Hun Yuan Medical Therapy of Zhineng Qigong Science

Short excerpt from Grandmaster Pang’s book on Entirety Hun Yuan Theories of Zhineng Qigong Science, written by Master Wang Lin, who taught the Masters program at the Huan Xia Center for two years and taught other classes for 10 years, and edited by Master Liu Yuantong.

The Entirety Hun Yuan theories proposed that the normal life activities of humans include the following three components:

- The regular spiritual activities of consciousness
- The usual physical and dynamic activities of life from the aspect of the somatic and qi (biological) level
- The normal connection between spiritual activities and life activities

Hun Yuan medical physiology concepts proposed that the essential condition to maintain normal daily life activities is to have sufficient human Hun Yuan Qi and to also integrate with the external Hun Yuan Qi of the universe. This explains why Hun Yuan Qi medical science values Hun Yuan Qi, and more importantly the role of consciousness. The concept also proposed that consciousness exists as the finest, purest, and most well-informed qi of human Hun Yuan Qi. Consciousness can be both objective and arbitrary. And consciousness can direct and control the physical activities of the body.

With the practice of healing through adjusting the qi, the following seven words are very important. The movement forms of Hun Yuan Qi are: open/close, gather/release, out/in, and transform (integrate and transform).

In general, there are four kinds of movements of Hun Yuan Qi. However, it does not matter whether the movements are done on their own or together; they all have this process. They are as follows:

Open/close: This is a basic type of movement for all types of layers of entirety Hun Yuan Qi bodies. Other types of movements or forms are all based on this movement of open/close. Open refers to the movement of the surface of Hun Yuan Qi to become larger and more extensive; close refers to the opposite movement, in which the surface of Hun Yuan Qi becomes smaller.

Gather/release: Gather refers to the combination from loosely compacted elements. It starts with the density changes of the elements and then, when the combination reaches a certain condition, its state is changed.

Gathering and transforming a physical object is the process of changing the state of the physical from invisible existence (without physical form) to physical existence. This is the changing state of gathering.

Release refers to the reduction of the density of the elements, and the process could cause changes of the density or the state. The change of matter from physical state to invisible state is a releasing out of Hun Yuan Qi.

Out/In: Out refers to the releasing out of a physical objects’ Hun Yuan Qi. It’s functioning is based on the conditions of opening and releasing. In is refers to one’s own Hun Yuan Qi or outside Hun Yuan Qi contracting and entering a physical object and is based on this condition of closing and gathering.

– continued on page 10

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Volume I, # 3
SUMMER 2010
Healing Experiences

Gail Lansdon

For a bit of background, I had been on thyroid medication (Thyroxine) for three years when I was able to heal my thyroid in August of ’08, after returning from the healing retreat in Gulin, China. I used the LaQi method of healing to accomplish this, together with all my friends and the Masters who visit my qi fields regularly. At that time I quit taking the medication, knowing the qi had healed my thyroid and, sure enough, my next labs showed my thyroid within normal range without medication. All was fine until about eight months ago and my laboratory results again showed that my thyroid was again underachieving!

My doctor wanted me to start Thyroxine again, but I talked him into letting me work on the problem (with the help of my friends and qi) so came to Oakwood with the expressed intention to do two things: 1) heal my thyroid, and 2) heal the arrhythmia in my heart, which has been irregular for about a year.

Both were accomplished at Oakwood! First, during the “Room-to-Room” healings that we did during the healing portion of the retreat, my partner was Bill Grossman. These were Fa Qi sessions in which the participants did Fa Qi with each other from separate rooms, without knowing what the other person needed or wanted. We checked out each other’s room so we could visualize where we each would be sitting/lying down and know the general environment.

We talked about having a VERY strong intention and concentrating very well. Neither of us knew the health difficulties that the other person was having. My very strong intention was to heal my thyroid. I created a strong qi field with the help of my roommate Lynne Barnes and her “Room-to-Room Partner,” then they left the room. I lay down on the bed, opened up my middle dantien, layer by layer, and as soon as I did, my heart started pounding so rapidly and strongly that I thought it was going to jump out of my chest. I continued to concentrate on my thyroid, however, seeing it perfect, transparent, and visualizing the qi passing back and forth through it. I also sent my thyroid BIG LOVE, telling it I loved that it was working so very well.

Then I felt my heart beat (which I recognized as my own heartbeat because of the irregularity) move up to my thyroid where it continued to beat. Then, my thyroid became VERY warm and continued to be warm during the balance of the healing. As soon as it was VERY warm, I started saying Huan Yuan Ling Tong, over and over again, knowing that my intention had been realized. I finished the session with several heartfelt Hao La’s and went to Bill’s room to tell him “thanks” for healing my thyroid. My lab results, obtained just this Friday past, show my thyroid in the middle of the normal range once again. I know I must continue to work on my thyroid and this time, will remember that cells have a memory and need additional qi work after the initial healing.

