

Introduction to Yuan Gong

A new Qigong System created by Yuan Tze

(Including Q&A and Yuan Tze's talk about Yuan Gong at Stockholm retreat)

Yuan Gong is a new Qigong system created by Yuan Tze. It will gradually replace Zhineng Qigong and become an integral part of Ren Xue in the next two years.

Why is it necessary to create our Yuan Gong?

- 1) It is necessary to take into account the lifestyle, cultural characteristics, state of being and the qualities of contemporary people and adapt to the changes in these elements as they evolve over time.
- 2) To reach more people who want help to change and elevate their lives, it is necessary to have a Qigong system that is not only safe and effective, but also easy to start for beginners. Therefore having a system that beginners find simple and easy to learn and enjoyable to practice is very important. This serves as a bridge to the deeper Yuan Gong and Ren Xue practice.
- 3) Many members of the Ren Xue community are not only working to develop their own lives, they are also committed to helping other people to do so. For them, it is necessary to have a Qigong system that can be used as a tool to help people safely, efficiently and effectively.
- 4) Ren Xue as a system needs to continue to improve and develop. It is therefore necessary for Ren Xue to have a Qigong system of its own and hence the option and autonomy to make change to it.
- 5) To better realize the mission of Ren Xue 'Zi Du, Du Ren', we need a Qigong system that can work well for the development of Ren Xue. We need a Qigong system that can be a good support for Ren Xue can be used fully to serve humanity and play its role in helping humanity move forward.

Brief Introduction to Yuan Gong

(Details will be taught in the 6-Year Ren Xue and Yuan Gong Teachers Training)

1. Theory

Foundational Theories: Holism, Yuan Qi theory, Qi theory and Hunyuan Qi theory etc.

2. Methods

1) Structure and Levels of the main methods

Yuan Gong - Three Stages, Nine Levels

First Stage <i><External Transformation></i> (to work on the Body & Qi)	First Method: Tian Yuan	Methods at this stage can be practised in conjunction with Zhineng Qigong
	Second Method: Di Yuan	
	Third Method: Ren Yuan	
Second Stage <i><Internal Transformation></i> (to transform Qi on deeper levels and develop the consciousness)	Fourth Method: Shang Yuan	Methods at these two stages should not be practiced in conjunction with other Qigong methods in order to avoid interference. It is better to focus on one system.
	Fifth Method: Zhong Yuan	
	Sixth Method: Xia Yuan	
Third Stage <i><Xin Shen Transformation></i> (to develop the consciousness & Shen and work on Qi)	Seventh Method: Tong Yuan	
	Eighth Method: Ling Yuan	
	Ninth Method: Ming Yuan	

2) Supplementary Methods: methods that can be used in a diverse way.

3) Methods for Specific Uses: methods that cater for specific needs, situations or problems.

4) Development and application of Special Abilities

- I. Theory
- II. Foundation Building
- III. Development
- IV. Proper Application

The Nine Methods of Yuan Gong

First, Second and Third Methods (First Stage)

First Method (Tian Yuan)

Features

- 1) Although the First Method is the introductory practice of the system, it is designed to create profound effects on Qi by:
 - A: Focusing on two aspects:
 - Improving the Qi condition of the whole body
 - Improving Sanjiao and organs directly and indirectly
 - B: Taking Care of two other areas
 - Beginning to open channels and promote the flow of channel Qi in the whole body
 - Beginning to improve the clarity and sensitivity of Shen which helps lay the foundation for the future development of special abilities
- 2) The length of the practice can vary according to different needs or intended effects. The practice of this method can also be varied to create effects of different depths.

Benefits

- 1) This method facilitates comprehensive exchange of Qi between human and the universe. A large amount of Qi can be gathered effectively and efficiently.
- 2) The coordinated use of the mind and the physical movements can benefit both the mind and the body and promote the unification of Jing (the body), Qi and Shen on a deep level.
- 3) This method can open Qi gates in the body effectively, for example, in the shoulder and neck area. Most adults have blockages there because of stress. That area carries a lot of tension which may not only affect physical health but also have a negative impact on mental wellbeing.

Sustained practice of the First Method can improve health and make change to various health problems. It is also a way to build the foundation for improving one's Qigong level.

