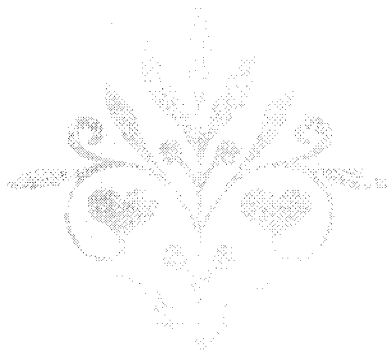


# CHINESE HEALING ARTS CENTER 2005 COURSE CATALOG



**GRAND MASTER TZU KUO SHIH, OMD, L.Ac.**

## **CHINESE HEALING ARTS CENTER**

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### **Registration**

To register for a class, please mail your application form and payment to the CHAC. A form can be downloaded from the web or you may send a letter stating the date and class you wish to take. Pre-registration discounts apply only to applications including full payment received at least 30 days prior to the class start date. Acceptable forms of pre-payment are checks or money orders. Cash can only be accepted in person at the school.

### **Membership**

Membership in the Wu Tang Chuan Association is \$ 25/year. It entitles the member to receive the CHAC newsletter and a 10% discount on all classes and courses at the center in Danbury.

### **Discounts**

Two wonderful opportunities exist for students to enjoy substantial savings on classes and courses. The first is to belong to the Wu Tang Chuan Association and receive a 10% discount on all classes in Danbury. The second is to pre-register at least 30 days in advance for classes. Advanced payment discounts are posted in this brochure.

### **Cancellations & Refunds**

If you must cancel your attendance at a program, your payment will be refunded in full if you have pre-registered and we receive a written cancellation 30 days before your course or class start date. If you cancel less than 30 days ahead of time, your payment will be refunded less a \$ 25 service charge. In the event that you do not show up for your program and you fail to notify us in writing in advance, you forfeit the total amount of the tuition.

### **Schedule**

A yearly schedule is posted in the newsletter and on the CHAC website at [www.qihealer.com](http://www.qihealer.com). A schedule can also be obtained by calling the center at (203) 748-8107 or by writing the CHAC. Note that some classes are offered on a rotating schedule and may not be taught every year.

### **Prerequisites**

Prerequisites are posted for each course, class or level. They have been set to assure a smooth progression of knowledge and techniques, energy development and spiritual refinement. They apply to all students and are non-negotiable.

### **Levels of Certification**

Attendance certificates are issued for those who complete the 6 day Qi healer and 8 day therapist courses. Certificates are issued to qigong therapists who successfully pass the therapist exam, those who complete full levels of training and CHAC instructors. Attendance certificates have no expiry dates. Certificates have expiration dates and require renewal subject to CHAC rules (see below).

### **Certificate Renewal**

Recertification requires up-to-date membership in the Wu Tang Chuan association and evidence of use of Qi healing in helping others. CHAC Instructors should provide evidence of their teaching activities. Requests for recertification and reports of activities should be sent to: Melanie Shih, L.Ac. P.O. Box 286, Glenford, NY 12433

### **Proprietary Knowledge**

The concepts and techniques taught in the classes and courses at the CHAC are taught for the benefit of students and those who seek healing. Unauthorized teaching of these techniques is strictly prohibited. Only authorized CHAC instructors are qualified to teach CHAC methods.

**LEVEL ONE****○ 6 DAY QI HEALER INTENSIVE**

This course is designed to transmit core teachings of Grand Master T. K. Shih. Students learn important basics of qigong self-cultivation and how to help others with Qi healing.

- Six keys and four doors necessary to study qigong
- Five Hearts of being a student
- Introduction to Yin-Yang, Jing-Qi-Shen, and Zang-Fu organ theories
- Lower Dantian meditation techniques
- Peaceful, quiet meditation techniques (yang qi fa)
- Lying down, walking and running qigong
- How to gather Qi from the Universe, store it and move it in the body
- How to get rid of internal Qi imbalances
- Shaking meditation
- Sword finger technique
- Chrysalis qigong movement method
- Opening and practice of the microcosmic orbit meditation
- How to use the palms to assess imbalances in Qi in other people
- How to use the palms to heal imbalances in Qi in other people
- How to emit Qi for healing (external qigong) - magic palm technique
- Immortal grasp technique - pulling out Qi
- Buddha Palm healing technique
- Exercises to learn how to see energy fields
- Dragon dance qigong form (long wu gong)

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Yin

陽

Yang

**Prerequisites:** Open Heart, open Mind  
**Tuition:** \$ 1000 with at least 30 days pre-registration  
 \$ 1200 with less than 30 days pre-registration

**○ 8 DAY QIGONG THERAPIST INTENSIVE**

This course is the follow-up to the 6 Day Qi Healer Intensive. It is designed to deepen the students' understanding and applications of classical Chinese medicine theories as they relate to Qi healing. Contents include:

- Theory and applications of Yin and Yang
- Theory and applications of Qi and Blood
- Theory and applications of Jing-Qi-Shen
- Theory and applications of Five Elements
- Theory and applications of Zang-Fu organs
- Theory and applications of regular & extraordinary meridians
- Theory, location and functions of acupuncture points
- Pathogenesis of Qi imbalances
- Three regulations: Mind, breathing and body
- Tong qigong therapist movement form

(Continued)

○ 8 DAY QIGONG THERAPIST INTENSIVE (Continued)

- Six healing sounds and their movement forms
- Nei Yang Gong meditation
- How to prescribe specific meditations based on a patient's problem
- How to use Dantian, Huiyin and Mingmen points in clinical practice
- How to use specific acupuncture points with Qi healing
- Opening of the 12 regular meridians
- Opening and practice of the Macrocosmic orbit meditation

**Prerequisite:** 6 Day Qi Healer Intensive  
**Tuition:** \$ 1300 with at least 30 days pre-registration  
\$ 1500 with less than 30 days pre-registration

○ SEASONAL QIGONG

Each one day seasonal class contains 6 exercise forms to attune the practitioner's Qi through the changing seasons.

- Spring (Liver/Gallbladder) - (one day)
- Summer (Heart/ Small Intestine) - (one day)
- Fall (Lung/ Large Intestine) - (one day)
- Winter (Kidney/Bladder) - (one day)

**Prerequisites:** Open Heart, open Mind  
**Tuition:** \$ 100 with at least 30 days pre-registration  
\$ 120 with less than 30 days pre-registration

○ LONGEVITY QIGONG

A two part seminar designed to teach basic practices believed to promote longevity and well-being. Students also receive a very special energy transmission to open their channels.

- Part one – Opening the microcosmic orbit (one day)
- Part two – Opening the macrocosmic orbit (one day)

**Prerequisites:** Open Heart, open Mind  
**Tuition:** \$ 100 for each part with at least 30 days pre-registration  
\$ 120 for each part with less than 30 days pre-registration

○ SWIMMING DRAGON

This ancient Daoist qigong form builds Qi and improves its circulation, promotes well-being, beautifies the skin, helps reduce weight, calms the mind, enhances flexibility in the joints, improves balance and posture, benefits the spine, and massages the internal organs and muscles. This form is taught in a one day class format.

**Prerequisites:** Open Heart, open Mind  
**Tuition:** \$ 100 with at least 30 days pre-registration  
\$ 120 with less than 30 days pre-registration