

EMEI QIGONG CHINA TRIP – 2010

sponsored by Emei Qigong and Grandmaster Fu

DATES: Sept. 4 to Sept 19, 2010 -16 days

OPEN TO ALL - porters are available at most places that may be difficult to hike

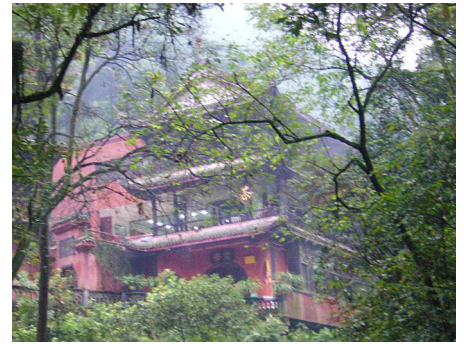
COST: \$4000.00 (includes all travel, transportation, sightseeing, tour guides, lodging – 4 Star hotels and meals in China,).

ROUND TRIP: Airfare from L.A. is included in the cost

DEPOSIT: \$1000.00

DEADLINE: June 4, 2010

CONTACT: Celia Tom 858-356-9434 or 858-270-5454 or cmtom9@san.rr.com



Emei Mountain



This private journey is geared towards a mystical and spiritual appeal.

Each day we will have **optional Qigong practice with Grandmaster Fu.**

We will visit many **UNESCO World Heritage Sites**, which must be of outstanding universal value, meeting cultural and natural criteria in order to be named as such. They are marked with * below.

Highlights of the trip include:

- **Chengdu**, the capital of Sichuan province, is a beautiful blend of old traditional China with some of the modern conveniences and advances of today's contemporary China. Chengdu is known for its spicy cuisine, breath-taking scenery, diverse local culture and unique wildlife.
- **Wolong Panda Reserve*** a 92 acre government research reserve imitating natural breeding and rearing of giant pandas. This area is among the most botanically rich sites of the world and is home to between 5000 to 6000 species of flora.
- **Mount Emei*** one of the most sacred of China's Buddhist mountains housing more than 30 temples which blend into the natural environment. These include *Baoguo monastery, Crouching Tiger Nunnery*, and *Wannian Temple*. The *Qingyin Pavilion* is known as the Mountain Garden because of its beauty. A large population of Tibetan Macaque monkeys live in the wild on Mount Emei and they are used to humans. At the Golden Summit of Mt. Emei are two temples, the *Woyun Nunnery* and the *Hauzang Si*. Mount Emei area includes **Leshan*** which is famous for the world's largest and oldest Buddha statue.
- **Jiuzhaigou*** has 114 lakes and waterfalls. It is a place of legendary beauty said to be a fairyland on earth, a nature lover's dream come true.
- **Long Lake** is the biggest and deepest lake in Jinzhaigou.
- **Five Colour Pool** also know as Jade Pool has one of the most varied and intense color ranges of Jiuzhaigou. Other lakes include *Grass Lake, Swan Lake, Arrow Bamboo Lake* and many others.
- **Panda Falls** has a height drop of 400 feet and cascades down to Five Flower Lake over a series of travertine terraces.
- **Shuzheng Lakes and waterfalls** – are spread across the valley and cascade down the lower valley to the White Water River.
- **Beijing** – Ending in the capital of China, we will visit The *Forbidden City** and *The Great Wall** and have a free day to explore your own interests.

Detailed descriptions of the itinerary follows.



China is the home of the world's oldest continuous civilization, where we will be bumping into history at every turn. This trip crosses the huge country that is China, to the western foothills of the Himalayan Mountains and the Tibet-Qinghai mountain plateaus. We'll go to places where much of traditional China is preserved, where modern development has not taken over. We will visit monasteries, nunneries, and temples on mountains where the scenery looks like it came from Chinese paintings. We will see unspoiled nature and ancient Daoist China's marvels where man blends with nature. It is a trip to a part of China rarely offered by the travel agencies. And, we will end the trip in Beijing to sample China's capital.

