



## **Healing Trauma with Qi Gong**

### **Guest: Master Mingtong Gu**

**Alex Howard:** So welcome everyone to this session where I'm really happy to be talking with Master Mingtong Gu. Firstly, welcome and thank you for joining me today, I really appreciate it.

**Master Mingtong Gu:** Thank you. Thank you, Alex, for doing this.

**Alex Howard:** So this is going to be a really interesting session. We're going to be talking about trauma from both the perspective of our subtle energy system, how trauma doesn't just affect our emotional body, but also our physical body. We'll also talk about Qi Gong as a way of helping heal and resolve trauma and those impacts.

Just to give people a bit of background on Master Gu. Born and raised in China, Master Gu received extensive Qi Gong training under Grandmaster Pang at the largest Qi Gong medicineless, and I like that term, medicineless hospital in China.

Named the Qi Gong Master of the Year by the World Congress for Qi Gong and traditional Chinese medicine, Mingtong Gu leads retreats and workshops internationally with tens of thousands of people.

Master Gu is the author of Qi books and The Pure Qi online series, that translate the ancient teachings of Wisdom Healing Qi Gong for contemporary times.

Master Gu is on the faculty of Aston Institute's, Amake Institute's, 1440 Multiversity, Spirit Rock Meditation Center and the Shift Network. He's been a keynote presenter at the Institute of Noetic Sciences, Wisdom 2.0., US Journal Training, PBS and the Festival of Faith. He's additionally spoken at Visa, Google, Mile-High and the Energy Psychology Conference.

He founded the Chi Centre, a beautiful 79 acre retreat sensor located 20 minutes south of Santa Fe, to bring Qi Gong wisdom to benefit others, based on his success working with all ages and many physical and emotional challenges.

So Master Gu, as I was doing some research for this interview one of the things that struck me was your own childhood and some of your own experiences growing up in China. It sounds like there were some quite challenging, difficult experiences. And I just thought in the context of us talking about trauma, that might be an interesting starting point.

Perhaps you could share a little bit about how that shaped you and also how that shaped how you work these days professionally.

**Master Mingtong Gu:** Yes. First of all, I came to the US when I was 27 years old, so I've been here for 37 years. And obviously we all know our childhood experience has an incredible impact for our whole life. So one thing I remember affecting my childhood is that the emotion of sadness, the emotion of sadness. No matter how much we analyze psychologically, there's always a reason in our childhood experience, circumstances, living conditions, and parenting and so on affecting us.

But in general, growing up in a very poor family in a very struggling life condition as well, the critical condition towards the end of cultural evolution is very suppressing.

So I felt that collective energy as well. The way I grew up in the family has been like, you really feel sad, unhappy. And also, I was adopted when I was very little and then grew up with my adoptive parents, they had a divorce. Then I lived with new married families on my adoptive mother's side, then I went back to my birth parents when I was 7, 8 years old.

So these kinds of changes, I can imagine the impact as a child on my life. So when deep impressions and just the emotional thread of my life as a childhood is really deep sadness, deep sadness, feeling unhappy, feeling doesn't belong to any place like lost in a sense. So also feeling very introverted, self-isolated.

So clearly one of the biggest impacts in my life of discovering Qi Gong is allowing me to open, allow me to connect, allow me to discover myself. And feeling the happiness I've been feeling in the last 20 years or so. So one of the benefits is feeling not only more happy, but more childlike. I felt like I lost my childhood in some way, didn't have a happy common childhood, playful childhood. And so I have to rediscover myself in that way. And including having my own kids helped me to do that, connecting with my inner child. So now I feel playful as my child, maturing, but also a lot of time feels more playful than they are, so it's a good feeling.

And another aspect, the memories relating to trauma is that when an accident happened, when that was 4, 5 years old, I fell down a toilet. Back then in China, toilets meant a big hole in the ground full of shit. And so as an accident I fell down in the toilet, the shit into this level.

I couldn't breathe naturally so I lost consciousness. Luckily enough people found me and the story goes, I came back after losing consciousness. I don't know how long I was there. So that was interesting as I didn't remember that incident until I was practicing Qi Gong, and healed this asthma. And I remember I had asthma from childhood, but I didn't remember why I had asthma and it was at the end of healing the asthma I remember that story. Then obviously it was true, coming from the wisdom of my adoptive mother that's what happened.

So fascinating, by reflecting on the story my conscious mind chose not to remember that trauma because it was so traumatic. It's a life and death, you can't breathe, not to mention the shit. But the body remembers, so remembers as asthma.

