



Zhineng Qigong

Worldwide

Winter 2012

Master Liu's Winter Workshops

in several US locations as well as Mexico.
See page 13 for details

CONTENTS

Tributes to Deborah Lissom:

Yuantong Liu, Dennis Fuhr,	1
Stuart Braune,	2-3
LeAnn Beneunto and	
Debra Weisenburger-Lipetz,	4
Russell Crenshaw, Martha Work	5
Gail Lansdon	6

Oakwood Retreat:

Chris Doerflinger	7, 8
Bill Grossman, Joan Moore	8
Lenore Crenshaw, Martha Work	9
Miriam Antoun	10
Marjolein Kipp, Janka Klescova	11
Cindy Beshada	13

Three Trees at Oakwood

A ginkgo tree planted to honor Deborah Lissom
 A Colorado Blue Spruce planted to honor Jan Lively
 A third tree, tall and mature
 Standing by overlooking the ceremony.
 The leaves begin to quiver
 The sound crescendoing into a cacophony
 Almost drowning out the words of the ceremony
 Every leaf dancing in the wind.
 Three trees.
 Two presences. Dennis Fuhr



Linda
Revell
Yoder

Peacefully Leave, Quietly Come 23 June 2012 Yuantong Liu

I peacefully leave, you quietly come
 My body peacefully leaves, your body quietly comes
 My soul is living with you, your soul is living with me
 We are one life being
 I quietly come, peacefully you go
 The season changes as spring, summer, fall and winter
 The life changes as birth, growth, prime, old age and death
 Yet, our heart love and intention never change within
 time and space
 It continues...
 I peacefully leave, you quietly come
 I leave as you are born, you are born as I leave
 I dwell as you, you dwell as me
 We are one
 The world forms more beautifully and colorfully
 Happiness comes into the heart
 Joy rises in all life
 I peacefully come, you quietly go
 I come as you leave, you go as I come
 I am you, you are me
 We are one
 Together we create evolution and regeneration
 Together we embody the life principles
 Together we are living within the new point of life
 Just be.....



Linda
Revell
Yoder

Heart to heart and mind to mind, all is well! Jan Lively

Qigong Memorial for Deborah Lissom, Stuart Braune , 4-14-2012

I first met Deborah in 1998 when she showed up one Sunday afternoon at our small zen meditation group in Floyd Knobs, Indiana. The little meditation building was located on the edge of the beautiful Mount Saint Francis property, and we sometimes called it the “shed-do” because it was originally intended to be a sheep shed. Deborah was on a path of transformation - and aren't we all - that had begun for her, in a more-than-ever conscious way, just a few years earlier. We were married in that zendo the next year in March in the midst of a beautiful spring snowfall. I didn't know her before this time, but this is some what she told me and a brief history of those years where she first began to practice Qigong.

In describing her 20-something years, she would often say she was “messed up”. She lacked healthy role models growing up, and her incredibly independent spirit, strong personality, and disdain for social constraint combined with an intense drive and energy for life experience. And this created many unhealthy, often dangerous, situations in her young life. The emotional fuel she drew on was distilled from fear and anger; she hurt others and received much hurt in return. She had no resonance with a deeper kind of way (whatever you might call that way) and so her energies directed themselves to more selfish ends, she told me. She was smart and creative and experienced the joy of having a beautiful child (Thea); yet, these were very painful times for her. But she said that she always knew, at some deep level, that something very real was missing from her life.

She was living in San Francisco for a while in the mid-70's and had some exposure to the eastern spirituality movement that was taking place on the west coast at that time. She said she felt some intrigue but her drive for excitement and success wouldn't allow her to relate to it. So she was there in 1977 when the first of the Star Wars movies was released. And the depiction of “the Force” in the movie, stereotyped and effects-driven as it was, struck a chord with her – tickled that sense of what was missing. And for that reason, she told me that she always considered Yoda to be her first true teacher. (And we always had numerous Yoda figures around the house and hanging from rear view mirrors in our cars.) But her negative life habits of that time – her old point of reference – were strong, and so the changes she so desired and the inner potential she strove for, even if not very conscious, remained untapped, unfulfilled.

