4th Scandinavian TCM Congress
„Chinese Medicine and Spirituality: Cultivation of the Practitioner, the Healer and the Alchemist "

Zhongxian Wu (China)

HouLongJingGong 火龍經功 - Fire Dragon Meridian Qigong
Essential Neigong for Healing and Spiritual Transformation

HouLongJingGong 火龍經功, the Fire Dragon Meridian *Qigong* form originates with the spirit of the dragon. The fire is a symbol of the life energy and *Shen* 神, the spirit of the body. Fire is one of the most important elements, control of which allowed human beings to flourish all over the earth. Ancient Chinese noticed that sparks arise from the fire and swirl upward like a dancing dragon. In Chinese culture, dragon is an auspicious animal. It represents power, life energy, transformation, communication, connection, freedom, and the universal way. According to Chinese mythology, dragon is the rainmaker, has magic powers that allow it to change natural formations, and can fly between Heaven and Earth. Dragon can penetrate through rock with ease, as dragon makes its' home in the rock. In Qigong tradition, the fire dragon is a symbol of the internal alchemy processes that transform the physical body into a balanced state to recover, restore and maintain well being. Fire Dragon Meridian Qigong form is an ancient method of transforming areas of stagnation in all of the layers of your body. Practicing this form everyday will strengthen and balance your body, mind, and spirit. Through the practice, you will be able to bring your three best medicines – Jing, Qi, and Shen together to exist in harmony. In doing so, you will inhance your life energy, release stagnation, transform disease and move closer to the Dao. In this workshop, participants will:

☐ Understand the Daoist concept of 'Qi as medicine' and principle of Qi healing
☐ Practice the Thunder Mantra to ignite the inner fire in the lower DanTian
☐ Learn the complete Fire Dragon Meridain Qigong form
☐ Refine and transform your Twelve Organ Meridians' Qi
☐ Experience using external Qi for healing