

Zhineng Qigong Wisdom

Zhineng Qigong was created by Dr. Pang Ming, an M.D., a Doctor of Chinese medicine, and a Qigong Grandmaster (there are only a small number of Qigong Grandmasters in the world). He studied qigong under 19 different Grandmasters, and in 1979 he developed Zhineng Qigong as a result of his search for more powerful ways to help his patients heal.

As Dr. Pang Ming defined, “Qigong is a training based on theories of the Holism of life. It is a training that requires the participant to consciously use the mind intent to focus inward to transform, to improve, and to enhance life functions. Mental, posture and breathing adjustments are the extensions of the inward training. It is a training which enables the participants to transform natural instinctive activities into conscious activities.”

“We cultivate our own life energy through accessing nature's great store of life energy (Qi). This approach produces quick results. But cultivating one's Qi is not the most fundamental; cultivating one's spirit is. Mastery of Qi is really achieved through mastery of consciousness. We use consciousness in a careful, craftsman-like way, to shape our life, to attain our goals. If we use modern terminology to name this process, we call it Qigong...” “...in modern terms, Qigong is the refinement of consciousness to enhance the state of energy in the body. This leads to vibrant health, a harmonious body and mind, and an awakened spiritual life.”

*Dr. Pang Ming, Founder of Zhineng Qigong
HunYuanQi Therapy methods*



Dr. Pang Ming

What To Expect?

What participants can expect during their healing retreat at KF on the enchanting island of Hawaii...

- HYQT treatments with an International team of Hunyuan Qi Therapists, under the guidance of Master Liu and Britta.
- Practice ZQ methods and self-healing exercises which you can easily integrate and practice on your own.
- Learn consciousness refinement tools to positively influence health intentions.
- An opening of the mind and heart, creating a strengthened immune system
- Learn more about the positive benefits of nutrition.
- Have a dedicated team supporting your intention for health and healing.
- Establish a lasting relationship with yourself, nature, and a growing community
- See Mother Nature's pure beauty! The town of Hawi creates an instant supportive healing environment. Being in this type of environment naturally increases gratitude, love, and possibility.
- A healthy balance of the following activities:
 - HYQ Therapist sessions
 - Learning & Practicing ZQ
 - Discussing life's wisdoms
 - Personal time
 - Connecting with nature
 - Experiencing Hawaiian culture



Pololu Valley, Hawi



View from Kokolulu Farm



Sunset at Mahukona Beach



Gardens of Hawi

Results from 2017 Retreat:

- Excellent results for the 2017 retreat. Of the 15 participants, 14 participants rated the retreat as “very successful” and 1 as “successful”.
- Of the 39 symptoms they came to get healing for, 38 were reported to be noticeably better at the end of the 10-day retreat.

Prerequisite:

- Participants to please bring copies of their most recent medical reports such as Ultrasounds, X-rays, CT scans, MRI scans, etc.
- Recommended pre-requisite is an open heart and mind to allow yourself the potential to achieve the healing intention you desire.