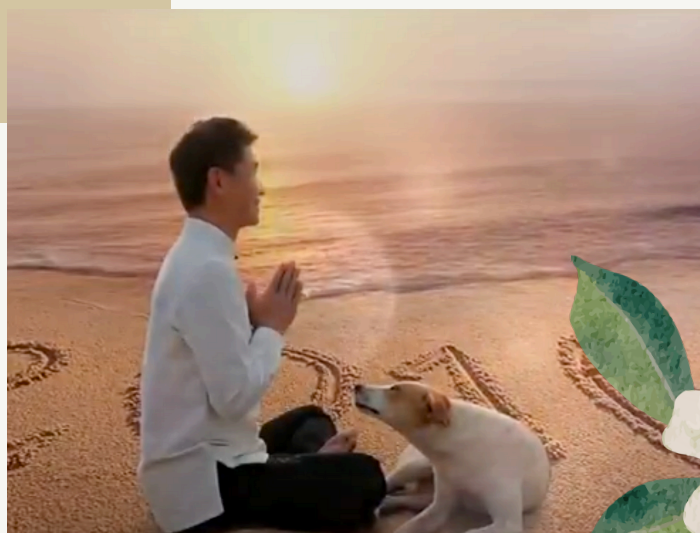
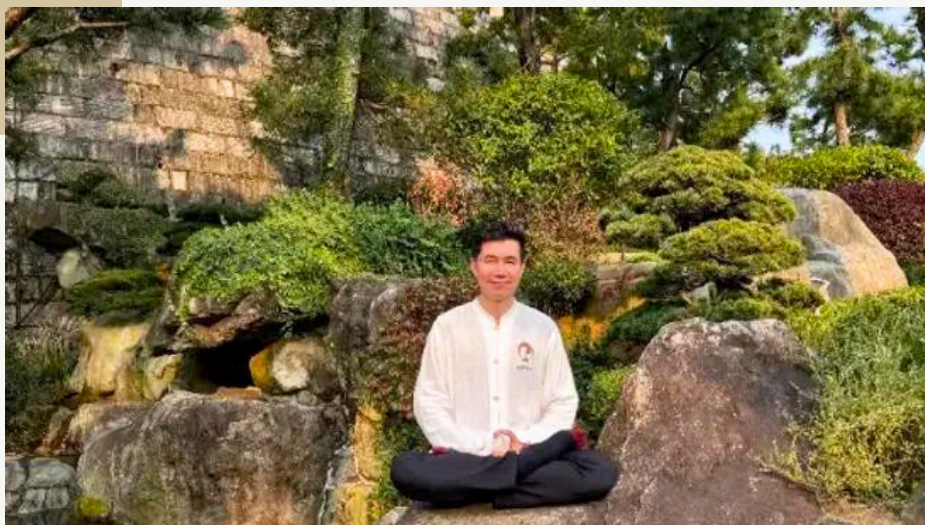


Q&A about Bigu



Q1: What is the significance of Bigu?

A:

Regarding Bigu, let's first examine the word "Bigu". The character for "Bi" can be pronounced in two ways: **one is "bi", meaning to avoid grains, and the other is "pi", which means to create new space.**

The greatest significance of Bigu lies in its ability to restore our health, as many of our body's issues stem from overeating. Overeating leads to the accumulation of waste and toxins that cannot be cleared from the body. Wherever there is a blockage in our body, problems arise. After Bigu, our body possesses an important instinctive capability, which is the ability to dissolve various wastes within it. Once these wastes are dissolved, our blood vessels clear up, our organs begin to repair themselves automatically, and our other tissues and organs start functioning normally. Thus, through Bigu, we can **achieve health.**

Secondly, many people commonly experience anxiety, worry, fear, discrimination, attachment, and delusions. By reducing desires through Bigu, these concerns, fears, and delusions gradually **diminish on an emotional level.**

Thirdly, it involves resource conservation; by Bigu, we can **reduce food consumption and decrease the use of many items and materials.**

Fourthly, through Bigu, everyone realizes their inherent self-sufficiency, eliminating the phenomena of scrambling and plundering, thus **maintaining social order and national security.**

Fifthly, Bigu allows us to save a considerable amount of time, which can then be used for **learning, self-improvement, and transformation.**

In summary, the benefits of Bigu are **countless**, especially in addressing current issues such as environmental pollution, increasing carbon emissions, insufficient food production, resource depletion, and interpersonal anxieties. In short, Bigu is of great significance, and in the future, we should strive to promote it throughout China and the world.



