

2013

# SACRED MOUNTAIN SUMMER RETREAT

*Studying Traditional Chinese Life Science*

CLASSICAL HERBAL WISDOM FROM LINEAGES OF THE IMPERIAL COURT ·  
CHRONO-ACUPUNCTURE · TAIJI/QIGONG · THE DAO OF TEA · THE CLASSICAL ARTS

Organized by Heron Institute for Life Science, a not-for-profit organization

## ABOUT THIS YEAR'S PROGRAM



Traditional culture, in the quantum age, is being rediscovered as an immensely rich fountain of personal and scientific inspiration. China is one of the world's great quarries of traditional knowledge. Chinese wisdom, however, is highly personalized and can rarely be found in an institutionalized setting. It is still primarily through oral transmission that the gnostic arts and sciences of China are passed on.

The Sacred Mountain Retreat Program has been designed to facilitate this contact to the source. Students of Qigong, Taiji, bodywork, acupuncture, herbal medicine, and related aspects of Chinese life science will be instructed by local masters selected for the authenticity of their knowledge. This year's program marks the 15th time for the Retreat, which has purposefully been set in the Zhongnan Mountains near the ancient Chinese capital of Xi'an. These mountains are recognized as one of the ancient cradles of medical culture, where alchemical practices evolved into the complex system of Taoist hermit tradition.

The Zhongnan Mountains have been a well-known hermitage site for more than two millennia. At the foot of the mountain sits Louguantai, one of China's best known Daoist monasteries, built on the site where Laozi is said to have practiced alchemy and conveyed the Daodejing during the 5th century BCE. Buddhist monks began living in these mountains after Buddhism's introduction into China from India about 1800 years ago. The Complete Perfection Sect, one of the largest branches of modern Daoism, was founded here by the renowned Song Dynasty alchemist Wang Chongyang. During the last 2,500 years these multilayered peaks thus have attracted many seekers of the Way, among them the legendary gnostics and master physicians Zhang Liang, Tao Yuanming, and Sun Simiao.

## WEEK ONE

The first week of the retreat will commence in the provincial capital of Xi'an, site of the burial mound of China's first emperor and his army of terracotta warriors. After enjoying some of the ancient sights and temple gardens around the city, we will journey south into the Zhongnan Mountains. In this secluded setting one of China's most distinguished medicine elders will systematically transmit his view of life and medicine, as well as his unique clinical approach to difficult and recalcitrant disorders. Dr. Wu Sheng'an was trained by one of the last imperial court physicians and represents one of China's few remaining individuals who masters several classical lineages of acupuncture and herbal science, including the lost art of herbal processing (paozhi). In addition, he is a 12<sup>th</sup> generation master of He-style Taiji, and a fervent advocate for Sun Simiao's set of traditional medical ethics.



Together with his son Wu Zhaozhi, who is acknowledged to be one of China’s best Taiji practitioners, Dr. Wu will conduct regular practice sessions in his rare system of Daoist Taiji exercises, which originally was created in the Zhongnan mountains. More specifically, he will transmit the esoteric intricacies of a unique system of classical chrono-acupuncture as well as the clinical essence of three classical lineages of herbal knowledge, including that of the Qing dynasty master physician Huang Kunzai.

**WEEK TWO**

During the second week, while continuing to deepen our practice of the He-style Taiji form, we will travel back to the city of Xi’an and have the unique opportunity to observe Dr. Wu in clinical practice. He regularly sees 120 serious patients per day in his traditional-style clinic, surrounded by the helping hands of his two sons and grandson. Patients receive herbs that his staff has personally sourced and processed.

In addition, we are intending to invite local masters of the ancient shamanic sciences, such as fengshui, bazi astrology, music, painting or calligraphy for special presentations. A particular focus this year will be on the multifaceted tea culture of China.

Altogether, it is our hope that from this dense fabric of lectures, practice sessions, and performances will emerge a deep feeling for the way of Eastern thinking, as well as a sense of the enormous value of traditional culture and the profound clinical potential of classical Chinese medicine.

**ABOUT THE TEACHERS**



The various stages of the Program will be organized and conducted by Drs. Heiner Fruehauf and Wu Sheng’an.

