Shan Ren Dao (Path of the Good Person)
Emotional Healing Retreat
A UNIQUE CULTIVATIONAL OPPORTUNITY
WITH LIU SHANREN, WANG QINGYU AND LIU LIHONG

Nestled in the gorgeous foothills of Mt. Adams in Southern Washington State, this unique retreat offers a personal journey of cultivation through the bringing together of two traditional lineages, the Wang Fengyi “virtue healing” system (aka “Shan Ren Dao”) and the Jinjing School of classical Qigong.

The unique system of “virtue healing” which will be the primary focus of this retreat, provides the opportunity for individual exploration, based on traditional Confucian family values, and the five elements of Chinese philosophy and medicine. This sophisticated and unpretentious healing modality details a practical framework for uncovering and releasing restrictive beliefs and behavior patterns that damage relationships and dim the light of our essential nature. “Healing” happens when individuals in embracing the foundational virtues of their humanity, release blame, judgement and criticism and actively take responsibility for their lives.

This system of “virtue healing” was developed by Wang Fengyi, a Manchurian peasant saint, well known as an illuminated educator and healer in the early 20th century. Still practiced in the rural areas of Northern China where it was first disseminated, this accessible and genuine system has recently undergone a renaissance in China.

As part of the retreat, participants will also learn and practice the Fourteen Movement(s) of the Jinjing School, one of the esoteric long forms of classical Qigong that is rarely taught in a public setting. The form derives from the animated movements of the Shaolin classic “Transform Every Fiber in your Body” (Yijin jing), and is blended with the life renewing principles of Taoist inner alchemy. Practiced regularly, it stands by its name in delivering a change in the physical body.

It is our intent that springing from this foundation of tradition and the weaving together of lectures, system immersion, practice sessions, and self exploration, participants emerge with a sense of personal transformation and a profound import of traditional values that will form a framework for continuing a personal journey of cultivation.

Shan Ren Dao Retreat Program Details

Dates: July 13 – July 28, 2012

Location: We have deliberately selected Trout Lake Abbey in Trout Lake, Washington as the site for this focused retreat. Situated at the foot of pristine Mt. Adams, this beautiful retreat center is dedicated to providing a safe and comfortable space for transformational work. [tlabbey.org]
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Retreat Content
- Daily morning Qigong practice
- Lectures on Confucian reverence traditions, Chinese medicine, and the human virtues
- Organ/virtue sound practices
- Silence, speaking and release times
- Custom catered vegetarian meals

Instructors

Liu “Shanren” is a simple peasant saint from Northern China, who is the main practicing veteran of the traditional Wang Fengyi Five Element style of virtue healing (Shanren Dao, or Xingli Liaobing). Like Wang Fengyi himself, who was his teacher’s teacher, he grew up as a peasant on a small farm near the Chinese-Russian border. As a young man he suffered from a variety of life-threatening diseases. After reading transcripts of Wang Fengyi's teachings he recovered his health completely, and dedicated his life to teaching the practical art of expelling negative emotions and refining positive “virtues” (the essence of the ancient Chinese term “De”). Over the past 30 years, thousands of people have been healed from serious diseases in his farmstead home and during Master Liu’s walking excursions to the villages of Northern China. Seven years ago the low-profile work by Master Liu was discovered, and has since been promoted by Prof. Liu Lihong, the influential founder of the Institute for the Clinical Research of Classical Chinese Medicine in Nanning, Guangxi Province. In recent years, Master Liu has conducted numerous healing workshops with Chinese civil leaders. This will be his first (and possibly only) visit to a Western country. You can catch a glimpse of him in the video “Direct Transmission,” displayed in the public section of the website (http://www.classicalchinesemedicine.org/2010/04/wang-qingyu-direct-transmission)

Prof. Liu Lihong was one of the earliest recipients of a doctoral degree in Traditional Chinese Medicine when Ph.D. programs in this discipline were first established in China. In recent years he has skyrocketed to national fame by spearheading a Chinese renaissance movement that aims at reviving the depth of knowledge and the core values of classical Chinese medicine. During the last 15 years, he has studied extensively with various Buddhist masters, and brings this experience into his teachings. Most recently, he has invested much time and effort into promoting the forgotten method of emotional/virtue healing by the 19th century peasant saint Wang Fengyi. He has agreed to make time in his busy schedule to come to the United States and give a series of introductory lectures that will prepare us for the 2-week retreat—the first time the practice of xingli liaobing (virtue healing) will be formally introduced in the West. If you wish to get to know him and prepare for our retreat ahead of time, you can watch some his excellent presentations on supporting the yang, the Shanghan lun, and the 5-Element method of emotional healing by Wang Fengyi in the membership section (Associates Forum) of ClassicalChineseMedicine.org

Prof. Zhao Lin is Prof. Liu’s wife and an accomplished Chinese medicine physician and teacher in Nanning, China. In recent years, she has spent much time studying the Wang Fengyi system of Five Element Virtue Healing, by visiting living practitioners of this unique lineage in Northern China and assisting in several of Master Liu’s retreats.
Prof. Wang Qingyu is one of the surviving representatives of the Daoist school of inner alchemy, and will teach us a combination of movement and quiet practices from the Jinjing Qigong lineage. Prof. Wang is Heiner Fruehauf’s senior Daoist teacher who has co-taught numerous China trip retreats since 1994. He is full of life and emotions that he displays openly, and therefore seems much more Tibetan in character than Chinese. He is a treasure-chest filled with Daoist knowledge and stories from the canopy of his seventy-five years of extraordinary life experiences. If you wish to get to know him ahead of time, you can watch some of his excellent lectures on Daoist Alchemy and Daoist Medicine in the membership section (Associates Forum) of www.ClassicalChineseMedicine.org.

Heiner Fruehauf, PhD, LAc presently serves as Founding Professor of the School of Classical Chinese Medicine at the National College of Natural Medicine in Portland, Oregon, where he has been teaching since 1992. In addition, Prof. Fruehauf is the director of the Heron Institute, a non-profit institution for the research and preservation of traditional life science. In this capacity, he has been leading study tours focusing on Qigong and other aspects of Classical Chinese Medicine into the sacred mountains of Southwest China for twenty years. This retreat is his first “China trip retreat” held in the United States. He will be responsible for translating the teachings of the Chinese faculty members.

Tamara Staudt, ND, LAc was trained as a naturopathic physician and classical Chinese Medicine practitioner, and is the former Dean of Clinical Education at the National College of Natural Medicine. Dr. Staudt has been practicing and teaching qigong and its medical applications for over 18 years and has led retreats worldwide. As the first person to organize and conduct a Shan Ren Dao retreat in the West last summer, she will be leading a group of assistants actively supporting participants in this retreat. Tamara maintains a private practice in Portland, Oregon, and is a faculty member at NCNM. She incorporates the teachings of Wang Fengyi in her personal life and clinical practice.

*Admission*

Limited to applicants who are serious about self transformation (max. 30 participants); subject to application and interview process. Participant slots are expected to fill up rapidly.

*Cost:* US $3,900 [Once confirmed as a participant, a $1,500 non-refundable deposit is due to be received by May 15, 2012. The balance of $2,400 is due by June 15, 2012].

*Includes:* Room, board and tuition.

To receive an application form or for additional information, please contact:
Jeneath Villegas (NCNM): 503-552-1720, or jvillegas@ncnm.edu

Once the completed application questionnaire has been received you will be contacted by an NCNM or Heron Institute staff member for an in-person or telephone interview.