

# Wild Goose New Year Retreat Qigong

Presented and taught by **Dr. Bingkun Hu**  
*Disciple of legendary Kunlun Mountain Grandmaster, Yang, Mei-jun*



## Wild Goose Meditation-6 (Zen Buddhist Aroma-Releasing Meditation) & Wild Goose Qigong Movement Dec. 28, 2018– Jan. 1, 2019, Kensington, CA

**Join Dr. Bingkun Hu** for a full 5 days of rejuvenating Wild Goose (WG) Qigong and nourishing meditation. Cleanse out your unhealthy energy and release your negative emotions. Replenish your body and mind with fresh and vibrating energy, and get ready to usher in the New Year with self-confidence, enthusiasm, and optimism. Take advantage of this rare opportunity to improve your WG performance and learn the rarely taught WG meditation-6 from Dr. Bingkun Hu, a direct disciple of Yang Mei-Jun, and one of the most highly qualified Medical Qigong Masters in the West today.

**Wild Goose Qigong and meditation** is a complete healing system. Having learned various kinds of circular movements in different sets of WG Qigong, we already have some basic experience of how the WG movements are closely related to the awareness of Qi-flow, and since we can start to feel how different breathing patterns can influence different directions of our Qi-flow, we think it is the right time to start teaching some more advanced WG meditation.

### **Some basic principles in Wild Goose meditation**

- 1) There is no meditation without awareness. But according to the WG system, the more gently we use our awareness, the better the effect.
- 2) Aside from awareness, WG meditation also uses posture, breathing, movements, mudra, mantra, and imagination to consolidate and refine the circulation of our Qi-flow.
- 3) In other words, the use of awareness in WG meditation is “Qi-flow” oriented. That is why we place high importance on the Qi-flow directions of our 12 meridians, the conception and governing vessels, as well as the 3 dantians (3 body centers).

### **Why is this meditation called “Zen Buddhist” meditation?**

WG Qigong and meditation belong to the Kunlun School of the Taoist tradition. But since Dao An, the well-known lineage holder of the Jin Dynasty (265-420 A.D.) was a Buddhist Abbot, some of the important Buddhist teachings have been incorporated into the WG system, including this “Zen Buddhist Aroma-Releasing meditation”.

*continued next page*

## The structure of Wild Goose meditation-6

There are 5 sections in this meditation. In each section, different postures and movements are utilized for making a different “whole body Qi-field”. By first reciting aloud and then saying to yourself the specific mantra, we quiet down our minds, and then maintain a minimum awareness to move our Qi in a subliminal state of mind. In other words, we allow the mantras to provide us with the minimum stimuli to move the Qi. As we all know, stimuli through mantras are usually below the threshold of conscious perception.

### Section 1) “Wu-wei qing-xiang dao tian ding”

*(Fresh fragrance of 5 flavors is coming up to my crown)*

Posture—Arms and body are stretching.

### Section 2) “Wu-xing chao yang jian tai-yang”

*(My 5 internal organs are all facing the sun)*

Posture—Cross-legged sitting, hands on the lap. Palms open, facing up.

### Section 3) “Xiang-qi pu man bi”

*(My nostrils can smell the fragrance)*

Posture—Two knees bent. Right foot is on the floor; left foot is facing the inside of the right ankle.

### Section 4) “Pan-zuo zai zhong-yang”

*(I’m sitting cross-legged, hands in the middle)*

Posture—Right fist wrapping the left fist (for females), or left fist wrapping the right (for males). Both hands are in front of the sternum.

### Section 5) “Gong-cheng, gong-cheng, lian dan fang xiang ding cheng-gong”

*(gong-cheng, gong-cheng, my practice of making elixir and releasing aroma is sure to succeed)*

Posture—Hands over the knees, with “tiger-mouth” stretched and armpits open.