The arrhythmia in my heart was healed during a healing session with Master Meng. I felt a huge opening experience like never before, also a sense of connectedness and oneness. It gave me a glimpse of this possibility of Zhineng Qigong and the idea of doing more practice.

The other day during a healing meditation, my Yi Yuen Ti connected with my daughter, Francis, who is traveling in another state. Later that day I called her to see if she experienced it too. She said that she was driving at that time and had a thought about using the cell phone and was thinking about practicing qigong more at that moment.

Martha Work

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Becky Stamm

With a history of painful muscle spasms in my back, I woke Sunday in agony. I came on to the retreat. Monday and Tuesday were hard to endure because of pain in my back. I was sitting for all the practice. I was unable to bend and could not even move my chair.

On Wednesday after doing Three Centers Merge practice, I realized, “My back does not hurt!” A vertebra bulge and the pain were gone. My teacher, Deborah W., saw it immediately and said, “Your back is healed!” I came back with, “Shouldn’t I be the one to tell you the news?”

After this I began having spasms in my hip. The next day when I was with a group organizing the qi field, we directed spiraling qi to my hip and the pain was gone. One hour later, I experienced massive pain in the hip. It was brief and gone. On Saturday I am still reporting the pain gone!

Dolores Garcia

Here goes a short story: I had foot surgery scheduled for June 25th. I decided to go to the Oakwood retreat in hopes that the qi gong practice would enable me to heal faster in time to go back to work at the end of July.

My doctor came in to make final preparations before beginning surgery on my foot. He looked at my foot and decided that I did not need the surgery! He stated that he would do it if I wanted to go through with it. He said that if it was his foot, he would not have it done. I walked out of the hospital minus surgery. I am grateful for the two weeks of Zhineng Qigong. If I had not elected to go and take control of my health. I would not feel so wonderful, the best that I have felt in years.

My other doctor (works with fibromyalgia patients) immediately noticed a difference in me. He is very happy that I am calmer and healthier because I had him worried during my last monthly visit. I was very depressed and ready to give up. I was tired of the fatigue and pain.

I am grateful for the two weeks of Zhineng Qigong. If I had not elected to go and take control of my health. I would not be so wonderful, the best that I have felt in years. Most of all I met so many wonderful people and now know for sure that I am not alone. I am part of a qi family. I’ll always have that.

Nita Ferguson

Driving to my first Zhineng Qigong retreat, my intention was set. I planned to heal my physical, my energetic bodies and learn to connect to the qi field every minute of every day. I had spent the past year practicing mainly alone in my room. I was completely unaware of most theory. However, I knew that since I started qigong, it had been working for me. The fact that I even found my teacher was a sign. How often do you go in for a Reiki session only to be given a book on something completely different? Within four days of a healer giving me Zhineng Qigong book, I was in Debra Weisenburger-Lipetz’s house lifting qi up and pouring it down for the very first time. We were even dressed in the same colors, orange top, blue pants. How could this not work?

Seven months before I started practicing Zhineng Qigong, I was diagnosed with a cerebral spinal fluid flow blockage to my brain and syringes in my spine. I had surgery for this condition, and the surgery was as traumatic as just having the disease itself. I was told it will save your life, but it won’t repair the damage. Good enough. My son was as traumatic as just having the disease itself. I was told it will save my syringes in my spine. I had surgery for this condition, and the surgery was as traumatic as just having the disease itself. I was told it will save your life, but it won’t repair the damage. Good enough. My son was told it will save my syringes in my spine. I had surgery for this condition, and the surgery was as traumatic as just having the disease itself. I was told it will save your life, but it won’t repair the damage. Good enough. My son was told it will save my syringes in my spine. I had surgery for this condition, and the surgery was as traumatic as just having the disease itself. I was told it will save your life, but it won’t repair the damage. Good enough.

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Why Indiana?

When we started receiving telephone calls from around the U.S. inquiring about Liu and Meng Laoshi’s upcoming visit to the U.S. and our retreats, the inevitable questions came. . . . Why a retreat in Indiana?! We gave the answer that most of the teachers and students who had studied with Liu Laoshi live in the Midwest, however the answer is really much more far-reaching that that.

The answer is Oakwood Retreat Center.

All of the three organizers of the retreat had been going to Oakwood to attend many different retreats over the years. Debra Weisenburger Lipetz since 1994; Deborah Lissom since 1996; and Jan Lively since 2003. Oakwood is a unique and really magical place, and many of us have been attracted to it for a very long time. Oakwood is one of those rare places that cultivates harmony and balance, integrating their values and beliefs with their care of the land, animals, and their retreat participants!

There is a beautiful garden across from the community building that has been nurtured by Ted Blodgett, who has been in the nursery business for 20 years. Over the years we have watched the birch trees grow into a majestic sunlight walkway, the hostas merge and create walls of green and white, the purple and pink waves of Bachelor Buttons everywhere, to the circular rock garden expanding where visitors have left rocks they have brought from all over the world. The placement of the plants, the sculptures, and rocks all create a spiritual awareness in whoever walks through the garden.

