

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 for which these practices are not recommended.

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 these two methods is intended to facilitate the smooth flow of Qi through each and every part of the body and help the practitioner gradually achieve harmony and unification of the 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. These two methods offer a way to progress smoothly. **However, they are optional because without the practice of these two methods, the practitioner can still achieve all the goals Ren Xue and Yuan Gong set out to achieve.**

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. In general, the Fifth and Sixth Methods are safe and effective, and are suitable for most people to learn and practice once a strong foundation has been built through the practice of the preceding methods.

Some of the twenty techniques in these two methods can have a profound effect on the Xing (physical aspect), Qi, and Shen (in the head area in particular). As a result, it is possible that past, current or potential mental or neurological conditions can be triggered or exacerbated. The criteria below are intended to help both teachers and practitioners determine whether these practices are suitable or not.

The following list includes mental, neurological, and general health conditions which may at times be associated with mental instability, confusion/lack of clarity and loss of control of the mind/behavior. This is not an exhaustive list and there will be different situations and other health issues to take into consideration when making the decision as to whether someone should practice these forms or not.

CONDITIONS FOR WHICH THESE PRACTICES ARE NOT ADVISED

A. These practices are not advised if the practitioner has ever experienced or been diagnosed with:

- schizophrenia
- bipolar disorders including bipolar 1, bipolar 2 or cyclothymia
- epilepsy

If there is a family history of schizophrenia, bipolar disorder, or epilepsy, it is also strongly recommended not to practice these methods. The final decision is, however, up to the practitioner.

B. These practices are also not advised if the practitioner is currently experiencing:

- suicidal thoughts or ideation
- self-harming thoughts and behaviors
- thoughts, intentions or actions intended to harm others

C. It is also not advisable to practice these methods if the practitioner is currently taking medication that alters

consciousness, mood, focus, or perception or is engaging in active substance misuse. This includes unhealthy use patterns such as binge drinking, the misuse of prescription medication, or chemical dependency. Examples of such substances include alcohol, strong pain killers, cannabis, opiates, hallucinogens, or other illicit substances.

Please note that this advice does NOT refer to past occasional use or current use within generally accepted health guidelines.

SYMPTOMS OR EXPERIENCES AS PART OF OTHER MENTAL HEALTH DISORDERS FOR WHICH THESE PRACTICES ARE NOT ADVISED

These practices are not advised if any of the following have been experienced as part of a mental health disorder:

- paranoia
- hallucination
- delusion
- psychosis
- recurrent suicide attempts
- recurrent hospitalization for a mental health disorder

CONDITIONS REQUIRING A SYMPTOM-FREE PERIOD

For the following conditions, symptoms, and experiences, it is NOT advised to practice the Fifth and Sixth methods, even if stable on medication.

You may consider doing these practices if you have NOT had any symptoms of the conditions below, are not presently taking any medication or using any other unprescribed substances to control symptoms, and have not experienced other mental health issues, in the specified time frames:

In the Last Two Years

- panic attacks
- severe insomnia
- significant head injury

In the Last Five Years

- depression
- undiagnosed mood cycling with uncontrolled or hypomanic mood elevation, with or without insomnia or depression
- anxiety disorder
- post-traumatic stress disorder (PTSD)
- obsessive compulsive disorder
- eating disorder including compulsive exercise disorder
- body dysmorphic disorder
- substance misuse, unhealthy use or addiction
- alcohol misuse, unhealthy use patterns, and addiction
- an admission to hospital for a mental health disorder

In the Last Ten Years

- severe depression (diagnosed)
- dissociative disorder (diagnosed)
- personality disorder (diagnosed)
- self-harming behavior
- recurrent suicidal thoughts
- suicide attempt
- psychosis

CONDITIONS TO BE CONSIDERED ON AN INDIVIDUAL BASIS

Clearly there are many different health conditions and experiences to consider in regard to safety. As these exist on a continuum from mild to severe and in association with other issues and environmental factors, recommendations can only be general. Ren Xue is not a health service, and the guidelines are therefore broad and do not delineate specific categories of diagnosis or experience.

The following is a brief example by way of illustration. Suicidal ideation is a common experience and may have occurred long ago and been mild in nature. In this context and with no other risk factors it is unlikely to be a barrier to practice. By contrast, in the

case of suicidality that is current, recent, severe, frequent, and poses a high risk, the practice of these methods is not advisable.

The recommendations relating to medication or substance use depend on a multitude of factors, including the medication or substance that was used, how long it was used for, the harm sustained while using it, and concurrent conditions, as well as other aspects of life and practice. The advice not to practice in this context does not generally refer to:

- appropriate current use of any prescribed medications for physical health conditions which do not alter the state of consciousness
- past temporary use
- occasional intoxication
- limited past experimentation with substances

In addition, some physical conditions may cause mental and neurological effects or instability, including confusion or delusion. Examples of situations to consider carefully include severe ongoing pain, delirium, acute or early recovery stage head injury, and significant or severe illness.

There are many other health-related conditions which also need careful reflection in deciding whether to practice these methods or not. This can be complex given the very different ways conditions can be experienced, viewed, diagnosed, and treated globally. Factors such as severity, overall effect on life, and concurrent conditions are some of the important factors to consider.

Examples include but are not limited to:

- neurodivergence
- autism spectrum disorder
- AuDHD
- ADHD
- phobias
- sensory processing disorders
- learning disorders

GENERAL CONSIDERATIONS

To be fully responsible Yuan Gong practitioners, we need to put safety first. Therefore, for your own safety, and for that of anyone you teach in the future, we require that you follow the criteria outlined above. While a student is responsible for their own decision to practice, it is our responsibility as teachers to provide recommendations that come from a place of understanding and clarity and to support the best possible decisions about whether to practice these methods or not.

Practitioners do need to build a strong foundation in the preceding Yuan Gong methods before starting the Fifth Method. They also need to be able to work constructively with any reactions they may experience in the body, Qi, and Jingshen, and to understand when it is advisable to keep going, slow down or stop practicing.

As a teacher, please have a good understanding of these methods and how they work, as well as the safety guidelines, before teaching others. To clarify whether these methods are suitable for a particular person, it can be helpful to discuss the person's situation (with their permission) with Inner Wellbeing Support. You can contact the team at:

innerwellbeingsupport@renxueinternational.org.

In reference to the guidelines above, each person as the practitioner holds the ultimate responsibility for deciding whether to undertake the practice or not, and for working through eventual outcomes.

These criteria are put in place for safety reasons, 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 an understanding of the phenomena in this area.

These two methods are designed with safety and effectiveness as core considerations. While they are generally safe for individuals who do not have the conditions listed above, no list can account for every exceptional circumstance, and individual responses may vary. In rare cases, unforeseen issues can arise even without prior conditions. However, for most people without the conditions listed above, there is no need to be concerned about practicing these two methods. They are not only safe and effective but also very rare and special.