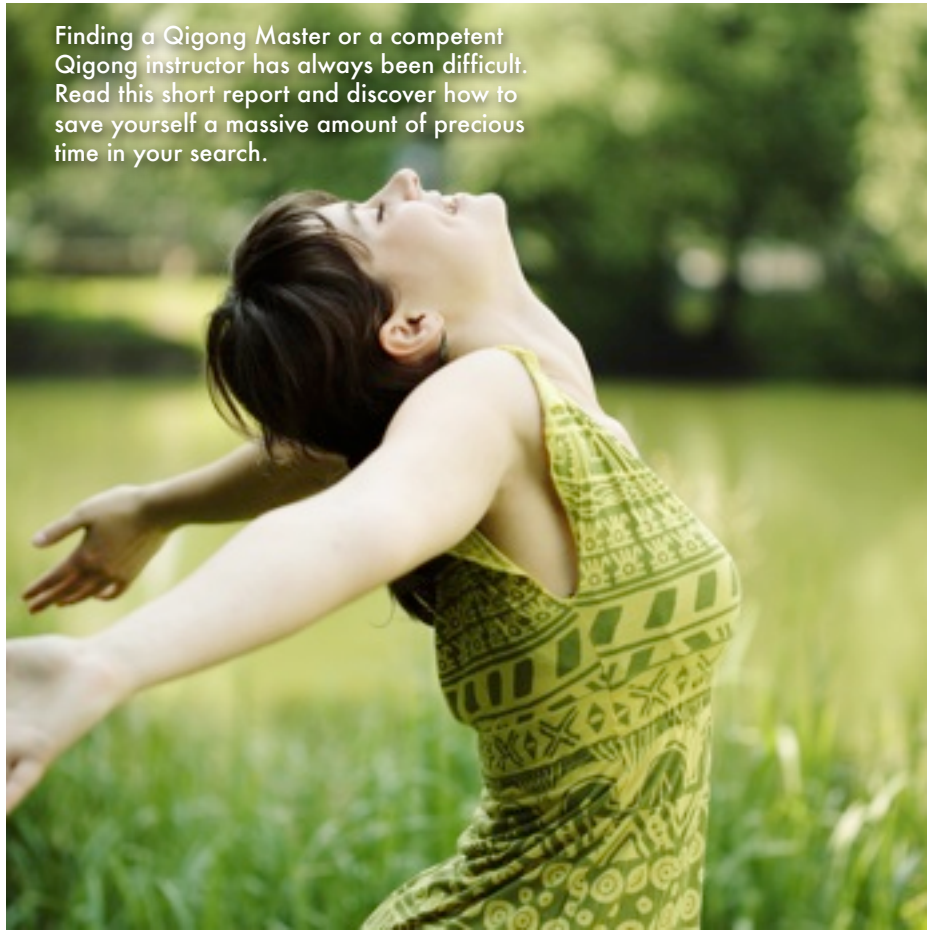


Qigong 15

LIVE A
LONGER
HEALTHIER &
HAPPIER LIFE

Finding a Qigong Master or a competent Qigong instructor has always been difficult. Read this short report and discover how to save yourself a massive amount of precious time in your search.



A Guide On How To Find A Great Qigong Teacher



Choosing a Qigong instructor isn't easy.

Why? Because as soon as you start to take a look at what is available you're bombarded with misleading

advertising, confusing (often outrageous) claims and simply bad information.

And I am the first to agree that if you want to learn high level Qigong and not just Qigong form, and get the best benefits from Qigong

then you simply have to learn directly from a Qigong Master (preferably) or at least a competent instructor.

How do you ever find a qualified, competent and professional Qigong teacher?

Start by reading this guide....I wrote this guide to help you better understand what makes a good Qigong teacher. Now with this information you can make an informed and intelligent decision.



My name is Marcus Santer and I have been practicing Qigong for over 10 years and teaching for 5. I am the Author of Shaolin Chi Kung: 18 exercises to help you live a longer, healthier and happier life. I have learned Qigong from various sources but consider my true teacher to be 4th generation Shaolin Grandmaster Wong Kiew Kit. He has taught me the most by far and is great source of inspiration.



1. **Must be an example of what he teaches** – Imagine if you were talking to someone wearing dirty clothes, who hadn't washed in days and looked like they were living on the street and they offered you a plan on how to earn a million pounds – you'd be wise to question the effectiveness of their plan. I mean if it was that good, why are they broke? Same goes for your Qigong teacher. Qigong has been documented over 1000's of years to bring the following benefits:

- a. Health and Vitality
- b. Longevity
- c. Internal Force
- d. Mind Expansion
- e. Spiritual Cultivation

So if your teacher is in poor health or lacks vitality then you'd do well to question the effectiveness of the Qigong they are teaching. Health and vitality are the lowest level of benefits to be had from Qigong, so if they don't demonstrate those benefits, it is very unlikely they will demonstrate the others.