Oakwood is a spiritual living facility through the international community Emissaries of Divine Light. Donna Blodgett and her husband, Ted have been living there, serving in many different roles for decades. Ted is an Attunement practitioner; Donna is an artist. The most immediately noticeable amazing thing about Donna is that she seems to have not aged since 1994! We all notice it everytime we come - she is a true testimony to the physical effects of living in harmony with nature and one’s values.

Steve Lange is also a long-time resident. He is a carpenter and drummer at the Center. Munice is well-known for its local community of drummers, and Steve plays with different drumming groups all over the region, including Chicago. He also is a master drum builder and teaches drum building. Contact Steve at Oakwood’s website if you are interested in seeing his beautiful drums.

Consequently, we have the wonderful benefit in our retreats of having great drumming sessions on the last night of the retreats. The most meditative, powerful, and exciting drumming sessions have occurred in that room over the years! It is hard to even describe the drumming sessions that erupt from a group of like-minded, open-hearted people, all led by the primal beat of the djembe.

Megan Upchurch and Josh Biner are also musicians at Oakwood. Meagan sings and plays the harp, and Josh, the guitar. Our group was so in awe of her beautiful songs and music she had written. She said that during the last Zhineng Qigong retreat at Oakwood in September 2008,
that Master Liu had told her to just play from her heart. She said that this had inspired her to write many songs, which are on her new CD. If you are interested in her music, you can contact her at www.mysticalharp.com.

The founders of Oakwood were Betty and Bill Hudson, who discovered this piece of land in the early 1970’s and immediately recognized it as spiritual land. They became associated with the Emissaries of Divine Light with the intention of having a spiritual stewardship community. This included land stewardship. Donna thinks that is why qigong groups like doing retreats at Oakwood, because the qi field there has to do with human connection with the land and the solar system, Oakwood being conscious of that connection and that responsibility.

“Rainbow Farms (Oakwood Retreat Center) and communities like it are living laboratories for human consciousness.” Donna Blogett

She also believes that Attunement work is a big part of working with the land. Attunement is an energy practice based on the endocrine glands as vibrational gateways for spirit.

There is a natural vortex on the property, which has been identified by a circle of stones. There is a zero magnetic point, where planes fly overhead and reset their compasses. There is a river flowing through, cattle grazing in the lush green fields, and a chicken house for our very fresh eggs.

For our Zhineng Qigong retreat to be held in this place, where our food is organically grown, prepared by excellent cooks, where the people taking care of us are so open-hearted and helpful to all of us, well, it's definitely worth going to Indiana!

Donna provided this quote:

“To know someone with whom you feel there is understanding in spite of distances or thoughts unexpressed – that can make this earth a garden.”

— Johann Wolfgang von Goethe

You can contact Oakwood Retreat Center:
oakwoodretreatcenter.org
765-747-7027 or 765-282-0484
Kidney Dialysis and Retreats

by Deborah Lissom

Being on dialysis while co-organizing and attending a qigong retreat is not something that I thought I would share in the newsletter; yet it became clear to me that this experience has a very good message for others to hear as well.

When we organized the retreats at the Oakwood Center in Indiana this year, I knew that I would have to take the dialysis machine, as I require dialysis six days a week. Also knowing that I wanted to be in the qì field in the classroom all the time, as well as practicing myself during dialysis, we set up the space behind some screens in the practice room and did dialysis during the morning sessions. I was so lucky to have friend and qigong student, Gary Fuqua, who was going for the whole month of retreats himself, there to assist me with the dialysis as this process cannot be done without someone to help. He had assisted his wife with dialysis for two years, and then gave her one of his own kidneys for a transplant.

Dialysis has been especially challenging for me the last six months, and each session requires all the gong fu that I have in order to keep my sense of well-being, not feel sickness, and maintain the normal balance of my heartbeat during the process. I cannot, however, tell you how amazing it is to be doing dialysis while in the direct qì field of a whole room of practitioners with Masters Liu and Meng!

Also, I had so many heart stones that completely disappeared during the last two weeks of the retreat. The opening and inner peace I now feel when I now think of these difficult relationships is so very welcome.

As many of you know, I had a car accident one and a half years ago. I had to have both kidneys removed, as they had ruptured, and I broke 15 bones as well. So this year has been one of applying my qigong practice to every movement I make, as every movement has been extremely difficult. Before the retreat, I was very focused on straightening my spine and scapulae, as well as walking without a limp. During the morning Body Mind practice, while I was still in my chair on dialysis, doing the practice mentally, I noticed a great relief from the pain in my lower back. As we usually notice the presence of pain more than the absence, I didn't think that much about it, except that it was nice.

During the afternoon practice, I was feeling very weak and stayed in my chair, again doing the same practice mentally, the Seven Stars (internal practice). This time I felt my spine open up, and the intense and continuous pain in the mingmen and sacrum area (since the accident) all disappeared, as though it had never been there. The iron-like tightness of the sacrum was gone and I could walk moving my hips from side to side, which I had not been able to do. Progressively during the retreat, my limping also stopped, and I could walk normally. As you can imagine, what a joy it is to be able to move my body, not as a unit, but moving all parts together!

