

The Power of Symbol*

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In Chinese shamanic (*Wu*) Qigong, one important practice is energetic calligraphy: *Fu* (symbol) Qigong. *Wu* (Shamans) use *Fu* to connect with the universal Qi to help people. The Daoist tradition has continued some of the ancient *Wu* practices by incorporating them into its own practices. In modern times, monks still use *Fu* to communicate with higher-level beings and with Nature through certain rituals. Some Chinese medicine doctors, working in the classical style, use *Fu* as a powerful treatment for their patients. As a shamanic Qigong practitioner, I want to share some information about *Fu* with friends.

What is an energetic symbol?

An energetic symbol is called *Fu* in Chinese. It is the traditional *Wu* (Chinese shamanism) way of accessing the universal Qi for healing or creating harmonizing Fengshui energy. You might be able to find symbols for healing in Chinese medicine classics or in some Daoist classics. In these books, you can find information about using symbols to treat certain kinds of disease or for other functions. You might decide to try to follow the instructions, but find that nothing happens as you had expected based on what the book said about treating this kind of disease. You might conclude that this practice is just superstition. However, the truth is that the practice of using symbols for healing is not for everyone. The secret part is that you must have the ability to use the symbols for channeling the universal Qi. This is similar to the way a car functions. A car can bring you to your destination, but only if you know how to drive and can control the car. Likewise, not everyone has the ability to use symbols to channel the universal Qi.

The ability to use symbols for healing can be developed through special shamanic training. In all of my Qigong practice, the most powerful part is *Fu* (symbol) Qigong. In the Shamanic Emei Sage Style Qigong School, the lineage master was allowed to teach this practice to no more than

five students in his whole life. He could teach all of the other Qigong forms to everyone, but this most secret form was carefully protected. After many years of Qigong practice, fortunately, my master started training me in *Fu* Qigong. In 1994, I spent 49 consecutive days with my master to practice this *Fu* Qigong. After 49 days of intense practice, he qualified me to do the *Fu* Qigong and passed the lineage on to me. I became the lineage holder of the Shamanic Emei Sage Style Qigong School. Over the past ten years, I have used this *Fu* Qigong to create different symbols to help people recover from their suffering and to create more joy of life with good results.

What is the process of making symbols?

The process of making energetic symbols is different from the regular writing of Chinese characters. Regular writing is just writing, which can be done anytime and anywhere by anyone. To make energetic symbols, however, a practitioner must make preparations before drawing the symbols. Following the traditional way, the practitioner must first do a Chinese astrology reading to choose the best day – a day with harmonizing universal Qi. Second, on this special day, the practitioner purifies his/her physical body and spiritual body according to *Wu* (Chinese shamanic) tradition. Third, the practitioner holds the calligraphy brush and meditates him/herself into a harmonizing Qi state and then begins channeling the special universal Qi to penetrate into the rice paper through the tip of the brush while drawing.

After creating the symbol on the rice paper, the practitioner affixes his/her seal with red Chinese calligraphy ink next to the symbol. This is done at an auspicious time during the drawing to resonate with the universal Qi. In the Chinese shamanic tradition, a seal is like a mudra (hand posture) in that it functions as a vehicle to access the universal Qi.

After the energetic calligraphy symbol has been created, the practitioner should have an expert mount the drawing on an attractive scroll with silk paper and decorate it in the traditional Chinese style. This treatment holds the energy on the paper and also helps to physically protect the symbol so it can be kept for a long time.

What is the function of symbols?

Energetic symbols contain the universal energy and have both common and special functions. A symbol can convey a type of energy to help balance one's personal energy, to create better Fengshui at home or in the office, and to help practitioners move into a better Qi and spiritual cultivation state.

Special symbols may have special functions. A Chinese shamanic Qigong master can create special symbols to fit one's particular situation. Working with a person's birth date, the master will use Chinese astrology to identify the best kind of universal energy to help harmonize the person's life. Below are some energetic symbols that may help us better understand this.



Symbol 1

This symbol combines two Chinese characters: *Fu* and *Shou*. *Fu* means good luck and happiness. *Shou* means wellness and longevity. In Chinese tradition, a good life is one that is filled with *Fu* and *Shou*. Qigong is a way of life and in the practice of Qigong, we often cultivate with these *Fu* and *Shou* energies. When I am drawing and penetrating the happiness and longevity symbols into the rice paper through my brush, I feel my heart open and then peace and nourishing Qi fill my body.



Symbol 2

This scroll combines two symbols: tiger and dragon. Tiger stands for the vital breath of the Dao and righteous Qi. Dragon is the symbol of transformation and auspiciousness. According to Chinese cosmology, tiger is the symbol for west and dragon is the symbol for east. Communication between eastern and western Qi creates the pattern of harmony. The harmonizing Qi will bring benefits to one's daily life. There is a Chinese saying: "He Qi sheng cai," meaning "Harmony Qi generates wellness and riches." In Qigong internal alchemy practice, the coming together of tiger and dragon is the symbol of harmonizing Yin and Yang – Kan (Water) and Li (Fire) as the intercourse of these energies.



Symbol 3

This symbol is made from the ancient Chinese oracle bones character (from around 4,000 years ago). It stands for lightning, spirit, and enlightenment. Ancient shamans considered the lightning in the sky to be spirits from Heaven bringing messages. In Qigong practice, the spiritual energy in a high-level cultivation state is the similar to lightning.