



**TIAN GONG INTERNATIONAL FOUNDATION**  
FAST & EFFECTIVE HEALING • LONGEVITY



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Qing Cheng Mountain in Chengdu, China



**WELCOME TO TIAN GONG** Oneness between the Sacred  
Universe and Humans Universal Unity

Nanxi River in Wenzhou, China  
Wenzhou is the hometown of Grand Master LeTian.

## ABOUT THE FOUNDER, GRAND MASTER LETIAN

Founder of Tian Gong, Founding President of Tian Gong International Foundation and Tian Gong International Association

Born in China to a family of little financial means and suffering from multiple life-threatening illnesses, Grand Master LeTian began studying Qi Gong at an early age. After decades of study and cultivation including near loss of life, he came into direct guidance and transmissions from the Universal Grand Masters. In 1987 he received messages from the Universe to begin the process of founding Tian Gong and to launch its humanitarian relief efforts.

Tian Gong first gained international recognition in 1992 at the 3rd International Qi Gong Conference in Japan as a result of Grand Master's featured exhibition of extraordinary faculties and his speech, "Contemplation on the 21st Century: The Great Ascension of Humanity and the Giant Leap of Civilization on Earth."

He has twice been awarded the Chinese national distinction of Outstanding Qi Gong Master. In addition, Tian Gong was ranked in China as an "Outstanding" Qi Gong practice and attracted several million practitioners after Grand Master's year-long, 16 province teaching tour in 1993.



Grand Master LeTian



Mt. Everest

## MORE ABOUT GRAND MASTER LETIAN

Based on an urgent message from the Universe in 2003, Grand Master led all Tian Gong practitioners into planetary work to save the Earth, save all life and save ourselves – also known as the Grand Universal Undertaking of the Three Rescues – to complete their sacred missions as well as their ascension. He has already traveled to over 30 countries and regions around the world to teach an advanced Qi Gong Xiu Lian method called Tuo Tai Huan Gu in order to catalyze the birth of new humans, to usher in the approaching era of Universalized humanity and to specially train Qi-based disaster relief teams and environmental Qi cleansing task forces. Grand Master also leads practitioners on cultivation journeys to conduct paranormal research and studies of sacred and mystical regions of the Earth, relics of ancient civilizations and different civilizations from the past and from higher dimensions. He currently resides in the San Francisco Bay Area of California in the United States.

## QI GONG – HEALTH · WISDOM · ASCENSION

Qi Gong's most recent lineage can be traced back to Atlantis, Mu and Lemuria, civilizations which existed over ten thousand years ago. Its true origin, however, lies in the center of the Universe. For this reason, Qi Gong remains an ancient enigma within the hearts of countless millions.

Chinese Qi Gong is descended from Fu Xi the Great, forefather of the Chinese people, who lived 8,000 years ago. "Qi" is translated as energy of life and "Gong" denotes differing energy levels of Xiu Lian. The phrase "Qi Gong" encompasses numerous ancient Chinese medical methods for the prevention and healing of illness.

Qi Gong practice techniques came into existence to allow humans to reestablish their direct connection with the Universe and thus regain their wisdom. Qi Gong is also said to facilitate the process of ascension. Only through advanced Xiu Lian methods does the energy of the Universe become readily accessible to a person at any given time and place.



Great Pyramids of Egypt



## INTRODUCTION TO TIAN GONG

Tian Gong is a unique form of Qi Gong and is one of the most famous of the major Qi Gong schools in China. Not only does it catalyze health and wellness, regular practice can also heal the soul and spirit, ignite wisdom, activate and enhance extraordinary faculties, reverse aging and restore youth. In other words, it is a short, quick path to becoming a higher-dimensional being (ascension).

In recent years, Grand Master LeTian (U.S.) and the Tian Gong Masters Tian-Ying and Tian-Ping (Germany) have accomplished a number of astonishing feats and demonstrated that they are clearly an answer to both the personal and global problems of humanity and the planet.

As Grand Master and the Masters continue to build an all-inclusive practice system for humanity to recover its original pristine state, we hope that you will recognize a sign, discover the importance of Tian Gong in your own life or see how multi-faceted the Tian Gong practice is. With an open heart, we invite you to explore Tian Gong further through reading or by participating in one of our many workshops around the world.

