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The nine characters of Intelligent Qigong

1. INQG begins with merging with nature Traditionally, most of the Daoist and Buddhist Qi gong, their way of cultivating Qi start from inside, only after lots of years, they open up and exchange qi with nature. INQG uses the opposite approach. It begins with merging internal qi with nature qi. In level I, this merging and exchanging of qi occur in the skin. In level II and III, this exchange will occur in the Meridian, inner organs, Center Meridian and Center line. Qi gradually permeates inward until man and nature are one.

2. INQG emphasizes moving forms Most qigong methods emphasize Stillness Forms (standing or sitting). They consider Moving Forms as elemental and Stillness Forms as advanced. In truth, both can be elemental or advanced. The reasons why INQG emphasizes the moving form are:1) Stillness forms require that the mind be in an emptiness stage. Daoist Qigong requires no mind activities, no breathing, no blood circulating. Buddhist Qi gong requires the mind to become a mirror, reflecting what comes in without any comment. This is very difficult, if not impossible, to achieve. Only when all meridians open up can the mind calm down. INQG concentrates on opening up the meridians and using the moving forms to strengthen the circulation of qi.2) In order to attain better health, not only do the meridians have to be open and qi be abundant, but the volume of qi circulating in the body has to be increased. There are two ways to increase qi volume. One way is to strengthen existing channels, and the other is to open up new channels. Moving forms both strengthen existing channels and open up new channels.3) In the advanced level, the distracted mind and the non-distracted mind, are cultivated. Practicing alone in a closed room cultivates the non- distracted mind. Maintaining inner peace while mingling with the chaos of the real world cultivates the distracted mind. Cultivation of the non-distracted mind only is still elemental practice. Moving forms and group practice INQG are easy ways to concentrate and work on the distracted mind.

3. INQG emphasizes group practice Traditionally, most people practice QiGong in isolation in order to achieve an undisturbed mind. Accomplished practitioners spend years in the mountains or temples alone. In today's society, this is very difficult if not impossible to do. Even at home, with minimum distraction, we have difficulty maintaining a regular practice. Once the Qi-Field is formed in group practice, learning abilities and healing effect will be enhanced. Maintaining focus is much easier to achieve with group strength and support.