

SPECIAL REQUIREMENTS FOR LEVEL 3 TEACHER TRAINING

Safety is one of the primary components of *Yuan Gong* and *Ren Xue*. Level 3 Ren Xue Teacher Training includes two methods, *Zhong Yuan* and *Shang Yuan*. While they have been designed with safety and effectiveness as main considerations, there are some conditions which these practices are not recommended for.

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* (True Self) 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

Generally speaking, the Fifth and Sixth Methods are safe and effective, and they are suitable for most people to learn and practice. There are, however, some health conditions—particularly in the neurological and mental health areas, but also in some other areas—for which these methods are not advised.

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

These practices are not suitable if you have ever or currently have:

- **Schizophrenia (diagnosed)**
- **Bipolar disorder** including bipolar 1, 2 or cyclothymia (diagnosed)
- **Paranoia (diagnosed)**
- **Epilepsy (diagnosed)**
- **Hallucination** as part of mental health disorder
- **Active suicidal tendencies**

- **Hospitalization for a mental condition or conditions**
- **Autism spectrum disorder**
- **Medication** which you currently take for any of the conditions in either time frame, or medication for other conditions leading to changes in the consciousness such as altered mood, focus, or perception, e.g., strong painkillers.

Note:

- Most mental health conditions occur on a continuum. For example, cyclothymia, which refers to significant mood cycling with highs and lows affecting life in adverse ways but not meeting the criteria of bipolar 1 or 2 disorder, is considered part of the bipolar spectrum of disorders but is milder and therefore less likely to have been diagnosed.
- If you have a family history of the conditions above, we do NOT recommend that you do these practices, but we leave it to you to make the final decision.

TIME FRAME 2

You may consider doing these practices if you have **NOT** had any symptoms—or relied on medication to control the symptoms—in the specified time frame:

- **Alcohol abuse** - in the last **2** years
- **Panic attacks** - in the last **2** years
- **ADHD** - in the last **2** years
- **Significant head injury** - in the last **2** years
- **Intermittent acute insomnia** – in the last **2** years
- **Substance abuse** - in the last **3** years
- **Hallucination as part of regular substance use** - in the last **3** years
- **Mood cycling** causing significant elevated mood and/or insomnia, either with or without periodic depression – 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 behavior** - 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
- **Dissociative disorder (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.

In addition, some physical conditions may also cause mental and neurological effects or instability, including confusion or delusion. Examples of situations which would need to be considered carefully include severe ongoing pain, strong medication, delirium, and significant or severe physical or organ illness.

If you are unsure whether it is safe for you to do Zhong Yuan and Shang Yuan and would like to talk to an experienced Ren Xue teacher who also has a professional health background, you are welcome to contact a member of the [Inner Wellbeing Support team](#) for advice.

Ultimately, 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.

HOW TO CONTINUE YOUR TEACHER TRAINING

If you decide that for now it is safer to avoid practicing these two methods, we have an alternative path that allows you to move forward with your teacher training. You can study a modified version of the Level 3 training named "Level 3: Totality and Yuan Ming". This option excludes the Yuan Gong component of the training and includes all other Level 3 teachings. At the end of this training, after completing the assessment, you will be qualified to teach all the Level 3 content except the Yuan Gong methods.

You can continue the training as usual from Level 4 onward. Under normal circumstances you should be able to learn and practice Yuan Gong Methods 7-9, so you can become qualified to teach these levels as well. If, as time goes on, your conditions change or you meet the criteria and you consider it safe to practice Zhong Yuan and Shang Yuan, you can complete the Yuan Gong portion of the Level 3 Training you missed and become qualified to teach the full Level 3 content.