



# TRUE SELF SCIENCE

## Advanced Training in China

*How to experience the REAL QI GONG STATE  
to achieve what you really want*



### EXTERNAL HUN YUAN STAGE - Intensive retreat -



*Unleash the true power of real teaching  
and help others fulfill their needs.*

From May 15th to June 7th, 2024 | Shanxi, China

#### THE KEY POINTS OF CONTENT:

1. Healing & Self-healing from the true self world, you will experience different styles of healing.
2. Who am I? Wake up the real you and to Initiate a parallel universe of the true self. Base on it, your practice and your healing all will be different.
3. Start the real journey back to inner home and to build the great spaces in our real inner home.
4. In-depth analysis and experience of Lift Qi Up and Pour Qi Down & Three Centers Merge Standing Posture; how to use these methods for different purposes, for example healing, improving health, breaking ego's boundary etc.
5. Training of teachers' skills and soft qualities (eg. the establishment of a Qi field in different situations. How to teach and practice in a clear sequence and in different groups). \*After exam, teacher will get external Hun Yuan stage certificate.



The power of  
"True Healing"



Discover your  
"Real You"



Enjoy the journey  
"Back to inner"



In-depth  
"experience"



Develop "skills  
and qualities"

We have been teaching Zhineng Qigong all over the world for 30 years.

**We have discovered a widespread phenomenon. Many Zhineng Qigong teachers think that to learn the methods well is to learn Zhineng Qigong well.**

Also, many practitioners think that because they have learned all levels of methods, they have grasped a complete knowledge about ZNQG, and their ZNQG has already reached a high level. However, the practitioner's learning and understanding of theory is only at a very superficial level.

**This incorrect understanding has seriously affected the comprehensive and healthy development of ZNQG.**

ZNQG is neither a school of thought nor a practice method. ZNQG is a cutting-edge science that fully expounds the essence of human life.

It is a new culture of human life which awakens the True Self system. It guides

human beings out of the vortex of self-division, opposition and alienation towards the unity of all things, and to truly live in the essence of freedom and conscious.

The present world has come under the command of Ego to destroy not only itself, but also this lovely planet and all the amazing living beings.

This is the time when humanity must awaken, and it is also the important period of development of the new culture. We are duty-bound to use our own awakening state to influence the people around us to bravely step out of self limitations, to go beyond opposition and the harmful effect on our world.

Based on this intention, we started the training of teachers and healers in the True Self system. We hope to encourage more people to take the initiative to increase their energy frequency and move towards peace and harmony.

## BE PART OF THE TRUE ZHINENG QIGONG REALITY





# TRUE SELF SCIENCE



## THE PLACE:

Wolong Bay  
International Health Resort Center,  
Shanxi Province in China.

## TRANSPORTATION:

You can find the most suitable flights are to Beijing (PEK or PKX), then take another flight from Beijing to CIH (Chang Zhi city in Shanxi prov.) It takes around 1.30h.

We will organize a bus or taxi to pick you up at CIH airport.  
Approximate cost ¥ 50-100/person.

**\*Please don't book short return flights, you could have more flexibility.**



*Wolong Bay  
International Health  
Resort Center*



### THE PRICE:

The retreat in China for 24 days: ¥16800

Single room requires an extra ¥ 50-100/day (depends on standard room or suite availability).

### INCLUDES:

- Study , accommodation and food.

### DON'T INCLUDES:

- Cost of transport from Beijing airport to this center, Other travel costs.

### WHO ARE WELCOME TO JOIN THIS RETREAT:

1. People who want to deepen the experience of LQUPQD & 3CM, to strengthen the internal Qi and open more deep internal space, to improve the well-being.
  2. People who want to receive healing and learn the techniques of self-healing. You will receive healing in different ways.
  3. ZNQG Teachers and Healers who were qualified by any other system. You will get intensive training, and go very deep to experience the profound wisdom inherent in the methods of LQUPQD & 3 CM. You will gain clear sequences and a system for your practice, healing and teaching. You also will receive a qualified teacher certificate which is linked to this level, after you pass our exam during the training.
  4. For new practitioners of ZNQG, you will learn a new way to reach your goals.
- \* For new practitioners, please learn the basic theory and method with a local teacher before you join this retreat.



### NOTICE:

**\*\*\* You will need a tourist visa to travel to China, for at least 45 days. Please check about special requirements for your country.**

1. During training, the local temperature of the resort center will be 14-30 degrees, so please take suitable clothes.
2. After you book your air-ticket, please send us your flight information directly.

### HOW TO REGISTER:

There are two ways to get registration for the China course.

1. The first way is to register with the local organizers.
2. The second way, if you aren't sure who is your local organizer, please send an email to teacher Ling to get the register form, [lingmingxujing@outlook.com](mailto:lingmingxujing@outlook.com)