Q1: 辟谷的意义是什么？

A: 关于辟谷，我们先看一下“辟谷”这两个字。辟可以有两个读音，一个是避（bi），避开谷道，第二个就是辟（pi），开辟出新的空间。

其实辟谷最大的意义是在于，第一就是让我们身体恢复健康，因为我们身体很多的问题都是因为吃的太多，吃太多会导致垃圾毒素积在身体当中没办法清理。身体哪里堵，哪里就会出现问题。而辟谷之后，我们自己身体有一个特别重要的本能，就是本自具足的这样一种能力，它能够溶解身体的各种垃圾，只要这个垃圾一溶解，我们的血管就通了，我们的脏腑就开始自动修复，我们的其他的一些组织器官也开始正常工作，所以我们**通过辟谷能够获得健康**。

第二，我们平常很多人有很多焦虑、担心、恐惧、分别、执着和妄想，通过辟谷，降低了欲望以后，**我们的担心、恐惧害怕、恐惧这个妄想也慢慢的消除了**，这是情绪层面上的。

第三，是对于资源的保护，通过辟谷我们可以**降低粮食消耗**，降低很多物品以及物资的消耗。

第四，通过辟谷大家意识到每个人自身本自具足，就不会出现争抢、掠夺的现象，这也**维护了我们的社会治安以及国家的安全**。

第五，通过辟谷，我们节约了大量的时间，**我们可以把时间用来去学习、去提升、去改变**。

总之，**辟谷的好处是数不胜数**，特别是对于现在我们的环境污染、碳排放的增加、粮食生产的不够、资源的浩劫啊以及人和人之间的焦虑等问题都可以通过辟谷来解决。简而言之，辟谷意义重大，未来我们要好好的学习将辟谷普及到全中国、全世界。



Q2: Is Bigu of Taoist origin? 辟谷是来源于道家吗？

A:



Bigu, as a practice, has been attempted by many people worldwide. It is found in India's yoga system, Ayurveda, and other regions where many have tried this method. However, from the records and our heritage, the most complete documentation is seen in some Taoist classics. For instance, in "Records of the Grand Historian: The Family of Marquis Liu," it mentions that Zhang Liang practiced Bigu. Later, Zhang Liang became a disciple of a Taoist master to study Bigu. In many classics such as "YUN JI QI QIAN," "Da Dai Li Ji," and "Debate on the Dao," we see records in Chinese history and culture, especially detailed explorations by Taoist priests. Therefore, in studying Chinese traditional cultures, we generally believe that Bigu is a very important aspect and method in Taoist practices. **Thus, there is no issue in saying that Bigu is of Taoist origin.**

辟谷从这个方法来讲，全世界很多人都曾经尝试过，辟谷印度的瑜伽体系、阿育吠陀、还有像一些其他的区域，也有很多人去尝试这种方法。但是从记录记载上，从我们的传承上比较完整的是在一些道家的经典当中看到的，比如说在《史记留侯世家》提到了当时张良辟谷，张良后来是拜了道家的师父去学习辟谷。在《云笈七签》、《大戴礼记》、《辩道论》很多的经典里面，我们都看到了中国历史文化当中的记载，特别是以道家的道士的修炼对于这部分的探索更加的详尽，所以在我们学习中国传统文化当中，我们普遍的认为辟谷是道家修行次第当中非常重要的一个环节，也是一个方法，所以说辟谷是道家的也没什么问题。



Q3: Is Bigu Risky? 辟谷有没有风险？

A:



Bigu, for inexperienced beginners who have never tried it before and attempt to enter this state, which they call "Bigu" but is essentially a form of Bigu, poses risks. Why? Because without the support of a proper energy field, magnetic field, high-energy enhancement, and physical conditioning, as well as the lack of specific Gongfa, one might experience unstable vital energy. If there are existing health issues or underlying diseases, danger can arise. Therefore, engaging in this practice superficially and without guidance is risky. However, with professional guidance, the support of a magnetic field, exchanges with both new and experienced participants, and under the formal and professional guidance of a Bigu camp, there is no risk. At least from our experience of conducting over 260 Bigu camp sessions to date, **no issues have ever occurred.**

