

ZHINENG QIGONG CONTINUING TRAINING

The 7 gates & the central channel

SEPTEMBER 27 - JUNE 19

Wednesdays · Online

7 gates for healing

One channel for liberation

Exploring each center for uplifting our
energies to their highest potential.
Connecting the 7 gates for awakening
to the Universal Consciousness.



**Guided by
Rocio Sintas**

In English, Spanish and French

One Light School

www.onelight.es/en · info@onelight.es

7 gates

& the central channel



SEPT 27 - DIC 16, 2023

1, 2 & 3 centers

Practices

Increase the energy level in the 3 lower centers to improve the health and quality of life of the body, and awaken the dormant potential

- *La Qi* (gather Qi) in mingmen palace
- *Hun Yuan Shen Shi*: sitting rotating in dantian
- Straight Legs Sitting Method
- Bonus: a variety of practices from level 2 to open joints and other stretching

Theory

- **The vital energy of the body**: how to augment it, take care of it, and preserve it.
- **The sexual energy**: its nature, primary use and spiritual use. How to organize and transmute this important energy for healing and ultimate realization.
- **Death**: approach, assimilation in oneself and in others. Transcendence and awakening of the true self.
- **The dormant potential**: longevity and eternity. Increasing self-confidence.

9 classes of 2 hours

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JAN 17 - MARCH 20, 2024

4, 5 & 6 centers

Practices

*Opening of the heart space,
And awakening to the universal consciousness*

- Several methods for opening middle dantian
- *Xu*: method to enter the state of “empty but not empty”
- *Wu Wei*: meditation to develop the observer consciousness and flow with the Dao
- *Tian Jian Mudra* Method for nourishing upper dantian
- Bonus: Guided healings and practices for chest, neck, and eyes health. Level 1 Practice.

Theory

- **Transcending the lower nature.** Rising above passions, desires, attachments and aversions. Building healthy relationships.
- Mind-heart bridge. The throat and our communication. Mastering our speech.
- **The state of empty, but not empty.** Dissolving the ego for the experience of Self. Beyond the mind.
- **Clear consciousness or mingjue** observes itself, achieving vision, discernment and **special abilities** for healing and self-knowledge.

9 classes of 2 hours

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APRIL 10 - JUNE 19, 2024

Connecting the 7 centers

Practices

The union and harmonization of the 7 centers and activation of the middle channel

- Method for natural observation of the 7 centers
- *Qi Men Kai He* Method (7 gates open-close), formal practice and variations
- Middle channel breathing
- *Zhong* sound and state
- Bonus: a variety of practices for the health of the spine, opening and stretching it

Theory

- **Developing upper dantian:** attention, concentration and visualization
- **How to connect and align the 7 centers** in practice and daily life.
- Understanding “the middle path”.
- **Experiencing universal consciousness:** the different states of the mind in oneness.
- **Returning** to the origin. The meaning.

9 classes of 2 hours

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PROGRAM

Calendar

Classes will be weekly on Wednesdays, with breaks on some holidays and the like.

Timetable

From 15.00 - 17.00 Central European Time

From 10.00 - 12.00 Toronto time

From 21.00 - 23.00 Perth time

1 hour theory and 1 hour practice

Platform

Training will be conducted entirely online except for the final retreat. All material is recorded and available for consultation for 1 year.

Certification

This training lasts 54 hours online, and 54 optional hours in person, making a total of 108 hours. A certificate is given to those who wish it as long as they have completed the program.

Investment

9-month full program: 395€, if paid in single payment. If signing up per trimester: 155€/trimester.

FINAL RETREAT

We will hold a final retreat for the in-person experience for those who wish to do so. The retreat will take place in the province of Malaga (Spain), in the month of May, and will last 7 nights. The approximate cost will be 800€ all included in an apartment for 2 people with 3 vegetarian meals a day and snacks.





One Light

AWAKENING · HEALING · SELF-REALIZATION

One Light School works in person in Malaga, Spain, and also online. Sometimes we carry out training and retreats in other countries.

We are dedicated to **teaching Zhineng Qigong**, a discipline known for its great effectiveness in healing all types of diseases. It includes aspects of Traditional Chinese Medicine, Taoist energy work, Buddhist meditation, and traditional yoga spiritual development.

The purpose of the **Online Continuing Training** is to offer continuity to those who have already started the practice and also to open a door to any practitioner who wish to know and explore the path. Unlike teacher training, continuing training is aimed at developing our personal practice, deepening it and enriching it. That way we can assimilate the teachings and integrate them into our daily lives. Life is a continuous learning. The path is made by walking!

The **classes will be guided by Rocío Sintas**, a teacher with more than 10 years of experience in the discipline of self-knowledge and natural and holistic healing.

Everyone is welcome!

