

International/Intercultural Studies 38
Asian Studies 38

**Nature, Movement and Meditation
in
Qi Gong**

Professor Sharon Snowiss

Spring 2009

Office: 206 Scott Hall

Office hours: Tues. 4:15-5:30; Thurs. 1:15-2:20;

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Brief Course Description

This course will have two major components: (1) Qi Gong history and theory, and its relationship to Chinese traditional medicine; (2) Qi Gong practice based on Wei Tuo Qi Gong as developed by Master Si Tu, Jie. During the course of the semester students will learn both the Eight Minute Drill for moving and gathering Qi and the Wei Tuo Qi Gong basic static meditation.

About half of the course will be devoted to investigations of the theoretical, philosophical and scientific background of Qi Gong. Such things as the theory of Yin and Yang, the Five Elements theory and the Chinese theory of meridians in relationship to the physiology of the human body will be considered. In this regard, it should be remembered that many ancient Chinese philosophies, practices and intellectual insights were arrived at through a unique set of synthetic and deductive methods grounded in highly intuitive and personal practices somewhat different from the stereotypical "western" approach to accessing knowledge about the world. This course will illustrate how Qi Gong is in many ways at the heart of the ancient Chinese method of acquiring knowledge in which theory and practice are mutually inter-dependent.

In the process of learning about Qi Gong one necessarily acquires knowledge about Chinese philosophy, history, art and culture. On the other hand, if one wants to study Chinese culture one would be well advised to learn and practice Qi-Gong because the relationship between Qi-Gong and culture is similar to the relationship between material and its shadow. The whole of Qi Gong's history is integrated totally within the Chinese civilization. The Chinese perception of how humans and nature interrelate and how "environment" is thus broadly defined becomes an important aspect of what this course will cover. The practice of Qi Gong can also promote physical and mental health, sharpen perception and enhance powers of intuition as well as address pragmatic issues such as stress reduction in day to day living. In this way this course

will not only provide access to information and knowledge "about" another culture, but will also provide an opportunity to experience how another culture accesses knowledge.

Students should wear comfortable clothing and be seriously committed to attending all sessions since, as noted above, "practice" is an integral part of the acquisition of this knowledge.

Students are required to attend all classes, complete readings and short homework assignments, a five page paper, midterm and final examinations and a practicum exam.

Grading Policy:	Midterm	15%
	8 Minute Drill, written	10%
	7-10 page Research Paper	15%
	Final Exam	25%
	Practicum Exam	25%
	Attendance	10%

REQUIRED READINGS:

Ted Kaptchuk, The Web That Has No Weaver

Lao Tzu, Tao Te Ching.

Snowiss, The Master's Gift, A Guide to the World of Qi

Materials available on Electronic Reserves:

K. Cohen, "Roots and Branches: The History of Qi Gong"

Dong & Esser, "Recent History of Chi Gong"

N. Chen, On FalunGong, pp. 170-184 from Breathing Spaces

K. Ergil, "China's Traditional Medicine"

Fruehauf, "Chinese Medicine in Crisis: Science, Politics and the Making of TCM; The Empty Vessel, summer, 1999.

Si Tu, "The Origin of the Yin/Yang and the Eight Trigram from the Observation of the Sun and Moon"

C.G. Jung, The Forward and Introduction of The I Ching or Book of Changes, Richard Wilhelm's translation

Tung-ban Lin, "The Easiest Way is the Simplest Way - Comment on the Eight Minute Drill"

Lin, "The Essential Force and the Force of Knowledge - Additional Comments on the Eight Minute Drill"

Shen Henian, "On Energy and Its Transformation"

Ling Y Wei, "Theoretical Foundation of Chinese Medicine"

K. Cohen, "Qi Gong Science: Correlates of Healing Energy"

K. Cohen, "Does It Really Work? The Experimental Evidence"

Z. Lin and K. Chen., "Exploratory Studies of External Qi in China: An Analytic Review"

Si Tu, "The Specialties of Quiet Meditation"

Si Tu, "Zen and the Principles of Qi Gong"

Si Tu, "Qi Gong for Everyday Illness"

Si Tu, Illustration of the Five Dynamic Stable Posture.
 Si Tu, Selected Important Points of the Regular Channels.

COURSE OUTLINE & READING ASSIGNMENTS

Jan. 20 Introduction: What is Qi Gong?
 Context, Methods, Practices

NOTE: The Wei Tuo 8 minute drill will be taught gradually throughout the first part of the course. Refer to Snowiss, chapter 4: "The Fundamental Eight Minute Drill" as needed.

