

"The process of practicing the simple hand movements of Pan Gu Shengong aids the practitioner to absorb the energy of the sun and moon, the yang combined with the yin, which is a key to bring the physical, emotional, and spiritual aspects back into harmony."

— Fang Ning
Tai Chi Great Grandmaster, China

"As my wife and I began to practice the exercise on a daily basis, we both began 'feeling things'; among practitioners of qigong these are referred to as 'qi sensations'. But there was something else going on as well, something more subtle and also more important: I began to feel better. Emotionally, psychologically, psychically, spiritually--I'm not sure which of those words or combinations thereof would be most accurate; I believe all of them apply."

--- Robert Anderson

Master Ou and his certified Pan Gu Mystical Qigong instructors are available for workshops and seminars. For more information, please contact:

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Pan Gu Shengong (Pan Gu Mystical Qigong)

1. What is Qigong?

Qigong is a unique and efficient system of energy cultivation incorporating matter and spiritual characteristics to achieve an innate balance of energy. It is an effective way to absorb Qi from the universe, including core energy and basic elements (the fundamental particulate materials essential to life), which fight disease and improve health.

2. What is Pan Gu Shengong (Pan Gu Mystical Qigong)?

Pan Gu Shengong, developed by Master Ou Wen Wei, also known as Heaven, Earth, Sun and Moon Qigong, has its fundamental philosophy and practice rooted in kindness and benevolence. It is designed to absorb the essence of Qi from the Universe. It regulates and intensifies Life Force and the immune system. Pan Gu Shengong is a specialized form of Qigong that is simple to learn, and its benefits to health and well-being can be experienced immediately. The positive effects from regular practice include:

- ✧ Balance, Harmony, Peace of Mind
- ✧ Empowering the Immune System
- ✧ Increased Well Being, Happiness & Inexhaustible Vitality

Pan Gu Shengong greatly improves the symptoms and underlying conditions of many diseases, including heart disease, diabetes, strokes, rheumatoid arthritis, apoplexy, lupus erythematosus, different types of cancer and many chronic illnesses. It is amazingly effective in reducing drug dependence, and has been used successfully to assist people in drug rehabilitation programs.

3. Who should practice Pan Gu Shengong?

- Patients who suffer from illness. With daily practice and regular treatments from Master Ou, health can improve dramatically with the possibility of full recovery from chronic health problems.
- People who want to improve and maintain optimum health. PGSG can strengthen the immune system and Life Force, increase the ability to resist viruses and bacteria and, at the same time, decrease the possibility of developing diseases due to exposure to environmental toxins.
- Doctors or professors who are involved in research into the benefits of Qigong and/or have some personal experience of Qigong.
- Acupuncturists and other alternative medical practitioners.
- Those who are interested in Qigong and want to develop a more thorough knowledge of this discipline.

4. What are the Pan Gu Shengong forms?

PGSG, which is a complete system of Qigong exercises, consists of a Moving Form, a Nonmoving (meditation) Form and an Advanced (condensed) Form.

- The Moving Form is the basis of PGSG, and takes about 20 minutes to complete. This exercise cultivates Qi, and is designed to promote health, vitality, balance and a sense of well-being through the strengthening of the Life Force.
- The Non-moving Form is a more advanced Qigong, designed to strengthen the nervous system and the Spirit, increase mental capacity and cultivate intuitive abilities. An outstanding feature of the Non-moving Form is that practitioners can practice it anywhere, at anytime, and absorb the Universal energy whenever the need arises, though daily practice is recommended. People who have learned the Moving Form are qualified to learn the Non-moving Form.
- The Advanced (condensed) Form is a shorter version which produces more powerful effects. Only practitioners who have reached a certain level are qualified to learn the Advanced Form.

Compared with other forms of Qigong, Pan Gu Shengong has several outstanding features which make it ideal for anyone:

- It is easy to learn and grasp.
- Practice produces immediate effects.
- Only 15-30 minutes daily is required.
- There are no restrictions as to age or ability. It is available to everyone.
- It is a complete, self-contained system for health and well-being.

5. What is Qi-healing?

Qi-healing is a personal, one-on-one energy treatment offered by a Qigong Master. The energy emitted by the Master works to fortify the patient's body, reinforcing the immune system to fight disease, and strengthening Life Force. Master Ou will set up different Qi-healing treatments according to the individual needs and conditions of the patient. Many practitioners obtain greater and faster results by having treatments from Master Ou, in addition to practicing PGSG individually.

6. What is long distance Qi-healing?

Long-distance Qi-healing refers to the treatment by a Qigong Master which generates healing within a patient who is not in the same location. As you may know, the Qi in Qigong is Energy and Matter. It demonstrates its material characteristics in three ways (see details in Pan Gu Mystical Qigong). Qi launches outward as a 'field'. Like an electric, or magnetic field, a Qi field is projected outward, forming ever-growing circles of energy. It is no problem for a Qigong Master with strong ability to direct the Qi hundreds or thousands of miles away. At present, a certain number of patients who cannot visit Master Ou are receiving his long distance Qi-healing regularly.

Master Ou WenWei

Master Ou Wen Wei is a well-known Great Qigong Master, author, poet, and calligrapher. He is the originator of Pan Gu Shengong, and currently serves as the President of PGSG International Research Institute. He was a council member of the International Medical Qigong Association, and the former Director of the Qigong Science Research Institute of Guangzhou University in China.

After intensively studying ancient Chinese ways of preserving health, Master Ou created Pan Gu Shengong to enable practitioners to absorb the Life Force of the Universe, and to temper and improve their own Life Force and immune systems. This Qigong form is based on the physiology of the human body and the miraculous relationship between man and nature. For more than 20 years, Master Ou and his Pan Gu Shengong have successfully helped thousands of patients with many different ailments to improve their health – on the physical, emotional and spiritual levels.

Qigong Calligraphy

Master Ou's calligraphy is unique. Both casual and elegant, it reflects the Master's strong-mindedness and endurance. His works are based on his research and theories on the nature of Life and the Universe. Master Ou's calligraphy is an art which has very strong energy and power, and can help achieve a balanced mind and healthy body. Many PGSG practitioners feel a strong, healing force while practicing PGSG in front of Master Ou's calligraphy.

Books by Mr. Ou WenWei

- *Pan Gu Mystical Qigong* — describes the philosophy of Pan Gu Mystical Qigong, and demonstrates part of the Qigong exercise.
- *The Path of Life* — describes the origin, the development, and the future of human beings, revealing the truths of the Universe. (Chinese)
- *Farewell My Soul* (Chinese)
- *Flowers of Beauty and Kindness* — a collection of essays which expound upon the essence of the Qigong philosophy, and point the way to better results from Qigong practice. (Chinese)
- *Qigong Calligraphy* — a collection of Mr. Ou's Qigong calligraphy.
- *Chanting at the Chrysanthemum Garden* — a Mr. Ou's poems collection. (Chinese)

Testimonials

"As a practitioner of Chinese Medicine and a student of energy cultivation for more than 15 years, I can honestly say that Pan Gu Shengong is the most effective and comprehensive system of energy cultivation I have ever encountered, both here and in Asia. The practice of Pan Gu Shengong has enriched my life in every way possible and, time and again, I have seen it restore the physical and emotional health of my patients and greatly contribute to their spiritual well-being. To say that I am grateful to Master Ou only begins to express the depths of my feelings for what he continues to do for humanity."

— Paul Fraser, *Integrative Physical Therapy*