As a Zhineng Qigong teacher in Kentucky and Indiana in the U.S., I always tell my students, “Come to class. No matter how bad you feel, you will feel better after class than you did before.” And they often do come into class during chemotherapy and other challenging processes and illnesses in their lives. I so admire them for their perseverance to come and work on their healing in the strong qì field of the class, and I know that we can all learn from each other as we let go of old perspectives that make us repeat the same habits over and over during the course of our lives.

It is hard to really grasp that we are qì, that everything is qì, and that we have the ability to transform our bodies, our minds, and our lives.

So I offer this image to you of students and teachers healing through chemotherapy, disease, emotional imbalance, dialysis, surgery, and everything else – all of us working with our groups, practicing together, using this group qì field information to change and heal deeply. When we stay home and tell ourselves that we don't feel well enough to go to practice with others, then we have a harder time focusing and going deeply. We are in our old habits and patterns at home, and when we go to class, workshops, or retreats, this offers us the possibility for deeper and more immediate change.

Deborah Lissom teaches classes and workshops in the Indiana-Kentucky area, and is planning a series of workshops around the U.S. taught in partnership with teachers, Debra Weisenburger-Lipetz of Columbus, Ohio, and Jan Lively of Dayton, Ohio.

Deborah is also very close to receiving a kidney transplant, so let us all keep that information in the qì field! “Beautiful, translucent kidneys, all beings qi beings, all kidneys qi kidneys, the right kidney for me. Hao-La!”

“I now have a face for love, compassion, joy, and peace.”

— Gary Fuqua, describing Meng Laoshi
“Friend A” and” Friend B” Conduct Zhineng Qigong Science Research

by Sue Ashwell

Would you like to learn more about your qi body and experience the power of your mind’s intention? The following is a brief summary of Structured Zhineng Qigong Experiences conducted by students at the recent Oakwood retreats that can be replicated with a friend or with your local Zhineng Qigong practice group. It is simple observational Zhineng Qigong research that is fun and easy to do. Master Liu invites us to seek opportunities for qigong science research.

Thanks to all the retreat students who participated as “Friend A” and” Friend B.” Special thanks those students who helped compile data for the full reports: Karen Wohleber, Lynn Luvara, Teresa Fletcher, Sandra Karas, Luisa de Castro, Beckey Stamm, Bee Brewer, Meg Fuqua, and Sue Ashwell.

At the Healing Retreat and the Advanced Level 1 Retreat, students participated with a partner in a series of Structured Zhineng Qigong Experiences using our qi bodies. After organizing the qi field, we tested if we could push/bump another person with our qi bodies a meter apart, two meters apart, and then from different rooms/buildings. We also practiced sending Fa Qi (healing qi with positive information) to our friend at a set time in the evening after we had each gone to our respective rooms. In each of the structured experiences, each friend took a turn as the relaxed receiver, as well as the active sender.

At the Healing Retreat, 28 students wrote about their observations from their roles as both the sender and the receiver after each structured experience conducted during the first few days of the retreat; sometimes the information was unclear or incomplete. Some students were brand new to Zhineng Qigong and other students had practiced for many years. At the Healing Retreat, students repeated the structured experiences at the end of the retreat in the same room, and 92% of the receiving students felt the bump/push as well as the qi passing/flowing through their bodies.

At the Advanced Level 1 Retreat, 44 students repeated the Structured Zhineng Qigong Experiences. Most of these students had practiced Zhineng Qigong for at least a year, some for several years. Within the room the first time, 100% of the students felt the other person’s qi body bump/push them, and 95% of the students felt the other person’s qi body pass/flow through their bodies.

In the written comments from the students at both retreats, several senders initially didn’t feel like they had done anything. However, much to their surprise, often their partner felt they had been touched or pushed by the sender’s qi body. One student wrote, “Unsure even when I saw my partner stagger.”

At both retreats, students experienced extraordinary physical, mental and emotional sensations when the other person’s qi body passed/flowed through their qi body as well as when they received Fa Qi.

Please click on the link to the view the full report from each retreat. They include quantitative data as well as sample comments from the different Structured Qigong Experiences. ZhinengQigongWorldwide.org (Go to Research link).

Testing the experience of feeling each other’s qi body.

During the retreats, some students really got creative with the adaptation of old familiar songs to Qi songs. Everyone had a lot of fun with it. Here’s an example, to the tune of “London Bridge.”

| Old perspectives breaking down, breaking down, breaking down | Hun Yuan Qi pouring down, pouring down, pouring down, |
| Old perspectives breaking down, breaking down, breaking down | Hun Yuan Qi pouring down |
| New Point of Life! | Hao La! Hao La! |

Sue Ashwell assists Bonnie Waker (who has MS and uses a walker to get around) in learning wall squats.
Oakwood Musicians give gift of Grandmaster Pang’s Eight Verses!