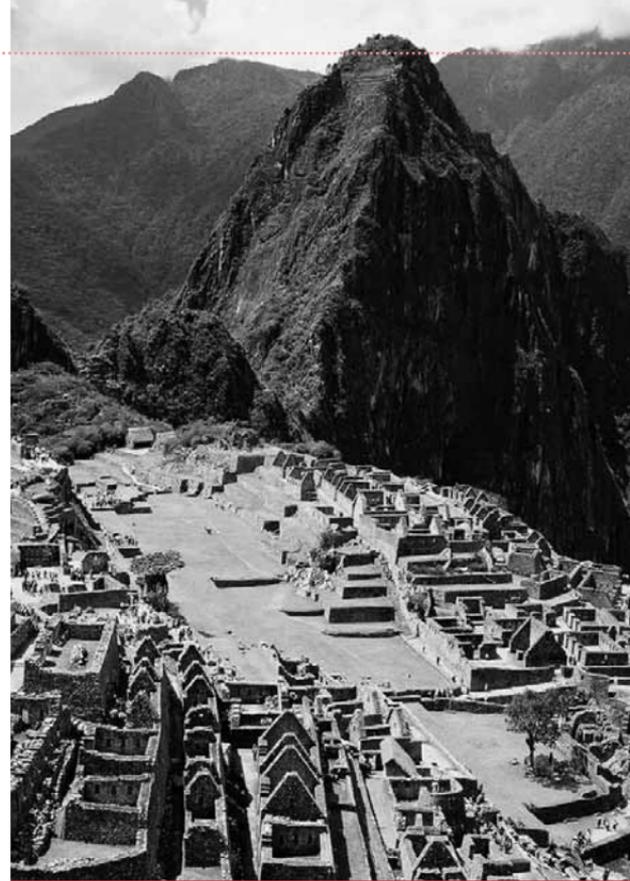
Retreat in Alpbach, Austria

## TIAN GONG'S UNIQUE FEATURES

- Highly effective, safe, reliable and increasingly profound
- Openly accessible, easy-to-learn, appropriate and beneficial for all ages and states of health
- Greater Self (selfless) cultivation creates a powerful unified energy field, which encompasses both the Earth and the Sacred Universe
- Independent of a specific religious or world view, it brings together 8,000 years of spiritual wisdom from ancient Grand Masters and other cultural heritages worldwide
- Ever-changing and ever-advancing with no beginning and no end

## SIX KEYS OF TIAN GONG XIU LIAN

- Honor the Sacred Universe
- Great Love
- Humility
- Let Go of Desire
- Gratitude
- Cleansing



Machu Picchu, Peru



Kunlun Mountains

## PRINCIPLES & AIMS OF TIAN GONG XIU LIAN

- Save the Earth, Save All Life, Save Ourselves
- Advance towards Universal Unity

The **first aim** is an integrated approach to self-healing, prevention of illness and healing others. Establishing a three-way resonance between the Universal, Earth and human energy fields at the same frequency can gradually reverse cellular disarray in the physical body. **A System** Practice ultimately leads to an ability to unmanifest the physical cells through very strong mind power.

The **second aim** is to heal and perfect the soul component called the Yang Shen. **B System** Practice will also help practitioners develop depth of wisdom and comprehensively activate and reinforce extraordinary faculties.

The **highest aim** is to facilitate Universal Unity and Oneness between the Sacred Universe and Humans. **C System** Practice highly accelerates this process through ancient, mystical Tuo Tai Huan Gu Xiu Lian for complete rebirth of the human body, recovery of the original pristine soul and ascension of human civilization into higher galactic dimensions.

## TIAN GONG PRACTICE SYSTEM

The Tian Gong practice system is divided into one gateway level and three main practice systems.

### THE GATEWAY PRACTICES (TIAN DAO GONG)

Includes Pathway to the Universe, Celestial Pagoda, Open Heart, Celestial Cross, Life Nurturing, Celestial Smile, Gong Character (公), Sun and Moon, Honoring the Sacred Universe and Return to the Source Practices

These ten easy practices integrate with all three of the main Tian Gong practice systems and are recommended as a prelude. When practitioners are unable to attend classes or Open Practices they can learn these practices on their own from the Tian Gong website or manual. All practitioners are encouraged to share these practices freely with friends, family and others as an individual or group practice. Gateway Practices are beneficial to both the body and soul.



Pathway to the Universe practice in Valencia, Spain



Retreat at Mt. Shasta, California

## THREE MAIN PRACTICE SYSTEMS – A, B AND C

Each of the main systems correlates to a specific aim and contains three subsystems. This creates a total of nine practice levels (A1 through C3).