But she would say that her physical and emotional health challenges changed all that. Jump a decade... In the mid-80's, and from testing associated with a pregnancy, she was diagnosed as having polycystic kidney disease, a genetic disease that runs in her family. She associated this physical diagnosis of her kidneys with the emotional challenges around fear and anger that she felt. Now she had life-and-death before her, feeling the responsibility of raising young children as a single parent, wanting to be there for them.



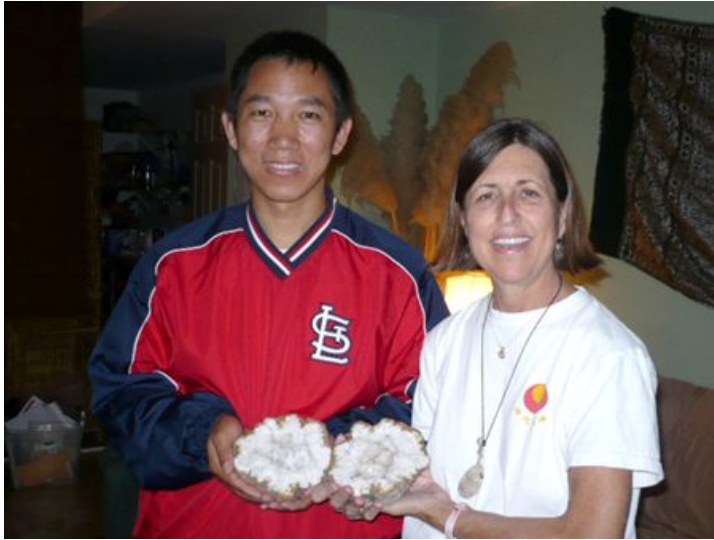
Jump a decade... In the early 90's, Deborah was experimenting with some alternative kinds of practices – hypnosis, astrology, Tai Chi, acupuncture. She took Tai Chi classes from Yong You at the Crane House in Louisville and even taught a beginners class herself in Corydon, Indiana, for a while. She was also having acupuncture sessions in Louisville with an old Chinese guy named Ming Li. Ming Li had his own incredible history (I was lucky to have met him a few times) and knew much about what it meant to face issues of life-and-death. I don't remember what specific condition Deborah said she was addressing with acupuncture, but during one session he must have realized that she was coming from this deeper place with her questions, and he told her “You don't need acupuncture. You need to start meditating.” Coming from Ming Li, she took this information to heart. And so she joined a meditation group in Louisville.

She told me this new direction in her life was incredibly challenging. The meditation group would do several rounds of sitting meditation, as groups typically do. Deborah would barely hang in there for the first round and then immediately leave to try to escape whatever inner change was happening within her. But her determination and intention were stronger than her fear and pain, and so she stuck with it.

At some point during this time – 1996, I think – she first encountered Zhineng Qigong with Luke and Frank Chan, which they were calling ChiLel. I don't remember how she was first introduced to Qigong – perhaps she just saw their workshop advertised somewhere - there are probably people here or close by that know a lot more about this history than I do. But Luke and Frank were ex-Tai Chi teachers who had received training in China with Dr. Pang and had returned to teach this form of Qigong in the US. Deborah resonated deeply with this practice, especially because of its focus on physical and emotional health. When we first met, she was doing Zen style sitting meditation and Qigong. Shortly thereafter, Qigong became her primary practice. She was also an artist doing sculpture in bronze, taking part in every step of that process. She always related her art to spiritual practice, and she spoke about that on occasion at the workshops.

Luke and Frank traveled the country giving Qigong workshops and training sessions. In the Midwest, they would teach at the Oakwood retreat center in Muncie, Indiana, and Deborah had attended some of their training sessions there before we met. In 1999, shortly after we were married, we attended a Level 1 workshop with them at Oakwood. I was introduced to the power of Qi at this first workshop when Deborah had a major breakthrough in body and mind. (I remember this breakthrough as being associated with an intense session of wall squats – others remember it slightly differently.) Anyway, this was a pivotal moment for her, and for others as well as she shared about it the next day in class, and the experience deepened her practice of and commitment to Qigong practice.

