

The Personal Energy Centre

Qigong Acupuncture * The Qigong School * A Tao Space
2022-23



Hello! and Welcome to this new programme of The Personal Energy Centre - a growing community of people involved in Qigong. My preferred translation of Qigong is 'Personal Energy Cultivation', so no wonder.

It's been two years since one of these annual programmes of treatment, courses, products and news has been sent out - because of the covid lockdowns. Much has changed, but some things have stayed the same - after 2,000+ years Qigong has remained as effective and important as it always was, and is.

Look and see what's of interest or relevance to you, and feel free to send comments or questions. More information is available on the website, with free books, so just click on the link below or search the web. Also this document can be printed out A4 for ease of reading.

Best, *Jim*

Qigong Acupuncture

Personal Treatment

After being in clinical practice since 1977 - 45 years now - I have seen a large array of people, of all ages, conditions and stages of life, somewhat like a western medicine GP/General Practitioner.

But whatever it is that is going on for anyone, the focus is always on the *Correct Function* of the energy system. This is the control system and blueprint for everything, measured by the diagnosis of Pulse Reading - 12 pulses at the wrists, 6 on each.

When the pulses have Balance, Free Flow, Right Quality, Good Volume and Proper Relationships then the 12 organs/officials all work together in *Harmony*, and the result is *Health*. Maintenance treatment sustains it.

A Free Initial Consultation, or an overdue maintenance treatment, is available by appt - just call, email or text.

The Qigong School

Classes & Training

Classes take place on Zoom every Tuesday and Thursday evenings, Students can take part from any location in any country. *You can too!*

This year's schedule, UK time, is:

THE 8 EXTRAORDINARY MERIDIANS

Tues 5.30-7.00pm & 7.30-9.00pm
Same programme - two time options.
12 weeks. £60. For new students.
Free Introductions - Tues 18 Oct.

THE 12 MAIN MERIDIANS

Anatomy, pathways & functions
Thurs 5.30-7.00pm. Starts 20 Oct.
12 weeks. £60. Open to all.

ADVANCED EXTRA MERIDIANS

Thurs 7.30-9.00pm. Starts 20 Oct.
For people who have completed the 9-month training. 12 weeks. £60.

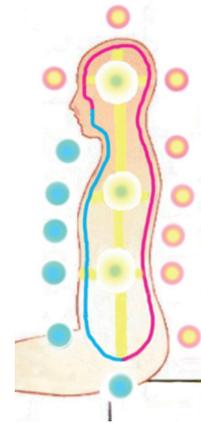
To Register, or for more details, contact us. Additional info available.

The Microcosmic Orbit Download

The Microcosmic Orbit is the most basic and common practice in the field of Qigong - all schools, traditions, lineages and teachers agree upon its importance.

This has been taught since 1983, and is now being produced as a downloadable programme, that anybody can do... for *More Energy and More Life* !

It contains 12 progressive classes of The Three Adjustments, The Inner Smile, Centering At The Navel and The Microcosmic Orbit. This will be available in the Autumn. Please enquire for details.



North East **NEWS** West South

Teacher Training Graduates. A Teacher Training Apprenticeship Programme was taught in the past year. Two students graduated - one in Liverpool, the other in Greece. For more info contact them directly.

Liverpool: Neil Birchall - neilbirchall123@gmail.com.

Greece: Vanessa Owen - vlov123@yahoo.com. 0030.6972643007

Qigong is Evolving. There are now National, World and Global Qigong conferences and events taking place - thanks to the internet and Zoom - and people can carry it everywhere in their pockets, to join in wherever they are ! Qigong is about to hit the Mainstream - at last - and I am pleased to have helped make this happen. It is a far cry from when it was necessary to bring a teacher into town to teach a small group of dedicated students, now hundreds of people can join a meeting together. What would the Ancients, who kept this in such secrecy for so long, make of it all ?!

On A Personal Note. After four-and-a-half decades promoting Qigong far and wide for 'social evolution' - writing books, creating organisations, producing conferences, teaching, lectures, the NHS... and the 'politics' of it all - it is now time for me to follow the traditional path of turning inwards for 'personal evolution'. In Taoism (the Chinese science and philosophy of Nature) this is known as Yang Sheng / Nourishing Life, and it is considered essential beyond a certain age. I returned to Liverpool from the Rocky Mountains USA, 9 years ago and, amazingly, I now seem to have reached that age !?*

It is time to read the classics, do advanced practices and manifest Tao - while continuing to treat patients and teach. More to follow. Watch this blank space !

James MacRitchie, B.Ac.(UK), Lic.Ac.(CO) trained in Classical Acupuncture. He was Founding President of the Acupuncture Association of Colorado (1983) and the National Qigong Association USA (1996). He is the author of a Trilogy of books on Qigong.

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