to know and embody the creative source of the living universe, in moment-to-moment life. It is our conscious capacity to fully participate in the continuous dance of the evolving exuberant creation.

Healing is the application and benefit of this awakening wisdom, when we work with energy as the foundational substance of the creative living universe, within and around us. Healing includes the absence of dis-ease in physical, emotional and mental dimensions. Yet healing also seeks – quite naturally — deep transformation of the whole person, by realizing the whole unified harmony of the individual within and in relationship to the multi-dimensional unity of all life.

Qigong is the cosmology (theory) and technology (art) for consciousness to work with creative energy (chi). It is a creative union of consciousness and energy, which awakens the joy-full wisdom capacity of mind, heart, and body.

Program Objectives

The teacher-training (TT) program facilitates long-term training to:

- Empower and support personal growth; physical, mental, emotional, and spiritual - in order to heal and awaken ourselves and the world

- Co-create and support formation of an authentic and effective community of teachers and students
- Establish and maintain the highest teaching and organizational standards, through continual refinement and ongoing mutual supportive dialogue between students, teachers, The Chi Center management, and Master Gu

We honor your efforts and commitments toward these aims and wish to deeply, gratefully, and joyfully support you in these aims.

Five Reasons to Become Certified – in Wisdom Healing Qigong™

Widely Recognized and Researched

For its healing, health and self-development benefits, Wisdom Healing Qigong (Zhineng Qigong) is one of, if not the most, recognized forms of Qigong in China. It is also well-established and rapidly expanding around the world. In 1997, after many years of comprehensive scientific study of the major qigong styles and methods, the Chinese government awarded Wisdom Healing Qigong the exceptional honor of being the most health enhancing practice in China. Qigong also has 20 years of research and evidence, documenting its profound healing effectiveness at the world's largest 'medicineless hospital.'

Effective Methods, Tools, and Structure

As a Wisdom Healing Qigong instructor you will learn methods, tools, and structures for energetic healing and body-mind-spirit development. You will have access to Advanced Training courses and opportunities to practice and test your learning.

Significant Achievement

You will have the satisfaction of knowing that you completed a program requiring great effort and skill, which establishes your competence to effectively serve others. The personal growth gained in this process is priceless, bringing profound health, harmony, and happiness.

Confidence

Supporting confidence in your True Nature, is one of our foundational aims. We will also support your confidence in learning, practicing, knowing demonstrating, communicating, teaching and realizing the gifts of bringing Wisdom Healing Qigong into the lives of other persons, their families, and communities. You will practice and teach under the direct supervision of an experienced Certified Teacher and Master Mingtong Gu.

Promoting your Business

As a Wisdom Healing Qigong certified instructor, you can be listed on our website's Worldwide Wisdom Healing Qigong Directory, and can list your Wisdom Healing Qigong credential on your business card. Our Wisdom Healing Qigong brochures promote the Wisdom Healing Qigong credential and send people to the directory to find an instructor.

"Master Mingtong Gu has brought a level of transmission of mind-body practice that is unparalleled in my experience of more than 2 decades of integrative medicine. Since making these teachings available to patients in my medical practice, they become healthier and happier." — Brian Bouch, M.D.

Who would benefit from this training

- self-healers
- community developers
- wellness and health promotion professionals
- holistic practitioners
- spiritual seekers
- coaches
- counselors
- program directors
- social service professionals
- activities directors
- school teachers
- massage therapists
- yoga teachers
- physical and occupational therapists

Two Training Tracks

There are two training/certification tracks:

Level I Instructor's Training Track is designed for those who wish to certify as a Level I instructor.

- To maintain certification and continuous education/training, instructors in the Level I training track need to attend the annual TT retreat for a minimum of 5 days every two years. The TT retreat is usually held in July.

Level II Teacher's Training Track is designed for those who wish to certify for Level II Teacher, Senior Teacher and beyond.

- To maintain certification and continuous education/training, instructors in the Level II Teacher's Training Track need to attend a minimum of 10 days at the TT Annual Retreat, every two years. It is strongly recommended that you attend the 10 days TT Retreat annually.

In order to further your training, be a successful instructor, realize your next level of certification, and advance your personal practice to be ahead of your teaching: CHC provides: 1) Advanced trainings; 2) TT retreats and workshops; and 3) Online courses (upcoming).

Levels of Progression for Certification

Wisdom Healing Qigong™ Practice Leader

Wisdom Healing Qigong™ Certified Instructor Level 1

Wisdom Healing Qigong™ Certified Instructor Level 2

Wisdom Healing Qigong™ Certified Healer

Wisdom Healing Qigong™ Certified Teacher

Wisdom Healing Qigong™ Certified Senior Teacher

limited Instructor Training Apprenticeship available

Wisdom Healing Qigong™ Practice Leader

Here, the student demonstrates their intention to promote and share Qigong healing practice with others, a basic confidence in practicing the form, and ability to guide students to proper resources.