2. **Be knowledgeable** – A good teacher should be able to answer your questions simply and directly. If the answer to your question leaves you feeling more confused than before, chances are you've been 'bamboozled'.

Qigong is not mystical mumbo jumbo – it is founded on the principals of Traditional Chinese Medicine. And whilst your teacher doesn't need to be an expert on TCM, they should at least have a rudimentary understanding of the main principals.



3. **Systematic with what they teach** – I once had a teacher at university who renowned in the computer industry for being a genius with the components that make up the inside of a computer. And there was no doubting how knowledgeable he was. But he couldn't teach for toffee. His lessons were unstructured and information was not delivered in a systematic step by step fashion that makes learning easy. As a result I didn't learn very much at all.

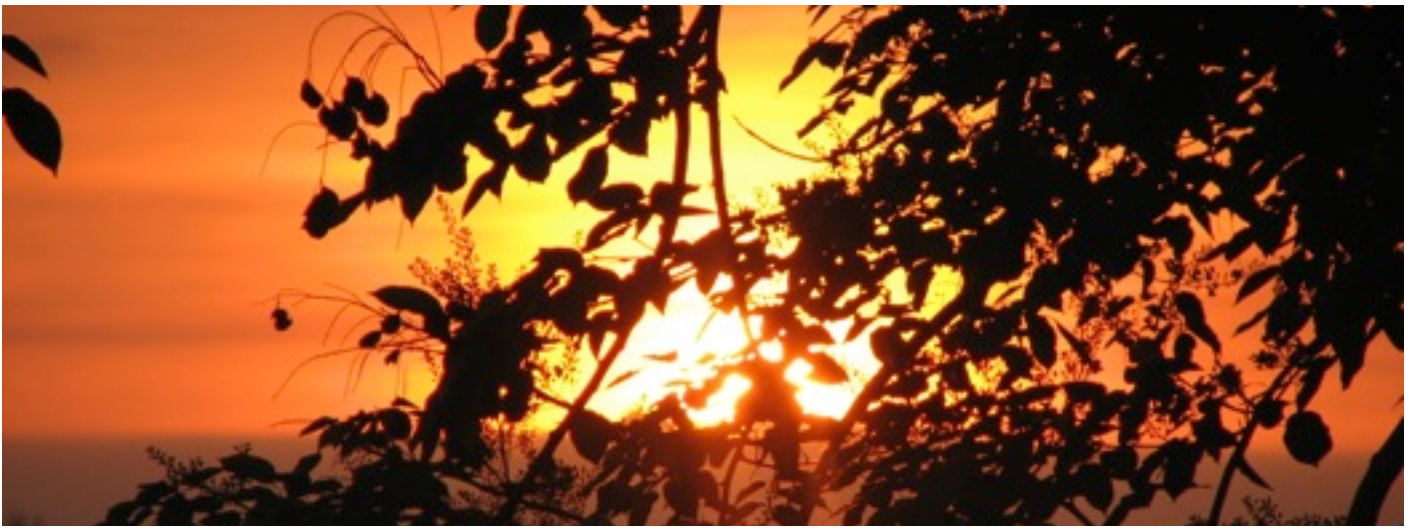
4. **Generous with what they teach** – As a teacher of Qigong myself it is always a joy to share what I know with enthusiastic students. And my own teacher is the perfect demonstration of this quality often sharing individual techniques with students to help them get even better results from their practice.

5. **Be inspirational** – I remember asking my teacher what the difference was between a good teacher and a great teacher. The answer was that a good teacher teaches, but a great teacher inspires the student. My teacher is in his 60's and has more energy and vitality than most people half his age and over the last 10 years, the only illness he has had has been a mild toothache. That's inspirational.

6. **High moral values** – Learning Qigong can be a deeply personal experience. You want your teacher to have high moral values. If they sleep with their students, are dishonest or you just feel uncomfortable in their presence (for whatever reason) – then it's best to look elsewhere

You are only going to be able to find out if a Qigong teacher has all of the above qualities after learning from them for a few weeks. So ask if you can go along and observe a class and see what your instincts are telling you. But don't be surprised if the teacher says no.

That's not necessarily a bad sign. A Qigong class environment is very calm and peaceful and many teachers do not want a 'stranger' in the class because it can be a disruption to the other students. I don't let potential new students come and observe my classes for this very reason.



In this case ask when they have a new class starting and attend that. You'll very quickly be able to tell if you've found the right teacher. Good teachers of Qigong are rare. If you find one treasure them, practice what they teach you to the best of your ability and live a long, healthy and happy life.

Enjoy your practice!