

Spiritual Frontiers Fellowship
presents
Taiji, Qigong, and Qi Healing ~
An Exploration of Qi

Join us for an exploration of qi, the “energy of life,” and the traditional Chinese arts used to heal and restore one’s energy balance.

Qigong, also spelled ch’i kung, is made up of two Chinese words: *Qi* (pronounced “chee”) refers to life force or vital energy; it literally is internal energy, often called bioelectricity, or breath-blood energy; it’s both nutritive and defensive, both yin and yang, formulated of air and food and essence. It is also the vibration that is the source of both change and continuance. *Gong* (pronounced “goong”) means work or effort, accomplishment or skill cultivated through steady practice. Together, qi + gong refers to any practice intended to restore, circulate, balance, or enhance personal life energy. It is an ancient Chinese health care system, an art of mindful exercise that integrates physical postures, breathing techniques, and focused intention; it is the cultivation of internal energy for various purposes: health or healing, martial power, enlightenment. *Taijiquan* is a form of qigong.

Qigong practiced by individuals to improve their own health and well-being is known as “internal qigong.” A practitioner of “external qigong,” also known as medical qigong therapy or qi healing, uses the principles of traditional Chinese medicine (TCM) to heal others.

Jay Dunbar, PhD, has been practicing qigong and taijiquan since 1975. He will demonstrate three styles of taijiquan (t’ai-chi) and lead us in some taiji and both external and internal qigong exercises—some designed specifically to strengthen “guardian qi” for winter. And, with a volunteer from the audience, he will conduct a qi healing session: sensing qi blockages, combing them out of the body, and sending qi into specific points on the body to restore health and balance. Healing must occur on an energetic level before a physical problem can truly be corrected, he says. He will also discuss the principles of traditional Chinese medicine on which these practices are based.

Dr. Dunbar is the founder and director of the Magic Tortoise Taijiquan School (www.MagicTortoise.com), based in Chapel Hill, NC. His primary teacher was the late Master Jou Tsung Hwa, but he has studied with many others, including Dr. Yang Jwing Ming and Master Liang Shou Yu. His mentor in qigong therapy and qi healing is Lisa B. O’Shea, director of the Qigong Institute of Rochester, NY. He has offered courses and workshops in many settings, including Duke, UNC-Chapel Hill, the Kripalu Center, the N.Y. Open Center, and the American Dance Festival. He was technical editor of *Tai Chi for Dummies* (Hungry Minds, 2001), and he wrote the foreword to *Exploring Tai Chi* by John Loupos (YMAA, 2003). He is on the Board of Advisers of the United States Kuoshu Federation and serves as USKSF Director of Taijiquan. His PhD is in Education from UNC.

“In a healthy body, energy circulates freely and abundantly. Deficiencies or blockages in this flow can in time manifest as physiological and psychological problems,” Jay says. “My work as a qigong therapist is to determine the relative balance among the five elements in the body, clear blockages, and restore the full, natural flow of qi.”

Angel door prize: A 90-minute qigong therapy session—a \$65 value!



Jay Dunbar, PhD

Thursday, March 6, 2008

**Unitarian Universalist Fellowship
of Raleigh**

3313 Wade Avenue, Raleigh, NC

Admission: \$10;

\$8 seniors & students

Doors Open - 6:45 PM

Meeting - 7:15 PM

Early Meditation - 6:30 PM (free)

Visit us online at www.Spiritual-Frontiers.com.
SFF meets on the first Thursday of every month except July.

Spiritual Frontiers Fellowship

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Jay Dunbar, PhD
“An Exploration of Qi”

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Our Mission

At Spiritual Frontiers Fellowship, our mission is to enhance the spiritual, mystical, and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

Within the scope of our mission, we choose speakers who offer a variety of views and philosophies, but SFF does not endorse any speakers' statements or beliefs. You are invited to come with an open mind and depart with all that feels true for you.

Audio Recordings

Recordings of most SFF programs are available; a catalog is available at the Thursday lectures. To order, send \$10 for each copy on a single MP3 CD, \$15 for standard audio CD on 2 disks to:

SFF Raleigh, PO Box 12773, Raleigh, NC 27605-2773

Please indicate your preferred format and include your mailing address.

Early Meditation

Come early for the Healing Meditation.

Lynette Marks will lead a guided meditation focusing on the ascension of Mother Earth and the ways in which we can help.

Lynette has been a full-time professional healer since 1994, and Earth healing is a major interest of hers. She spent 2½ years in Arizona learning techniques for helping the Earth. Her current practice includes massage, energy work, clearing present and past life issues and attachments, working with crystals and sound healing, and using advanced tachyon technologies—including a chakra balancing system she developed using crystal bowls, aroma therapies, and tachyon chakra discs.

With a master's degree in science education, Lynette was a teacher and writer in a number of settings before she became a healer. Recently she visited Panama with other arcing radial light (AL) instructors—a spirit-guided adventure of wonderful proportions—and she plans to return this spring with several other practitioners to teach AL in Panama, Guatemala, and El Salvador.

Lynette and Mark Hirschhorn have produced a series of meditation and healing CDs—*Embracing Worthiness*, *Embracing the Divine Feminine*, *Embracing Empowerment*—as well as several music CDs; see www.AscendingMusic.com. Learn more about Lynette and her work at www.BodySoulAndAngels.com. Lynette and Mark live and work in Durham.

The Healing Meditation begins at 6:30 pm in the Ralph Waldo Emerson room. **Please arrive on time** to optimize the energies of the group.

Upcoming Events

April 3, 2008 - **Tiffany Christensen**

The Divine Healing of Dying

May 1, 2008 - **Susan Reintjes**

Author of THIRD EYE OPEN:

Unmasking Your True Awareness

June 5, 2008 - **Psychic & Healing Fair**

Annual fund raising event

July 3, 2008 - **No meeting**