Some of the places to which we will visit :

Chengdu

Chengdu is the capital of Sichuan province is located in a high plateau, surrounded by high mountains, gentle hills and lush valleys. It is an old city with an illustrious history stretching back more than two centuries. As early as 200 B.C. it ranked as one of China's five major cities. It had close links with the Silk Road. The use of paper money originated here. It was a center for cultural, economic and political power. Today, it is as peaceful and prosperous as it had been through the ages. It has escaped the rampant modernization of the eastern parts of China. It is a beautiful blend of old traditional China with some of the conveniences and advances of today's modern China. It is known for its spicy cuisine, breath-taking scenery, diverse local culture and unique wildlife.



Wolong Panda Reserve (A UNESCO World Heritage site)

Six miles outside of Chengdu is the 92 acre Wolong Panda Breeding and Research Center. Here the Chinese government has created a reserve closely imitating the natural habitat of the endangered giant pandas. The Reserve is engaged in the breeding and rearing of giant pandas, planning to eventually release them back into the wild. Today, there are fewer than a thousand giant pandas in the whole of China, with about 30% of them in this sanctuary. The Center also cares for other rare and endangered wild animals such as the smaller red pandas, the snow leopard, the clouded leopard, black-necked cranes, white storks as well as over 20 species of other rare animals which are fed and bred here. This area is among the most botanically rich sites of the world and is home to between 5000 to 6000 species of flora. It is said to be similar to the paleo-tropic forests of the Tertiary Era. This is a center for wildlife and habitat conservation and is not a zoo nor a tourist attraction. The Sichuan Giant Panda Sanctuary consists of seven nature reserves and nine scenic parks.



Mount Emei (A UNESCO World Heritage site)

Mount Emei is one of the most sacred of China's Buddhist mountains. It has drawn pilgrims and visitors to it for over 2000 years. It is also sacred to Daoism.

The slopes of Emei Mountain have been inhabited as early as 10,000 years ago. It was originally a Taoist retreat, but became a sacred Buddhist mountain by the 3rd century AD. Buddhism was first established in China at Mount Emei and from here, it spread throughout the country and eastward to Japan and Korea. Through the centuries, famous Buddhist temples were built here. These house Buddhist art, exquisite statues, ornate incense urns and clear sounding temple bells. Gradually by the Ming Dynasty (14th to 17th centuries), most of Emei's Daoist temples were converted to Buddhist temples. There are over 30 temples on Emei mountain. Ten of them are very old and very large. They are masterpieces of beauty and creativity. They are ingeniously adapted to blend into the natural environment on the slopes of this holy mountain.

At the mountain's base is *Baoguo Monastery*, built in the 16th century. Its serene gardens contain rare plants, babbling brooks, bamboo copses, a library of sutras and a huge porcelain Buddha. In the stone staircase at the rear hall are figures of the Eight Immortals, relics of the temple's Taoist origins. Those of us who are interested can spend a very peaceful night at this monastery.

Further up the mountain lies the *Crouching Tiger Nunnery (Fuhu Si)*, Emei's largest temple. Once associated with the Taoist martial-arts master Zhang Sanfeng, today it is a Guanyin nunnery. Notable features include the 16th-century, 7-meter-high bronze Huayan Pagoda, which is engraved with 4700 Buddha images. Perched on the wooded hillside, it is a place which embodies quietude, tranquility and peace.

Wannian Temple

Wannian Temple built in the 3rd century AD is an exquisitely beautiful temple. The Puxian form of Buddhism (which specifically honors the Indian Bodhisattva Puxian, aka Samantabhadra) became dominant on Emei and the Chinese monk Huichi built the Puxian Temple (now the Wannian Temple) at the foot of the Guanxinpo Terrace. Our Emei Qigong has a special connection and dedication to the Buddha Puxian.

In the mid-9th century, the Song Emperor Zhao Kuangyin sent a Buddhist mission headed by Master Jiye to India. On his return he was authorized to build temples on Mount Emei, where he preached and translated the Indian Buddhist texts. He was also authorized to cast a Puxian bronze statue, 62 tons in weight and 7.85 m high, which now remains in the Wannian Temple.