辟谷,对于一些没有经验的初学者,以前没有尝试过却凭着自己的猜测,自己在家去随意的进入这种他们叫做“辟谷”,实际上却是一种断食的状态,这是有风险的。为什么呢?因为我们如果没有相应的气场、磁场以及高能量的加持和对身体的梳理,没有功法的支持,很可能就会出现元气不固,如果身体再有一些病灶或者基础疾病的话,就会出现危险。所以如果我们只是片面的、没有指导的这种学习,自己的这种盲修瞎练那就有风险,但是如果我们有专业老师的指导、有磁场的加持、有我们的新老学员的一起的交流、在正式的专业的辟谷营的指导下就没有风险。至少从我们到今天举办辟谷营260多期,还没出现过任何一些问题。



Q4: Is there an age limit for Bigu? 辟谷有年龄限制吗？

A:



Generally, many Bigu camps in society do have certain requirements for age. Why is this? Because as we age, some of our organs cannot function normally, so to avoid risks in the Bigu camp, some Bigu camps have age requirements, meaning that if you are above a certain age, it may not be recommended to enter the Bigu camp, or if we are too young, it is also not recommended.

However, in our years of Bigu practice, **our oldest participant was 88 years old, and the youngest was 3 years old. They all underwent Bigu practice without finding any problems, so we used to think that older people would have problems was also one of our assumptions.** I believe that as long as our Bigu participants are confident and enter a professional Bigu camp, seriously study and practice under certain guidance, and I believe they still have a great chance of achieving the results of Bigu. So in my opinion, there is no age limit, it mainly depends on our own determination, confidence, and method.

一般的在社会上有很多辟谷营是对于年龄有一定的要求的。为什么呢？因为我们年纪大了以后，身体的一些脏腑器官就不能正常的工作，所以为了避免在辟谷营当中出现一些风险，有一些辟谷营是有年龄要求的，就是高于一定的年龄，可能就不建议进辟谷营，或者我们太小也不建议。但是在我们的这些年的辟谷实践当中，**我们最大年龄的学员有87岁、88岁，最小年龄的也有3岁的、5岁的，他们都经过了辟谷的实修，没有发现任何的问题**，所以我们过去认为年龄大会出现问题也是一种我们的假设。我觉得只要我们的辟谷学员坚定信心，进入专业的辟谷营，能够在一定的指导下认真的学习和修炼，我相信他们也仍然有很大的机会收获辟谷的成果。所以在我看这个年龄是没有限制的，主要看我们自己的决心、信心和方法。



Q5: What problems can Bigu solve? 辟谷都能解决什么问题呢？

A:



Bigu can solve many problems. First, looking at the current widespread issue of overweight and obesity, about 50% of adults are overweight. How can we find an effective way to solve this? We can exercise, take some diet pills, or even liposuction, but among so many methods, I suggest trying Bigu because it is the healthiest, most efficient, and something everyone can learn, so **in terms of weight loss, Bigu is the most effective.**

Secondly, it can heal the sub-health conditions of the body. As I mentioned before, some health problems arise due to the blockage of toxins in the body. Once we enter a Bigu state, we activate the body's own dissolution and cellular autophagy. We can rely on this inherent ability of the body to solve these diseases and sub-health problems. **At the same time, Bigu can also prevent the occurrence of future sub-health conditions.**

Moreover, by Bigu, we clear our negative emotions, our emotions become stable, and our mindset gradually becomes peaceful. Through Bigu, we can also generally save 50%-80% of food, thus solving the food problem. Our carbon emissions and water waste can also be greatly reduced through Bigu. At the same time, **through Bigu, practicing Taoist culture allows us to cultivate gratitude, cherish food, and also aspire to help more people achieve a harmonious world.**

辟谷能解决的问题很多，首先从我们现在普遍的超重和肥胖来看，我们大概有50%的成年人是超重。怎么样找到一个有效的方法去解决呢？我们可以去运动、吃一些减肥药、或者说甚至去抽脂，但是这么多的方法里头，我建议大家尝试辟谷，因为它是最健康，效率也最高，也是我们人人都可以学习的，所以在减重上，辟谷是最有效的。

第二，就是可以疗愈身体的亚健康状况，我刚才也曾经讲过，身体出现一些健康问题都是因为身体毒素的堵塞，我们进入辟谷状态以后，启动了身体的自身溶解和细胞自噬，我们可以凭借身体本有的这样一种能力，把这些疾病和亚健康的问题解决。同时辟谷也可以预防未来的亚健康的这种情况的出现。

再有就是，通过辟谷清空了我们的负面的情绪，我们情绪也得到了稳定，心态也逐渐的平和。通过辟谷还可以普遍节约50%-80%的粮食，那么粮食问题就解决了。我们的碳排、水资源浪费通过辟谷也可以大大降低。同时呢，通过辟谷，实修国学了解中国道家文化的传承，让我们心生感恩之心、珍惜粮食、也发愿能够帮助到更多的人实现天下大同。



Q6: What is the difference between Yufeng Bigu and other Bigu camps? 宇峰辟谷和其他的辟谷平台有什么区别吗?