Second Method (Di Yuan)

The Second Method is a standing form. Almost all the traditional and modern Qigong systems emphasize the importance of the standing form as a practice on the foundational level. It is also the case for Yuan Gong. The Second Method is a 'Three Dantian Standing Form'.

Features and Benefits:

- 1) The required standing posture, with the specific use of the consciousness, can strengthen the physical body and make improvement on the muscular-skeletal level.
- 2) The Second method is to activate and gather Qi effectively in all three Dantians. They are worked on together in an orderly manner in order to strengthen them and activate transformation in them. It is so designed because the three Dantians are main Qi gathering areas for the Qi of the physical body (Lower Dantian), organ Qi (Middle Dantian) and Shen and the consciousness (Upper Dantian). They can be seen as Qi storehouses or distribution centres. This design reflects the Ren Xue principle of 'respecting and observing the nature of totality and the laws of life'.
- 3) It uses Dantian Breathing creatively to make the practice safer, more efficient, effective and manageable. Using Dantian breathing properly in standing form practice can help improve one's focus. It is also helpful for keeping Shen inside the body and Qi, and for unifying Jing, Qi and Shen. This way Qi gathered from the universe can be further processed and transformed so the Qi in the Dantians will be imprinted with the practitioner's own qualities and become more nourishing.
- 4) This method can help open the shoulders, neck, lower back and hips.
- 5) Like the First Method, it can also be varied according to the conditions and needs of the practitioner to achieve effects of different depths.

The Second Method can be practiced on its own or in combination with the First method. It is also a method that prepares for the subsequent methods in the system. The practice of the Second Method can help make other methods more effective. Sustained practice of this method can also help one raise the level of Qigong practice.

Third Method

Being part of the External Transformation Stage, it is a method on the foundational level. This method adopts the Qigong principle of 'unifying Xing (the body) and Shen (mind)' and 'working on Xing and Shen simultaneously'. This way of practice can activate and promote the flow of channel Qi in the body. Qi and blood will flow more smoothly and harmoniously, which will not only make one feel refreshed and light but also improve health. It can also strengthen the physical structures such as the skin, muscle, tendons and extremities.

Features

- The method is uncomplicated and straightforward.
- It feels smooth, natural, light and pleasant to practice

- It uses movements to stretch the body with different parts of the body moving as one.

Fourth, Fifth and Sixth Methods (Second Stage)

They constitute the Internal Transformation Stage of Yuan Gong. Built upon the foundation of the first stage, this is to facilitate the transformation of internal Qi on a deeper level.

Fourth Method

This method is to work on the organs in order to improve the health of the organs. Sustained practice of this method can be beneficial for health and possibly lift one's health to the level beyond the ordinary. After all, the organs play a vital role in our health.

Fifth Method

This method is to develop the Central Channel. The Central Channel does not naturally exist. It is a channel that can be developed through persistent practice of methods designed for achieving that. Because of its importance, most established traditional Qigong systems and important Qigong figures in history have tried to develop the Central Channel through various ways.

Through the practice of the Fifth Method of Yuan Gong, the Central Channel can be developed. The positive effects of the development of the Central Channel include:

- integrating and connecting different types of Qi such as channel Qi, organ Qi in the body
- improving special abilities
- deepening the unification of Shen and Qi and raising one's Qigong level

Sixth Method

This is to work on the Central Line. This method is to consolidate what one has achieved through the practice of the Fifth Method and bring it to a deeper level. This method therefore will promote the transformation of Qi, and unification of Shen and Qi on a deeper level. This practice will also help with the transformation and elevation of Shen and the consciousness.

Seventh, Eighth and Ninth Methods (Third Stage)

They constitute the Xin Shen Transformation Stage of Yuan Gong. The practice at this stage aims to promote the transformation of Shen. It is designed to support practitioners' work on their Shen and inner nature by

helping them see the consciousness more clearly and make change to it. The practice at this stage works as reliable technical support for the development of awareness, realization and wisdom.

The design of Yuan Gong follows the principles of working on life step by step, from the basic level to the deeper levels, from the external to the internal. It takes care of the whole of life from the start and has different focuses at different stages. For example, the first stage focuses mainly on bringing change to the body and Qi. The second stage focuses primarily on the transformation of Qi on a deeper level and secondly on Shen and the consciousness. The third stage focuses primarily on the elevation of Shen and the consciousness and secondly on Qi.