### A SYSTEM PRACTICE

These foundational practices bring about: a complete change in state of health; an enhanced self-healing process; increased fitness; improved quality of life; prevention of illnesses; reduction of suffering; reversed aging; restored youth and longevity. This practice level also includes accelerated energy healer training which leads to multi-level certification. The A System can be used to advance the skills of massage therapists, acupuncturists, doctors of TCM, psychotherapists, kung-fu practitioners, yoga instructors, athletic trainers and other energetic specialists in similar fields.

## B SYSTEM PRACTICE

B System Practice employs Celestial Language as a fundamental practice to cleanse and heal the soul component which is responsible for the current life – the Yang Shen. Various practices help establish a deeper connection with the Universe. Individual practices activate and reinforce different extraordinary faculties necessary for increasing the strength of soul and spirit and reducing our dependency on Earth's natural resources. These include Bi Gu (Qi as nutrition), clairvoyance, energy breathing, soul travel, telepathy, inter-dimensional communication with high-wisdom beings, extreme physical power, strength of will, sharpened wisdom and unshakeable stability and serenity of the heart and mind, among others.

## C SYSTEM PRACTICE

C System Practice is guided by the goal to bring humanity into its highest evolution and opens the door to a deeper understanding of how to truly be human. Highly advanced and ancient mystical Tuo Tai Huan Gu Xiu Lian methods provide surprisingly modern answers for the most urgent questions on Earth and in today's society. This Xiu Lian process involves finalizing and ending the negative cycle of Karmic Cause and Effect from past life reincarnations. It begins with a complete renewal and exchange of the energy bodies of the physical body, which leads to the eventual recovery of the original pristine soul and makes ascension into higher dimensions possible.



Mount Teide in Tenerife, Canary Islands

*I recently spent several hours in a park where the trees and plants were all in bloom. In the past I could not have done this without my allergy medication and a pocket full of tissues. This time I didn't sneeze a single time nor did I experience any other symptoms. (Spring 2004, Germany)*

*I am a healer and I practice several healing modalities. A1-1 has really helped me to not only clear myself out but also to improve the way that I channel energy. Now I can just concentrate on the work. The feeling of internal purification is wonderful. (December 2006, Spain)*

*Ten days ago I began practicing the A1-1 and the Kidney Qi Strengthening exercises after I got home from work. I'm slowly beginning to believe that several changes are a result of Tian Gong: I feel more courage and strength and am somehow content. My evenings are now so peaceful... My husband is amazed. I go to work the next day like I always do but it's completely different. My colleagues are much nicer. I relate in new ways to family members.*

## A SYSTEM PRACTICE DESCRIPTIONS

### A1-1 BRONZE BELL SYSTEM (TONG ZHONG GONG)

The most fundamental practice in the Tian Gong system, standing Bronze Bell is essential for physical health. In addition to the standing posture, this workshop includes five other single-posture practices: sitting, cross-legged, kneeling and lying down. The most unique feature of A1-1 is a meditative state during which the body experiences “spontaneous movements” driven by the internal flow of Qi.

Regular A1-1 practice rapidly expands an individual's Qi field to:

- Accelerate self-healing, especially for physical injuries and chronic ailments of body, mind and soul
- Relieve physical and emotional pain
- Strengthen the immune system
- Overcome fear, anxiety, stress, anger and depression
- Detoxify the body and optimize body weight
- Break addiction(s)
- Transform relationships at home, in the neighborhood and at work
- Understand karma and overcome hereditary illness(es)

## A1-2 CELESTIAL SWALLOW (TIAN YAN GONG)

A1-2 is an active practice for detoxification, fitness and weight-adjustment. As the name suggests, this is a gentle yet invigorating exercise based on the graceful movements of the harbinger of spring, the swallow. It is recommended in combination with A1-1 Bronze Bell and other detoxification methods as part of a practice set.

## A1-3 ORGAN QI STRENGTHENING (WU ZHANG GONG)

In the Chinese medical tradition, the body is classified into five Organ Systems all of which are interlinked and possess their own network of Qi: Kidney, Liver, Heart, Spleen/Stomach and Lung. Each System corresponds to one of five Phases (Wu Xing), seasons, colors, directions, etc. Disturbances in this Qi, such as imbalance, deficiency or blockage, can lead a person to suffer varying levels of discomfort or illness. A1-3 practice addresses these disturbances to restore health to the physical body. They also serve to augment the physical constitution of healthy individuals.

A1-3 practices are recommended for the prevention and alleviation of the symptoms that follow (a partial list). Each can be done as a stand-alone practice, but their benefits increase considerably when practiced in conjunction with A1-1 Bronze Bell.

