



Mingtong Gu: Wisdom Healing Qi Gong for Health and Happiness



Join Qigong Master of the Year by the 13th World Congress on Qigong and Traditional Chinese Medicine, Mingtong Gu, whose profound ability to harness energy is compassionately offered to us in order to accelerate personal and global healing. He guides us through a practice of Wisdom Healing Qigong, which combines mindful movement, sound healing, visualization, and meditation to reconnect mind, body and heart with an abundant flow of natural life energy.

**TOP EMBODIMENT TIP:** Merely connecting with your body; coming back to this body, everything else can happen much more nourishingly, effectively, easily.

Wisdom Healing QiGong:

- This ancient practice dates back 5000 years in China.
- These teachings are oriented towards QiGong for Contemporary times.
- There has also been the opening of a Qigong hospital in China.
- The practice supports us in tapping into the power of self healing and self cultivation.

QiGong can help heal:

- QiGong can help us heal, by addressing the causes of health problems, social problems, stress, environmental problems.
- The practice allows us to work with disconnection of mind and body;
- **QiGong is a practice that weaves the mind back into the body.**
- The practice allows us to work with fear or anxiety, overprotection;
- **QiGong is a practice that provides connection to empowerment, creativity and a greater vision of life.**
- The practice allows us to work with mentally trying to figure out solutions;
- **QiGong is a practice that assists us when we are missing wisdom; of the heart, of the energy body.**

The Practice

- Movement Meditation; Tai Chi is a form of movement Qi Gong.
- Movement Meditation; supports connecting to the subtle body.
- **Life is movement: without movement we feel stuck.**
- Sound; with vibration you can connect with deeper energy in the body.
- Meditation; cultivating awareness; attuning to how to co-create life with your energy.

Resources:

- ❖ **Courses:** [Chi Center Mailing list and Free Offerings](#); [Chi Center Online Programs](#).
- ❖ **Website:** [Chi Center](#).



## Mingtong Gu





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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