So energetically the body in this trauma functions basically as asthma is difficult to breathe.

So that was a really traumatic experience in my life.

**Alex Howard:** Yes. And from what you're describing as well of being adopted and then your adoptive parents separating that, it sounds like that there was a lot of absence of that sense of safety and holding and predictability. Which is really important for the early development of the nervous system. And it sounds like that must have had some real impact.

**Master Mingtong Gu:** Absolutely. And also I do see the gift since childhood I develop in this capacity being adaptable, adapting to new environments, new families, new friends, new places. So I didn't realize, at some point I came all the way from China to the US.

So become very adaptable, I moved around quite a bit in the US until settling down here in Santa Fe. So that gave me that gift and so I have to find the connection with myself, with community, with life in general in my own way. And so Qi Gong really helped me to accomplish that.

**Alex Howard:** How did you find your way to Qi Gong? What was your seed of interest or your pathway into it?

**Master Mingtong Gu:** Yeah, that's another kind of surprise story in my life. I often say, the big thing, our life is beyond planning. You cannot plan anything for the big thing in your life. You can plan for small things, what are you going to eat, what are you going to do today? But the big thing, who are you going to marry? What are you going to do for the rest of your life? A lot of times it just happens.

We learned to show up. We learned cultivating our capacity to do what is important, whatever life brings us. So our deeper destiny, so to speak.

So similarly I came to the US by accident. So then I studied mathematics at the time, then I discovered my passion for fine arts. Again, that's beyond any planning and then I went to graduate school for fine art. Then in that timeframe, I met a friend in Ohio state and she was teaching Tai Chi and this form of Qi Gong. She gave me a book in Chinese to translate for her. So I was to become fascinated and quickly realized the depths of this practice from the ancient tradition of long history in China.

So I became really fascinated and made a strong kind of intellectual spiritual connection, so then started to learn the practice. But in the beginning, I was not expecting any kind of healing benefit more for intellectual spiritual fascination and so then I became really dedicated, went to China to study with the founder of this system, called Zhineng Qi Gong in China, translating to *English is The Wisdom Healing Qi Gong*.

So I really become very dedicated, go through the training, months at a time, then eventually completing the master training program takes about two years and so since then my whole life changed, but also healed all of these chronic condition, including asthma, including sclerosis, including whatever energetic deficiency, whether we're born with it or life circumstances causing these issues in all levels, physical, emotional, mental, spiritual.

So that's my short story, now I'm dedicating to helping more people in all levels.

**Alex Howard:** That's beautiful. I think it'll be helpful for, I'm sure there'll be people that are watching this that will be familiar with the idea of their subtle energy system and practices like Qi Gong. But I think it would just be helpful just to give a bit of context of what we mean, when we're talking about those things.

Before we perhaps will come a bit more into how then trauma impacts us in our energy system. But maybe just say a little bit about, when we talk about our energy system, what do we mean, what are we talking about?

**Master Mingtong Gu:** Right. Yeah. I mean that seems like a relatively new topic in the healthcare field, even in a human conscious field. But in China that is ancient, I think it's ancient in all different cultures, but usually it's hidden as shamanistic esoteric, or secretive. And just not like the public nowadays, even in China has been kept secret until 40, 50 years ago in China.

So people are thinking, oh, Qi Gong comes from China, therefore everybody in China practices Qi Gong. That is not true, it's only a small percentage of people who have a deeper knowledge, even engaging in the practice. But now the information is available, so the teaching is available. Also, the practice is available, but not everybody is doing it. So relatively new in the West, but the approach of Qi Gong is very broad in general.

So it's really recognizing everything is made of chi, made of energy, the physical body is made of energy, the physical existence of whatever you see, whatever you can touch, whatever you are experiencing is made of energy.

But beyond that is, there's a subtle energy, invisible energy in the space, in the invisible energy in the universe. And now scientifically, we know the whole universe is made of energy and only 4 percent is physical.

This particle exists, it exists in the form of particle and more than 96 percent is existing is not in the particle form, but existing in the energy form.

So in the Chinese tradition in Qi Gong tradition we call that all as chi, encompassing the physical as well the nonphysical. So that's the general concept.

But beyond that recognition, the key question is how you access the energy, how you can cultivate energy, how you can use this energy to enhance your health, to heal these chronic conditions, including healing of trauma, including the deeper purpose, is clearly realizing full potential as a human being.