*This practice has become my most important detoxification routine. Without it my gallbladder issues would flare up again. And I lost 4 kilos in the last 2 months. (December 2006)*

*I practice the Liver Qi Strengthening exercises more frequently just before I'm about to have my period and also during the first couple of days. This makes the emotional and physical discomfort bearable. (Spring 2006)*

*My liver function test has improved from 83–86% with medication to 91% WITHOUT medication. (June 2006)*

*The Tian Gong Masters helped me work with my severe anxiety issues. They taught me how to play a greater role in my own healing process by using trust, confidence and gratitude. I've attended the Kidney class, go to energy transmissions often and practice a minimum of twice a day. I had small uterine fibroids for several years but they can no longer be detected. The greatest gift came to my kidneys though – it has been determined that my renal atrophy has stopped. (November 2006, Germany)*

## **A1-3 ORGAN QI STRENGTHENING CONT'D**

**Liver Practice** (wood, spring, green, east): For liver and gallbladder diseases, liver toxicity, hypertension, tinnitus, chronic digestive problems, eye diseases, abdominal issues, depression, inner unrest, rage, alcoholism, etc.

**Heart Practice** (fire, summer, red, south): For weak circulation, irregular heartbeat, fluctuating blood pressure, uneven breathing, profuse sweating, anxiety, disturbed sleep, painful memories, emotional scars, persistent grief, etc.

**Spleen/Stomach Practice** (earth, late summer, yellow, center): For food sensitivity, anemia, exhaustion, chronic fatigue, difficulty sleeping through the night, digestive problems, edemas, cysts, thyroid enlargement, overthinking, over-analyzing, etc.

**Lung Practice** (metal, fall, white, west): For allergies, asthma, respiratory diseases (incl. chronic issues), hay fever, skin problems, long-term exposure to air pollutants, nicotine addiction, overwhelming grief, sadness, depression, etc.

**Kidney Practice** (water, winter, black, north): For kidney and bladder illness, rheumatism, bone problems, lower back pain, hair loss, tinnitus, impotence, prostate & testicular issues, gynecological issues, infertility, thyroid dysfunction, diabetes, timidity, fearfulness, depression, etc.

## **A2-1 CELESTIAL PALM (TIAN ZHANG GONG)**

### **Expedited Energy Healer Training and Certification**

A2-1 builds upon the principles of A1-1 Bronze Bell, provides continued strengthening of internal Qi and accelerates the self-healing process. Methods taught in this workshop include Qi gathering from nature (ex: the exchange of Qi with Heaven, Earth, sun, moon, trees, sacred mountains and oceans) and Qi emission to heal others, including animals and plants.

### **ADDITIONAL PRACTICES IN THE A SYSTEM**

A2-2 Celestial Leg (Tian Tui Gong)

A2-3 Celestial Doctor (Tian Yi Gong)

A3-1 Dragon and Phoenix (Long Feng Gong)

A3-2 Celestial Xu (Tian Xu Gong)



A2-1 healer certification examination

*Being a musician when I was introduced to Tian Gong's Celestial Language, I found it strange at first but I immediately felt the effect of these sounds and had very strong healing occur while it was being spoken and sung. The use of Celestial Language in my music has lifted it to completely new levels. (Spring 2007, California)*

## **B SYSTEM PRACTICE DESCRIPTIONS**

### **B1-1 CELESTIAL LANGUAGE (TIAN YU GONG)**

#### **Sound Healer Training and Certification**

Relearn a lost ability from the past – direct communication with the souls of humans, plants and animals, with nature and with higher dimensions. Celestial Language is the native language of our souls and originates from the center of the Universe. This high-amplitude, high-frequency energy-infused Language is an important key to the cleansing and healing of our own souls as well as that of other humans, plants and animals because it gathers and transmits Celestial healing Qi.

Celestial Language is particularly helpful in alleviating depression, healing friendships, family dynamics, professional and personal relationships, calming and balancing the heart and mind and assisting with spiritual development. Celestial Language can also be expressed through singing, writing, drawing and dancing (body language).

## **B1-4 HEALING IN STILLNESS (DING SHEN GONG)**

### **Heart Stabilization, Body Immobilization and Celestial Net Practices**

Strong energy engenders a welcome stillness of the body, which allows the heart and the mind to become calm and clear, healthy cells to enter a dormant state for rejuvenation and cellular disarray to be realigned. This energy can also be used to surround sick cells, cut off their source of nutrition and cause them to starve and shrink. B1-4 is particularly beneficial for chronic physiological, psychological and emotional issues. It is an opportunity for those with serious illnesses, cancer and internal organ weaknesses.

