



LA VIE DAO

## Dao Hua Qi Gong Practitioner's Guide

This brief guide has been written for three main reasons:

First: to provide a wider overview on the progression of the practice overall.

Second: to assist in the self-evaluation of a student's own level.

Third: to encourage students and, in the process, deepen their motivation and enthusiasm.

This information is intended for everyone, be they novices, mid-standard students, advanced practitioners, or merely people curious about the practice.

As soon as someone is interested in Qi Gong, it is essential to shed light on the path as clearly as possible, especially the specific characteristics unique to Dao Hua Qi Gong. Knowing the stages and achievements that mark its progress is essential in order to nurture motivation and encourage students in a clear and transparent way.

The path to Hua Gong is marked out in three stages.

STEP 1 : Three conditions are required for students embarking on the path:

- a true desire or aspiration to learn
- finding the right teacher
- and an "authentic heart" to receive information from the teacher.

## STEP 2 :

Once established on the path, each student will go through five sequential phases:

- basic introduction
- treat the practice as another activity or hobby
- integrate the practice into one's own life
- practice = life, life = practice
- practice to benefit others

## STEP 3 :

Progress along the way is made through six essential crossing points:

- transform the Jin
- control the Jing
- open the Xin
- consolidate Chi
- stabilize the Shen
- cultivate the Dan

This path is reflected in access to seven different levels:

Beneficiary

Beginner

User

Practitioner

Expert

Master

Living Immortal

## What are the ways forward?

Depending on a student's level, motivation and ambition, a number of solutions are possible.

1. Attend workshops, weekends, and retreats (according to age, availability and interest in the proposed theme).
2. Attend courses more regularly over a given period of time, deepening practice along a particular thread or interest.
3. Commit to a three-year training course (for Practitioner status) or four or five years (for Expert status).

## What is the path or trajectory of a student's progress?

In the short term, a rapid or even spectacular progression from Beneficiary status (more "passive" mode) to User status (more "active" mode) is possible. These changes are based more on surface adjustments of the energy matrix.

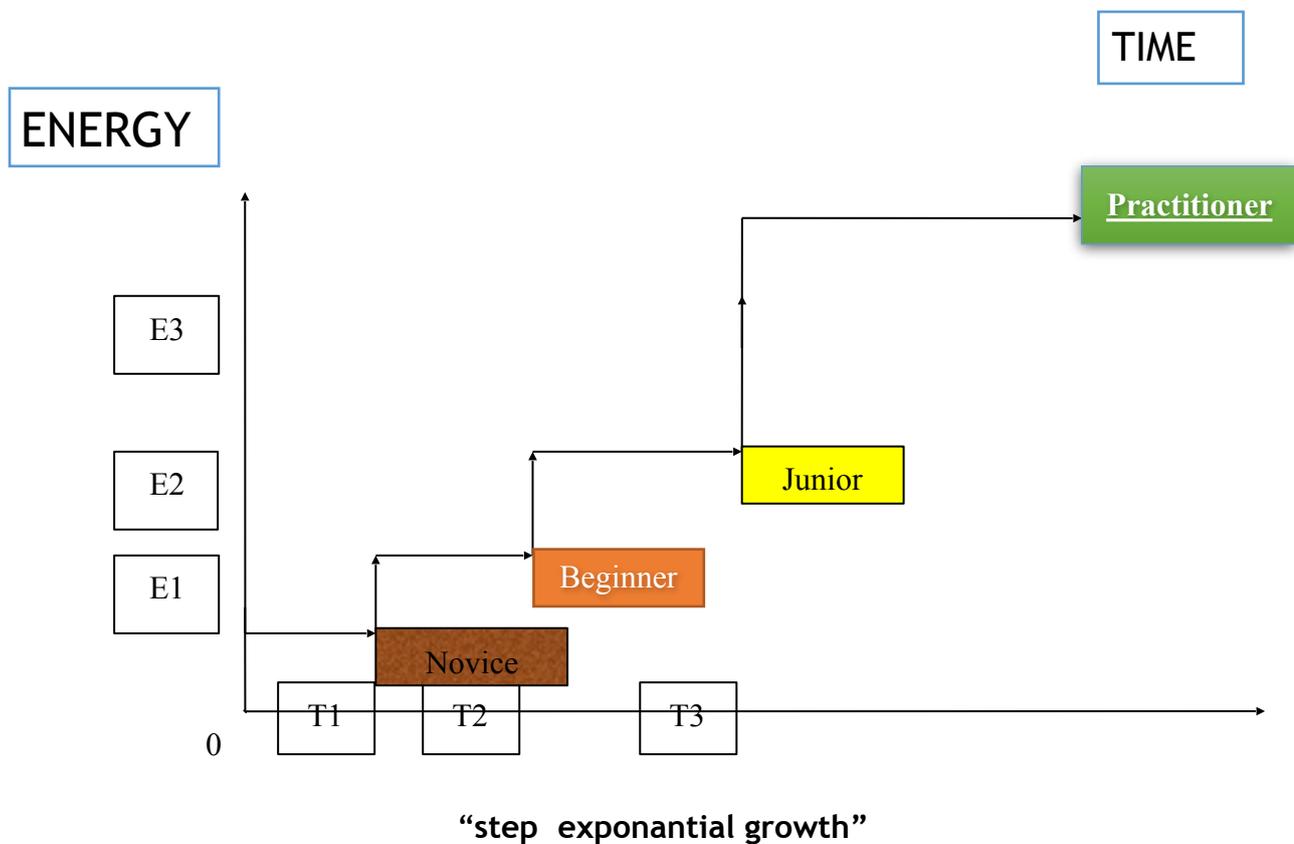
In the medium term, after a few years of practice, quite legitimately one can wonder about the underlying reasons for the need to continue. Often, a student can be satisfied with his/her level, and find that 'things are going pretty well' (or at least much better than before) on various levels.