Megan Upchurch and her fiancée, Josh Biner, are part of the Oakwood community, and both are musicians. Josh is majoring in Environmental Management. Megan has a Bachelor of Music degree and is working on her M.M. Megan sings and plays the harp; Josh, the guitar.

During the Oakwood retreats, she recorded the Eight Verses, learning the Chinese pronunciation of Grandmaster Pang’s words with the help of Master Liu. Josh recorded the Eight Verses, and together they gave this incredible gift from their hearts to the Zhineng Qigong community. We will be putting it on our websites so that the Eight Verses can be downloaded and used by the worldwide Zhineng Qigong community. Megan only asks that whoever uses the Eight Verses on their website to acknowledge her work by putting a link to her website with the Eight Verses, or for those using it in class to give acknowledgment. For those that want to hear more of her work, go to mysticalharp.com.

We are all so grateful to have Grandmaster Pang’s organization of the qi field sung with such heart and available for all of us to use. Hao La to Megan and Josh!

When I started playing, I was already a musician and only played written music. Eventually, I started experimenting with writing my own music. In 2008, I met Master Liu, who encouraged me to play from my heart, or improvise. This was my first experience ever of not reading music directly off of the page! After playing for that group, and many groups since, I realized that my improvising was connected with each group and the energy that the group brought, along with my own. This started my interest in harp therapy, which I hope to pursue sometime in the future. I also would like to continue recording my own albums, and possibly teach in the future.”

— Megan Upchurch, July 2010

Megan Upchurch, violinist, and guitarist, Josh Biner. Masters Liu and Meng are emitting qi to them in honor of their engagement to integrate and merge the qi field within and around them for a healthy relationship and joyous union. Note the wonderful appearance of the qi ball over Master Meng’s head.

“My path in the harp world began because I love Celtic music. The first time I saw someone play a harp I thought it was the most beautiful thing I had ever witnessed. I knew I had to become a harpist, although I had no idea how far I would come!

Organizing the Qi Field, indoors and out.
At the end of each retreat, Steve led a drumming circle with other local drummers.

Lynne Barnes sets the starting beat.

Meng Laoshi plays on Liu’s new drum!

At left, Roger Barnes and Lenore Crenshaw drumming it up. Above, drumming, dancing, and lots of Qi balls (orbs)!

Group Fa Qi to the students Certificate of Completion, giving it the best information for their continued progress.

Master Meng discovers the fun of driving a golf cart at Oakwood!
Hun Yuan Medical Therapy, continued from page 1

Transform: This refers to the changes of existence. Yellow Emperor's Canon Of Internal Medicine says, “The growth of all things is called the Transformation.” Therefore, the combination is caused by the open/close, gather/release, in/out changes of Hun Yuan Qi. This related to the process of changing the features of matter. What is essential is the space-time form of physical matter's rebuilding process (creating a new time-space). “HUA” is the abbreviation of “Hun Hua,” which refers to these movements transforming with a wide range of effects and essential changes of Hun Yuan Qi (transform) often caused.

Open/close are the basic forms of the four kinds of movements of Hun Yuan Qi, and their transformation is the essence of all types of movements.

Nita Ferguson, continued from page 3

had come back into my incision site. I love Zhineng Qigong!

In three weeks I had realized my intentions. My physical body is healing faster now. My energetic body is reconnecting to move my healing forward. I have learned how to connect to the qi field doing everyday activities. Now, I just need more practice. A few nights after I returned home, my spine continued its readjustments. I saw the fear in my husband's eyes as I assured him that I did not need a ride to the hospital. After all, we learned that disease coming out hurts just as bad as when it was coming in and every day I am getting stronger and stronger. That night I saw Master Liu's face in a dream looking at me like he was checking on me. I thought, “Wake up! I should be practicing. Wait. Wait. This is a dream. I'm sleeping. It's okay to sleep!”

“Friend A and Friend B”

Powerful love and inner peace
Unfolding spiral of grace transforms
Appreciation for instant healing
Heart to heart, Mind to mind
Connecting journeys in spaciousness,
Openness, forgiveness, and joy
New life, progression, inspiration
Lamb’s ears, sunsets, lightening, rain
Fearless intention merged with possibility
Sharing, overwhelming, gratitude, faith
Election to progress, smiling inside
Life force open and growing.

Poem from the Advanced Level 1 Retreat at Oakwood, June 2010. Theresa Fletcher melded these heart words from each student into a poem, with special thanks to LeAnn Benevento.

Oakwood Retreats Participants

Healing Retreat, June 6-19

Body/Mind Method Retreat, June 27-July 5

Advanced Level 1 Retreat, June 20-26

Teacher Training and Continuing Education
Q: Why does Master Liu say, “to have no emotions” when emotions are a normal part of life?
A: Of course, we are not suppressing our emotions when we practice Zhineng Qigong. We are learning to balance our emotional, mental, and physical qi bodies, which balances the emotional responses we have in our lives.

When Master Liu says have no emotions, he is saying that we should not connect with or attach to the emotions. Anger, for example, is a normal response; yet, when we connect with this feeling, it keeps returning to our thoughts and emotions, recreating the same energetic and chemical imbalance inside of us.