*...I saw little black dots streaming out of my body. They floated away and simply disappeared into nothingness. I could suddenly swallow again without any difficulty. I've had this problem for the past eight years. The right lobe of my thyroid gland feels really free. I still feel some pressure on the left side. I am convinced that something unbelievably good has happened to me. The metastases are gone. They have dissolved. Thank you for this wonderful feeling. (Spring 2005, Germany)*

## **B1-7 SUPER STRENGTH (SHEN LI GONG)**

### **Physical Power, Wisdom Power and Heart Power Practices**

This practice trains the practitioner to develop not only physical strength but also extraordinary clarity of mind and willpower, in other words, wisdom power and heart power. B1-7 unites the power of the Universe with that of humans.

*I am finding a dramatic increase in my ability to be physically and mentally centered in the will of the Universal heart. I was in a near fatal accident 9 months ago and am healing very fast with the assistance of the Tian Gong transmission. (August 2007, California)*

*...I felt and saw a bright white light entering my crown chakra which continued down to my stomach. It cleansed my whole being from the 7th chakra down to the 1st and everything in-between. I then felt as though my stomach and my intestinal tract were completely emptied of all the negative energy that I have been holding on to since childhood. After that a calming feeling came over me as the energy expanded and filled my entire body... (November 2006, California)*

*On the first day, my desire to eat went away and my thirst subsided. In the first 8 days I lost 8 kg, after that my weight came off more slowly but steadily. I lost a total of 25 kg in one year. After the Bi-Gu workshop, I began to reduce the dosage of my medications. My blood work keeps improving, today it is considered ideal and my diabetes is gone. I've attended the Bi Gu energy transmissions several times now. My extraordinary faculties have developed significantly and I have a more cheerful and open disposition than I did previously.*

*Even when it was below freezing outside, I did not feel the need to heat the apartment. (Winter 2006, Germany)*

## **B2-2 CELESTIAL SUSTENANCE (TIAN SHI GONG OR BI GU GONG)**

Bi Gu Fu Qi (or Bi Gu) is a state that is reached after Universalization of the human digestive system. Ceasing (Bi) to eat grains (Gu) or earthly sustenance unburdens the physical body and opens body, heart and soul to absorbing (Fu) energy (Qi) from the Universe. Entering naturally into a state of decreased or no food intake and also decreased or no fluid intake in this way facilitates total body detoxification. Successful Bi Gu expedites the healing of body and soul for consistent light-heartedness, high energy levels and reduced sleep requirements. Bi Gu is an effective means for spiritual growth and the development of various extraordinary faculties.

## **B2-3 CELESTIAL SHIELD (TIAN ZHAO GONG)\***

The Shield is a specialized energetic shield from the Universe that can protect against the harmful effects of viruses, bacteria, noxious substances, radiation, environmental pollution, negative energy, heat, cold and souls of the deceased. It can also dampen the force of physical impact and reduce recovery time from injuries. Persons with sufficiently developed Celestial Shields become highly effective as relief workers during epidemics, natural disasters and man-made disasters. It can also help healing professionals protect themselves from invasions of negative energy as well as enhance and advance the energy-dependent aspect(s) of patient treatment.

## B2-4 CELESTIAL BREATHING (TIAN XI GONG)\*

### Energy Breathing and Heart Strengthening Practices

Accomplishment of this practice signifies a very high level of Qi Gong mastery and was thus used by the ancients in their quest for immortality. Celestial Breathing serves to restore health and to preserve and nurture the inner Qi. Practitioners enter a blissful state of slowed breathing that is deep, long, subtle and even. Intermittent breathing, pore breathing, navel (Dan Tian) breathing and acupuncture point or meridian breathing can manifest shortly thereafter. Universalization of the human respiratory system in this way facilitates the Universalization of the cardiovascular system.

\*B2-3 & B2-4 are most effective if practiced in conjunction with each other.

