

Juanita Lew

It is Juanita Lew's honor and blessing to have been Master Share K. Lew's wife and partner for 34 years, as well as co-teacher for over 30 years. Juanita has dedicated herself to follows in Master Lew's footsteps teaching the Tao Ahn Pai as Master Lew wanted it taught. Before Master Lew's passing in July 2012, Juanita was told, "you must be teach".

Master Share K. Lew, was 94, a Taoist priest with over 75 years experience in the traditional Taoist arts. Part of Master Lew's education took place at Wong Lung Kwan, a Taoist monastery in the Luo Fo mountain in China where he studied for 13 years. At the core of his training was the secret system of cultivation know as Nui Kung. Master Master Lew's monastery style, the Tao Ahn Pai (Taoist Elixir Style), dates back over 1,300 years to Lu Dung Bin, who is one of the Eight Immortals of Taoism.

INSTRUCTION

The exercises that Juanita Lew teaches are part of what has traditionally been called the "internal system" Nui Kung, energy cultivation. These exercises strengthen the circulation of the Chi (vital energy) through the internal organs, which increases vitality, health, and sensory perception. Their primary purpose is the enhancement of health.

All of these exercises have traditionally been kept secret. Daily practice of the exercises will give the student a tangible experience of Chi. Belief is not necessary for the Nui Kung to work. Juanita Lew teaches several different sets of exercises; a brief description of some of the exercises follows.

CLOUD HANDS SHORT SET

The Cloud Hands set is the beginning set of Nui Kung (internal energy cultivation) which builds a foundation for both better health and further Nui Kung. The Cloud Hands consist of five relatively non-strenuous movements along with quiet seated meditation. These Taoist exercises help the body maintain good health and increase vitality. The time required for practice will fit into anyone's schedule.

SHEN EXERCISES

The Shen are twelve non-strenuous Nui Kung exercises, six standing and six seated, whose primary purpose is self healing. In addition, they develop concentration, increase visual and auditory acuity and enhance sensitivity to one's self and others. The class is best taken by people who have completed the Cloud Hands or practitioners of Tai Chi Chuan or yoga.

SIX STARS EXERCISES

The Six Stars is a set of Nui Kung from the Tao Ahn Pai system. It consists of six standing exercises, which build up the physical foundation of your body beginning with the bone marrow. These exercises help strengthen from the inside out, by keeping the bone marrow soft and supple. The Stars also help to rejuvenate your body by strengthening the tendons, bones, muscles and connective tissue. Rather than increasing muscle size and bulk the Six Stars focus the "Chi", giving the sense of solidity, depth and balance to your body. They are beneficial for anyone.

Juanita Lew presents workshops throughout the United States and teaches privately in San Diego.

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