So one of the perceptions is clearly recognizing with often we say, we have the physical, emotional, mental, spiritual dimension.

Often we think of them okay holistically they interact with you. In the conventional point of view, the mainstream think of them separate, physical is physical, mental is mental. Then we barely talk about the heart, the emotional dimension. So we treat them differently, thinking of things like software and hardware, but we continue to be puzzled, how these two things work together.

So in the energetic point of view, recognizing that energy is behind everything, animating the physical, animating the emotion, animating the mental spiritual, then realizing the energy is the link between all of these dimensions. So that's the approach.

So then also recognizing you have the capacity to tap into this energy, not only the energy within you, but also the energy of the earth, the energy in the invisible realm, the spiritual dimension.

So you have the capacity linking to the source, linking to the energy of creation, linking to this creative power. So when you awaken them, you're expanding your resources, expanding your capacity, expanding your realization, what you can fulfill in your life.

**Alex Howard:** Yes. And I think it's worth saying a little bit about how trauma impacts upon that energy system. For example, you told the story of when you fell into the toilet and that was potentially the origin of asthma and that was held energetically.

So say a little bit about how trauma impacts that energy system?

**Master Mingtong Gu:** Yes. Wisdom healing, Qi Gong takes very simple, direct, but a profound energetic approach. Beyond often you think of TCM, Chinese energy system, people look at its complexity such as the Meridian channels, different energy points, hundreds of them, different energy channels as many of them.

So it can be very complex, but it in this system thinks overall everything is energy. Your physical body is made of energy. Then you have the emotional energy body. Then you have a mental energy body that is much bigger. Then the whole energy body is an integrative system. So when the energy is flowing then your whole function, physical, emotional, mental, spiritual functioning is well, in the optimum condition. Physically more dimension as well, emotional, mental, spiritual and so on. So when the energy is not flowing well that means the energy is contracted, suppressed or stagnated in your body, then the functioning of the physical is compromised. Your emotion, including the feeling of your heart, is compromised, including all these problematic challenging emotions, including fear, including worries, anger, sadness become a chronic emotion, you're stuck with these emotions.

So also affecting your mental capacity is not only that energy affecting your brain cognitive function, but also your mental capacity of creativity, openness, envisioning and connecting with life and so on. So that's the simplicity. When the energy contracts life is compromised. When the energy opens, life returns to balance, returning to optimal functioning again.

So this approach is very simple, it's really cultivating the skill, connecting the energy inside of you. You have more access to the energy inside of you more than anyone else, when you pay attention.

So the first step is awareness.

**Alex Howard:** That's the key right?

**Master Mingtong Gu:** Yeah, that's the key. The first key is awareness so like any meditation practice, you're cultivating awareness. So in this case, you're cultivating awareness of your body, but not just aware.

The second step is connecting, connecting with your brain, connecting with your five organ system, not only connecting with your physical body, but also the energy dimension.

So realizing, for example, the five organ system, the heart, for example, is not only just a physical heart is an energy heart. The subtle energy of your heart expanding beyond your physical skin and that is measurable.

You can measure the electromagnetic field of your heart, it is measurable even a few miles away from your skin and that is a new discovery, but that's ancient knowledge.

So how to access that consciously? That's the practice. So not all is functioning is good, it's not functioning, I don't know what to do, then you depend on medicine.

So in this case, you take the responsibility, you learn the skill to change the energy system inside of you. So the methodology is very simple. Connecting with the energy, then if you're noticing the contraction using the movement, using the sound, using the meditation to awakening, opening the energy again, reconnecting the energy, allow the energy flow again, open again, returning to the balance, returning to the harmony, returning to the connection of life again.

So awakening to the wholeness, basically. So the implication of that is healing the trauma. So I know one other question we're getting engaged is like, what is the trauma?

**Alex Howard:** Yes. And just before we come to that, it's funny. I remember when I first attempted to practice Qi Gong maybe 20 years ago, 22, 23 years ago, and I was early on in my healing path from chronic fatigue at the time and I'd done some yoga and I'd done some other practices and I remember the time I was very unfamiliar with the idea of our energy system.

I remember at the time thinking, well, I'm not getting fit, there's no muscle thing, I'm not stretching, I'm not doing yoga. I was like, what am I doing? And then in time what I came to realize was of course that it wasn't about physical effort.

