



Xin Shu

心術

**The Seminars of Master  
Jeffrey Yuen**

2024 Edition - in presence



# The Seminars of Master Jeffrey Yuen

***May 10, 11, 12, 2024 - in presence***

*Friday May 10, 2024*

**Qigong for Yuanqi**

*Saturday, May 11 and Sunday, May 12, 2024*

**The Study of Renmai and Dumai Meridians**

# Jeffrey Yuen's Seminars 2024

From 1998, Xin Shu is the only Institution authorized to deliver the Seminars of Master Jeffrey Yuen in Italy.

Jeffrey C. Yuen is a Daoist priest, one of the world's leading experts in **Chinese Medicine**.

He belongs to the 88th *Yu Qing Huang Lao Pai* generation (Jade Purity Yellow Emperor Laozi School), and the 26th generation of the *Quan Zhen Long Men Pai* School (Complete Reality School Dragon Gate School), Jeffrey Yuen has been designated by his adoptive grandfather, *Yu Wen*, as his **spiritual heir**, the continuer of an ancient oral tradition.

An outstanding expert in Classical Chinese Medicine, Chinese Herbal Medicine and Martial Arts, Master Yuen chose Xin Shu as the Italian partner for the transmission of his great knowledge and vast understanding.

With enthusiasm, we present the 2024 edition of the Seminars of Master Jeffrey Yuen, delivered in presence in Rome and dedicated to these two topics:

- "Qigong for *Yuanqi*"
- "The Study of *Renmai* e *Dumai* meridians"

We are looking forward to meet you again, face-to-face.

A warm greeting.

Rosa Brotzu  
*President of Xin Shu APS*

# Programme

Three days Seminars in Rome, with Jeffrey Yuen.  
A unique opportunity to meet the great Taoist Master.

*Seminars are held in English, with consecutive Italian translation by Giulia Boschi.*

**Friday May 10, 2024 - 10:00 a.m. to 6:00 p.m.**

## **Qigong for Yuanqi**

In ancient Chinese medical tradition, constitutional *qi*, or *yuanqi*, represents a precious asset to be preserved for a long and healthy life. The term "*yuan*" means source, spring, origin, and signifies **the original energy**, the ancestral constitutional energy. It is also called the Anterior Heaven energy, transmitted from parents to children at the moment of conception, and partly responsible for an individual's inherited constitution.

During the gestational phase, the function of *yuanqi* is to nourish, shape, and grow the fetus. After birth, it is responsible for the child's development, along with the Posterior Heaven *qi*. Thus, *yuanqi* governs conception but remains a source of life and vitality throughout existence.

Yuanqi cannot be increased but only preserved or consumed as minimally as possible, based on lifestyle. For this reason, it is said to represent the hope of life: the number of breaths and heartbeats one has in lifetime.

Ancient Chinese believed that the cultivation of life was linked to the **quality of breath**, a fundamental element in *qigong* practice. Breath can be equated to what we now call stress. This is why, in antiquity, it was asserted that emotions had an influence on the length of one's

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life. Additionally, breath can be used to balance situations of discomfort resulting from strong emotions.

Due to its strong connection to the genital system, *yuanqi* is considered a fundamental element for the protection of the species. It is stored by the Kidney (or more precisely, the *ming-men*), serving the **preservation of the individual** and allowing the proper functioning of the Triple Burner, as metabolic transformations occur with the catalyzing action of *yuanqi*.

In this seminar, Master Jeffrey Yuen will guide us to become familiar with **Chinese health exercises**, used for about 5,000 years, to help **prevent illness**, create harmony and well-being, and live the best possible life. These psycho-physical-spiritual activities, belonging to the Taoist tradition, are used for the **enhancement, development, and control** of ancestral *yuanqi*, a deep and constitutional energy that aids individual and creative expressiveness.

