

# TAJIWUXIGONG

1<sup>ST</sup> RETREAT BRAZIL 2024 WITH ANDY HENRY  
MAIRINQUE - SÃO PAULO | 24 - 28 APRIL

## STILLNESS AND LIGHT, THE WAY OF THE HEART

### VENUE AND DIRECTIONS

Espaço Chakra do Coração  
Rua das Trairas, 600 - Bairro, 3 Lagoinhas  
CEP 18120-000 Mairinque SP

For more information:  
[www.chakradocoracao.org](http://www.chakradocoracao.org)

27 SPOTS

### SCHEDULE\_

24/04 - Wednesday - 17h00 - 21h00  
25, 26 and 27/04 - Thursday, Friday and  
Saturday - 10h00 - 21h00  
28/04 - Sunday - 10h00 - 13h00

With translation to Portuguese.

### MORE INFORMATION\_

[taijiwuxigongbr@gmail.com](mailto:taijiwuxigongbr@gmail.com)  
55 11 98303-5545 (whatsapp)  
with Paula

### BOOKING\_

Until 30th of March. Access the Booking page  
through the QR code or the link:

<https://bit.ly/InscricaoAndyTaijiwuxigong>



### Andy Henry

Is a well-established teacher and healer in the Qi Gong field. He has studied and practised with different teachers from the Healing, Martial and Spiritual traditions of the East and the West since the 1980's and has been teaching in this field since the early 1990's.

One of the main influences on his work is the late Dr Shen Hongxun, founder of the Taijiwuxigong and Buqi healing systems.

Andy maintains a busy teaching and treatment schedule in England, Portugal and Spain.



### THE ESSENCE OF OUR WORK

First, we try to find the experience of our stillness (our empty essence) and try to get a little more stable in that experience. As this stability develops so does the energy or light that comes out of this emptiness. Both our stillness and light are different types of energy or our Qi.

As we experience our light (all our active forms of Qi) we try to learn to work a little better with it. To develop our aware- ness of what that light shows us about ourselves, the world we live in, and to integrate with that. This is the *Way of the Heart*.

## HOW WE PRACTICE

We use a variety of standing, moving (daoyins) and sitting exercises to let go of our tensions while at the same time to activate and develop our energy, especially our vital energy called Yuan Qi. The daoyins are a mixture of mental focus, postural structural work and spontaneous reaction and movement. As we practice them our tensions lessen (called Bin Qi or negative factor) and our Yuan Qi develops. For some students cathartic emotion release can happen in these stages.

As we work with this we start to understand more about our Energy body and how this connects to our perception, our emotions and our thoughts. The Energy body includes the energy channels (meridians) and the chakras (energy centres or dantians) as well as the phenomena of light that can extend beyond the physical body and our relationship to that.

Developing our external Qi (kong jin) is very important in this process. It is here that we have the possibility to see the connection between our thought, emotion and energy and how that comes out into our physical reality. Compassion is a natural expression of this light within ourselves and provides both a path and a guide in our work here.

To support this work we also study the different chakras (energy centres or dantians) and their function and role, both positively and negatively and the different types of Qi involved. We also study the subject of Qi or energy and how this relates to our Stillness and Light and its relationship to our Heart and Compassion.

## THE AIM AND FRUIT OF THE WORK

Building a stronger energy body results in an improvement in the health of our physical, emotional and mental aspects. This is a first stage in the development of our Compassion where our work for our health enables a greater health, freedom and clarity of body, energy and mind. This in turn gives the chance for a natural lack of worry and fear for self and so the basis for Compassion for others. This is the basis for working with the large channels and their connection to our anger (attachment to what we don't want), jealousy (attachment to what we want) and fear and how to improve how we are with those experiences.

As this basis develops and our Yuan Qi becomes clearer, we can see this benefit in both our practise and our everyday life. As we become more stable in the meditation practises (usually after a few days of the retreat most practitioners experience this ease and comfort in their meditation) this becomes a practise for how we are in ourselves in the everyday life and our relationship with ourselves and others.

For experienced practitioners we deepen our stability in the experience of stillness and light and as our fear gets less and our compassion for others develops more, we work with this developing Energy body in the upper levels of this practise. Simultaneamente e não menos importante, o ambiente do retiro é a oportunidade ideal para passar mais tempo com o professor, beneficiar do seu entendimento, realização, compreensão e capacidades de cura.

*Loss, Anger and fear  
Transform to  
Wisdom, loving Kindness and Awareness  
The white, the red and the blue  
All become the Gold  
Liberation through Naked Awareness*

Andy Henry

## INSTRUCTIONS

To the participant,

Here is important information for the retreat from April 24th to 28th, 2024:

1. On the 24th, we recommend that you arrive around 4:00 pm, so that we can organize ourselves and begin the retreat activities at 5:00 pm.
2. Transportation to the event location (Chakra do Coração) is the responsibility of the registrant. If you need help understanding how to get there by bus, please contact us.
3. It is recommended to wear comfortable clothes and shoes for the retreat practices.
4. It is very important (although not mandatory) that the shoes have a flat sole. Those who do not have such shoes can wear socks, practice barefoot, or use a different type of shoe (shoes with non-flat soles are not ideal for practice but can be used, not being an impediment or a problem).
5. The registration fee includes breakfast, lunch, and dinner. In addition to these 3 meals, we will have some breaks during the retreat, during which people can help themselves to light snacks, coffee, teas, juices, and water while they rest. On Wednesday, we will have dinner at 6:30 PM, and on Sunday, we will conclude the retreat activities with lunch at 1:00 PM.

If you have any questions, please contact us:

e-mail: [taijiwuxigongbr@gmail.com](mailto:taijiwuxigongbr@gmail.com)

cell phone: 11 983035545 with Paula (business hours)