A:



Firstly, there are many Bigu camps on the market now, and I believe they also aim to promote Chinese culture and hope to benefit humanity and help more people in their respective fields of understanding. **Our Yufeng Bigu has undergone decades of exploration, and we value practical learning and practice**, which means changing ourselves through **actual learning and practice**.

Secondly, we also very much agree with the deep understanding and change of a student through **classics and systematic learning**, so we have included Taoist classics in our courses for in-depth study.

Thirdly, about the level of changing, **physical health is one aspect, but we also need to improve our temperament and realm, and each of us should have a grand desire to help others and ourselves**. Therefore, in the practical learning, practice, and verification of Bigu, in the study of Taoist and Chinese cultural theory systems, and in helping students learn and improve in this regard, we have designed many systematic courses for students.

首先现在市场上很多的辟谷营，我相信他们也是为了弘扬国学，在每个人各自的理解的领域当中，也**希望能够造福人类，帮助更多的人**。那么我们宇峰辟谷，也是经过了几十年的探索，我们**更看重实学实修，也就是说通过实际的学习和修行改变我们自身**。第二，我们也非常的赞同通过经典和系统学习对于一个学员深度的理解和改变，所以我们把道家的经典在课程当中进入了深度深度的学习。第三，就是这个次第的改变，那么身体的健康是其中一个层面，我们同时还要提升我们的心性，提升我们的境界，然后我们每个人还要有宏大的愿力去助人助己。所以在这个辟谷的实学实修实证上，在道家和国学理论体系的学习上，以及对一个学员次第的学习成长的帮助上，我们设计了很多在这方面的对一个学员的系统的学习的课程。



Q7: What is the difference between Fasting and Bigu? 断食和辟谷有什么区别吗？

A:



Fasting, as the name suggests, simply cuts off the supply of food, possibly light fasting like 16+8, or maybe a bit longer, possibly 24 hours, 48 hours, or 72 hours.

But the biggest difference between fasting and Bigu is that Bigu not only stops the grain path and consumes our body's storage but more importantly opens the energy path. Through our practice Gongfa, from deeper, broader, more microscopic, and more powerful channels, our body obtains energy. This requires us to have corresponding practices and needs to be taught by professional Bigu camps. Thus, we know that fasting and Bigu have similarities, which is that they may stop food intake for a certain period, but they also differ in that Bigu must open another energy channel through practices, which is the biggest difference between them.

断食，顾名思义，它只是断掉了食物的供应，可能是轻断食，比如说16+8，也可能是时间稍微长一点的，可能有24小时，48小时或者是72小时。

但是辟谷和断食最大的不同就是辟谷除了我们停下谷道，消耗我们身体储存，更重要的是还要打开气道。通过我们修炼的功法，从更深的、更广的、更微观的、更强大的另外一个通道，来让我们身体获取能量。这个就需要我们有相应的功法，需要有专业的辟谷营的教授。这样我们就知道辟谷和断食有相同的地方，就是可能在一定时期当中停下了食物，但是也有不同的地方，就是辟谷一定要有功法打开另外一个能量通道，这就是他们之间最大的不同。



Q8: What changes will the body experience during Bigu? 辟谷过程中身体会出现哪些变化？

A:

For a new practitioner who has never experienced Bigu before, there may be some fluctuations in the body during the first few days. Some may feel weak or hungry on the second day, others may experience headaches or body aches, and some may suffer from acid reflux or heartburn. These are all normal reactions. However, as long as the practitioner firmly follows the Gongfa and mental methods taught in the course, many of these symptoms will pass. The feeling of hunger, pain and discomfort in the stomach will all vanish in the end.