*I poked myself in a sensitive location on my face and began to bleed. I invoked the Universal Grand Master who “administrates” to accidents. The pain went away immediately, the bleeding stopped and after two minutes, the injury was no longer visible. I’m very grateful!*

*Two days after I clearly felt the working of the Celestial Shield. I almost had a car accident and slammed on my brakes by intuition...One foot before the other car my car stopped and a collision was avoided! I instantly sensed the Shield around me and was grateful beyond words. (May 2007, California)*

*...my body is more highly efficient over a longer period of time. In addition, strong negative emotions do not surface as quickly and even if they do, they calm down right away.*

*I was taking a walk after the holidays and there was barely any fresh air. I thought briefly about the Shield and Celestial Breathing and noticed that the pollution stopped entering my lungs. It was a wonderful experience, being so protected in such surroundings. (January 2006, Germany)*



Berlin Tian Gong Institute

## **ADDITIONAL PRACTICES IN THE B SYSTEM**

- B1-2 Yang Shen (Yang Shen Gong)
- B1-3 Po Strengthening (Zhuang Po Gong)
- B1-5 Celestial Vision (Tian Yan Gong)
- B1-6 Celestial Hearing (Tian Er Gong)
- B1-8 Yang Shen Travel (Shen Zu Gong)
- B1-9 Celestial Reading (Shen Ce Gong)
- B2-1 Celestial Lotus (Tian Lian Gong)
- B2-5 Celestial Wakefulness (Tian Xing Gong)
- B2-6 Celestial Jing (Tian Jing Gong)
- B2-7 Celestial Joy (Tian Huan Gong)
- B2-8 Celestial Flight (Tian Xiang Gong)
- B2-9 Celestial Dan (Tian Dan Gong)
- B3-1 Celestial Righteousness (Tian Zheng Gong)
- B3-2 Celestial Love (Tian Ai Gong)
- B3-5 Heart-to-Heart Connection (Tong Xin Gong)
- B3-6 Ling Connection (Tong Ling Gong)
- B3-7 Divine Connection (Tong Shen Gong)
- B3-8 Celestial Hand (Tian Shou Gong)
- B3-9 Mo-Repelling (Fu Mo Gong)

## C SYSTEM TUO TAI HUAN GU XIU LIAN

Xiu Lian is a path that purifies the soul and heals the body. It is the endeavor to become a “better” person. It includes conscious action which benefits nature and all life as well as the disciplined practice of exercises to strengthen physical and spiritual energy. The most advanced level of Xiu Lian is known as Tuo Tai Huan Gu in the Chinese cultural tradition.

The C System has been established to realize Tian Gong’s highest aim of **Universal Unity** and of **Oneness between the Sacred Universe and Humans**. This is accomplished through the Tuo Tai Huan Gu process. With the support of Universal energy, body and soul are renewed so that mankind can be guided back to its original and final destination of pristine beauty.

Participants in these workshops will not only be led through the Tuo Tai Huan Gu process but will also gain insight into the Dào and learn about the Grand Universal Undertaking of the Three Rescues – saving the Earth, saving all life and, ultimately, saving ourselves.



Ancient Mayan pyramid

*It's hard to believe that my first class was 18 months ago. I've already taken two C1-1 Celestial Kidney classes and one C1-2 Celestial Bone class as well as every A and B System class that has been offered. Though not always easy, my pursuit of these classes is motivated and accompanied by a feeling that it is of the utmost importance. I originally went to Tian Gong seeking help for myself. I have had a great improvement in my health, but I've also found a wonderful gift that I am excited to share with others. (California)*

*There was a great explosion, like a volcano - colors red, yellow and orange. I felt as though I had received a great shot of energy, a rebirth. I became extremely warm, almost hot. My hands felt like they were on fire. I believe that is when the kidney replacement was completed...I was awe-struck, at peace, calm and extremely humbled. Since this workshop my doctor has taken me off of Lipitor...and will retest my cholesterol count. I no longer need to take medication for high blood pressure. That has stabilized. I require less sleep. I sleep soundly when I do sleep. I do a combination practice daily...and my latent potential is activated...I believe I am beginning to have a sincere and intuitive understanding of Xiu-Lian. (November 2006, California)*

## **C1-1 CELESTIAL KIDNEY (TIAN SHEN GONG)**

In the Tuo Tai Huan Gu process, Huan Gu takes place before Tuo Tai. C1-1 practice is the preliminary phase of Huan Gu. The degree of kidney cleanliness and repair achieved in this workshop will affect the success of a practitioner in the subsequent C1-2 Celestial Bone Huan Gu workshop.

The kidneys are the source of life and contain both Yuan Qi and Jing Qi. Since the Kidney System rules the bones and provides physical structure, kidney cleansing must necessarily be the preliminary step to replacement of the energy skeleton. Kidney cleansing can be achieved through specialized Tian Gong techniques including kidney flushing, repair and strengthening, Bi Gu detoxification, Heart Stabilization, Body Immobilization, Yang Shen and Qing Hún Practices, etc. These practices also simultaneously cleanse and heal the soul.