What it was about was tuning in and connecting and feeling into that energy system. And sometimes that can be quite difficult I think for people, particularly when there's been trauma, because what we've learned to do is to disconnect as a way of not feeling the impact. And that sort of movement from disconnect into actually starting to feel and starting to become sensitized could be quite a delicate and quite a challenging process for people sometimes.

**Master Mingtong Gu:** Can be, but also pretty soon you're making a discovery. It's like when you go to the physical body, you may experience pain, discomfort, tightness and that's one level of challenges. You learn to embrace it, you learned to bring love, compassion to it.

You learn to bring the subtle energy of the earth, subtle energy of the universe as a source of nourishment. So you learn to hold whatever you're noticing, feeling with pure awareness, more loving kindness and compassion. So that's the process, that's the process. But then deeply you're making the intention that you're discovering yourself, you're connecting yourself no matter what has happened before.

Even trauma, even some severe disconnection happened. You say, I'm healing, I want to discover myself, I want to be reconnecting myself, with that intention suddenly the energy responding to that intention in a new way. So the trauma may be still there, the unresolved issue might be newer but you discovered the deep layer. So it's like the layers in the beginning are overwhelming on the surface. Then you go deeper, go deeper, deeper. So the deeper you go then you discover your essence, discover your wholeness, discovering the creative power of the universe within you.

So the knowledge is like this, you think of yourself, become the parents for yourself. And then you're connecting whatever is inside of you as an inner child.

**Alex Howard:** Yes. And which I think is beautiful, by the way. And I didn't say it at the time, but I wanted to just reflect, I really loved what you said earlier about re-embracing that childlike quality and birthing that in adulthood, that was really beautiful.

Just to kind of continue on, we talked about starting to become aware of and starting to connect. We've talked about how trauma can be held in the energy system. Let's touch a bit more then, how we can work with that and you started to touch on it a little bit. But how can we start to then move that contracted energy? How can we start to release the traumas that are held within our energy system?

**Master Mingtong Gu:** Yes. So, first of all, from an energetic point of view, trauma is whatever life circumstance, strong, energetic event happened beyond what we can handle personally, whether as a child, as a woman, as a man whatever age may be.

So it's beyond what you can handle, so what happened is the internal energy contract, your heart contract, your muscle contract, even your spirit contract.

So then what happens is if the contraction continues, then part of you, your energy. So when whatever energy is contracted, that means part of you is contracted. So if you're able to open it whatever timeline is, then you're fine.

So the events are traumatic, but you're bouncing back, your life is OK. You come back to your wholeness so to speak. But if you don't know what to do afterwards, not only the moment of trauma you don't know what to do, but afterwards you don't know, it's not processed, then this trauma, so to speak, becomes a chronic contracted energy inside of you.

So what that means is that part of you is contracted. Almost like over the time that part of you were this inner child or your capacity for love, capacity for connection, capacity to trust life, whatever it might be, but it's energy inside of you.

So then that energy is not to open, what happened over the time is buried, over the time like buried in the closet and then eventually buried in the basement. So the healing is about reconnecting that part of you. So instead of saying this is bad, this is wrong, this is scary, you go to that part of you with more compassion.

Of course you need practice, you need a support system. So in a safe environment, in this container of practice, in the guidance of whatever expert or teachers and you go to the part, you're feeling uncomfortable, you're feeling disconnected, you're feeling numb, so to speak. But are you continuously doing that, then eventually you discover, oh, that's the inner child, oh, that's the part of me that can be loved, can be reconnected again, that is part of me.

No matter what happened, that part is suppressed now. But now it's up to me to love myself again, to reconnect myself again, to come back to my wholeness again. So that's the paradigm that's the methodology.

So it's the same process of empowering yourself, rediscovering yourself. So that is different from thinking there's always a problem, there's always hurt, there was something bad and trying to fix it or trying to get rid of it. So it's more about reconnecting yourself, so you've changed that dynamic.

So learn to, one of the most powerful steps is to learn to love your body in spite of pain, in spite of emotional anxiety, in spite of trauma also, in spite of whatever history happened you can learn to love your body again.

So through this moment the energy opening flowing again you feel a sense of joy, sense of intimacy. You learn the possibility of loving your body again. Then when you're opening the energy of your five organ system and that I consider as one of the most powerful practices to address emotion in the body, including trauma.

So from the energetic point of view Qi Hong is again, every organ not only containing energy, is an energy field, but also closely associating our emotional experience. For example, the heart, when the energy of the heart is opened we experience more love, more joy. When the energy of the heart contracts we experience hurts, experiencing contraction of heart. But if you go deeper into the kidney system, when the energy of your kidney contract, freeze up and experience freezing ness then the experience is fight-or-flight and that's the fearful response, the fear. But when the same energy opening flows again, we experience a nourishment, experiencing creativity, experiencing strong will for life.

