

The Art of Self Mastery Through The Tao Of Qigong

White Crane Qigong's Ba Duan Jin Program is a full immersion curriculum, an invitation to journey into the depth of yourself in every aspect.

What is your place here on this earth? How are we all connected? What does this mean for you and your life?

You will discover how You are truly One with All and that All is One with You. This cultivates a sense of belonging, faith, courage and trust.

When we feel safe within ourselves, knowing that we may count upon ourselves to do what we know is right, best and true, we develop the fearlessness to make our dreams come true.

Fear is simply an unanswered question. When we understand how something works, we gather the knowledge to discern why things happen for us the way that they do.

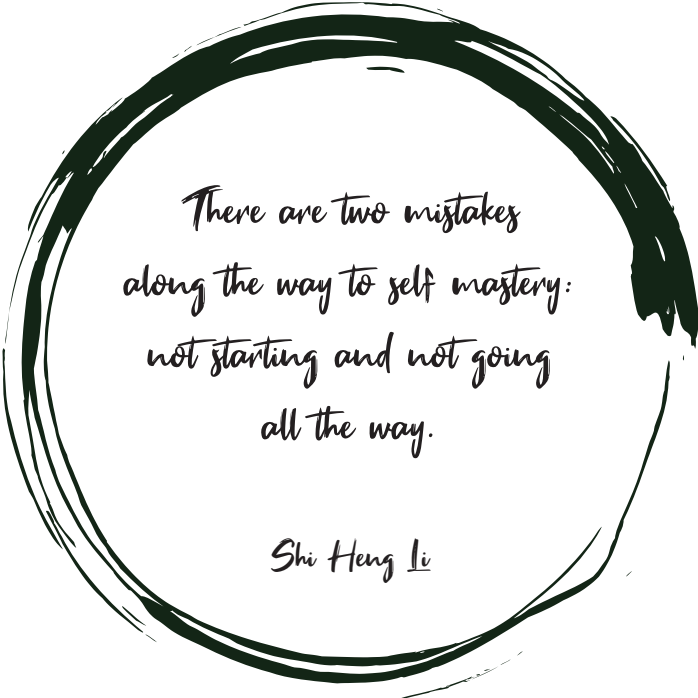
Everything in this world has been brought forth via thought. The more you trust yourself and align your energies to work together, the more powerful you become. This enables the execution of positive change in your life in a relatively easy and fluid way.

The practices you will learn through this program are applicable to every area of your life. As you realign yourself to your original form, you naturally cultivate inner calm. You become grounded to the rhythm that is yours and yours alone.

The more of us who embark on the journey of self discovery, the greater our opportunity to effect positive change across the planet.

As above, so below. As within, so without.

It's all up to you.



*There are two mistakes
along the way to self mastery:
not starting and not going
all the way.*

Shi Heng Li