Q&A about Yuan Gong and the 6-Year Ren Xue & Yuan Gong Teachers Training

1. Q: How will the nine methods of Yuan Gong be taught?

A: Yuan Gong will formally be taught to teachers first in the six-year training programme (2013-2018). The First and Second Methods will be taught in 2013; the Third and Fourth Methods 2014. The plan after 2014 will depend on the progress of the trainees and will be announced at an appropriate time. Once the trainee teachers have been certified, they will then be qualified to teach Yuan Gong to the general public.

2. Q: Is there any connection between Yuan Gong and Zhineng Qigong?

A: To a degree, you can say there is a connection but the connection is neither significant nor fundamental. Many factors were taken into account in the design of Yuan Gong. One of them is the current situation in the use of Zhineng Qigong. Concerns to address include:

- 1) Zhineng Qigong has been part of Ren Xue for ten years. Every Ren Xue practitioner is practicing Zhineng Qigong.
- 2) We have more than 160 qualified teachers and many of them have been teaching Zhineng Qigong.

The guiding principles for the creation of the new system are:

- 1) Change is for innovation; innovation is for continual development; continual development is for progress; progress is for benefitting humanity and society
- 2) The new system should be built on high standards to ensure that practitioners can use it to improve their own lives and help other people safely and effectively.

- 3) The new system should facilitate a smooth transition to ensure that the past effort is not wasted and that what has been achieved can be carried forward to the new system.

To make sure the past effort is not wasted and the transition from the old system to the new system is smooth, a degree of connection between them is necessary. **The limited connections between Yuan Gong and Zhineng Qigong are:**

- 1) They both are based on holism and Hunyuan Qi (Yuan Qi) theory. There have been many excellent Qigong systems, both traditional and modern, that are based on Hunyuan Qi theory, including Zhineng Qigong. Hunyuan Qi is the primordial Qi of the universe, the most fundamental element of the universe. This fits in well with the Ren Xue principle of 'knowing the laws of the reality on the most fundamental level, and following the laws to work on and make changes on the most fundamental levels'. Naturally Hunyuan Qi has been chosen to be part of the theoretical foundation of Yuan Gong.
- 2) The first three basic methods of Yuan Gong (The First Stage) and the first three methods of Zhineng Qigong (Lift Qi Up Pour Qi Down, Three Centres Merge Standing Form and Body Mind Form) are to work on Qi on similar levels, although these methods are not similar. Transition can be made easy because of this.

Yuan Gong is a unique system just as is Zhineng Qigong. These two systems are fundamentally different. The real differences can only be fully understood when one has practiced Yuan Gong consistently and experienced the benefits from it.

3. Q: I am not sure what to practice. Should I practice Yuan Gong or both Yuan Gong and Zhineng Qigong?

A: The answer is only a suggestion.

- 1) If you have been practicing Zhineng Qigong and you haven't had a chance to learn Yuan Gong from a qualified teacher yet, you should continue to practice Zhineng Qigong. Zhineng Qigong is one of the best Qigong systems. (This is how Yuan Tze will always view Zhineng Qigong.) Your practice will definitely be beneficial.
- 2) If you are new to Qigong and you are interested in Qigong or Yuan Gong, I would recommend that you learn Yuan Gong from a qualified Yuan Gong teacher. In this case, I do not think it is necessary to learn Zhineng Qigong at the same time unless it is for a very special reason. This is because Yuan Gong is created as a complete system with its own theoretical base and methods. It works fine by itself without the support of other systems.