Qingyin Pavilion

The Qingyin Pavilion, built against the mountainside at the foot of the Niuxin Ridge, is an ensemble of pavilions, towers, and platforms, the earliest dating from the early 6th century. It is known as the Mountain Garden because of the beauty of its surroundings, its location and the streams that run through it. We travel through it, up the mountain, closer to the home of the Mount Emei monkeys.



There is a large population of **Tibetan Macaque monkeys**, who live in the wild on Mount Emei. They have become used to humans and aren't afraid of us. They come down from their mountain homes to beg for food and grab at bags as hikers walk along the trails. They come to places where tourists gather and at 2 to 2:30 in the afternoon, they head back to the mountains. Monkey mothers with babies usually leave earlier while other monkeys linger longer.

Emei Jinding – The Golden Summit of Mount Emei

The summit of Mt. Emei is 10,000 feet above sea level. We will reach it via a cable car ride. Here are two temples, the *Woyun Nunnery* and the *Huazang Si*. Huazang Si was founded in the first century A.D. It was extensively rebuilt and refurbished in the 1970's with every effort to preserve its original appearance. *Jinding* (the Golden Summit) is the best place to experience the four wonders of Mt. Emei, the Buddha's Halo, the Sea of Clouds, the Divine Lights and the Golden Summit Sunrise. At the true summit of the Golden Summit is Wanfoding, the Ten thousand Buddha Summit. A short ride on a monorail takes us there.

The slopes of Mount Emei encompass several climate zones. This allows great variety in the plant, tree, bird and animal wildlife that flourish on the mountain. Many of its trees are over 1,000 years old. Dress in layers as there may be a 20 degree variance in temperature from the base to the summit.

Leshan (A UNESCO World Heritage site)

Mount Emei area includes Leshan which is famous for the world's largest and oldest Buddha statue, a phenomenal 71 meter high (222.951 feet) figure carved in a cliff overlooking the confluence of three rivers. It is a sitting Buddha that took 90 years to complete. It was carved to calm the turbulent waters at this confluence which had caused many shipwrecks and loss of life. The carved Buddha did calm the waters.



Today's explanation is that the rubble resulting from this mammoth work tumbled into the rivers and affected its turbulence. To see the Buddha in its entirety, we will be on a boat on the river. After the riverboat ride, we hike from the level of the head of the Buddha to its feet and back up. One of its toe-nails is large enough to serve as a table for a meal. In the park are ancient caves housing other imposing and impressive Buddha statues and carvings, like Guan Yin with her thousand arms, a Buddha sleeping across a mountain side, etc.

Jiuzhaigou (A UNESCO World Heritage site)

Jiuzhaigou is all about seeing! It has some 114 Lakes and waterfalls. It is a place of legendary beauty. It is said to be a fairyland on earth, a nature lover's dream come true. The colors of its lakes, trees and mountains are breathtaking and defy adequate description. The altitude changes that are within the valley, create continual variations of flora, which give each lake and waterfall a unique quality.



The grays of the bamboo forest and the dark greens of the conifers provide the perfect backdrop to the blue, turquoise and vivid emerald green lakes. The area consists of mountains and valleys, mountain streams and numerous lakes. It has always been regarded as a holy place by its local Tibetan people. Unspoiled nature offers masterpieces of beauty in its pristine mountain lakes, streams and rivers, rushing waterfalls and hot springs. It is best known for its beautiful waters. The local people call these lakes "children of the sea". Originating in glacial

activity, the lakes have high concentrations of calcium carbonate and beautiful travertine deposits. The water is extremely clear and the bottom is often visible even to great depths. The lakes vary in color and aspect according to their depths, residues and surroundings. It is said, "No waters will be of interest after seeing Jiuzhaigou". Besides the waters, Jiuzhaigou is covered by virgin forests, snow-covered mountain peaks, ancient cypress trees, mountain meadows in its lush valleys, narrow ravines and steep cliffs and stunningly shaped rock sculptures carved by the wind. Surrounding the valleys, the snow-capped mountains rise over 15,000 feet high, with peaks whose shapes are not seen anywhere else in the world.