So the power comes back to you, so to speak. So what we do is use the vibration, the mind, the thinking mind can only reach the body on a superficial level, especially without training.

The mind is lost in the story, in the concept, but the energy is in your body, often we say, the issue is in the tissue. So how we can get into the body just mentally, not enough.

You have to move your body in this case, using the vibration of sound to reach into your heart, reach into the organ, reach into your emotional body. So the vibration is awakening the body, opening the energy, connecting the energy again.



So by doing that, the contraction opens up. So instead of going to the story, you're going to the energy. Instead of judging the problem of discomfort, whatever you're feeling in the body you focus on opening the energy, opening the energy, then life comes back. Your joy comes back.

So it's like a natural imprecation, so that is an organic process, a very dynamic process. Experience your process. So very different from analyzing the problem. Trying mentally solve the problem and then realizing the complexity of the problem, then you're kind of repeating the old pattern again.

**Alex Howard:** Yes. What it reminds me of, I remember someone once saying to me, you can't think your way out of your mind. And one of the things I think that can happen sometimes is when we have traumatic experience says there's, of course, a story around that. And that story can feel important to us and precious to us, but somehow it becomes its own prison.

I think what you're saying, we're so caught telling the story. What I'm hearing you say is we have to move out of that cognitive place, even potentially out of the emotional place into the energetic source.

**Master Mingtong Gu:** The energetic source is the source of life, source of health, source of all nourishment. So that's the source, when you're connecting the source you're discovering who you are, discovering, what is possible for you. That is like the most direct approach, like you go to the source beyond even your birth.

**Alex Howard:** Yes. Can you say a bit more about the actual method? So actually the movement sides, how important, because there are different schools of Qi Gong, there are different sorts of, how important that is. Or is it more the intention and the form? I'm curious as to the actual methodology a bit more.

**Master Mingtong Gu:** Right. The intention is important, but the intention is not enough without action, without practice. So the practice is a process for you to realize the intention.

So when you have intentions, you're still at the mental level. So when you are involved with the body, involved with energy, then you bring the intention deeply into the energy dimension, into the embodiment dimension.

So the movement does allow you to release the tension, the physical tension, the stagnation, the tightness, even the pain. And again, the issue is in the tissue. So whatever trauma happens, trauma is really, is intense stress, basically.

So we are experiencing stress every day the bodies carry the stress, and the worst case is unfortunately we're not aware of that. We disconnect from the body. The body carries the stress, the mind's thinking of something else, oh stress, trying to solve the problem. What's wrong? What else should I do or not? So continuously in the mental space and especially right now the overall trauma we're experiencing because of the pandemic. So it's not just the normal level of stress of life, it's intense levels of stress.

When we go beyond what we can handle then it becomes a trauma, basically. But if you're handling well, then it's not a trauma for you. Seriously, it's the same challenge you are experiencing right now. But if you handle it well, then it's no trauma for you. But if it's beyond what we can handle, then become trauma, become a continuous impact for your rest of your life.

So what we are learning is, the first step is to become aware of, okay I'm feeling stress, I'm feeling contraction. Noticing the body is carrying all the stress as a result is contracted energy. So you want to move?

When you move in the shoulder you're opening the contraction in the shoulder, your arm, your hands, you opening more energy flow. Another area to open is your hip, moving your hip, rotating your hip, opening that energy. Another area is the spine. The spine is like the energy column of your body connecting the brain with the rest of the body. And these three areas have the most energetic importance, but also tend to carry stress. So the most intense stress is trauma. You carry these stagnation inside of you. So moving the body is important.

Then you go deeper into the emotional dimension. So the sound gets into your organ, from the heart to the kidney system to the digestive system to the immune system as well, the respiratory system and associating the five emotions.

So the vibration, awakening, opening energy then you're transforming these difficult emotions from fear to empowerment, from worry to confidence, from anger to courage, from sadness, especially chronic sadness or depression to compassion and opening the heart to great joy, greater capacity for love. So that's emotional transformation.

So the methodology is very clear and very simple. Then meditation allows you to relax in your mind, open your mind, but also connect your mind with your body, with solar energy and with the wholeness of life, you feel connected. So that's the methodology.