*Saturday, May 11 and Sunday, May 12, 2024 - 10:00 a.m. to 6:00 p.m.*

## **The Study of *Renmai* and *Dumai* Meridians**

The seminar is dedicated to the study of the energetic physiopathology and symbolic significance of the meridians belonging to **the extraordinary meridian system**, namely *renmai* and *dumai*. Master Jeffrey Yuen will delve into the meaning and energetic function of various points, with reference to possible combinations and therapeutic strategies useful in clinical practice.

In the view of Classical Chinese Medicine, the study of meridians and individual acupuncture points should always be traced back to the evolutionary dynamics of the individual, as well as energetic physiopathology.

The *renmai* meridian belongs to the first generation of **extraordinary meridians**: it is the most *yin* meridian compared to all others, hence called the "sea of *yin*" and is responsible for forming the body's structure. The *renmai* meridian is also known as the **Conception Vessel**, representing the *yin* characteristic of gestation, the ability to carry pregnancy and take on the responsibility of nurturing new life.

Spiritually, the *renmai* meridian allows *yin* to go deep, activating the meditative process known in Taoism as "the awakening of consciousness," enabling the birth of the "immortal fetus", symbolizing the ability **to give meaning to one's self** and promote spiritual development. The *renmai* meridian represents the 3 Dantians and the 3 Burners at a spiritual level, having the prerogative to initiate the alchemical processes of an individual's spiritual evolution.

Similar to the *renmai* meridian, the *dumai* meridian is part of the first generation of extraordinary meridians, the most ancestral. For this reason, it is involved in the mystery of the origin of life. It aids fertility through the warming action of *yangqi*. The *dumai* meridian represents the foundation, the structure of the individual. The *taiyang* level is the peak of yang among the energy levels, while the extraordinary meridian *dumai* is the "sea of *yang*" the absolute greatest *yang* in the body.

Therefore, it is considered the meridian that describes the **individuality of each person**. It governs posture, the development of reflexes, and independence. It provides *yangqi* for body construction, warms, supports, and moves, allowing the child to relate to the world through spinal movements. It becomes active at birth and matures around two years of age. Psychologically, the harmonious development of the *dumai* allows the child to accept "no" and denial.

The study of the two extraordinary meridians, *renmai* and *dumai*, proposed by Master Jeffrey Yuen, represents a **unique experience**, difficult to replicate. Thanks to Master Yuen's availability and generosity in transmitting knowledge that, while not disregarding textual knowledge, draws from the **ancient Chinese oral tradition**, a heritage of knowledge passed down through generations.

Master Jeffrey Yuen's teachings are not found in any text or treatise because he believes that written words fix concepts and paradigms on aspects that, according to Taoist teachings, should remain mutable.

# Participation

Register to the Seminars in Rome.

The Seminars of Master Jeffrey Yuen are entirely delivered in presence, in Rome. There is no live-streaming remote connection.

## Participation Fees

You can register to the Seminars of Master Jeffrey Yuen, attending one single seminar or multiple days. See the Participation Fees per person, as detailed in the following table.

Participation	Fee
<b>May 10:</b> Qigong for <i>Yuanqi</i>	€ 190*
<b>May 11 and 12:</b> The Study of <i>Renmai</i> e <i>Dumai</i> meridians	€ 330*
<b>May 10, 11 and 12:</b> Qigong for <i>Yuanqi</i> + The Study of <i>Renmai</i> and <i>Dumai</i> Meridians	€ 430*

\* Participation Fees include the Annual Social Membership Fee of € 15.

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Register to the Seminars of Master Jeffrey Yuen on:

**[xinshuacademy.com/en](http://xinshuacademy.com/en)**

**Contact us:**

**Xin Shu APS**

Via dei Fabbri Navali, 15 – 00122 - Roma (RM) - Italy

*Organizing Committee*

E-mail: [seminars@xinshuacademy.com](mailto:seminars@xinshuacademy.com)

Web: [xinshuacademy.com/en](http://xinshuacademy.com/en)

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