

BREAKING *free* G

COURSE & GUIDE

A REAL ESCAPE from your self-built ego prisons

JOIN US
in this amazing &
revealing path to unleash your
REAL POTENTIAL

See clearly how the **prison cells in our life** are created & reinforced daily without us realizing it. Under Teachers' *Ling & Lu Laoshi* guidance, discover ALL the real possibilities within you that will liberate your Self from the ego prison that is keeping you inside a limited, frustrating & painful life.

JAN 16 to MAY 2
3-Block course

24
weekend sessions^a

2.5
hours per session

ZhiNeng QiGong
Theory & Practice

ONLINE
Translation in various languages

BREAK FREE FROM YOUR LIMITATIONS
& CHOOSE YOUR NEW LIFE FROM ALL YOUR POSSIBILITIES

PRI5ONS

BUILT BY THE EGO



THINKING &
BELIEF
SYSTEM



MATERIAL
WORLD



RELATIONSHIPS
& EMOTIONS



BODY



FEELINGS &
ADDICTIONS

HUMANS' NATURAL CONSCIOUSNESS is free, but in daily life the consciousness is limited everywhere and cannot be free. Humans are not themselves and cannot become themselves. Ordinary people are constantly busy, repeating everyday passively and mechanically the same things, like a donkey drives stone mill in a fixed and repetitive mode.

Humans are looking for the right way of living, but at the same time they are stuck in their own thoughts and beliefs, material world, body health and vanity, feelings and addictions. Their life is full of conflict, fear, annoyance, worry, and suffering.

Why can't people be really free?

Why can't people be their True Self?

The reason is that we are stuck in many prison cells that are created by our ego. This **“Breaking Free”** course is about standing in the perspective of the True Self and use the “Magnifying glass” and “Microscope” to see clearly how these “prisons” are created and reinforced in our daily life and then how we lock ourselves inside.

The objective is to stay deeply stable with our inner nature so the ego system can recognize its limitations and follow the True Self in order to be really free to choose a life full of possibilities.



Ling & Lu Laoshi

DAO QI WORLD

Teacher Lu graduated after two years (1993-1995) of **Teacher training in Huaxia Center.**

In his thesis and based on his own experience, he addressed how one builds a prison and locks oneself in it. He has dedicated the last thirty years of practice to the constant process breaking-out from prison in order to get **REAL FREEDOM**. In this course, the teachers will comprehensively share their prison break history and experiences. They will guide you to use the **TRUE SELF** new culture* in each layer of your life in order to recognize all kind of prisons.

You will learn how to open and overcome your own life prisons.

**RETURN TO YOUR SOURCE OF PEACE, WEALTH,
LIGHT, HAPPINESS, AND FREEDOM**

BREAKING FREE

COURSE & GUIDE

INVESTMENT

€225 Euro*

each block

(commission fee not included)

COMPLETE COURSE CONTENT:

In this course we will learn step by step:

- What are these prisons
- How these prisons are created and why
- How they limit and control us in daily life
- How ego system wants to manage these prisons
- True Self system and freedom
- How to break free from prisons and limitations
- Why we should break free
- What we should do with our freedom

PRACTICE METHODS:

- Laqi
- LQUPQD
- Three Centers Merge Standing Meditation
- Open Spine
- Open Ren Mai and Du Mai
- Breathing exercises

TIMETABLE:

COUNTRY	SCHEDULE (hrs)
CHINA	20:30 – 23:00 hrs
Australia	20:30 – 23:00 hrs
Europe	14:30 – 17:00 hrs
Israel	15:30 – 18:00 hrs
London	13:30 – 16:00 hrs
Mexico	07:30 – 10:00 hrs
New York	08:30 – 11:00 hrs

INCLUDES:

- Recordings of sessions
- Additional video, audio & visual material

* People who cannot join the sessions can buy the recordings for \$ 185 Euro.

Videos not downloadable, only Vimeo streaming for 1 year.

REGISTRATION

1. Go to the next webpage:
<https://events.daoqiworld.com/breakingfree/>
2. Choose and contact your organizer.
3. Fill the register form you received from organizer.
4. Wait for your registry confirmation and for your Organizer to contact you and support you throughout the process.

NOTIFY YOUR PAYMENT

5. Confirm your payment with your Organizer (send a copy of the deposit slip).

NOTE: Should you fail to notify your Organizer, your registration will not be valid.

COMMISSIONS FEE

Contact your Organizer about the commission fee.

CERTIFICATION

Only people who have completed the three blocks (course or recordings) will receive a certificate from teachers.

REVIEW THE COURSE POLICIES

Any payment received implies having accepted our policies, so we suggest you review them carefully.

www.daoqiworld.com
facebook.com/DaoQiWorld

1ST BLOCK

JAN FEB
16 to 7
weekend
sessions^a

2ND BLOCK

FEB MAR
27 to 21
weekend
sessions^a

3RD BLOCK

APR MAY
10 to 2
weekend
sessions^a

^a Weekend Sessions = Saturday & Sunday, 2.5 hours each day. There is a recess between Blocks for better assimilation and implementation of the teachings in daily life. * Teachers Ling and Lu not only guide exercises and Meditations but explain the complete concept of ZNQG and give mentoring on how to practice the **New Human Science in the daily life.**