**Alex Howard:** And one of the things that comes to my mind is you're talking as well is that I think something that people can often struggle with who have done, for example, a sitting meditation practice is that they can become in-body, they can calm their system whilst they're sat on a meditation cushion or whilst their sat meditating.

They get up then to move in their life and they disconnect and it's 23.5 hours a day they're not on their meditation cushion so they've lost the connection.

And there's something about practices such as Qi Gong, which I think could be very helpful, which is learning to stay in contact with the body whilst in movement.

**Master Mingtong Gu:** Exactly. That's the extension of meditation, sitting meditation. So you can think of movement. It's a moving meditation and the sound is vibration meditation. So all of these three levels engage with energy, so allow you to tap into energy more effectively, allow you to be in the flow more effectively during every day to life.

So meditating is important, but just sitting in meditation is not enough especially when we have health issues, including physical emotional issues. You need a more energetic engagement, pro-active process of meditation.

That's why according to a lot of research, Qi Gong is clearly the number one most effective, directly impacting the health. So not necessary, it doesn't mean meditation had no impact. Sitting meditation also has an impact, but because of that methodology I'm sharing with you Qi Gong has greater impact, stronger impact, even much more quickly in the process of healing these conditions, including chronic condition, including not just physical but also emotional issues.

**Alex Howard:** We haven't got so much time left, but I do want to go back to something that you mentioned earlier, which is that developing that childlike, playful quality, sometimes almost specifically because people have been through trauma. Their life becomes very serious and it becomes a very serious business of healing that trauma.

So, I mean, my personal experience is the times that were most dark in my life were the times I most needed to laugh, not as a way of rejecting or avoiding, but a way of integrating and holding.

I'd just love you to say a bit more about why developing that playfulness in that childlike quality is so important.

**Master Mingtong Gu:** It's extremely important, it's the same from the Daoist; the tradition, the secret to your mortality is the same as the secret to longevity, to health, is to be childlike.

So the energetic interpretation means when you're looking at a child, the energy system of the child is naturally open. The physical body is moving playfully all the time and the heart is naturally open. The emotion is more dynamic, flowing maybe upset one moment, contract or moment, next moment is open, be happy again. In the relationship, one moment that they're fighting, I see my kids they're fighting and fighting and we're like, oh, my God, this is bad. Then suddenly next moment, their best friends and then we're the ones stressed out continuously, complaining, wishing it was different. So very interesting.

So then if you look at their mind, their mind is just so playful, so creative and so they don't judge other people, they don't judge life, good and bad, right and wrong, they're just thinking, oh, that's fascinating. Oh, that's interesting. I'll see what I can create. See what I can do about this. There's no like this contracted pattern of the mind.

So clearly, what are we learning here from childhood? We can learn so much but the most important lesson is keep your energy open. That means keep your physical energy moving, open, keep your emotional energy open, playful, loving, joyful and keep your mind energy open, creative.

Try everything, willing to try everything.

Instead of judging, judging, judging. So it's all about energy, so that's why we're taking this approach of movement, sound as well, mental meditation, connection allows you to open the energy system so you can be truly childlike. And so as an implication you recover, you heal from trauma, you recover, you heal from any kind of energetic contraction, recover and you heal from the deeper causes. And that is the same cause for suffering when we contract we suffer. That's as simple as that.

So this is a powerful realization. So if you can awaken your energy, open your energy, connect in the energy within you, the energy of life around you then everything will change basically.

**Alex Howard:** Yeah, that's beautiful, that's a beautiful place to end. But just for people that want to find out more about you and your work, they'll be able to see the website with your bio. Maybe just say a little bit about, it sounds like a magical place, the retreat center where you are. That people want to come and learn with you. How can they do that?

**Master Mingtong Gu:** Right. So we have all kinds of programs, including a very intense program of retreat, both in person and online. Also, we have an ongoing online program, weekly program available and also we have a different level of training available, beginning stage, intermediate stage, advanced stage, to teacher training, professional training and so on. And so there's a lot of flexibility and it's so accessible nowadays because of the technology.

So we like to share more information, but also examples of practice with you and I think Alex, you have the link to share with you so you can access this free information. Then you can discover more whatever programs you're ready to try to tap into.

**Alex Howard:** Fantastic. Master Mingtong Gu, thank you so much. I've really enjoyed this interview. Thank you so much for your time.

**Master Mingtong Gu:** Thank you. Thank you. Do you remember the link to share?

**Alex Howard:** Yes, will do.

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