After Deborah obtained a Level 1 certificate to teach from Luke and Frank, she started teaching a few workshops back home.



Shortly thereafter, she met Ming Tong Gu who had taken part in some of Dr. Pang's intense teacher's training in China. During one time of physical distress, she had a particularly deep healing session with Ming Tong. After that, she began training in Zhineng Qigong with him. In spring of 2001, her kidney doctor told her that she would immediately need to have the preparative surgery required for putting a patient on kidney dialysis and that within 8 months she would require dialysis in order to sustain her life. For Deborah, this produced another pivotal moment in her commitment to practice. We knew that some more dramatic action was needed. Ming Tong was teaching a workshop in China in the fall. And so in September, just a few days after 9/11, we traveled to China, the first of several trips that Deborah would be taking over the next years of her life. It was an incredible trip - and a story for some other time.

Back home, Deborah began working with Ming Tong more closely, and since she enjoyed doing business kinds of work, she was one of the ones to help set up a Zhineng Qigong training organization in the US. She also took on more of a teaching role herself, establishing the Willow Pond Healing Center, working in various venues in Louisville to establish classes and workshops (including Gilda's), and doing individual healing sessions in people's homes and at a doctor's office that offered alternative health approaches.

And then on a subsequent China trip she met Master Liu who was one of a number of teachers working with the students on that trip. And Deborah knew, in her heart-of-hearts, that he was to be her teacher. And so she travelled to China for Master Liu's workshops and was one of the folks that helped Liu first establish a relationship with Western students and travel to the US in order to teach. (Many of you know more of the details of the story after this than I do.) Let me say, knowing Deborah as I do, I can't possibly express her gratitude to Liu - and mine as well - over the next years of her life. So I won't even try to do that here. Also I want to mention Deborah's deep sense of gratitude to Dr. Pang who, in China, first merged and created a form of Qigong that could be shared with the whole world. Deborah was never able to meet Dr. Pang in person but was truly touched by him in many ways and through other highly skilled teachers in China.

In thinking of the last 15 years or so that Deborah spent as a student of Zhineng Qigong, I know that she experienced many periods of physical and emotional healing, and her passing should not take anything away from that. Those are inspiring stories that she has sometimes shared with others. But the simple little theme I want to emphasize here is that of the potential we all have for transforming our lives by transforming our very consciousness. I see Deborah's life as such a good example of this principle, and she was an inspiration to me in that way. Her healing was so much more than benefiting some specific physical problems or clearing some emotional blockages, important as all that is (and that is certainly important). But I'm speaking of the transformation of mind-consciousness – the source of the richness of any kind of life regardless of circumstance - that all of us as human beings have the potential for. For Deborah, that transformation happened on the path of Qigong practice and from the teachers and friends she made while walking that path. Deborah did eventually go on dialysis in November of 2006, and the subsequent serious automobile accident in 2008 and then when she fell in 2011 created many intense challenges for her mind and body. But she continued transforming her consciousness during this time as her practice became more internal and less external around the forms. And with the help and support of her teacher, Liu, and her friends in the Qigong community, she was touched by others in a way that she had not ever experienced before. This was an invaluable experience for her - it enriched her life greatly, and she spoke to me about it many times. Even though she's not here to tell you, my words can't possibly express the joy she felt in these relationships. Please just know she was touched by all of you.

Teacher or student - doesn't matter. We're all students together in the classroom of life, are we not? There's an expression I like that goes "The path is made by walking". While walking hers, Deborah crossed paths with many wonderful people, many of you here. She considered herself a student of everyone she encountered in the Qi field. It was all such a great blessing to her. And to me. Peace to you...

Deborah

Walking lightly upon this earth

Fearless

Willow strength and beauty

Winsome, mystical

Infinite.