- 3) If you have been practicing Zhineng Qigong and have also started to practice Yuan Gong, how should you arrange your practice? This is a more complicated issue as everyone is at a different stage of practice with different needs. I can only address a few possible scenarios for your reference.
- A. If you think it is necessary for you, at the stage of practicing the first three methods of Yuan Gong, you can also practice any of Zhineng Qigong methods. The two systems can be mixed at this stage. However, when you have started to practice the fourth method of Yuan Gong or any of the methods from the fourth methods onwards, it is recommended that you practice only Yuan Gong. This is because from the fourth method on, Yuan Gong has its unique way of applying the laws of Qi and working on Qi. To avoid problems, it is better not mix it with other systems.
 - B. If you have been practicing mainly Lift Qi Up Pour Qi Down and the Three Centres Merge Standing Form, you can choose to practice the First and Second Methods of Yuan Gong instead. This way you may only need to practice half or even a third of the time to achieve the same effects. Of course if you wish to spend longer time than that on Yuan Gong practice, you can expect more benefit.
 - C. If you have been practicing Body Mind Form and Five Qi Hunyuan Form, you can continue to practice those if you think that will help you. When the Third and Fourth Methods of Yuan Gong are available (2014), you can make a choice then.

The system you choose to use for your practice is for you to achieve some purposes. So, in the end, to determine which system you choose, you will need to think about what you want to achieve through the practice.

4. Q: Does Yuan Tze create a new Qigong system for his own personal gain? (This question is directly answered by Yuan Tze.)

A: There are many reasons behind the creation of Ren Xue and Yuan Gong, and personal gain is not one of them.

If I was driven by personal gain, such as money and fame, I could have promoted the Qigong system I created over twenty years ago. Towards the end of its completion, I came across Zhineng Qigong. I decided to learn and promote Zhineng Qigong whole-heartedly instead because:

- 1) The main principles of Zhineng Qigong resonated with me as my system shared similar principles. However, I didn't think the system I created then had enough unique advantages over Zhineng Qigong to justify the promotion

of it. If there was already a system that was similar or better, there was no point promoting my own.

- 2) Zhineng Qigong had been used for a period of time so it had to some extent been tested.

Furthermore, I have made it very clear that Ren Xue will not be commercialized and Ren Xue development should follow the non-profit, charitable model for as long as it exists. Thank you. - Yuan Tze

5. Q: To save time and be more efficient, is it possible to learn all the Yuan Gong methods in one or two years, instead of six years?

A: I am afraid this request cannot be met because it does not serve the best interest of the trainees. The new training is an opportunity for more people to train to develop the ability and gain the qualifications required for becoming professionals who can use Ren Xue and Yuan Gong to realize the goal of 'Zi Du, Du Ren'. This requires the trainees to **1)** make change to their own lives so they demonstrate a healthier, happier and growing life and **2)** learn and develop the skills and ability to help other people deal with problems of all kinds safely and effectively. None of the above can be achieved within a short time no matter how good the training is or how well it is facilitated.

6. Q: How is the new 6-Year Teacher Training different from the past 8-Level Teacher Training, apart from the Qigong methods?

A: This new training programme is different in its purposes, goals, depth and breadth. Let's look at what will be covered in the new training:

- 1) Main Yuan Gong methods: Learning of the new Qigong system, including the theories, the main methods, how they work and their applications; practice to acquire the proficiency in the methods; assessments to certify qualifications
- 2) Learning supplementary exercises; learning practical knowledge for improving Qigong practice, teaching and healing
- 3) Basic anatomy, physiology and Traditional Chinese Medicine
- 4) Learning about healing and practicing healing; assessment on healing
- 5) Learning the theories of special abilities and developing special abilities
- 6) Learning Ren Xue and using it to understand and change life

This new training is built upon a different foundation and has different contents. It is a different process and the outcome of the training is expected to be different too. This is why the new training will take six years while the old training only took less than three years. The old training you did will serve as a

good foundation for you to move forward more smoothly this time. **The goal of this training is for a qualified teacher to be:**

- 1) A person who is able to continually make progress in life
- 2) A qualified advanced Qigong professional who can perform high standard Qigong work
- 3) A qualified therapist who can help people deal with their problems safely and effectively on the physical, Qi and the consciousness levels
- 4) A qualified elementary level Ren Xue teacher who can use basic Ren Xue to help other people

7. Q: Why is it that only a small number of people were chosen for the trial practice of Yuan Gong?

A: There were a few factors to take into consideration:

