

Dr Margaret Macky

Zhineng Qigong and Mingjue Gongfu teacher



Dr. Margaret Macky has been immersed in Qigong since the late 1990s—a practice that helped her overcome a painful back condition through daily dedication. As a medical doctor, she was quick to recognize Zhineng Qigong’s ability to relieve pain, enhance quality of life, and even influence disease processes. All this inspired her to teach and mentor others.

Building on the Zhineng Qigong foundation, Margaret has worked closely with Zhineng Master Wei Qi Feng. Through his guidance, she embraced the practice of Qigong in a deep consciousness state—Mingjue. This approach has been shared with an international audience over four years via online courses with The World Consciousness Community and through intensive retreats in China. As a qualified Mingjue Gongfu teacher, she describes the Mingjue practice as a beautiful, profound deepening of traditional Qigong, which she passionately brings to her students.

Now retired from medicine, Dr. Macky devotes her time to advancing her Qigong practice and teaching. She resides near Takaka in Mohua, Golden Bay, New Zealand.

Online classes : Contact Margaret at mingjueqigongnz@gmail.com

Current classes : NZ time on Zoom

Wednesday 7:30pm

Thursday 6:00 am

Friday 12 midday

Individual sessions available : for those new to Qigong or navigating change and challenges, a one on one session might be helpful - contact Margaret to discuss.

Students speak about Margaret’s teaching sessions

Zhineng Qigong, and in particular the development of Mingjue consciousness, is a powerful tool for inner healing and personal transformation. As a scientifically proven technique, it is amazingly simple to learn and exceedingly effective in surprising ways. Working on the whole body, heart, mind entirety - Zhineng Qigong offers a truly holistic approach for healing.

I have had the privilege of attending Margaret’s sessions for some years now, and she truly is a unique and talented teacher. Margaret has a way of condensing the teachings into easy-to-understand processes and she presents with a deep wisdom of the human body and the work

of the soul. The practices she leads are always nourishing and enriching and she meets and addresses the human condition face on, guiding participants gently and with great love and compassion, to find peace and wholeness again

Sophia
Bue Mountains, NSW

Margaret is a joy to listen to, and I always get so much from her powerful meditations.

Kris, Surrey Hills, NZ

*Calm
Centre
Challenge
Clear
Magic*

Moira,
New Zealand

"When Margaret facilitates a Zhineng Qigong session of any kind, because her field carries an overall resonance of peace and stability, this allows my own field to relax quite readily. This relaxation and dropping down into a mingjue state is ideal when doing any type of Zhineng Qigong practice. Margaret's sessions are always sensitive to the energy and needs of the assembled group, heart-centered, and foster self-compassion. They are always high value, in my experience, and if you haven't experienced Margaret and her sessions yet, I encourage you to do so!"

Linda Hearsch,
Michigan, USA

Soul full teacher with relaxing voice"

Jun, Methven, NZ

Margaret's classes are a welcoming, supportive and gentle space in which to explore my Zhineng Qi gong practice including Mingjue. Her compassionate and accepting presence supports me in going deeper and deeper into my personal practice. It's a safe space for me to practice which has been important for me to find on my journey. I'm so grateful for her classes! Thank you, Margaret!

Lisa
Canada

Margarets qi gong sessions are incredibly healing, with careful use of words, tone and description she creates a powerful experience of expansion, connection and harmony.

Vicki
Stavelly, NZ