If we, instead, connect with the healing information of the universe, focusing on our well-being, then the anger leaves quickly and never returns.

Through Zhineng Qigong, we are also learning to change our old frames of reference, our mind-sets, and philosophies that lead us to have unnecessary emotions that are not helpful to our well-being, our emotional balance, or our relationships with others.

Q: What is happening in the healing process?

But how do others cure you? Your Yi Yuan Ti connects with the information of the healer’s Yi Yuan Ti. When they connect, the healer’s information and their own life perspective information come together and create new information. When the new information comes through one’s Yi Yuan Ti processing, it immediately works for their healing, and the person is cured.

When we receive any information, our Yi Yuan Ti and our life perspective together process that information very quickly. If someone says they have a heart condition, and you do not change that information immediately, you become aware, “Oh, they have a heart problem,” then you will make the person worse. You must immediately change the information. “Heart is normal. Heart functioning is normal.” Therefore we should be careful in selecting each thought of our Yi Yuan Ti during our daily life.

Q: How do we set an intention for healing from cancer when that involves a negative to start with?
A: This is an interesting question but involves a basic misunderstanding that many students have about intention.

When one practices by thinking, “I want to be free of cancer,” they are really saying, “I am sick, but I want to heal.”

Our first thought is always the most powerful energetically. So if we begin by telling ourselves that we are sick, followed by wanting healing, it is the first thought that has the most effect.

A better way to set your intention is to see that area of the body as completely healthy. This is very different than first giving the information of illness, then healing. (See article on Intention from Newsletter #1 at ZhinengQigongWorldwide.org)
On Sunday, June 21, 2010, a former colleague of mine, an experienced, 25-year-old, strong climber, fell off of the Table Mountain here in Cape Town. Christian has climbed our beautiful mountain hundreds of times, but had very bad luck when the rock he was holding on to detached from the mountain and he fell down over 50 meters. Although he protected himself when he fell, he broke several (neck and lumbar) vertebrae and seriously damaged his brain cells, as he bumped his head several times. His brain was swollen and this threatened his life; consequently, the doctors put him in an artificial coma shortly after he arrived in the hospital. The swelling was the most dangerous part and needed to heal quickly.

When I heard about the accident one day later, I was deeply moved and thought – given his situation – what would really help would be to activate the international Zhineng Qigong community and start joint healing sessions together, no matter where people are. I committed myself to two Zhineng Qi Healings per day and asked others to join whenever they could. Through my own and Anne Hering’s network, I got immediate response from all over the world, mainly from three Qigong centers in China, but also from the Zhineng Community here in Cape Town, the Netherlands, Germany, Switzerland, and India. For over 10 days, we have created Qi healings for Christian, having already seen some amazing improvements: the outside grazes have healed much more quickly than normally, and the brain swellings did not get any worse. He then moved from a life threatening state to a stabilized state much more quickly than expected, and the doctors could do an operation to stabilize his spine only three days after the fall. Normally they would wait one week after such an accident. There are a lot of good signs for the effectiveness of the Qi healings, but still a long way to go. It is still too early for the team of doctors to say if he’ll be paralyzed and how much his brain might be damaged. While I am writing this to you, the doctors are slowly reducing the medicines that still hold him in the artificial coma and no one knows exactly what the situation will be, once he regains his conscious.

What I do know though is that the Qi healing activities around the world have given the family and friends of Christian much strength, although most of them are not familiar with Zhineng Qigong. When I do my Qi healings for Christian, I also experience his strength and strong will to live! What excites me as well is the high commitment in the Zhineng Qigong community to unite and commit for a good cause. I am currently collecting the e-mails from all over the world and saving them for Christian – until that one day when he will consciously smile about all this positive energy which is contributing to his healing. Yet maybe somehow he smiles and knows already.

If you would like to join the Qi healings for Christian, you can do so immediately – every day at 6am / 7pm MET/SA time or, of course, at any time that is more convenient for you. The most important thing is to create a strong Qi field, so that Christian can recover completely and quickly. If you’d like to contribute to the Healing Journal I am creating for him, please send me your messages to info@bodyandmindfactory.com. I am happy to include your messages and will e-mail you the journal as well once it is collected. I am confident it will be an inspiration for us all – uniting our Zhineng Qigong intentions all over the world, and maybe it will inspire you as well to create Zhineng Qi healings for someone you know, who is in need. Hun Yuan Ling Tong!

**Announcement**

In the first week of August, Master Yuantong Liu will be in Holland to teach a 8-day-workshop (31st of July to the 7th of August). Every evening there will be a healing hour from 8 to 9 p.m. People who are able to travel to Epe are welcome to join every evening for free. We would like to ask people around to world to join this healing Qi field sending love, abundance and healing Qi to all human beings and the mother earth. If you want to join these healing hours personally or in the Qi field please contact Anne Hering: info@zhigong.nl. You can also send pictures or information which we can take with us in the Healing Hours. Hun Yuan Ling Tong!
Consciousness

by Patricia van Walstijn

Consciousness is a characteristic of the brain through which you experience impressions from the environment and from yourself such as feelings, emotions, and thoughts. Another characteristic of consciousness is that you can direct it through your focus. Consciousness has been developed during millions of years through evolution.