Therefore, these experiences are both phenomena and part of the process, but they do not persist forever. **Once our body's inherent abilities to cleanse and restore are enhanced, all these issues can be resolved and healed.**

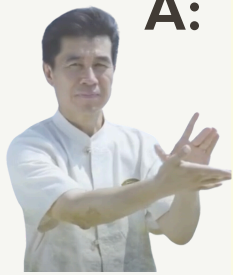
一般如果是一个新学员，他从来没有辟过谷，那在前几天可能会有一些身体的波动。有的学员可能在第二天就有些无力感、饥饿感；有的学员可能会出现头疼或者身体酸痛；有的学员可能会产生胃酸、胃烧等现象，这些都是正常的。但是通常只要学员能够坚定的按照课程当中所教授的功法、心法去修炼，很多现象都会过去的，都会从饥饿变成了没有饥饿感，都会从某一地方的酸痛变成酸痛感消失了，都会从胃的不舒服变成胃的不舒服消失了

所以这些都是我把它叫做一个经历，也是一个现象，但这种现象不会一直存在。当我们自身拥有的清理和还原的能力上来的时候，所有这些都会可以被解决、被疗愈。



Q9: Should one choose to Bigu when the body is relatively weak or when it is very strong? 辟谷对一个人来说，应该选择相对身体虚弱的时候去辟谷，还是身体很健壮的时候去辟谷呢？

A:



I recommend learning Bigu when you are healthy because at this time, our bodies have fewer vulnerabilities, making it easier to withstand the challenges of Bigu. Moreover, the purpose of Bigu is not to cure existing illnesses but to prevent disease—this is the wisest approach. Of course, some people may choose Bigu due to various sub-health issues that other methods cannot resolve. In such cases, one should be mentally prepared for some physical symptoms or illusions that may arise when the body is weak. **However, these phenomena will eventually disappear, and the health issues will be resolved.**

我建议大家在身体健康的时候就去学辟谷，因为这时候我们身体的漏洞比较少，比较容易经历辟谷的这种考验，而且我们辟谷的目的并不是为了治你已经得的病，更重要的是治未病、去预防疾病，这是最聪明的做法。当然，也许有些人因为身体问题比较多，出现了各种亚健康问题，别的方法也解决不了，最后选择了辟谷。这种情况也可以解决，但是在这种情况下学员需要做好一定的心理准备，在身体比较弱的时候，会出现一些身体症状或者一些假象，**不过不用担心或者害怕，要建立自信，最后这些现象都会消失，身体问题也会得以解决。**



Q10: How can we help people overcome their fear of not eating during Bigu? 如何帮助人们克服对于辟谷不吃饭的恐惧？

A:

The fear of hunger indeed hinders many from Bigu. Food is paramount to us, and eating is a primary concern. However, there are two ways to "eat": one is the positive method of consuming tangible food, which the body then converts into needed energy; the other is the negative method, absorbing intangible energy through the body's channels. Yet, in people's perception, we only know that eating tangible food can satisfy our body's needs. Taoism teaches that by practicing Qi absorption, one can supplement the energy needed by the body, achieving a state where the body does not crave food.

For most people, hunger is an illusion, primarily because the body cannot convert stored energy into needed energy, and because the body's innate energy channels are not opened.

In Bigu camps, we systematically address this issue. When Bigu for a sufficient period, other energy channels in the body open up, hunger disappears, and the body's stored substances can be converted into usable energy. Excess waste is metabolized, leading to weight loss and clearer facial contours after participating in Bigu.

Through practice, we can verify that after several days without eating, our original cognition is broken, and past misconceptions are corrected by our own empirical evidence. Therefore, we must continuously learn and integrate knowledge with action.

饥饿的问题确实障碍了很多人辟谷，民以食为天，吃饭是头等大事，但其实吃有两种方式，一种是阳性的吃法，吃有形的食物，然后通过身体转化为身体需要的能量。另外一种为阴性的吃法，就是通过身体通道吸收无形的能量。但是在人们的认知当中，我们只知道要吃有形的食物，才能满足我们身体的需求。而道家可以通过服气的方式补充身体所需的能量，从而做到气满不思食，身体就不觉得饿了。

饥饿对大多数人来说都是一种假象，第一个是因为身体不能将所储存能量转换为所需的能量；第二个是因为身体没有打开先天的能量通道。

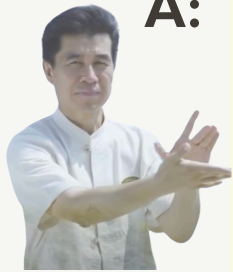
而在辟谷营，我们系统的解决了这个问题，当辟谷时间足够的时候，身体其他的能量通道会打开，饥饿感会消失，同时体内储存的物质都可以转换为我们适用的能量，多余的垃圾可以代谢掉，所以参加过辟谷之后体重会下降，脸型轮廓会更清晰。

我们可以通过实修来验证，当坚持几天不吃饭之后，就会发现原本的认知被打破了，过去那些不究竟的谬误被自己的实证所纠正了，因此我们要不断学习，知行合一。



Q11: Can Bigu really cure diseases? Which diseases does Bigu have a direct effect on, and why? 辟谷真的能够治病吗？辟谷对哪些病有直接的结果，为什么？

A:



The so-called diseases we commonly see, I refer to as symptoms or signs of disease. If we only treat the symptoms without addressing the root cause, the disease cannot be cured.

