



Rising Lotus Wellness Center

"The Standard in Acupuncture"



132 W. Collins Dr.
Casper, WY 82601 ♦ Phone: 307-577-6333

www.RisingLotus.net ♦ Laird@RisingLotus.net

DO YOU WANT TO INCREASE YOUR HEALTH AND LONGEVITY?



With an Extremely Rare Form of Qi Gong

Free Lecture and Demonstration

[Tuesday's and Thursday's at 6:00pm, Saturday's at 11:00am](#)

If you decide to start training;
Class begins immediately after Lecture

At Rising Lotus Wellness Center
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Jingui (pronounced Jin-Gway) Golden Shield Qi Gong is a fast, direct, physical way to *build* qi (chi) or internal energy. Traditionally, qi gong has been used to:

- *Increase organ function*
- *Remove stagnation from the meridian system*
- *Detoxify chemical and emotional imbalances*
- *Boost the immune system*
- *Promote general health and longevity*

Jingui Golden Shield Qi Gong offers an extremely rare traditional "temple style" training. It is a fast, direct, physical way to strengthen the muscles, the joints, and the flow of qi ("chi") or internal energy in the body.

As a potent internal energy system, it integrates the body, mind, and energy through the careful application of physical practice, meditation and herbs. The result is a powerful transformation of the entire energetic body and greatly enhanced levels of health.

Levels of Training

This traditional energy cultivation system has five primary levels of training. Three of these trainings (Golden Shield, Pillars, Brushes) are stand alone, meaning any of them can be done separately and need not be done in any particular order. The other two are built upon the abdominal level of training (Golden Bell, Crown). Should one complete all five levels of training and wish to continue there are advanced levels of training. Thus Golden Shield Qi Gong can be a stand-alone 6-9 month intensive training or a multi-year evolutionary process.

Level I- Golden Shield: The Abdomen



Strengthens the liver and spleen organs as well as the muscles, tendons, fascia, and meridians of the abdomen.

Golden Shield aims to build qi by improving the function of the liver and spleen, to boost the immune system, to improve qi and blood circulation and to activate the lower dan-tien (root energy center).

Perhaps the best suited training for busy Americans, Golden Shield rapidly enhances one's energy production, circulation, and storage. By stimulating the function of the digestive organs and drawing one's energy into their "center" students begin to feel more centered and vital. Golden Shield is an extremely wise investment in one's health and longevity. Golden Shield training requires 6 – 12 months to complete, depending on the individual student.

Level II- Golden Bell: The Torso



Strengthens the lungs, kidneys and heart organs as well as the skin, fascia, muscles, tendons, bones and meridians of the torso.

Golden Bell aims to use the qi created in the previous Golden Shield level to increase the function of the lungs, kidneys, and heart: build bone mass, open the meridians of the whole body and detoxify the entire system of chemical and emotional impurities. It aims also to improve the function of the endocrine system, and to activate the middle dan-tien (heart energy center).

In Chinese Medicine all the meridians of the body go through the torso region of the body. Through a wide variety of training tools this training overhauls the entire region, opening the meridians, enhancing the strength of bone in the spine and ribcage, and vibrating the internal organs. Internal herbs are used in this level to support the body's intense energetic development. This training takes roughly 1 – 2 years to complete, depending on the individual student.

Level III- Golden Crown: The Head



Strengthens the brain, stomach, gallbladder, large intestine, and bladder organs as well as the spine, skin, fascia, muscles, bones and meridians of the head.

Golden Crown aims to strengthen qi in the brain, creating an immune system for the brain (the immune system does not protect the brain). It aims to improve brain capacity and efficiency, strengthen the spine, increase bone mass throughout the entire body, and to increase qi function in all the meridians. It aims also to activate the upper dan-tien (third eye energy center).

Golden Crown is the favorite training of most students. This intense and exhilarating training enhances mental functioning, strengthens the bones of the skull and spine and serves to integrate the head and the body. Evolution of

this area is accomplished through the use of meditations, physical stimulation, and internal herbal formulas. This training takes roughly 10 months to complete, depending on the individual student.

Golden Brushes: The Hands



Strengthens the brain, heart, and lung organs as well as the muscles, tendons, bones and meridians of the hands and arms.

The hands are a micro-system of the whole body and directly related to the brain. When the hands are strong, it makes the brain and the whole body stronger. Circulation throughout the whole body is increased. As the bones and muscles of the hands get stronger joint problems such as carpal tunnel syndrome and arthritis can be alleviated or prevented.

Golden Brushes is an intensive training system designed to improve the health strength, flexibility, and resilience of ones arms hands and wrists. By combining physical/energetic training, meditations/visualizations, and herbal soaks, the muscles, tendons and bones of the arms and hands are completely revitalized. This training can be very helpful for those that depend on the agility and health of their hands for their profession, or anyone wishing to keep their hands/arms/wrists functioning well. Golden Brushes is an approximate seven to 10 month training program, depending on the individual student.

Golden Pillars: The Legs:



Strengthens the kidneys, liver and spleen organs as well as the muscles, tendons bones, and meridians of the legs and feet.

Golden Pillars aims to open the meridians of the legs and feet thus enabling more qi to move through those muscles and tendons enhancing circulation. It also aims to integrate the mind into the lower section of the body providing grounding for the mind and stabilizing emotional imbalances.

Golden Pillars is a dynamic seven-month intensive training system designed to improve the health strength, flexibility, and resilience of ones arms feet, ankles and knees. This training can be very helpful for those who feel their legs/knees weakening, for athletes who want to enhance their performance, or for anyone wishing to develop this region of the body. Golden Pillars is an approximate seven to 10 month training program, depending on the individual student.

For all levels, the training entails two classes per month, plus an additional 45 minutes -3 hours (depending on the training) of self initiated training per week. Each training level is also accompanied by external or internal herbal formulas that have been passed down with each generation of practitioners.

In each level we gently ask the body to grow by introducing progressively challenging physical stimulation. The body's responds is an enhancing of overall energy production, storage and circulation. Each level of training also includes moving and sitting meditations to compliment the physical training and enhance mind/body/energy connection. The result is the transformation of the entire energetic system and greatly enhanced levels of health.