Five-Color Mountain is composed of five colors of rock whose colors are those of China's classic fundamental Five Elements, red, yellow, white, black and green. *Twin-Bridge Valley* is the most beautiful valley in the Four Maiden Mountains. The beauty of Enduring Peace Valley can be best appreciated by a tour on horseback. Alpine Lakes Valley is covered with mountain lakes. There is Willow Valley, Sun-Moon Mirror Mountain, Yin-Yang Valley, and so much more.

Jiuzhaigou is the natural habitat of two of China's most treasured endangered species, the giant panda and the Sichuan golden snub-nosed monkey. The flora changes greatly with altitude. The main sight-seeing areas are from 6,000 to 10,000 feet. In the lower regions of the valley, grasses and reeds abound. These are quickly replaced by bamboo forests which in turn give way to deciduous trees and conifers at the upper end of the valley. Beyond them the rocky slopes and snow-capped peaks of the Min Shan range dominate the view. Wooden planked trails wind through the lakes and forests.



It is named for nine villages of Tibetan origin. In these mountain and valleys, the local Tibetan and Qiang peoples keep their ancestral customs. A visit to Jiuzhaigou is a memory to be treasured.

Some scenic locations we will visit:

Five Flower Lake is referred to as the soul of Jiuzhaigou. Its shallow turquoise colored waters provide the visitor with an outstanding display of its bottom sediments which contain trees, bushes, and leaves in great array. Its waters drain via the Peacock riverbed, claimed locally to be the shortest and most beautiful river in the world, to one of Jiuzhaigou's most appealing waterfalls. The "Pearl Shoal Falls"



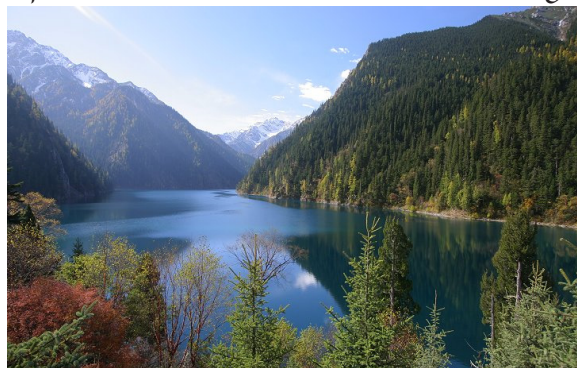
Pearl Shoal and *Pearl Shoal Falls* are best viewed by taking the walkway. This takes visitors across the “Golden Bell Lake” and “Pearl Shoal” down the left side of the falls then across the base of the Falls to “Mirror Lake”. The shallow waters rush over the 175 yard wide travertine shelf called “Pearl Shoal” creating a noisy bubbling cascade which from a distance looks like a shawl of pearls draped across the hillside. The falls have a drop height of 70 feet and are 532 feet wide providing a spectacular display.

Mirror Lake is so named because of its ability to reflect the images of the surrounding mountains and forests. The lake is in a sheltered section of the valley running east/ west which produces its glassy reflective surface. The outflow of “Mirror Lake” is through the “Rize Gully” a travertine ramp of small ponds and natural bonsai trees and bushes that lead directly to one of the great sights of Jiuzhaigou . The Nuorilang waterfall.

The *Nuorilang Falls* are situated, at an altitude of 7760 feet , at the junction of the Zechawa, Rize and Shuzheng valleys. Best viewed from the Shuzheng valley road the 820 foot wide veil of water flows out of the thick shrubs and bushes of Rize Gully to drop 80 feet into a small ravine below the road.

Rhinoceros Lake is the largest lake in the Shuzheng valley, and also the deepest with an average depth of 40 feet. The lake derives its name from a legend that tells of a monk from Tibet riding a rhinoceros. When the monk came to this lake he was so entranced with the local scenery that he accidentally rode his rhinoceros directly into the lake.

Shuzheng Village bedecked with prayer flags, is one of the nine Tibetan villages that give Jiuzhaigou its name. Situated above the Shuzheng Lakes it is easily accessed from the roadway. Here you can visit a traditional Tibetan home and drink “Yak Butter tea”. The steep main street is lined with shops selling trinkets, Tibetan artifacts and souvenirs.



