

Heart-Mind Internal

Alchemy

Master Zhongxian Wu, 7th generation lineage holder of the Dai Family XinYi martial arts system, has dedicated his life to the study of the highly treasured but nearly lost Daoist Qigong and martial arts forms of China. Since the early 1990's, he has had the great fortune to have had the opportunity to train intensively with Dai Family XinYi 6th generation lineage holder, Grandmaster Zhao ShouRong 趙守榮.

Dai Family XinYi 戴心意 is one of the China's most esoteric Qigong and internal martial arts systems. Rooted in the *DaoJiaYinXianPai* 道家隱仙派 (the Daoist Hidden Immortal Lineage), the entire system is based on the principles of Daoist alchemy and embodies the richness and depth of Daoist philosophy and Chinese medicine theory. It is a powerful method of exploring healing, internal alchemy, and spiritual transformation.

Although Dai Family XinYi system holds many celebrated forms, there are few practitioners today. As such, it is extremely important to both Grandmaster Zhao and Master Wu to preserve this rare gem for future generations.

QinJian Akademin offers a series of teacher's training certifications to preserve this unique system of knowledge with students committed to exploring classical Daoist internal alchemy.

Heart-Mind

WuXing QuanMu

QinJian Akademin has developed the XinYi teacher's certification series to train students of all levels to teach Dai Family XinYi practices.

In this session, the XinYi WuXing QuanMu, we will focus on:

- Brief history of the Hidden Immortal Lineage and Dai Family XinYi
- *XinYi*, Daoist philosophy and internal alchemy
- *XinYi NeiGong* 心意內功: *HunYuanZhuang* 混元樁 (The Primordial Stance) - the fundamental *XinYi* internal alchemy standing posture
- *ChangSanBu* 長三步 (Trinity Step) – a stepping method that awakens deeper levels of consciousness
- Principles of *Yijing WuXing* 易經五行
- *XinYi YiJing WuXing QuanMu* 心意易經五行 拳母 - the "Mother Form" of the entire Dai XinYi system. These foundational movements increase physical strength and stamina as well as optimize the function of the five organ systems
- *LianQiHuaShenJue* 煉炁化神訣- Transform the Qi to nourish the spirit
- Self healing and clinical applications of *HunYuanZhuang* and *WuXing*
- The *Dai XinYi* Trinity Teaching Method

Trinity Training Method

The Trinity Training method is the hallmark of all Dai Family XinYi training, and is guided by LaoZi in chapter 25 of the *DaoDeJing*:

道	天	地	人
灑	灑	灑	灑
自	道	天	地
然			

RenFaDi DiFaTian TianFaDao DaoFaZhiRan

*Human beings follow the Earthly Way
The Earthly Way follows the Heavenly Way
The Heavenly follows the Dao
The Dao follows its natural way*

Certification Process

Students who are interested in joining the course purely for the purpose of personal cultivation are not required to apply for the teacher's certification. For students who are interested in teaching DaiXinYi, there are several requirements that must be met to obtain certification:

- Complete the 3-day intensive training
- Complete 49 days unbroken practice (1 hour minimum each day), post retreat
- Submit 49 day cultivation journal
- Begin teaching!
- Submit application fee (\$50)
- Schedule your teaching demonstration session with Master Wu (Skype, FaceTime, video, or live)

Cultivation Journey to China

We invite students to join us on our cultivation journeys into the heart of Daoist internal alchemy. Please contact us about our next trip!



KouChuan XinShou 口傳心授

*Grandmaster ShouRong and Master Zhongxian Wu
Teaching through the mouth, transmitting through the heart*

Cost

The cost of the XinYi WuXing QuanMu teacher training is \$580.

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*This session will be held 2-4 May 2016 in  
Portland, Oregon!*

Registration: [www.masterwu.net](http://www.masterwu.net)

Questions? Please email [info@masterwu.net](mailto:info@masterwu.net)

## *Master Zhongxian Wu*

Zhongxian Wu was born in a remote fishing village on China's eastern shore, where the sunlight first touches the Chinese mainland. As a child 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 traditional yet very rare schools of Qigong, Taiji and internal martial arts. Since 1988, he has instructed thousands of students, both eastern and western, in his unique and professionally designed courses and training programs. Master Wu has authored 12 books (5 in Chinese) on China's ancient life sciences. For details, please visit [www.masterwu.net](http://www.masterwu.net).



### *QinJian Akademin*

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# *Heart-Mind*

## *Daoist Internal Alchemy Teacher Certification Series*



## *WuXing QuanMu*

*with*

*Master Zhongxian Wu*