Are the consciousness and Yi Yuan Ti the same? No, the Yi Yuan Ti is the Qi form of the brain, and consciousness is activities of the Yi Yuan Ti. Yi Yuan Ti is the water and consciousness is the wave, the movement. Without consciousness there is no actual movement. Consciousness comes into being from Yi Yuan Ti, the water, in motion. Consciousness is not solely the action, but it also carries information. How high should the wave be, and where should it break? . . . The crucial question then becomes: how conscious are you of the fact that you send information, and which information do you send? Vague, not concentrated information does not set the sea in motion. This information disappears in the sea, which results in nothing happening. Concrete, focused information results in a wave. The wave can, for example, be very high and consequently set the rest of the sea in motion.

As consciousness develops, your intuition strengthens. You come into contact with your intuitive wisdom, synchronicity, telepathy, clairvoyant feeling, hearing, and seeing. At this moment, you develop a strong spiritual base. You can observe emotions. You feel what happens to you, observe your reactions, and see everything as it is. You realize that judgments which stem from old beliefs and patterns are only a function of your mind.

Zhineng Qigong is a progressive science because it studies Yi Yuan Ti and consciousness. Consciousness is the merging of information and wisdom that we possess from deep within. Our reality is formed through how we are raised and schooled, books, and ideas from others. Another way to understand life is through a meditative or focused mind. Through observation and the study of consciousness, you can study and build up your understanding of reality. In so doing, you will become master of your life, and you can attain freedom.

Zhineng Qigong is not Qigong when you do not use and consciously apply consciousness when doing the exercises, as well as during your daily life. The key to a better quality of your training almost always lies in your mind, and not in the perfect execution of the exercise. For example, if you do the movements of the Lift Qi Up Pour Qi down on automatic pilot then you are not consciously busy with the exchange of Qi which is the objective of the exercise.

In 1998, at the Huaxia Zhineng Qigong Centre a student asked the question, "Grandmaster Pang Ming, how many hours per day do you still practice?"

Grandmaster Pang began to laugh and answered, "It's a matter of how you see it; either 24 hours per day or not at all."

According to Grandmaster Pang Ming, ultimately, there is no difference between doing an exercise for half an hour and pouring a cup of coffee, working in a factory, or shovelling earth. When doing a Zhineng Qigong practice, you consciously focus the mind. You think far away and deep within, and you make a body and mind connection. You are in the moment, and you are one with what you are doing. This can also be the case in other activities in your life. You also consciously focus the mind, and use the Qigong principles in your daily life. As a result, your life becomes a form of Qigong.

After my first introduction to Zhineng Qigong, I knew that I had found something that would change my life, and this feeling continued to become stronger. For this reason, in May 1998, I travelled to China to the Huaxia Zhineng Qigong centre in Beidahe in order to immerse myself in this form of movement. The training sessions were intense, and by our standards quite primitive. Sometimes we meditated for hours, standing with our arms raised in front or to our sides without explanation about the benefits of the exercise . . . just practice, practice, and more practice. The Chinese teachers said nothing, and they smiled continuously. And this worked. At a certain moment I let go. I experienced peace of mind, and felt immense strength in my body.

In the meantime, ten years have passed and much has changed. During my first trip to China I visited the Huaxia Zhineng Qigong Centre where I met Grandmaster Pang Ming. Deeply impressed by him and Zhineng Qigong, I decided to bring these teachings, under the name of Chi Neng Qigong, to Europe. I began by giving lessons and one day workshops to beginners. Shortly thereafter, I founded the Chi Neng Institute Europe. The activities of the institute consist of training instructors, conducting workshops in China and other countries, providing Chi Neng Qigong training to businesses, and last but not least, the implementation of the Zhineng Qigong programme for children.

All my visits with teachers from the Huaxia Zhineng Qigong Centre have helped me to realize that Zhineng Qigong is much more than just exercises. Zhineng Qigong improves not only your health, but also the quality of your daily life. Grandmaster Pang Ming’s philosophy teaches you to understand life, your relationship with yourself, with others, and the universe. You learn to recognize and let go of old patterns and beliefs, and in so doing, you feel liberated and stronger. In addition to the physical exercises, Zhineng Qigong is a way to reflect upon yourself, to laugh about yourself, and to make changes in how you interact with yourself and others.

