

三  
清  
河  
道



Recovery can be viewed as the process of reconnecting, balancing, and harmonizing the body, mind, and spirit of an individual.



Through skewed perceptions, survival-based coping mechanisms, and improper lifestyle choices the totality of a person becomes fragmented, usually resulting in a dysfunctional and self-destructive approach to life.



The Chinese medical and philosophical tradition view life as an interwoven tapestry of three primary levels of existence. Balancing one without addressing all results in an incomplete, and therefore ineffective healing.



Three Rivers/ 12 Steps  
Qigong for Recovery

三  
清  
河  
道



Mark R. Reinhart NMT, MMQ  
馬克永學 三清河道  
c/o Reinhart Studio  
308 W. 36th Street  
Hazleton, PA 18202  
570-455-2221



Program created and facilitated by:  
Mark R. Reinhart NMT, MMQ  
馬克永學 三清河道



Mark R. Reinhart has devoted his life to the cultivation of the arts in their various manifestations. A lifelong musician, he has been actively involved in the musical arts via teaching and performance for over fifty-years. Reinhart has been a student of Eastern philosophy, martial and healing arts since the early '70s. He holds a Masters in Medical Qigong as well as extensive training in Chinese Herbal and Dietary medicine. Mark has been a practitioner/student/teacher of martial and healing arts, Yang and Sun styles of Taijiquan as well as numerous systems of Qigong for forty-plus years. He is the founder and creator of San Qing He Dao (三清河道) *The Path of Three Pure Rivers*: a system dedicated to the rebalancing of the person through purification of the three rivers which constitute the totality by which we flow through existence. For more information on the scope and diversity of the teaching and programs please contact: rsevent9@ptd.net



Without flow there is pain,  
不通則痛,  
With flow there is no pain  
通則不痛



Sessions can be tailored to fit any facility.

### Session 1 Theory ~ Spirit

Discussion of the principles and concepts of Chinese Medicine and the core philosophies from which they originated including:

- Dao, Wuji, Taiji
- Yi Jing
- Five Element
- Qi
- Prenatal/Postnatal Qi: Constitution & Maintenance
- The Three Aspects of Existence (Three Rivers)
- Physical/Emotional aspects of the Organ System
- Perception: Higher/Lower, Lower/Higher
- Pleasure/Pain - Gate Principle
- Physiological Time vs. The Present
- Stress: perceptual resonance

The 12 Steps will be discussed from the Chinese philosophical perspective in order to demonstrate the elegance and timelessness of universal spiritual truths and their crucial role in today's society.

### Session 2 Post-natal Qi - Nutrition/Energy

Discussion about the role of nutrition and diet as well as the importance of regulating brain chemistry. While being one of the more important parts of a successful recovery, this is often one of its weaker links, and is usually the result of a lack of proper information and implementation of effective programs. Although there are commonalities with most people in recovery, it is necessary to treat the individual and be able to tailor a protocol unique to that individual. Without proper fuel and internal maintenance on the metabolic, neuro-chemical, and physiological levels all other aspects of recovery will be adversely affected. The body must be viewed as an interconnected and interdependent whole in order for healing to manifest. The concept of Post-natal Qi will be addressed along with the Five-Phase, and Chinese Dietary approach via the food spectrum will be incorporated into this section.



### Session 3 Movement ~ Body

Discussion/instruction regarding the importance of reconnecting a person with their body as being the initial step in the rebalancing process. Both the neurological and biomechanical aspects of movement will be addressed. A *Preparation (Balancing & Cleansing), Warm-up, and the Eight Rotations Qigong* set, along with other exercises that address the management of emotional issues via movement and visualization will be taught.

The exercises are not only valuable tools to be incorporated into any recovery program, but crucial for counselors in order to maintain their balance while working with unbalanced, and often toxic energy.

Understanding the dynamics of stress is crucial for the implementation of any approach to the rebalancing and the ultimate maintenance of a healthy and productive life. Experiential understanding is the only way to eliminate over intellectualization of this ever prevalent subject. 'You can't get wet from the word water.' (Alan Watts)