

Experience the Power & Positive Effects of the Emei Sacred Healing Sounds

Workshop : Sat 1 June — 10am to 5pm Conducted by Fontane
Suitable & beneficial for everyone. Easy & enjoyable to do. No experience is necessary.

Traditional Chinese medicine sees the body as a unified field that is a part of the planet which is also connected to a greater field, the cosmos. **All energy is vibration.** This is a well-known scientific fact. Sound plays an important role in our everyday lives, from talking, to music, to the sounds of nature. **We are all familiar with sounds that make us feel happy or sad. They have a power that affects us on a deep level of being.** Modern science nowadays can measure the brain wave activity and see that various sound frequencies affect one's mood and can even stimulate the immune system.

The Emei Qigong, famous for its healing arts, is a comprehensive system comprising of knowledge and techniques from Taoist, Buddhist, traditional medicine and martial arts. This Qigong system has **an unbroken lineage since its inception, now close to 800 years.** Fontane has been extensively trained in the system under Grandmaster Fu Wei Zhong, the current 13th lineage holder and is authorised to teach the healing arts of Emei Qigong. Fontane specialises in energy cultivation and meditation practices. She has over 28 years of teaching experience in internal health arts and is highly regarded by all those who learn from her.

In the Emei system, sound is used to balance and heal our organs, to foster good health and promote longevity. Each organ has its own frequency. Just like an orchestra, when all the instruments are well tuned and played in harmony with one another, wonderful music is created. Our internal organs, when functioning well and working in harmony with each other, produce good health and well being. On the other hand, an imbalance in one organ can affect the functioning of the others. If it is not addressed, the whole body will suffer. Illness and even death will eventually be the result. Practising the Emei Sacred Healing Sounds will move the energy in the organs, thus giving the organs an internal massage. **This sound massage will alleviate stagnation and allow the organs to return to a healthy state.**

During the workshop, as well as teaching the 8 sacred healing sounds and the breathing technique,

Fontane will explain these important topics:

- the human body energy field, and
- how we are affected by the different levels of energy in everything around us



This rare practice is the most powerful and effective self-healing method for people who have very limited time for training. **It enables you to accomplish so much in such a short time.** If you want to do all the sounds to balance the entire body, it takes only about 23 minutes. You may choose to address a physical or an emotional issue by doing one sound only. This will take less than 10 minutes. For example, if you have indigestion or have eaten too much, do the stomach sound. If you are prone to worry and overthinking, do the spleen sound. If you feel foggy headed, do the brain sound.

When the organs are comfortable and in balance, you feel good and at ease with yourself and others. You come to realise just how much tension our organs hold from the accumulation of stress and negative emotions in our everyday lives!



Everyone will benefit immensely from these powerful healing sounds.

Sat 1 June 2019 10am to 5pm \$300- GST included
Students who also enrol in Tai Chi or Wu Dao Gong are eligible for a special rate of **\$260-**

Wesley Centre Hall, behind the Rydges Hotel
corner National Cirt & Fitzroy St, **Forrest**

The hall can be accessed through the main entrance of the building in the car park.

The Emei Sacred Healing Sounds audio (CD & USB) will be available for sale at the workshop.

Revision fee for students who have attended the previous workshop : \$120-

►► **Note:** Please bring a **notebook, a pen, lunch, drinks, snacks, a mug and a teaspoon.**

Tea and coffee will be provided. However, please feel free to bring your favourite tea, coffee and plunger. ◀◀

Bookings are essential. Please pay the workshop fee to confirm your booking : www.taichiacademy.com.au/tca/node/208

- phone the Office on 02 6296 1357 or pay your instructor. M/C, visa & Amex are welcome.

TAI CHI ACADEMY PO Box 70 Woden ACT 2606



Emei Sacred Healing Sounds Testimonials from Canberra Students:

“I confess, the Healing Sounds was not my favourite practice to begin with.

However, I have now changed my mind. Recently with a severe aura migraine developing, I decided to use the healing sound for the brain. To my surprise, after 9 repetitions of the sound, the migraine and other related effects stopped without the need for any medication. The healing sounds really do work!

I am grateful to Fontane for her patience and excellent instruction on the healing sounds – it has been invaluable.”
– Maria, Public Servant

“I recently lost a close family member which left me quite down and heart broken.

Fontane had advised me to do the Healing Sounds (one in particular) as a tool to help deal with the situation. I kept doing it every time I felt the need to. I noticed that after doing a couple of sets, it left me feeling a lot better, emotionally calmer, and more importantly feeling a greater sense of peace.

The Healing Sounds is very practical and versatile. It can be used to help relieve (sometimes instantly) many health issues. I will continue to use it as a part of my practice.”

– John-Pierre, Earthmoving and Construction Business Owner/Worker

“When I practise the Healing Sounds, it feels like my insides are vibrating. When I finish the practice, the vibration transitions into a gentle and warm humming throughout the body. Eventually this humming subsides, leaving a comfortable calm feeling.

On days when there has been a dominant emotion – like frustration or lots of thinking – I will do lots of repetitions of the sound that relates to that emotion and I find that this helps to restore calm and balance.”

– Jack, Business Owner

“I found some of the sounds challenging to get right and maintain them accurately. Having the CD helped along with Fontane’s teaching. During my practice, I could feel the impact each sound was having on the organ/body system that the sound is associated with, generally a vibrating sensation generating warmth.

After the practice, the organs feel relaxed.”

– Jon, Registered Nurse

“Practising the Emei Sacred Healing Sounds makes me feel balanced and light. It’s a great addition to my qigong practice and can be tailored to target specific ailments related to a particular organ, e.g. lung sound for cough.”

– Andrew, Public Servant

“The Emei Sacred Healing Sounds Qigong is one of the most unusual practices that I have ever done. However, the times that I do practise it, I find it revitalising. It pumps me with oxygen and gives my insides a good massage. With some of the sounds, I don’t feel a lot, but others seem to really resonate and I feel vibrations and sort of like another ‘note’ is coming from inside my body somewhere.” – Janie, Public Servant

“It took a while but after a couple of months of practising the sounds, I could begin to feel the different areas vibrating corresponding to the organs. It has made me more aware of where my internal organs are. Now even without doing the sounds, I find I can be more easily aware of most of the organs. In the case of the lungs particularly, I am aware when they don’t feel ‘right’ and I might be getting a cold. I sometimes just do the brain sound when I feel I have been on the computer too long and am losing concentration.

After practising, I can feel my whole upper body vibrating. I feel relaxed and energised. I really enjoy practising the sounds ... provided nobody is around to hear me!”

– Kath, Freelance Editor

“Individually the Emei sounds learning experience is very special. However, learning the sounds in our group has been a wonderful experience with the combined sounds in the room vibrating and affecting us all. Enjoyable and fun!”

– Paul, Architect

“I was very interested in learning the Emei Sacred Healing Sounds, as the chance to participate in a centuries-old oral tradition doesn’t often present itself.

Qigong classes are usually very quiet, but this one wasn’t! The sounds are ‘sung’ aloud, and a class full of people ‘singing’ healing sounds is really something special.

Each of the healing sounds corresponds to an organ. The more I practise them, the greater my awareness of those organs.

Also, as an unexpected benefit of practising the breathing method used to make the healing sounds, my torn intercostal muscles – an injury that has niggled at me for over a year – have finally healed properly.”

– Alex, Test Analyst