

SIXTH ANNUAL TAOIST GATHERING OPENING OF THE GATHERING

Friday, October 23, 2009 from 1:00 to 5:00 pm:
PRECONFERENCE SPECIAL SEMINAR - Searching For and Becoming Peaceful – A Formless Taoism Approach by Dr. Ted Cibik Ph.D., ND, DMQ (China), Zhong Yi and Executive Director of Inner Strength, Inc
At Zhi Dao Guan, a Pre conference seminar held at The Taoist Center at 3824 MacArthur Blvd, Oakland, CA 94619

Robert Schuller asked the question, "What would you do if you knew you could not fail?"

So often, we can become afraid of our own true potential. This is represented in Taoism often times as water. Water is a metaphor for chaos. What lies between the water's waves, or the upheavals in our life, is our destiny. Destiny does not always take into account our desires. Are you afraid of the waves? Are you afraid of your own destiny? When we ask the question of ourselves, "Why is this happening to me?" – often times it invokes the nine palaces. We will learn what the nine palaces are and how metaphorically the nine points of the Heart channel represent them. Come find out in this seminar and experience a way to cultivate your true potential that is unique to you.

This seminar will include a Medical Qi Gong set used to purge out the Luo channels. The Luo channels often contain our trapped emotions and hindrances to our true destiny. We will discuss acupuncture points (no experience necessary) used for energetic purgation and the methods of pushing out the pathogens, as we like to say. We will then teach a method to re-energize the organ systems in one complete exercise set.

"To Fail is a verb, not a noun, therefore it is never a person" Ted Cibik

Friday, October 23, 2009 7:00–9:00 pm – TAOISM CLASS AND MEDITATION – Dr. Alex Feng LAc, PHD, OMD Founder, Zhi Dao Guan, The Taoist Center

**Crytsal Bowls by Mike Kidd and Conrad Asper
At Zhi Dao Guan, The Taoist Center
3824 MacArthur Blvd, Oakland, CA 94619**

Saturday, October 24, 2009
Samuel Merritt College Summit Campus - Health Education
Center –
next to Summit Alta Bates Hospital
400 Hawthorne Ave. Oakland, CA 94609

8 AM – Registration opens in the Atrium of the Health Education Center,

All General Sessions are held in the Fontaine Auditorium

Opening music by Yogi Hendlin, Hang Drum

8:45 AM – Faculty Processional – Guzheng by **Chelsea Wirth**

Welcome, Meditation with Gongs by Mike Kidd

- **Dr. Alex Feng, L.Ac., Ph.D., OMD** Founder, Zhi Dao Guan, The Taoist Center

9–9:30 AM – *Opening: Introductions, Overview*

- **Dr. Charlene Ossler RN, PhD** Vice President, Zhi Dao Guan, The Taoist Center

9:30–10:20 AM – *Being and Becoming*

- **Keynote by Dr. Carl Totton**

- Founder, The Taoist Institute, North Hollywood, CA

10:20 AM – *The Tao in America - Observations*

- **Linda Barnes PhD, MA, MTS** Associate Professor of Family Medicine & Pediatrics, Boston University School of Medicine

11:10 AM – Break Atrium of the Health Education Center

11:30-12:15 *Wúwéi – The Art of Being In Center*

- **Dr. Ted Cibik Ph.D., ND, DMQ (China)** Zhong Yi and Executive Director of Inner Strength, Inc

12:15 -1:45 PM – Lunch on your own

Return by 1:45 for Concurrent Sessions

1:45 PM-3:00 PM -- Concurrent Sessions:

PHILOSOPHIC

About Lu Dong Bin, Qi, Immortality and Self Cultivation

- **Hirsh Diamant PhD** The Evergreen State College, Olympia, WA

HEALTH AND HEALING

Dietary Wisdom According to Chinese Medicine

- **Anita Chen Marshall, Pharm.D., L.Ac**

RITUALS AND PRACTICE

Selecting and Playing the Gong

- **Mike Kidd Zhi Dao Guan**

Return to the **Fontaine Auditorium** for General Sessions

3:00 PM – 3:45 PM

Medicinal Daoism: Daoist Mind-Body-Spirit Health Cultivation

- **Suzanne Friedman LAc, DMQ (China)** Chair, Medical Qigong Science Department, Acupuncture & Integrative Medicine College

3:45-4:30

The Being and Becoming of Relationships

- **Michele Ritterman, PhD** Psychotherapist, Private Practice, Berkeley, CA

4:30 PM– 5:00 PM

Five Animal Play Qi Gong - Special demonstration by the **Washington Manor Middle School, wendyEllen Cochran**, Instructor

Set expectations for Day 2 – Meditation

Dr. Alex Feng

Reception follows

Sunday, October 25, 2009
Samuel Merritt College - Health Education Center
400 Hawthorne Ave. Oakland, CA

8 AM – Welcome – tea/coffee service in the Atrium

Fontaine Auditorium

8:30 AM – *The Five Animal Play Qi Gong Movements*

- **David Osburn, David Roberts**, Instructors, Zhi Dao Guan

9:15-10 *Being and Becoming – Another Perspective*

- **Liu Ming** Founder, Dayuan Circle **Fontaine Auditorium**

10-11:15 **Concurrent Sessions:**

PHILOSOPHIC

Panel discussion– *Becoming Dao: Teaching Daoism to the Masses*

- **Brady Chin, PhD, Lac, Yo San University, Moderator Panelists: Dr. Alex Feng, Dr. Hirsh Diamant, Dr. Carl Totton, and Master Liu Ming.**

HEALTH AND HEALING

The Nature of Nature and the Nature of the Self

- **Yog Hendlin, MSc doctoral student, UCLA Political Science**

RITUALS AND PRACTICE

Riding the Sacred Sound Current

- **Solala Towler, Editor, The Empty Vessel**

11:15-11:20 Break

11:20-12:00 *Feng Shui in the Process of Being and Becoming*
- **Cindy Garreton**

Lunch 12:00-1:30 On your own

1:30 PM -2:45 PM –

Concurrent Sessions:

PHILOSOPHIC

How to Integrate Your Being with Your Becoming

- **Mark Johnson, Qi gong and Tai Chi Master, Tai Chi for Seniors, Santa rosa, CA**

RITUALS AND PRACTICE

Circling Palms

- **Dr. Thomas McCombs, D.O.**

HEALTH AND HEALING

Cultivating Presence: The Art of Being and a Path to Becoming

Austin Ahern CMT, CAMQ Taoist Mentor, Certified Chi Health Institute Movement Instructor and Ordained Spiritual Coach,
Donna Ahern Ordained Spiritual Coach, Certified Constructive Life Guidance Coach, Certified Chi Health Institute Meditation instructor

Break 2:45-3:15

Return to the Fontaine Auditorium

3:15 -4:00

Spiritual and Medical Qi Gong for Bring and Becoming

- **Dr. Alex Feng LAc, PhD, OMD**
Founder, Zhi Dao Guan, The Taoist Center

4:00-4:45

Diagnoses and Syndromes: Being and Becoming in Western and Chinese Medicine

- **Brady Chin, PhD, LAc, Yo San University**

4:45-5:15 **Closure with Meditation**

The Chant of the Three Chakras

- **Dr. Alex Feng, LAc, PhD, OMD**
Founder, Zhi Dao Guan-The Taoist Center,

In the Atrium

- **The Taoist Store and Book Sale - Melanie Feng Kolda**
- **Ongoing: Tea Ceremony – during openings, breaks, lunchtime and at closure**
Dorothy Miao Zhi Dao Guan The Taoist Center