- 1) Before they are formally taught in the Teachers Training in November this year (2013), the new methods are still yet to be finalized. It is not the time for teaching them to everyone.
 - 2) Approximately 5% of our qualified teachers were invited to participate in the trial practice. They were chosen from different parts of the world so that there would be a variety of nations and cultures. Each of them set up a trial practice group with participants with different levels of Qigong experience. This is so that we will get feedback from a wide range of people, which will hopefully help Yuan Tze refine the methods. There were no other special considerations in choosing the teachers.
- 

Excerpt of Yuan Tze's talk in the morning lecture of Day 9, Stockholm Retreat 2013

Originally, we didn't plan to introduce Yuan Gong at this retreat. That's why it is not on our programme. The formal teaching of Yuan Gong will be done in the Teachers Training later this year and teachers qualified from that training can then start teaching Yuan Gong to other people. We have learned that many of you are very curious about this new system. Therefore we decided to change our plan and introduce Yuan Gong this time. Here is a brief introduction of this new system.

Yuan Gong is a Qigong system. We need a name for this system, just as we need a name to call each person by, and Yuan Gong is the name for this new system. The word 'Yuan' bears the essence of Ren Xue on the deepest level. The decision to create Yuan Gong was made not long ago. Why create a new Qigong system? When establishing a system like this, there must be a purpose or intention behind it. Let's look at that briefly here.

As you have learned, the mission of Ren Xue is 'Zi Du, Du Ren' (Uplifting Our Own Lives and Helping Other People). Qigong is one of the components of Ren Xue at the foundational level. In other words, Qigong is most likely the first Ren Xue tool people use when they are introduced to Ren Xue. Even though it is at the basic level of Ren Xue and only a technical support, Qigong plays a vital role for newcomers to Ren Xue. I have endeavoured to establish Ren Xue at a high standard. Therefore it is essential that the Qigong system used in Ren Xue should also follow high standards.

In the late 90's, at the start of creating Ren Xue, there was clearly a need to choose a Qigong system. I looked at all the Qigong systems I had come across, including traditional and modern, and there were many of them. From what I could see, Zhineng Qigong was most compatible with the principles of Ren Xue. In my opinion, it was one of the best systems available. I knew it would work well as a part of Ren Xue, at least for some time. In fact, looking at all the Qigong systems available now, I still personally think Zhineng Qigong is one of the best. I believe it will remain so in the many years to come.

If Zhineng Qigong is so good, why is it necessary to create a new system? The place of Qigong in Ren Xue is to serve Ren Xue. That is to say, the theory, methods and applications of the Qigong system used in Ren Xue must support Ren Xue. As Ren Xue has been developing in its breadth and depth over the years, the level of compatibility between Zhineng Qigong and Ren Xue has gradually decreased. We need a Qigong system that can provide stronger support for Ren Xue. Change has to be made to deal with the changing situation and the purpose of this change is to facilitate healthier development.

For some time, I had been looking for a Qigong system that might cater to the needs of Ren Xue development. I looked into both the traditional and the modern Qigong systems but couldn't find anything. What was I looking for? The criteria are:

- **It must be suitable for all people. Therefore it must be easy to learn and to practice.**
- **It must be safe and effective.**
- **It must be a complete system which supports all aspects of Ren Xue.**

In the long history of Qigong, many excellent Qigong systems and methods have been created. However, the system required for Ren Xue must be a comprehensive system. This system should work on all levels of Qi in a sound way. For example, it must provide methods that can help practitioners to gather external Qi to replenish internal Qi efficiently and effectively. At the same time, it must also help practitioners improve the Qi on other levels such as channels, muscles, tendons and bones. Another example is the work on Dantians. Different approaches to working on Dantians will obviously lead to different results. Organ Qi is another level that needs to be worked on.

The above comprises the entirety of many systems. Indeed, working on the Qi of those levels can improve health to an above average level, which is the aim of many Qigong systems. However, in Ren Xue, this is only the *First Stage* of Qigong practice. We aim to achieve more with Ren Xue.

To support Ren Xue, it is necessary to integrate the Qi of different levels and bring it to a higher degree of unification. This unification, including the unification of Shen and Qi, will facilitate the continual improvement of Qi and the development of the consciousness. There are two methods for the practice of Yuan Gong at this stage (*Second Stage*). They can help bring the health condition to far above average and lay a solid foundation for the development of special abilities. This can be seen as the intermediate level of Qigong practice. With the above as the foundation, the practice of the *Third Stage* is for the further unification of Shen and Qi and the transformation of the consciousness itself.

