

SPECIAL REQUIREMENTS FOR ZHONG YUAN AND SHANG YUAN

WHAT ARE ZHONG YUAN AND SHANG YUAN?

Zhong Yuan, the Fifth Method of Yuan Gong, is designed to open the Ren channel (Ren Mai) and the Du channel (Du Mai) and for the initial opening of the 'Six Qi Centers (Qi Lun)' and the Central Channel (Zhong Mai).

Shang Yuan, the Sixth Method, is built upon the practice of the Fifth Method and is designed to deepen the opening of the Six Qi Centers and the Central Channel, expand Qi to the whole body and concentrate Qi into the Central Line. The practice of the Sixth Method is also important for laying the foundation for the next stage of practice – Integration and Unification of Human and Universe.

These two methods are built upon the previous four methods and they are meant to take practice to a deeper level. They belong to Still Qigong and consist of a series of special techniques. The practice of these two methods is intended to facilitate the smooth flow of Qi through each and every part of the body. It is also intended to open the Central Channel which, although formed before birth, does not open and function after birth. Furthermore, the practice of these two methods can help the practitioner gradually achieve harmony and unification of Xing (body), Qi, Yi (consciousness), Xin (heart) and Shen and raise the level of Qi and health. These practices can also contribute to the development of special abilities.

IN-DEPTH DESIGN

The design of these two methods draws on the essence of various disciplines, including Qigong, Daoism, Buddhism and Yoga. Consideration for safety and effectiveness are at their core. They are the fruit of Yuan Tze's comprehensive, in-depth exploration and practice of the methods used in these disciplines and his efforts to extract their essence. Much effort has been applied to refining the various techniques and separating treasure from trash.

SAFETY CONSIDERATIONS

Safety is one of the primary components of Yuan Gong. Generally speaking, the Fifth and Sixth Methods are safe and effective, and they are suitable for most people to learn and practice. There are about twenty techniques for different purposes and stages in these two methods and some of them can have a profound effect on the Xing (physical aspect), Qi and Shen of the head. It is possible that past, current or potential mental or neurological conditions can be triggered. To avoid this, we need to establish criteria for you to determine whether or not these practices are suitable for you.

Below is a list of mental or neurological conditions that can cause mental instability, confusion/lack of clarity and loss of control of the mind/behavior. This is not an exhaustive list. The list of conditions is divided into two time frames with guidelines for each.

TIME FRAME 1
<p>These practices are not suitable if you have ever or currently have:</p> <ul style="list-style-type: none"> • Schizophrenia (diagnosed) • Bi-polar disorder (diagnosed) • Paranoia (diagnosed) • Epilepsy (diagnosed) • Hallucination as part of mental health disorder • Active suicidal tendencies • Hospitalization for mental condition • Autism spectrum <p>Note: If you have a family history of the above conditions, we do NOT recommend that you do these practices, but we leave it to you to make the final decision.</p>
TIME FRAME 2
<p>You may consider doing these practices if you have NOT had any symptoms - or relied on medication to control the symptoms - in the specified timeframe:</p> <ul style="list-style-type: none"> • Alcohol abuse - in the last 2 years • Panic attacks - in the last 2 years • Significant head injury - in the last 2 years • Substance abuse - in the last 3 years

SPECIAL REQUIREMENTS FOR LEVEL 3

- **Hallucination as part of regular substance use** - in the last 3 years
- **Anxiety disorder** (diagnosed) - in the last 5 years
- **Post-traumatic stress disorder** in the last 5 years
- **Anorexia** - in the last 5 years
- **Obsessive compulsive disorder** - in the last 5 years
- **Self-harming behaviour** - in the last 10 years
- **Recurrent suicidal thoughts** - in the last 10 years
- **History of psychosis** - in the last 10 years
- **Severe depression** (diagnosed) - in the last 10 years
- **Personality disorder** (diagnosed) - in the last 10 years
- **Active suicide attempt** - in the last 15 years

These criteria are put in place for safety considerations, which are based on Yuan Tze's study of the impact on practitioners who have practiced methods of this kind from ancient to modern times. Yuan Tze's own work of teaching and healing has also helped him gain understanding of phenomena in this area. To be fully responsible for Yuan Gong practitioners, we need to put safety first. Therefore, for your own safety we require that you follow the criteria outlined above. We can only rely on you to follow the criteria and determine whether it is safe for you to do Shang Yuan and Zhong Yuan. It is you who needs to make the decision and be responsible for the decision you make.

Having said all that, these two methods are designed with safety and effectiveness as the main considerations, so they should rate much higher than any other similar methods. In fact, many things in life can trigger mental conditions in those who have them. We just want anyone who practices these methods to be safe. For the majority of people who do not have the conditions listed above, there is no need to have doubt or fear of these two methods. They are not only safe and effective but also very rare and special.

Thank you for your attention and understanding.

With love and care,

Melissa and Yuan Tze