About Patricia:

In 1997, I first encountered Zhineng Qigong in the United States where I was living at the time. At that stage in my life, I had been meditating daily for many years (Zen, Vipassana, and Sutra), but I had never experienced such powerful results from a training session. Immediately after practicing Zhineng Qigong, I felt vital, active, and powerful. At the same time, I was tranquil and calm. It was as if I had done the movements many times before.
Healing Retreat and Advanced Retreat in Meishan, China

Sept. 5-26, 2010 and Oct. 1-30, 2010

Healing Retreat

For those with chronic illness or teachers and practitioners who want to learn deeper energetic techniques

September 5-26, 2010

Taught by Masters Liu, Meng, and Qiao Laoshi

This retreat will teach you to get at the energetic root of illness, learning the meditative practices of Zhineng Qigong so all illnesses can be overcome. This workshop is for teachers, beginners or for anyone who has been practicing Zhineng Qigong, as your practice will become deeper and stronger no matter what level you are on.

- Learn the power happiness can have on our lives and how to develop that practice
- Learn Fa Qi (method to emit Qi for healing)
- Lift Qi Up, Pour Qi Down (this method is taught with theory and a deeper use of Qi)
- Learn how to release Heart Stones that keep us from healing
- Mind Qi Practice
- Learn the real practice of Intention
- Organization of the Qi Field theories for yourself and others
- Profound Healing techniques used at the Hua Xia Center in China
- Learning to balance the emotions to affect our physical well-being
- Learn Hun Yuan Qi and Yi Yuan Ti theories
- Daily group healing sessions with Masters Liu and Meng

The Healing Retreat will be taught by Masters Liu, Meng, and Qiao. Master Liu was a teacher at Hua Xia Zhineng Qigong Center for eight years and has taught in the U.S., Malaysia, Sweden, Holland, Indonesia, and Belgium, introducing students all over the world to the deeper practices of Zhineng Qigong that show us the power of Grandmaster Pang’s theories and methods. Even teachers who are working on their healing will find this course an amazing path for complete healing.

Even if you have already learned these methods, this retreat will greatly advance your practice and your ability to absorb qi at deeper levels for healing. Through this practice, students can learn to keep the emotions balanced and the mind more focused and quiet. Then students will be more clear about how they want to live their life.

The retreat will offer many foods that are beneficial for healing. All food is fresh and locally grown. The retreat will be held in three apartments in Meishan, where the students can have a comfortable and relaxing home environment with Western style toilets and facilities.

You will fly to Beijing, then to Chengdu. From there, it is a one-hour shuttle bus ride to Meishan. There will be local sight-seeing, including a natural hot spring with over 20 different herbal baths and natural spring water, Panda Breeding Center, the largest Buddha in the world, and local historical sites.

The retreat lasts for 21 days in order to provide optimal learning and healing. It is specifically designed for anyone who has, or is in remission from, a serious or chronic illness and would like to learn a natural healing process that was developed by Dr. Pang Ming, a medical doctor, a doctor of Chinese Medicine, and a Qigong Grandmaster and the founder of the Hua Xia Zhineng Qigong Center in China.

The Masters will do individual and group healing sessions, which are all included in the price of the trip.

Advanced Level 1 and Body Mind Method

October 1 – 30, 2010

Taught by Master Liu

The Advanced Level 1 Retreat can be taken with the Healing Retreat (there is a 3 day period of time between the 2 retreats for relaxation – meals and lodging covered for a small extra fee).

This retreat will focus on higher and deeper levels of the Level 1 practices taught at the Healing Retreat, but can be taken by itself without the healing retreat as well. In addition, many other meditations will be taught and individual progress will be a focus. This course is for students and teachers alike. Either the healing retreat or previous classes in Level 1 and Lift Qi Up, Pour Qi Down are required to attend this retreat.

- Level 2 Meditation practices of Lift Qi Up, Pour Qi Down
- Deeper mind consciousness to do Qi Healing
- Living from a New Point in Life
- Learning to live from a Zhineng Qigong Consciousness (as opposed to our western habits of thought and action)
- Learn meditations to be in harmony with nature and all of the universe
- Learn to pull the Qi Information (in all life-Qi is information)
- Learn to Open the Waist Practice
- Learn deeper Yi Yuan Ti theories and meditations

Body and Mind Method

As taught at the Hua Xia Zhineng Qigong Center in China

The Level 2 Body Mind Method will be an in-depth learning and deepening of this practice. At least one year of Level 1 practice is a pre-requisite for this retreat. Body and Mind Method is a physically challenging practice and is not recommended for those weakened by life-threatening illnesses and conditions.

- Learn detailed Body and Mind Method movements, benefits, and theory
- Learn to activate internal qi (the energetic practices will be taught with the physical movements)
- Learn how to Organize the Qi Field for Internal practice
- Learn Body and Mind Method for Yi Yuan Ti meditation
- Learn the Self-Awareness Method

You will spend one night at the Daoist Qigong mountain, Mt. Qincheng to practice in the strong qi field where qigong practitioners have practiced for thousands of years.

Please see LifeQiCenter.com or ZhinengQigongWorldwide.org

To register. You can also email Deborah Lissom with any questions

Deborah@ZhinengQigongWorldwide.org

Or Jan Lively

Jan@ZhinengQigongWorldwide.org

Master Liu can be contacted at LZJ4444@yahoo.com.cn