



# Primordial Qigong

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Primordial Qigong is an energetic movement practice that incorporates a three dimensional physical mandala.

It encompasses all the primary aspects of Taoist philosophy and cosmology: yin/yang concept, the trinity of heaven, earth and man, the Five Element theory of Traditional Chinese Medicine, the I Ching, the Bagua and the mystical aspects of numbers.



## Master Zhu Hui

Donald Rubbo had the privilege of studying with the late Master Zhu Hui, from China, the lineage holder of Primordial Qigong in a line that goes back to Zhang Sanfeng himself.

Master Zhu was a very humble man, and though he did not promote himself as a direct lineage holder, he did convey that the Taoist sage Master Li Tong had transmitted this system to him, and that Master Li had an unbroken lineage to Zhang Sanfeng. Master Li requested that Master Zhu promote this unique system so that it would not be lost.



Master Zhu studied martial and healing arts at the 'Succinct Martial Arts Association.' He learned traditional methods of healing (tui na massage, bone setting, acupuncture, etc.) as well as classical martial arts systems. Master Zhu was selected to be on the Shanghai Martial Arts team, and later chosen to be a member of the prestigious National "Kuo Shu" Martial Arts team. After graduating from Ying Shi Medical College in 1949, Master Zhu became a licensed Chinese medical doctor. During the Cultural Revolution he traveled across China as a "Barefoot Doctor," treating those in need of medical treatment.

Master Zhu became gravely ill with hepatocirrhosis (liver disease) and after his doctors told him that there was nothing more they could do for him, he devoted his time to practicing the Primordial Qigong system and healed himself. In his later years, Master Zhu established the "Tian Ta Guo Qing" Qigong hospital and he worked tirelessly, treating an amazing number of patients each day.

Not long before Master Zhu passed away Donald learned Primordial Qigong, Lotus Qigong, Wild Goose Qigong and Wisdom Patting (a powerful and effective form of Spinal Qigong) from him. Donald developed a deep connection to and respect for this profound system, whose depths he feels are unlimited, and he is dedicated to passing down the pure, authentic knowledge of the Primordial Qigong system.



Master Zhu teaching  
Wild Goose Qigong

During one of the teachings Donald asked Master Zhu, "What are the benefits that one might receive from practicing the Primordial Qigong?"

Master Zhu replied, "In my personal experience, I have developed the capability to see what ails you. But not only that, I have cultivated the wisdom and ability to heal you."

This statement had a profound influence on Donald, and Master Zhu, recognizing Donald's talents



## Qigong as Self-directed Alchemy

When the great alchemists of the past spoke of converting lead to gold, they were speaking of transmuting the base nature of humanity into a state of enlightenment, looking for a remedy for an imperfect, diseased and ephemeral state to a perfect, healthy and everlasting state.

In Qigong practices, and especially in Primordial Qigong, you are creating profound change in the physiology of your body, through the repetition of directed-thought processes, the qualities inherent in the directions you deliberately face, and the physical movements of your torso, arms and legs. By merging intention with action, a process we call Intention-Driven Action, you can transition faster from a negative state to a positive state of flourishing health and deepened intuition.

For instance, when the palms of your hands, in Part B of the set, 'Old Dragon Washing His Face,' pass over the point just above the middle of your eyebrows (one's Third Eye), your intention is to stimulate the pineal and pituitary glands by the energy emitting from the centers of your palms into the gland. The pineal is a small endocrine gland located in the geometric center of the brain which produces melatonin, an endocrine hormone that modulates wake/sleep patterns. The pituitary gland, situated between and behind the eyes, produces hormones and controls blood pressure, metabolism and fluid regulation and is known as the 'master' endocrine gland.

The pineal gland has been associated with mystical powers, and is believed to be a dormant organ that can be awakened to enable a telepathic state. According to Vedic tradition, the pineal gland is linked to the seventh (Sahasrara or Crown) chakra, also known as 'The Eye of God,' and sometimes to the sixth chakra (Ajna or Third Eye.) Rene Descartes, a French mathematician and philosopher, referred to it as the "Seat of the Soul," believing it to be the connection between intellect and the body, and Edgar Cayce, an American psychic, wrote about the pineal gland as an energy (chakra) center.

The pituitary gland is also associated with mystical powers, linked as well to Ajna (Third Eye), the sixth chakra and to Sahasrara (The Eye of God), the seventh chakra.

By stimulating these glands, the pineal and the pituitary, during the practice of Primordial Qigong, you are flooding your system with hormones and heightening your awareness, sensitivity and your intuitive abilities.

## The origin of Primordial Qigong

The mythical Taoist sage Zhang Sanfeng, purportedly the father of Tai Chi Chuan, is credited with creating Wu Ji Gung - Primordial Qigong - a profound system of health and spiritual enhancement that is beautiful in its simplicity and immeasurable depth. Primordial Qigong, a true gem

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## Turning Back the Hands of Time

There are two parts to the Primordial Qigong set, Part A is “Rolling the Ball” and Part B is “The Old Dragon Washing Its Face.” Part B flows from the end of Part A, transitioning counter-clockwise from the fourth roll of the energy ball into Wu Ji, to begin Part B. There is a slight pause after the end of the first, second and third Part Bs, just before you start the second, third and fourth Parts A, as you settle your mind in Wu Ji.

Part A is performed a total four times; after the beginning of the set facing East, you will be facing a new direction, counter-clockwise from the previous direction. Part B is performed a total of four times also, and at the conclusion of the full Primordial form, you are again facing the original direction, East, having traveled through all of the directions.

The movements are slow, graceful and as precise as possible. As you move through space and time, you are heightening your proprioceptive sense, often referred to as the sixth sense, the awareness of your arms, legs and torso in movement in relation to space. You are also consciously incorporating the awareness and felt-sensations of the five elements, the eight directions and flow of energies, the harmonizing emotions and calmness of mind.

You, the practitioner, remain in the Center at all times, and as your arms, hands, legs and feet are moving, your intention is guiding in the energies from the four primary directions (East, North, West and South) and the four corners (southeast, northeast, southwest and northwest).

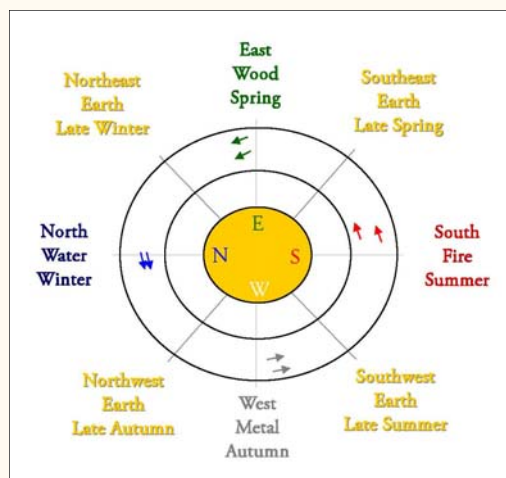
The rotations in the four Parts A and four Parts B are all counter-clockwise; as you face East in the Center, you turn left to North, left from North to West, left from West to South and left again to face East concluding the set where you began.

As you practice the profound Primordial Qigong system, over time, you will feel as if the effects of time are being reversed, and that you are literally “turning back the hands of time.”

### Reversing the Seasons

At the same time you are positively affecting your internal chronology, you are also reversing the seasons, and thus generating a reversal of time:

Spring turns back into late Winter, late Winter turns back into Winter, Winter turns back into late Autumn, late Autumn turns back into Autumn, Autumn turns back into late Summer,



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