Welcome to an experience that will change the course of your life. The Institute of Integral Qigong and Tai Chi (IIQTC) was founded in 2000 in the spirit of the new millennium with its profound new possibilities. Intentful personal awareness will be required for conscious evolution. Qi (Chi) cultivation and the cultivation of power and virtue through Qigong (Chi Kung) and Tai Chi (Taiji) are power tools for conscious personal improvement.

Qigong, and later Tai Chi, were developed and refined carefully over thousands of years with the exact purpose of mindful evolution of body, mind and spirit. Qigong and Tai Chi are major players in the “new” health care system and in the popular movements of personal accountability and empowerment, mind/body medicine, living in the “now” and inner peace. Qigong is the mother of Tai Chi and all of Traditional Chinese Medicine.

Certification for teaching self-care practices like Qigong, Tai Chi, Meditation, or Yoga will only become more prevalent and less easy to complete as the holistic revolution merges with our society’s natural tendency for bureaucracy. Programs that seek to bring integrative, complementary, mind/body concepts to the mainstream typically require a system of certification for minimum standards of quality, effectiveness and safety. While this system does not currently exist at an official governmental level, it is a very reasonable career move to be ahead of the certification curve. The IIQTC is vigilant in following trends.

This training will both nurture and challenge you. You will make lifelong friends and be inspired during our time together. This event will be a profound opportunity to immerse yourself in healing, to actualize your personal mission of community service, and to launch your participation as a Qi cultivation professional in the “new” health care system. We will be fully focused on maximizing body, mind and spirit in the Way of the ancient Qi masters who gave birth to Qi cultivation in the sacred mountains of China.

Be responsible for creating that experience for yourself. Nutritious food, simple lodging, fellow students devoted to deepening, lots of practice, rich information and the retreat context all conspire to create a wonderful experience. Be careful about expectations. How often have I seen people trying to get something they “expect” while missing the marvelous experience that is actually occurring.

My sincerest gratitude and wishes for your success,

Roger Jahnke OMD, Director
Institute of Integral Qigong and Tai Chi
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Integral Qigong: Methodology and Forms

practice (liàn)
Marrow Washing

In the relaxation and meditation traditions of the ancient cultures regulation of mind goes beyond simply focusing on the body. In the Native American tradition nature is the source of all life and healing. In the Christian tradition contemplation is focused on divine grace and the light of spirit.

In both Qigong (Chi Kung) and Yoga one purposefully draws healing energy and the light of spirit from nature and the universe. Rather than limiting attention to specific body parts as in arms legs, organs, etc. as in the previous practices, creative attention is focused on the visualization of the function of vital resources (vitality, energy), passageways and gateways. In traditional Chinese medicine it is conceived that energy can be gathered from water, mountains, trees and the universe through nearly 1,000 acupuncture energy gates (points) distributed over the body’s surface.

The energy of Heaven, called Yang, is naturally drawn downward toward the Earth. The energy of the Earth, called Yin, is naturally drawn upward toward the Heaven. These two rich universal resources are considered to be the essential energies of life and health as they circulate and interact in the human body. At the surface of the Earth where these energies mix, is the realm of biological life, the biosphere. The Chinese, as well as the Indians who live south of the Himalayan Mountains, believe that one can deliberately draw upon the energy of the heaven, the earth and the biosphere to enhance and harmonize one’s own personal energy.

Start by getting comfortable. Either standing in the Opening Posture, sitting or lying down. Allow your breath to be deep, slow and relaxed. With each inhalation you are gathering the resource of oxygen with the breath. At the same time imagine, visualize or feel that you are also gathering in vitality (Qi) from the heaven, the earth and the biosphere, through thousands of energy gateways. The Chinese believe that this absorption of energy is actually always happening to sustain life.

However, in this practice you are multiplying the extent to which it is occurring because you have focused your attention and intention regarding self-healing. Ancient cultures and religious traditions believe that the life energies react to our thoughts and intentions. Current research from numerous disciplines, particularly on neurotransmitters or “information substances,” suggests that this is true.

On your exhalation allow your self to slip deeper and deeper into relaxation. Visualize the internal healing resources circulating throughout the system in the energy channels. You may feel waves of warmth, tingling or a flowing feeling. It is not necessary to know the channel pathways or directions.

This all happens automatically. Just celebrate the flow of vitality throughout your system. Visualize it going to the organs. You can place your hands on the liver, spleen, kidneys, heart and umbilical area as was described in the massage section. You may feel energy or warmth passing from your hands into the organs. On your inhalations, you are gather healing resources. On your exhalations, you affirm the power of those resources circulating within your body-mind-spirit to increase health and vitality.
The internal circulation of vitality occurs naturally, as is the accumulation of vital force through the breath and the energy gates. However, when you turn your attention to fostering the natural process of circulation there is an increase. If you focus your attention carefully inside, you will actually feel the internal medicine working.

Continue this practice for 5 to 15 minutes. Inhale, gather healing resources through breath and through the thousands of acupuncture gates. Exhale, release the breath and circulate healing resources internally. Over the period of practice you will feel deeply relaxed. Use your mind intention to direct the flow of the internal healing forces to the organs or body parts that need healing the most.

**Note:** You may want to turn and face different directions to perform Marrow Washing to harmonize your practice with the seasons. In Spring, face east to gather the energy of awakening and sprouting. In Summer, face the south to gather the energy of ripening and coming to fruition. In Autumn, face the west to gather the reward of the harvest. In Winter, face the north to go within and cultivate patience and rest. You will gather Qi from nature and purposefully store it in the marrow of the bones to vitalize organs and glands, harmonize imbalances, and heal disease.
Integral Tai Chi: Methodology and Forms

cultivation (xiu)
Standing Meditation for Integral Tai Chi

There are numerous Qi cultivation practices that help to attune your awareness so that you can discover and access the subtle energy of the Qi. One of the most ancient is Standing Meditation, a foundation method for personal Qi cultivation and accessing the mind-body-spirit promises of Qi. Many such methods are called Yi Quan, which means “mind skill” or “mind boxing,” as you must box with the mind to get it to quiet. Standing Meditation benefits your posture and balance, increases inner body awareness, and builds stamina. While outwardly there is no movement, inwardly the deep relaxation of the Qigong state works numerous physiological benefits.

Do not try to do anything during this practice. Just notice what you feel in your body without creating thoughts or judgements. If you start to feel uncomfortable, focus on your area of discomfort and adjust your posture, moving gently. Be aware of your attitude toward your practice and your body, and treat your body with loving kindness. Build your endurance gradually. Participants who suffer from painful joints or cannot stand, can practice sitting down.

Begin with Aligning your body in the Preliminary posture, followed by the Opening or perform that Standing Meditation at the conclusion of your Integral Tai Chi™ or Tai Chi Easy™ practice. There are a variety of traditional postures suitable for Standing Meditation practice. See a few of the possibilities for Standing Meditation in the illustrations below.