My preferred option in the search for a new system was to find a perfect match for Ren Xue so that it could be readily integrated. This would have saved me a lot of work. However, I could not find anything that was even close to meeting the above criteria. I cannot just add something in and make Ren Xue look like a whole system. Everything in Ren Xue has to follow high standards and be based on the laws of life. I realized I couldn't get away from the work of creating a new system.

Looking back, my resistance to creating a new system was more than superficial laziness; rather, it also came from my deep knowing that Qigong practice is only a small part of life cultivation. When it comes to helping people, Ren Xue is a far more important tool than Qigong. I still stand by this view. However, at this stage I could see that Ren Xue really needed a Qigong system that could help it move forward.

On day 9 of our April retreat in California, in response to a piece of trivial information, the decision to create a new system just emerged. It was a spontaneous

decision but not a light one, and it happened in a most natural way because it was the right time.

The creation of Yuan Gong didn't require much effort – much less than creating Ren Xue. However, this does not mean the high standards are compromised. In fact, Yuan Gong has a solid foundation - everything that I have learned and achieved. The creation of Yuan Gong felt like what the universe intended.

Over twenty years ago when Qigong became popular in China, every few days a new system would be created and a new Qigong master would come forward. I knew at the time that if I created a new system, it would not be inferior to those systems. Later on, while I was in the process of creating a Qigong system, I came across Zhineng Qigong. Looking back, it is fortunate that I didn't use the system I created. I would probably have regretted it if I had.

Now, twenty years later, it feels very different. I believe I will not regret offering Yuan Gong. I will never say Yuan Gong is the best Qigong system because the value of Yuan Gong will be determined by how much contribution it can make to people's lives and society. Therefore only time and those who use it can tell. One thing I can be sure of is that it is intended to meet high standards and to be a safe and effective system.

We are conducting a Yuan Gong trial practice to help us know how people feel about it and if any change is needed. So far we have received a lot of very positive feedback. What I am most interested to know is whether people like it. The way I see it is that if people don't like it, then it is not a successful system, no matter how well it is designed and how effective it might be. So far, most of the people who have tried the practice like it, including the small number of teachers and old students who understandably had some resistance to the change. Even though I was quite confident that Yuan Gong would be well-received, when I learned that people liked it, I felt extremely happy.

Many of our teachers have been working very hard to use Ren Xue to help people. Running Qigong classes is usually their way to get new people involved. It is not uncommon that only 2 or 3 out of the 20 people at an introductory workshop come back. Six months later, maybe only one of them is still practicing. Most people have run away before they have the chance to learn and use Ren Xue. (This seems to be the common experience of our teachers everywhere except Sweden. People here don't seem to mind hard work.) In this sense, Ren Xue is just like a beautiful decoration hanging in the air. It cannot reach people and help people. We need a bridge that will work well.

Traditional Qigong training emphasized the value of painstaking hard work. However, this is not the only way to improve Qi condition. There are other ways which can be even more effective. You have all learned how important it is to maintain a calm, relaxed and natural state. Hard practice may not be the best way to cultivate this state. Qigong can be practiced in a way that helps one get into a calm,

relaxed and natural state within a short time, to go deeply into that state, and at same time activate a large amount of Qi.

One element which I believe is very important to make Qigong practice enjoyable is being 'natural'. Following the nature of the body, of Qi and of life is the key to being natural. It is important to cultivate this 'naturalness' to a deep level. This element of 'naturalness' is at the heart of Yuan Gong and is one of the cornerstones of the system. I believe an enjoyable practice is more effective than a torturous practice.

Yuan Gong practice is also intended to be efficient, which means time can be saved. I know this is very important, because many people find it difficult to find time out of their busy lives to practice. If you have been practicing 3 hours a day, you can expect the same results with one hour of Yuan Gong practice. However, if you have been practicing five minutes a day, I cannot say the same thing. I would recommend that you practice a minimum of 15-20 minutes a day. A short practice of Yuan Gong in the morning will make a difference to your day.

I hope this brief introduction has helped you to know Yuan Gong better and that you are more interested in trying it now.