## The benefits of practicing Wild Goose meditation-6

- 1) For developing and maintaining a good body posture.
- 2) For strengthening ourselves through accumulating more yang energy. This meditation opens our crown and all our yang meridians.
- 3) For self-detoxification. We purify ourselves by allowing our fresh yang energy to move in a descending direction. It also opens the Bubbling Spring point (K-1); thus allowing us to get rid of our dirty qi through the bottom of our feet.
- 4) For further relaxing our body and mind through using the olfactory sensation of fragrance.

---

**DR. BINGKUN HU** is a Medical Qigong Master and Qigong Therapist. He is a disciple of the late Grandmaster Yang, Mei-jun, the 27th lineage holder of the Wild Goose system. With a background in Traditional Chinese Medicine and a Ph.D. in Western Psychology, Dr. Hu has been instrumental in bringing the essence of both Taoist and Buddhist Qigong to the public in a systemic and approachable way. Dr. Hu’s publications include 15 Qigong teaching DVDs, 12 of which are devoted to Wild Goose Qigong. In 2009, Dr. Hu was honored with “A Lifetime of Medical Achievement Award” by the International Biographical Centre in Cambridge, England for his “outstanding contribution to Medical Qigong”. Dr. Hu also accepted the title of “Honorary Professor of Medicine and Healthcare” offered from the International Biographical Centre, England in 2017.

# Wild Goose New Year Retreat

# Qigong

v with **Dr. Bingkun Hu**

## Wild Goose Meditation-6 (Zen Buddhist Aroma-Releasing Meditation) & Wild Goose Qigong Movement



---

**Dec. 28, 2018 - Jan. 1, 2019**

**Arlington Community Church  
52 Arlington Avenue  
Kensington, CA 94707**

**For more info, contact Julie Wellings**

**juliewellings9@gmail.com or  
805-646-0068**

### PROGRAM TUITION

**\$545** if registered before Dec. 14.

**\$585** After Dec. 14, space permitting.

To hold your space: Please send a deposit of \$250 per person postmarked before Dec. 14, payable to Dr. Bingkun Hu. (The balance of \$295 is due by Dec. 21.)

Mail checks to Dr. Bingkun Hu  
2114 Sacramento St., Berkeley, CA 94702

---

### WHAT TO BRING

**Meditation cushions** for sitting on the floor (sitting in a chair is also an option).  
**A blanket or mat** if you would like something to sit on if the floor is cold.

### LOCATION

Arlington Community Church is in the hills of Kensington. There is a restaurant and grocery store one mile away. More restaurants and a health food store are 10 minutes away by car in El Cerrito or Berkeley. Some participants bring lunch and stay in the space or eat in the park next door. We will meet at the church for 4 of the 5 days. Because of church functions, on Sunday, Dec. 30 we will meet at another location (in Berkeley) which will be announced at the workshop. Those who need rides should be able to carpool with other participants.

### LOCAL TRANSPORTATION

Free parking is available in a lot opposite the church and on the street. Public transportation is available via the AC Transit Bus #7 which runs from both the Downtown Berkeley BART or El Cerrito Del Norte BART Stations.

### ACCOMMODATIONS

To minimize the cost, we will not be providing lodging for this retreat. Berkeley and El Cerrito, immediately next door to Kensington, both have moderately-priced motels and hotels. It is also possible to find private home and room rentals for those who wish to have their own kitchen.

**Registration form next page →**



Wild Goose  
New Year Retreat  
with Dr. Bingkun Hu

# Qigong

---

## Registration Form

Please use one form per person

**Dec. 28, 2018 - Jan. 1, 2019**

Arlington Community Church  
52 Arlington Avenue, Kensington, CA 94707

Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Tel \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

---

### PROGRAM TUITION

**\$545** Full program tuition cost, if registered before Dec. 14.

**\$585** After Dec. 14, space permitting.

To hold your space:

Please send a deposit of \$250 per person postmarked before Dec. 14, payable to Dr. Bingkun Hu.

(The balance of \$295 is due by Dec. 21).

Mail checks to Dr. Bingkun Hu  
2114 Sacramento St., Berkeley, CA 94702

**For more info, contact Julie Wellings:  
juliewellings9@gmail.com or  
805-646-0068**