Shuzheng Lakes and waterfalls are the lowest series of lakes in Jiuzhaigou; Spread across the valley this series of small lakes and waterfalls cascade down the lower valley and drain directly into Baishui Jiang, the White Water River.

Beijing

Beijing, capital of the People’s Republic of China, is the nation’s political, economic, cultural, educational and international trade and communication center. Located in northern China, it is one of the six ancient cities of China. It was a city as far back as 1045 B.C. It first became the capital of a United China during the Yuan dynasty in the 13th century. The rulers of the Yuan dynasty were the conquering Mongols and the emperor of China was Kublai Khan, the grandson of Genghis Khan who invaded deep into Europe. Marco Polo served many years, at the court of Kublai Khan. Since then, the succeeding Chinese Ming dynasty kept Beijing as its capital as did the Manchu Qing dynasty, the last imperial dynasty of China. The Republic of China which succeeded the Qing dynasty in 1911, also kept Beijing as its capital, as did the present Peoples’ Republic of China in 1949.

Thus, Beijing has been China’s capital since the 1200’s A.D. It has been the heart and soul of politics and society throughout its long history and as a consequence, there is an unparalleled treasure trove to discover, to delight and to intrigue travelers as they explore Beijing’s ancient past and enjoy its exciting modern development. Marvelous edifices were built for the Beijing Olympics. Now it has become one of the most popular tourist destinations in the world, with about 140 million Chinese tourists and 4.4 million international visitors a year. It is a vast and amazing city with much to see and do.

Visitors can track down bargains at the wonderful silk markets, mingle with the immense number of the Chinese people, sit down to some of the most varied cuisine in the world, browse through shops that offer beautiful Chinese goods and souvenirs at great prices, walk around Tiananmen Square.

We will see the hutongs, the back lanes of Beijing where the courtyard houses of traditional Beijing still stand. We will be guests for lunch with a family there. This is not easily available to tourists.

Forbidden City (A UNESCO World Heritage site)

Lying at the center of Beijing, to the north of Tiananmen Square, the Forbidden City, called Gu Gong in Chinese, housed the imperial palaces of the Ming and Qing dynasties. From the southern section or its Outer Court, the emperor ruled as the supreme power over the nation. He ruled by Heaven's grace and approval. If he ruled poorly and lost the mandate of Heaven, he would lose the throne. The northern section, or the Inner Court was where he lived with his royal family. Until 1924 when the last emperor of China was driven from the Inner Court, fourteen emperors of the Ming dynasty and ten emperors of the Qing dynasty had reigned from here.

It is the world's largest palace complex and covers about 183 acres. Surrounded by a 20 feet deep moat, it has a thirty-three feet high wall. There are 9,999.5 rooms in this ancient Chinese architectural complex. Only the Ruler of Heaven could have ten thousand rooms. The Earthly Emperor had half a room less. Not all the rooms are open to the public. Construction of the palace complex began in 1407 and was completed fourteen years later in 1420. It was said that a million workers including one hundred thousand artisans worked hard at building it. Stone needed was quarried from outside of Beijing and slid into the city on man-made ice roads in the winter. Huge amounts of timber and other materials were shipped in on boats in canals or pulled in by horses from faraway provinces.



The red city wall is slightly thicker at the base than at the top. The angle of the sloped walls made it almost impossible to scale. The bricks were made from white lime and glutinous rice while the cement was made from glutinous rice and egg whites. These materials made the wall extremely strong.

The roofs of the buildings are of yellow glazed tiles and the bricks that cover the grounds are made yellow by a special process. Yellow – the Imperial Color. It is little wonder, then, that with the sun shining on the yellow tiles, it was seen as a City of Gold. Only the Royal Library had a roof of black – black for wisdom and black for water to quench any possibility of fire. Today, the Forbidden City is called the Palace Museum. Having been the imperial palace for some five centuries, it houses an extraordinary number of rare treasures and artifacts. Listed by UNESCO as a World Cultural Heritage Site, the Palace Museum is one of the most popular tourist attractions in the world.