Dr. Wu Sheng’an was born in Xi’an, the ancient capital of China and capitol of Shaanxi Province. When he was 10 years old, he became a disciple of Zhu Mulin, former physician of the Qing dynasty imperial court. From him, he learned to respect Chinese medicine as a science in its own right, and to master the traditional art of individualized diagnosis. At the same time, he apprenticed with Li Shaoting, director of Xi’an’s Chinese Medicine Hospital. Dr. Li transmitted to him the medical teachings in the lineage of the Qing dynasty master physician Huang Gongxiu, as well as his unique mastery of the ancient chrono-acupuncture systems of tiandao xue, ziwu liuzhu and linggui bafa. In addition, he studied intensively with the renowned physician Ma Ruiting, who imparted to him the clinical essence of the influential Qing dynasty work, “Eight Medical Volumes by Huang Kunzai.” In a medical practice that has spanned more than 50 years, Dr. Wu has synthesized the core teachings of these lineages into one highly effective and cohesive clinical system. As the field of modern TCM is becoming increasingly standardized and aligned with the diagnostic and therapeutic procedures of Western medicine, he stands as an ardent proponent that real



**DR. WU SHENG’AN’S GUIDING PRINCIPLE  
FOR THE PRACTICE OF MEDICINE**

How to help so many sentient souls in need of help and care?  
As a doctor, I should respect the ancient instructions (of Sun Simiao)  
And pledge to remain calm and composed  
Be without greed and help without seeking to get anything in return  
Cultivate a benevolent and compassionate heart  
Care for and educate the suffering with every fiber of my being  
So that the people can live in health and in peace.

Medicine needs to be obtained from reputable sources  
Herbs need to be harvested correctly and be genuine  
Their cultivation needs to be diligent and precise  
In the paozhi process, no time-consuming step should be left out  
And the potency of medicinal substances should never be compromised by financial gain.

Patients need to be treated sincerely  
Words need to be compassionate  
The heart needs to be true.  
In ancient times, medicine came directly from the heart  
If the heart is true then one’s medicine is naturally genuine.  
My only wish is that we can embody these ancient principles in our actions  
This way my heart can rest in peace.

recovery can only come from treatments that stimulate the body's inherent ability to heal. This firm belief in nature's intelligence is the foundation for his reputation as one of China's most effective clinicians.

Heiner Fruehauf, Ph.D., L.Ac. was trained in the field of East Asian Languages and Civilizations at the University of Chicago. He has lived in China and Japan for six years, speaks fluent Chinese, and has been practicing the Chinese healing arts since 1982. He is the Founding Professor of the School of Classical Chinese Medicine at National College of Natural Medicine in Portland, Oregon.

## **COURSE DETAILS**

### **DATES**

August 23 – September 8, 2013

### **CONTENT**

- Daily Taiji/Qigong practice
- Lectures on Chinese medicine philosophy, Daoism, the Yijing
- Lectures on classical chrono-acupuncture; the herbal lineages of the imperial academy, Huang Kunzai, and Huang Gongxiu; the Wu family approach to difficult and recalcitrant disorders
- Clinical observation at Dr. Wu Sheng'an's traditional family clinic
- Performances of calligraphy, tea ceremony, and other aspects of traditional Chinese culture by local experts



### **ADMISSION**

Limited to applicants with serious intentions (max. 25 participants); subject to application and interview process

### **COST**

\$3,500 USD

- DEPOSIT: \$1,500 non-refundable; must be received by March 1, 2013.
- BALANCE: \$2,000 due by July 1, 2013.

*Checks are payable to the Heron Institute. In case of a withdrawal from the trip after July 1, only 25% of the balance will be refunded.*

### **INCLUDES**

Transportation in China; room and board; admission fees; tuition.

### **NOT INCLUDED**

Each participant is responsible for making their own arrangements for their airline ticket to Xi'an; a single-entry PRC travel visa; and health and travel insurance.

*Please note that the Heron Institute reserves the right to change the itinerary based on the specific needs of the group.*

### **APPLY**

To receive an application form or additional information, please contact Sheron Fruehauf by e-mail ([heron@classicalchinesemedicine.org](mailto:heron@classicalchinesemedicine.org)), fax (503-695-2968), or phone (503-695-2955).

Once the completed application questionnaire has been received by the Heron Institute, a staff person will contact you for a personal or telephone interview.