

**"Bringing balance into your life!"**

## **PANGU SHENGONG**

Pangu Shengong is a spiritual form of "qigong" or "energy healing" developed in China by Master Ou Wen Wei during the Cultural Revolution. It is a simple and effective way to absorb the positive energy of the universe the result of which is increased health and emotional and spiritual well-being. It focuses on one's life force and immune system, resulting in serenity of mind and heightened vitality. Through this practice, Master Ou advocates kindness and benevolence toward all, and gives us all a gift, the use of which has many and varied benefits.

There are several forms of Pangu Shengong - moving, non-moving and condensed/advanced forms. You can learn these forms, in order, only from a certified instructor or Master Ou himself. The most common is the moving form. This practice is a combination of words and qigong-type movements involving only the arms and hands. It is normally done in a standing position; however, if the student is disabled, ill, or cannot stand for any reason - it can be done from a seated or even reclining position, which makes it a very accessible practice for all ages and abilities. It is recommended that the "exercise" be done at least once per day and requires 15-20 minutes.

We offer a one-time class of approximately 1.5 hours in length. The class entails the history of Pangu Shengong, instructions regarding how to do the exercise and an approximately 15 minute interval during which energy is passed from the instructor to the student. After that, the student practices it whenever and wherever it is convenient. It requires no equipment. With the low time/energy commitment, it is extremely easy to work into any schedule. It can be done at home before or after work/school, at your desk when on a lunch or coffee break, inside or outside, even while waiting at the airport! The non-moving form can even be done while sitting in a crowded room. But don't let the simplicity fool you, this is an extremely effective and powerful healing technique.

Its many benefits are so varied, it's impossible to list as the energy travels to whatever and wherever it is needed in each body/mind/spirit. *"I was introduced to Pangu Shengong by a doctor when searching for healing techniques I could do myself as often as I wanted. Since practicing Pangu Shengong, I have experienced improved sleep, a calmer and more optimistic outlook, improved allergy symptoms to the point that medication is no longer necessary and sinus infections have ceased, and improved health test results. My husband experiences high levels of work related stress and finds that he really notices the increase in calm focus at the office since practicing Pangu Shengong."* The Pangu Shengong website can offer you lists of testimonials regarding the effectiveness of the practice on all types of physical and emotional issues. The more often you practice, the more often the energy is received, the more effective it is.

Allow me to assist you in your quest for healing - call (860) 861-0779 for an appointment for your personal [Pangu Shengong Moving Form](#) instruction.