Wisdom Healing Qigong™ Certified Instructor

Level 1:

Instructors at this level demonstrate basic to intermediate levels of Chi experience, intellectual understanding of practice, and a great knowledge and appreciation of its benefits. Level 1 instructors also provide instruction in technical forms of Level I, II, and II, and are able to energetically guide their students toward increasing their rate of progress in healing and development.

Level 2:

Instructors at this level demonstrate deeper levels of Chi experience and strength, a higher degree of cultural and intellectual understanding of practice, and a greater knowledge and appreciation of its benefits. This level not only provides advanced instruction in technical forms, but also the ability to energetically guide students inner Chi-awareness and to improve their quality of life.

Wisdom Healing Qigong™ Certified Healer

This practitioner offers applications of wisdom healing qigong with emission and projection of chi and may also teach prescriptive exercises. The practitioner has the ability to generate chi, absorb chi from nature, and have trained their chi for healing. They have built a strong energetic foundation through disciplined practice of qigong and possess an understanding of healing principles.

Wisdom Healing Qigong™ Certified Teacher

The teacher demonstrates a level of knowledge, understanding, and capability deeper than Level II. The Teacher is able to generate chi, absorb chi from nature, and has trained their chi with virtue and high consciousness, to teach all stages of the first three levels of WHQ.

Wisdom Healing Qigong™ Certified Senior Teacher

This recognition denotes wisdom, insight, chi transmission, empowerment, and high virtue. These senior practitioners have taught instructors of qigong or qigong healers for 10 years or more. They act as mentors for others in the field and are acknowledged senior practitioners by the WHQ Institute. This level is recognized to teach all stages of the first 3 levels of WHQ formal instruction to all levels of teachers-in-training, as well as beginning practitioners.

Training Requirements of Each Level

	Leader	Instructor Level1	Healer	Instructor Level2	Teacher	Senior Teacher
<i>Timeline</i>	3-6 months	1-3 years	1-3 year	2-4 years	3-6 years	
<i>Training</i>	70 hrs	200hrs	250hrs	350 hrs	500 hrs	1100 hrs
<i>Practice minimums</i>	100 hrs	300hrs	200hrs	400hrs	1000 hrs	2000hrs
<i>Teaching</i>	0	50 hrs		200hrs	400hrs	600hrs
<i>Healing including Lachi</i>	10 hrs	50 hrs	100hrs	100hrs	200hrs	400hrs
<i>Retreat Training</i>	1 retreat	3 retreats	4 retreats	4+1 retreats	6+2 retreats	

Some General Requirements

1. Certified instructors and teachers-in-training are expected to attend at no cost and to assist a minimum number 2 or 3 event days per year at large workshops organized by CHC in your area (within 100 miles of your location). This is a training opportunity to work with a large group of participants, and a local teachers-in-training team. It is also an opportunity for CHC to promote you as a local instructor to large event gatherings, and for all of us to discover the mutual support that occurs as we build our community. Best of all is to cultivate a strong chi field in your local area for the benefit of all.
2. As the local and regional chi field builds, so can your individual practice, your local classes, and your connection to the larger community – for the mutual support and benefit of all. This is an especially important understanding to grasp, and support, as it is foundational to the TT program and the WHQ/CHC missions.
3. Teach only Wisdom Healing Qigong content for designated WHQ classes without mixing with other forms and systems of Qigong. Of course, you can teach other traditions, including other forms of Qigong under different designated classes and names. You can also use other practice forms as warm-up exercises and reference. You may use any business name or website name of your choice (check with us if you have any questions).

Principles and Practices

Cultivate and Practice Wise Culture

The work of forming a WHQ wise culture include principles and practices which invite us to:

- Cultivate honesty and clarity in one's thinking
- Practice willingness to recognize prejudice in oneself and replace it with truth and love. Have compassion for those who have chosen not to do likewise
- Cultivate respect and freedom for others to form their own values and beliefs

- Practice speaking the truth without judgment or blame
- Cultivate initiating, not expecting
- Practice responsibility for your situation in life
- First going inwardly to resolve any conflict
- Remember all experiences, both negative and positive ones, offer an opportunity to heal and grow
- Practice not expressing emotional conflict in public nor with another person associated with the relationship of challenge, which may harm another person or organization
- Cultivate trust through true understanding.
- Practice serving others with cultivated skill
- Cultivate high virtue to be a model for others
- The complete expression of Love is the highest goal
- The mission of Wisdom Healing Qigong: **Heal Ourselves and Heal Our World** through realizing:

-Health and Longevity

-Harmony and Self-development

-Integration and Equanimity

-Freedom and Self-awareness