At the conclusion of the workshop, participants will either receive an energetic renewal of the kidneys or, depending on the degree of kidney cleanliness and the receptivity of each individual, be bestowed with Celestial Kidneys by the Universe.

## C1-2 CELESTIAL BONE (TIAN GU GONG)

In this workshop, the energy bodies of all five Organ Systems will be renewed and replaced to varying degrees. This is an essential component of the path towards ascension and represents a change of state for the energy bodies of the physical body. This shift makes regulation of lifelong illnesses possible, with lasting results. Workshop includes activation of extraordinary breathing techniques, telepathic communication and the ability to communicate with higher-dimensional beings.

*When Grand Master entered the room, I suddenly felt an immense safety. Accompanying him was Master Tian-Ping...Her soft demeanor, compassion and humility can be felt simply by gazing in her direction...My soul leapt in joy for I felt as though I had found the map home. (May 2007, California)*

*For 21 years I've had an unexplained progressive paralysis in my right leg. After a stroke in 2003, I completely lost the use of my entire right side... For me, the highlight of this workshop was the "dance" I had with Grand Master at the closing ceremony. I could move without crutches and with only the trust in his energy and the energy of the Universe...Even after the workshop I've had the feeling that my body is continuing to rebuild on a subtle level. (Germany)*

*Not being able to stop thinking was a big challenge for me before the retreat and it still is a big challenge but I have noticed that I have about 75% less negative thoughts than I had before. (May 2007, California)*

## C1-2

*I felt that my whole kidney, bladder, and reproductive systems were being replaced. It was a unique gentle feeling that I'd never felt before. After that a skeleton was brought down for me, it was a beautiful, shimmering, luminescent silvery white...the whole room filled with light. The celestial skeleton came into me through the top of my head and settled down on top of my old skeleton. The high-wisdom healers worked for some time to get the cervical spine and cranium right because of my misalignment from many car accidents and trauma... (May 2006, California)*

## C2-1

*I am constantly feeling lighter. Really relaxed and free. I am experiencing love, virtue and even luck without trying. This is an indescribable release because before the workshop the exact opposite was the case. (Fall 2006, Germany)*

## C2-1 CELESTIAL CLOTHING (TIAN YI GONG)

The Tuo Tai portion of Tuo Tai Huan Gu takes place during the C2-1 Celestial Clothing and C2-2 Celestial Hún Practices. The process allows us to recover our original pristine soul and begins in C2-1 with the removal of dirty outer layers of negative karmic accumulation from the Yuan Shen and the placement of pure Celestial layers.

The giant leap upward in human evolution to which we aspire is essentially a giant leap upward in the quality of our souls. This can only be completely realized when a person has succeeded with Tuo Tai. If we were only to pursue renewal or replacement of the energy bodies of the physical body, we would come to a standstill after successful replacement of the energy skeleton and the energy bodies of the physical organs. Without complete removal of these dirty outer layers from the soul and then successfully finding our original pristine souls, all of our previous work will have been in vain.

Workshop includes Clothing Loosening, Soul Decoding, Clothing Peeling, Celestial Needle, Celestial Knife, Hún Repair, New Hún and other mystical Universal methods.

## C2-2 CELESTIAL HÚN (TIAN HÚN GONG)

Using highly advanced and unfathomable Universal methods, this practice will begin to transform the Yuan Shen and the Yin Shen. The goal of C2-2 practice is to resolve negative karmic debts accumulated in the current and all previous lifetimes, to restore the ability of the soul to connect to the Sacred Universe, to elevate the energy level of the soul and to meet the requirements needed for the soul to return to its original home.

C2-2 will also include Mo Repelling, Tian Jing and Celestial Flight Practices as gifts to the practitioners. These methods will pave the way for an all-around activation of extraordinary faculties and plant the seed that will allow humans to fly again.

### A NOTE ABOUT TIAN GONG PRACTICE

Because of the intensity and potency of Tian Gong practices, particularly in the more advanced courses, it is recommended that prospective students approach this energy work with an open heart, sincerity, humility and open-mindedness for optimal healing of the body, mind and soul. These gifts have been given to all of us so that they can be implemented to support our individual lives and the entire Earth within the scope of the greater Universe.



Midnight sun in the Arctic Circle



Master Tian Jia

## ABOUT MASTER TIAN JIA

Master TianJia Mu was born in a beautiful city near the hometown of Confucius in China and was raised with Confucian values centered on “Loving All Life, Respecting All Teachers, and Honoring the Governing Principals of the Universe”.