The Great Wall (A UNESCO World Heritage site)

Of course, no trip to China is complete without a walk on the Great Wall. The Great Wall is an incredible piece of engineering. It is the biggest national military defense project build in human history. Originally constructed to protect the Chinese empires from the Mongolian 'barbarians' of the north, the Wall ultimately failed in its purpose but remains a reminder of the power of the Middle Kingdom. Just like a gigantic dragon writhing across northern China, it winds up and down, across deserts, grasslands, mountains and plateaus, stretching approximately 8,851.8 kilometers (5,500 miles) from the east to the west of China. As early as 467 BC, stretches of walls were build as a defense against the northern nomadic tribes and other



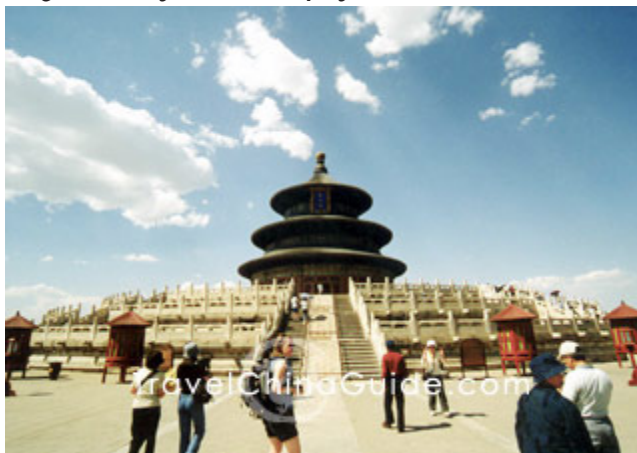
potential enemies. Through the years, walls were build across the country by the different kingdoms and states until the time of Emperor Chin who conquered the other states and ruled over a united China. Emperor Chin ordered that the existing walls be connected and extended further to both the east and the west. Subsequent dynasties repaired, modified and extended the great wall. With a history of more than 2000 years, some of the sections are now in ruins or have disappeared. However, it is still one of the most appealing attractions all around the world because of its architectural grandeur and historical significance. The wall in Beijing measures 342 miles and we will be visiting a section of the wall that is less visited by the general tourists.

We will spend three days in Beijing and we will have a free day to explore Beijing on our own.

One of the things I plan to do that day is to go see is the *Temple of Heaven*, where the cosmic harmonies of the universe meet and where the energy is powerful. This was the dwelling of Heaven on earth. It is a beautiful edifice.

The emperors of China came every year to the circular Temple of Heaven, to offer sacrifices on the day of the Winter Solstice. They came to thank Heaven for all that the country and people had been given that year and to pray for an abundant harvest and for all good things for the coming year. Only royalty was permitted to go to the Temple of Heaven. Today, it is a public park.

The most magnificent buildings are The Circular Mound Altar (Yuanqiutan), the Imperial Vault of Heaven (Huangqiongyu) and Hall of Prayer for Good Harvest (Qiniandian). There are additional buildings - Three Echo Stones and Echo Wall. All the buildings are connected by a wide bridge called the Vermilion Steps Bridge (Danbiqiao) aka the Sacred Way.



The Circular Hall of Prayer for Good Harvest is a big palace with a round roof and three layers of eaves. In this hall of prayer, there is an Inner Circular temple, a middle Circular temple and an outer Circular temple. In the inner circle are four big posts which represent the four seasons of Spring, Summer, Fall and Winter. In the middle circle are twelve posts which represents the 12 months of the year and in the outer circle are 12 more posts that represent the 12 two-hour cycles of the day. These are in accordance with the astronomy of Nature as seen by ancient China. The roof of the Temple of Heaven is covered with black, yellow and green glaze representing Heaven, Earth and Humanity. In the Temple of Heaven, is the Imperial Vault which has a blue dome with a gold head. The circular halls have layered white marble terraces and white marble railing connecting them. The Temple of Heaven is much larger than the Forbidden City. The Chinese emperors who saw themselves as Sons of Heaven did not dare to build their own dwelling to be bigger than the dwelling of Heaven.

After a three day stay in Beijing, we will head back home.