Program Description

This program offers an invitation to thoroughly explore the time-honored practices that promote harmony in your Inner-Trinity (body, Qi, and spirit) and in your Outer-Trinity (family, community, and environment). Instruction is offered in an immersive setting. During four intensive trainings, we delve ever deeper into the theories and practices of these ancient lineage teachings. It is through our own cultivation practices that we learn to turn knowledge into the wisdom of our own daily experience.

In the Daoist tradition, an essential component of all internal cultivation practices is community. Being in the company of like heart-minds offers tremendous support on our life journey. After the initial 4 trainings of the JingDao program, we will continue to offer various advanced topic retreats in order to support our growing community of cultivation practitioners. As we walk together on the Daoist path, we grow as a family, with students building lasting friendships as Qi brothers and sisters.

Program Cost

All-inclusive package includes tuition, shared lodging, and meals. Economy Saver option is also available. Please email info@masterwu.net for details.

An €800 non-refundable deposit is required to hold your space in the program.

Program Curriculum

Session One – JingLun 經輪
Awakening the Wisdom Within
- Principles of ancient Chinese wisdom traditions
- SanYuanGong 三元功 - Three Sources Qigong
- WuXinFa 五行法 - Five Elements Qigong
- NeiGong 內功 - Internal Alchemy Meditation I
- Yijing 易經 I - Bagua 八卦 (Eight Trigrams): Symbolism & Numerology

Session Two – JingLian 經練
Refining the Trinity
- Traditional Chinese Healing Principles
- WuLongGong 五龍功 - Five Dragons Qigong
- NeiGong 内功 - Internal Alchemy Meditation II
- Yijing II – Introduction to Divination, Fundamentals of Diagnosis & Healing

Session Three – JingTian 經天
Following the Heavenly Way
- WaiQiliaoFa 外氣療療 - External Qi-healing
- ErShiBaXiuGong 二十八宿功 - 28 Lunar Mansions
- NeiGong 內功 - Internal Alchemy Meditation III
- ShuFu 書符 - Chinese Calligraphy & Talismans I
- Yijing III – 64 Hexagram Divination (Introduction)

Session Four – JingDian 經典
Playing with Classical Daoist Arts
- Traditional Chinese Spiritual Cultivation & Healing
- LaoHuGong 老虎功 - Venerable Tiger Qigong
- NeiGong 內功 - Internal Alchemy Meditation IV
- ShuFu – Chinese Calligraphy & Talismans II
- Yijing IV–64, Hexagram Divination (Practice)
- Remote Diagnosis & Remote Healing

Our Mission

We establish communities of practitioners and teachers dedicated to the study of classical Chinese arts.

We strive to create a learning environment is stimulating, challenging and spiritually nourishing.

We encourage and motivate each other on the lifelong path towards optimal health and enlightenment.

Cultivation Journey to China

We invite students to join us on our cultivation journeys into the heartland of Chinese wisdom traditions. Please contact us about our next trip.

In 2008, the ancestral temple of the Dragon Gate School welcomed Master Wu and his students - the first group of westerners to ever visit!
Course of JingDao 經道

JingDao translates as “Living with the Dao.” The Chinese character Jing 經 also carries the meanings of JingLi 經歷 (walking through), JingYan 經驗 (experience), JingLun 經論 (wisdom, knowledge), JingLu 經絡 (meridians), JingLian 經練 (refine), JingTian 經天 (the Heavenly Way), JingDian 經典 (classics), and JingChang 經常 (constant). The Dao is wordless. We can only access the true wisdom of the Dao through our own personal cultivation practice and heartfelt life experiences. This course is designed to support participants walking the path of the Dao, who strive to know the Dao through Jing 經.

Together we explore the age-old wisdom of the traditional Chinese arts – movement, healing, calligraphy, Qin music, FengShui and Chinese cosmology and astrology – and integrate it into our daily lives. By developing an understanding of the relationships among the classics, self-cultivation practices and a way of life, we create a global network of harmonious communities.

To deepen our inner cultivation practices, we discuss such Chinese classics as Yijing 易經 (The Book of Changes), DaoDeJing 道德經 (The Classic of the Whole and its Parts), HuangDiNeiJing 黃帝內經 (The Yellow Emperor's Classic of Medicine), HuangTingJing 黃庭經 (The Yellow Courtyard Classic), CanTongQi 參同契 (Unifying the Trinity), WuZhenPian 悟真篇 (Understanding Complete Reality) and others.

QinJian Akademin

QinJian Akademin is an international society committed to preserving and promoting the classical Chinese arts. Headquartered in Stockholm, Sweden, we train beginning and advanced practitioners throughout the US, Europe and China. We offer postgraduate certification programs, seminars, classes, private tutorials and business/health consultations to those interested in ancient Chinese wisdom traditions.

The next course will begin August 29–Sept 3, 2019 in Norrtälje Sweden.

Save €200! Pay your deposit by 15 June 2019!

Please contact Master Wu at info@masterwu.net to receive your application.

Master Zhongxian Wu

Zhongxian Wu was born in a traditional fishing village on China’s eastern shore, where the sunlight first touches the Chinese mainland. At an early age he committed himself to the pursuit of the ancient arts of internal cultivation: Qigong, Taiji, internal martial arts, Chinese medicine, Yijing science, FengShui, Chinese astrology and cosmology, Chinese calligraphy and traditional Chinese music. Master Wu is the lineage holder of four different school of Qigong, Taiji and internal martial arts, and since 1988, has instructed thousands of students throughout China, North America and Europe. He synthesizes wisdom and experience for beginning and advanced practitioners, as well as for patients seeking healing, in his unique and professionally designed courses and training programs. Master Wu has authored numerous articles and 12 books (5 in Chinese) on China’s ancient life sciences. For details, please visit www.masterwu.net.

QinJian Akademin Society for Classical Chinese Arts

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