When TianJia Mu was a child, her mother was gravely ill for years. When her doctors finally gave up on her, it was Qi Gong that saved her life. Her mother’s journey from near-death to complete recovery taught TianJia Mu the miraculous healing power of Qi Gong. While growing up, she began her own studies with several great Qi Gong Masters, to whom she will be forever grateful.

TianJia Mu moved to the United States in 1989 and currently lives with her family in the San Francisco Bay Area, working as a CPA and a Certified Financial Planner. She is highly regarded by her clients and peers and has received numerous awards from various professional organizations in recognition of her outstanding work.

When she met the founder of Tian Gong, Grandmaster LeTian Da Shi, in Berkeley, California, TianJia Mu decided to study with him. Inspired by Tian Gong’s mission to help heal the Earth, heal all life, and heal oneself, she soon became one of the enthusiastic Tian Gong volunteers as Grandmaster’s translator and a certified instructor. Under the direct tutelage

from the Grandmaster, TianJia Mu developed extraordinary faculties and healing abilities, while devoting herself to serving others without expecting anything in return.

In October of 2010, Grandmaster LeTian Da Shi announced her selection as a new Tian Gong Master. Since then, Master TianJia Mu has been serving as the leader of the Tian Gong team in the U.S. and has been teaching many Tian Gong practices to the public on a regular basis. She has also been invited to share the practices and offer energy healing transmissions on radio shows such as the World Puja Network and the Voice of Change on BlogTalkRadio ([www.blogtalkradio.com/voiceofchange](http://www.blogtalkradio.com/voiceofchange)). With her pure and loving heart, her high level of integrity, her deep respect for all teachers and all beings, her extraordinary healing abilities, her whole-hearted devotion to Tian Gong's work, her natural tendency in seeing goodness in others, her wisdom and ability to energetically harmonize her surroundings, and her genuine interest in serving and caring for others, TianJia Mu has earned deep trust and strong support of the U.S. Tian Gong practitioners.



Master Tian Jia



## ENERGY TRANSMISSIONS AND EXTRAORDINARY HEALING DEMONSTRATIONS

Tian Gong involves engaging in active individual practice as well as the willingness to receive pure Celestial energy – the energy of healing, wisdom and extraordinary faculties – from Grand Master and the Masters. This process strengthens the life force, harmonizes body, heart and soul, supports spiritual growth and development and activates self-healing. Participants can enhance their own experience through deep relaxation and by wishing each and every person the highest level of success. The more participants are able to let go of their own problems and difficulties as well as minimize their own level of expectation, the more optimal the flow of energy.

We offer various kinds of Transmissions:

- Healing through Celestial Wind and Celestial Scent
- Healing and strengthening of internal and external organ Qi (see p. 13)
- Pain reduction and relief
- Distant Feng-Shui adjustment (see p. 32)
- Vision improvement, regulation of cholesterol, blood pressure and glucose levels, etc.

Grand Master looks on as practitioners from Wenzhou, China demonstrate Pathway to the Universe Practice

## ENERGY TRANSMISSIONS & HEALINGS CONT'D

- Celestial Vision and Celestial Hearing activation
- Bi Gu for detoxification, weight adjustment and activation of latent potential (see p. 18)
- Healing in Stillness for restoring energy, realigning cells in disarray and dissolving solidified Qi (see p. 17)
- Celestial Breathing to manifest unusual and specialized breathing techniques (see p. 19)
- A Strike of Thunder in Clear Skies, a powerful energetic method that clears blockages in Qi or blood flow (spontaneous improvement or healing of difficult-to-heal disease or Qi weakness such as: impaired hearing as a result of kidney weakness; cysts; tumors; gallstones or kidney stones, etc.)
- The Soundless Transcends Sound, a subtle energetic method that includes Celestial Needle, Celestial Knife and Celestial Pestle methods
- Mystical technique of the Precious Gourd, impromptu energy body replacement(s) for internal or external organs

*I attended the Organ Cleansing transmission because of stomach pains. During class I saw black smoke coming out of my spine. After this meditation I didn't feel any more pain. (August 2005, Germany)*

*The best news first: My asthma is gone. Beginning the day after the lung healing transmission, I stopped using my inhaler and have not had any problems. Right after the transmission I decided to breathe deeply for half an hour and my lungs felt light, free and clean. That's why I decided to stop my medication. Physically this is the greatest gift because I'm so happy that I finally don't need cortisone anymore...I am healthy and medicine-free at last. That's brilliant.*