For example, high blood pressure is commonly treated with medications that dilate blood vessels or reduce heart rate, merely alleviating symptoms temporarily without solving the underlying issue. During Bigu, deposits on the walls of blood vessels and fats in the blood can be dissolved, restoring vessel elasticity and reducing viscosity, thus gradually normalizing blood pressure.

Bigu essentially eliminates the root causes of diseases, helping the immune system gradually recover and relying on the body's own capabilities to return to a normal state.

我们平常看到的所谓的病，我把它称为病症或者病象。如果不针对病因，只治疗病象，那么病是无法治好的。

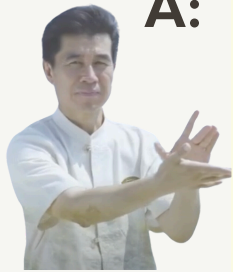
例如高血压这种病症，常见的药品是用来扩张血管，或者降低心脏的速率的，只是短时间内缓解症状，没有解决病症的根。而辟谷的时候可以溶解血管壁上附着的垃圾以及血液当中的脂肪，血管的弹性就会恢复，血管的黏度也会降低，这时血压就慢慢正常了。

辟谷实际上是将致病的病根清理走，帮助身体的免疫体系逐步恢复，靠自身的能力还原原本正常的状态。



Q12: Why is it necessary to practice Gongfa during Bigu, and what is the relationship between practicing Gongfa and Bigu? Is it possible not to practice Gongfa?

A:



In Bigu camps, two important methods are practiced: physical Gongfa and mental methods.

Physical Gongfa involve adjusting the body, breathing, and mindset. The reason for practicing Gongfa is that the body is a microcosm; when there are problems in the body, it means the working state of this microcosm is disordered, leading to energy deficiency.

Practicing Gongfa helps us receive universal energy, clear interferences in the body, expel emotional toxins, dispel delusions, eliminate bodily waste, and dissipate pathogenic Qi, thus gradually restoring the body. This is the benefit of practicing Gongfa. Without practicing Gongfa, the body cannot be in a state suitable for recharging and cleansing, reducing the efficiency of Bigu.

As the body becomes more transparent, meridians are unblocked, and cells are cleansed, the entire physical form changes, and the practice of Gongfa also evolves accordingly.

Regarding mental methods, it involves reading classics left by ancient sages and using their guidance to return our spirit to a correct way of viewing things, which is also part of Taoist cultivation of both life and nature. We must understand our true self and nature, then change the physical body through Gongfa, **ultimately achieving our life goals: a peaceful mindset and extended longevity.**



Q12: .为什么辟谷的时候一定要练功，练功和辟谷的关系是什么？不练功可不可以？

A:

在辟谷营当中有两个比较重要的法，一个是功法，一个是心法。功法涉及到身体的调整、呼吸的调整、意念的调整。之所以要练功，原因在于身体是一个小宇宙，当身体出现问题的问题，就意味着这个小宇宙的工作状态紊乱了，导致能量匮乏。

练功可以帮助我们接收宇宙的能量，清空身体被干扰的因素，排出情绪的毒素、妄念的干扰、身体的垃圾、身体的病气，这样身体就慢慢的恢复了，这就是练功的好处。如果不练功，就不能够让身体处于适合充电和清理的状态，辟谷的效率就会降低。

随着身体的通透、经络的打通、细胞的清理，身体的整个形态都会发生变化，这时候功法的练习也会有一定改变。

至于心法，就是要多读古圣先贤留下的经典，通过心法的指引让我们的神回归到正确看待事物的方法，这也是道家所讲的性命双修。我们要明白自己的真心、真性，然后再通过功法改变肉身，最后实现我们的人生目标：心态平和，延年益寿。



5-DAY BIGU THERAPY COURSE

September 18-22 Cambridge

HOW TO GET SLIM AND LIVE DISEASE-FREE

Radically improve your health, rejuvenate your body, lose up to 5 kg, and achieve inner harmony - all in just 5 days with the Bigu Energetic Fasting Technique

The Beijing Bigu Master 260+ sessions 7000+ persons

Apply NOW!!