PRACTICE DAILY

Jan. 22-27 History and General Theory of Qi Gong
 Kaptchuk, The Web That Has No Weaver, chp. 1; chp. 2 pp 41-52.
 Snowiss, Introduction, chp. 1,2.
 K. Cohen, "Roots and Branches: The History of Qi Gong"
 Dong & Esser, "Recent History of Qi Gong".
 N. Chen, On FalunGong, pp. 170-184, Breathing Spaces
 Fruehauf, "Chinese Medicine in Crisis"
 K. Ergil, "China's Traditional Medicine", pp. 185-193

Jan. 29-Feb 3 General Theory of Qi Gong: Yin and Yang. Application of Yin and Yang
 Theory for the 8 minute Drill, sections I & II
 Snowiss, chpt. 3.
 K. Ergil, "China's Traditional Medicine", pp. 194-200

Feb. 5-10 Lao Tzu, Tao Te Ching

Feb. 12-17 General Theory of Qi Gong: Ba Gua
 Application of Ba Gua Theory to 8 Minute Drill, Section II & III.

 Si Tu, "Origins of Yin/Yang and the Eight Trigram from the
 Observation of the Sun and Moon."
 Snowiss, chpt. 8

 C.G. Jung, The Forward and Introduction of the I Ching or Book
 of Changes, Richard Wilhelm's translation.

Feb. 29-24 Continued discussion of Yin/Yang and Ba Gua
 8 Minute Drill: sections III & IV

Note: Feb. 24th meet in the Multipurpose Room, Gold Center

Kaptchuk, Web, chp. 9 & 10
Recommend chp. 7.

Feb.26-March 3 The Origins of Wei Tuo Qi Gong
Eight Minute Drill: Sections IV & V.

Tung-Ban Lin, "The Easiest Way is the Simplest Way--Comment
on the Eight Minute Drill."

March 5 The Theory and Principles of Wei Tuo Eight Minute Drill: Jing,
Qi, Shen.
Eight Minute Drill, Section VI

Kaptchuk, Web, chp. 2.
Lin, "The Essential Force and the Force of Knowledge."
Shen, Henian, "On Energy and Its Transformation."

March 5, 7-9:30 PM Special Lecture: The Garchen Rinpoche, "The Way to Happiness"

March 10 **Midterm Exam**

March 12-24 Qi Gong as a System of Thought and Body of Knowledge.
The Five Dynamic Elements: Wu Xing.

(Spring Break
March 17-19)

Kaptchuk, Web, Appendix F pp. 437-452; chp. 5 & 6.
Lao Tze, Tao Te Ching (selections). Bk I, XXXVI Bk 2 XLII
Si-Tu, "Theories and Principles of the Eight Minute Drill."
Ergil, "China's Traditional Medicine", pp. 195-97
Snowiss, chpt. 8

March 26-31 Application of Wu Xing to the Eight Minute Drill and Health.
Snowiss, chpt 5, 6

April 2 The Three Regulations: Mind, Body, Breath
Snowiss, chpt. 9

April 7 **EXAMINATION**

- (a) Short written exam on Eight Minute Drill
- (b) Practicum exam

- April 9-14 Qi Gong as a System of Thought and a Body of Knowledge: The Meridian System - Jing Lou
- Kaptchuk, Web, chp. 4; Appendix E pp. 355-380
Ling Y Wei, "Theoretical Foundation of Chinese Medicine."
Ken Cohen, "Qi Gong Science: Correlates of Healing Energy" and "Does It Really Work? The Experimental Evidence"
Ergil, pp. 215-22
Z. Lin and K. Chen, "Exploratory Studies of External Qi in China: An Analytic Review"
- April 25 (Sat) Tai Chi Day 1:30-3:30 in the Multipurpose room of the Gold Center (optional)
- April 16-21 Applications of the Meridian System:
Si Tu, "Selected Important Points of the Regular Channels."
- April 25 (Sat) Tai Chi Day 1:30-3:30 in the Multipurpose room of the Gold Center (optional)
- April 23-28 Meditation: postures and breathing.
- Si Tu, "The Specialties of Quiet Meditation"
Si Tu, "Zen and the Principles of Qi Gong"
- Friday, May 1 Research paper due (in Professor Snowiss' Scott Hall box, 12 noon)**
- April 30 Acupressure & General Health
Si Tu, "Qi Gong for Everyday Illness"
- May 5 Wei Tuo Qi Gong Mandala: "The Hat"
Discussion & Review
- Snowiss, chpt. 10

Final Examination: Monday, May 11, 2009, 2-5 P.M.