At this stage, the first changes are stabilized. However, students might not be tempted to progress further and instead, could be tempted to stagnate or even regress - this a typical step along the way and can be a subtle ego trap. The 'operating threshold' is illustrated in the Time/Energy graph below.

This is when a number of points need to be kept in mind:

- the practice is not focused solely on problem solving
- you can always do better than you think
- its progress must be proactive
- out of respect for oneself, one must realize one's full potential
- the teacher's role is to accompany students to the next level

In the longer term, the intention is to reach and then exceed the Practitioner's mark. The transformation of the energy matrix on both the deeper and older layers can then be considered.



The term 'exponential' is to be understood as follows:

- Dao Hua Qi Gong is not a linear path in which the slope (difficulty) is always the same from beginning to end.
- The length of each step takes a little longer as one progresses.
- The height of each step is incrementally higher than the previous one.

Given the above, it is important to understand that a student (and practitioner) can experience increasing difficulty with each preceding step. The natural counterpart to this is that it allows access to a completely different energy level, incomparably more advanced than the last one. Any new sensations experienced related to each step should therefore comfort you and nourish the conviction that you are on the right track.

The Gong or level of practice allows you, through access to a higher degree of subtle perception, to decode the teachings in greater depth.

Thus, it is possible to continue on another "level" that provides a more realistic vision of the information being accessed. Indeed, from step to step, we acquire a level of awareness that allows us to better understand and therefore better integrate the teachings into our lives.

The Practitioner level corresponds to the fourth stage and is characterized by a certain number of criteria, including: incomparable health, a fluidified daily life, and a much more controlled emotional state.

I hope that these few pages will prove useful as a travelling companion and personal reference to achieve in the long run... the status of "Practitioner" and, in time, perhaps even to answer the call of the "Expert"!!!!

Your servant, Erwann

For further information, please contact:

Erwann Le Moigne [contact@laviedao.com](mailto:contact@laviedao.com) Calle Freixa, 41; 2º-1ª; 08021 Barcelona [www.laviedao.com](http://www.laviedao.com)  
Mob. +34 628 638 045 / +33 6 64 54 67 68 Fixe. +34 930 093 895