LeAnn Benevento



Sufi Dancer, Deborah Lissom

Beloved Practitioners,

Our dear friend, co-founder of Zhineng Qigong Worldwide, our connection to Master Liu, and source of inspiration, Deborah Lissom, unexpectedly made her transition yesterday. She is now romping in the Qi Field with Jan Lively without any sense of discomfort or connection to the kidney dialysis - which is what she strived for these last few years. I am thinking of her, knowing her to be completely merged with the Qi Field, with brand new kidneys, with all of life and all of us.

She continues to give us the gift of her vision to live free of pain, free of cancer and beyond struggle to live integrated on a daily basis with primal Hun Yuan Qi. She created sustainable Zhineng qigong practice within her life so vigorously for so long - and in such a big way - traveling to bring Zhineng Qigong to the US through Master Liu, traveling to China with others to help them connect with Zhineng Qigong, teaching her classes, and working diligently, tediously translating for Master Liu to bring us books and more information. She lived life within the Qi Field every day and it fed her mind, body and soul. She did all of that earnestly with deep trust in the Qi Field and her Zhineng Qigong practice.

She has been my inspiration for many years as I watched her continue to remain a part of the ZQ community regardless of a myriad of challenges. She quietly, often behind the scenes, kept us motivated, recharged and reinvigorated just by being. She consistently persevered from one set back to the next. She never gave up, always acknowledging her connection to the Qi Field, enabling her spirits to lift, once again. Just two days ago when speaking with her, she was releasing old frames of reference and grief, happy to be walking over 600 feet. We laughed together about our human weaknesses.

She has been cared for lovingly by her husband and immediate family these past years and by many Qigong friends near and from afar. I am sure that much healing has transpired for all who have been involved. Our lives have been touched by Deborah. This is where we must remember that healing does not mean "cure" but the process whereby we are helped in realizing our full potential by opening our hearts and minds integrating complete physical, mental, and spiritual well-being as we merge with the Qi Field and release heartstones. Deborah lived her life this way.

Deborah left us suddenly, yes. Yet, Deborah never believed in "tip-toeing" around the subject. She always threw herself into the core of the situation. So, indeed she has done so, again.

We all feel a sense of loss as we want to be around her in person - but now is the time to honor and respect the essence of our Qigong knowledge and 'walk the talk' an really feel what life is - PURE QI. Qi that exists within around and about all us at all times and can never be destroyed. Deborah has touched many of us subtly and others acutely, deeply. This we hold in our hearts and minds forever.

Much loving Qi to all,

Debra Weisenburger-Lipetz

Heartstones

by Russell Crenshaw

15 years ago, before I knew ZQ
I lost my oldest, best friend
We grew up in the same church
Elementary school
Middle school Boy Scouts
High School
University of Louisville
We bought a house together and lived there
He was a constant presence in my life
When he left
It tore a hole in my heart
I felt a sad victim, great loss, myself diminished in many ways
We naturally filter our life experience,
and save the information to share at our next meeting
It constantly builds with nowhere to go
Now I know, I was holding a big stone in my heart
Now I know to release that built up energy
 That stored information
 Those stored emotions
Release it all out to the universe
Where it is transformed into healing energy
As I withdraw and absorb
 My heart is healed
 My Spirit is healed
 My body is healed

Release Deborah out to the universe
Allow her to transform into whatever she needs to be
Absorb this transformed Deborah back into your open, naked heart
Release things you wish you had done with Deborah
Release things you wish you had said to Deborah
Release all you unresolved expectations surrounding Deborah
Release it all out to the universe
Open your heart, naked to the universe, let it all tumble out
Release
Be aware that you are surrounded by the living, healing universe
Love, light, healing energy, healing information
Absorb deeply into your open heart
Wash out the seed, before it takes root
Absorb

Flush out the seeds of sorrow
Absorb
Fill the emptiness
Absorb
Transform and heal the damaged parts

Be aware of that part of your heart that you share with Deborah
Honor it, treasure it, hold it gently and reverently
Release and absorb
Take a moment to reflect, in your own heart, in your own way
Whatever is most meaningful to you
Experience the feeling of the heart filling and healing



Deborah

I stumbled and fell, over and over.
Searching for balance. Wholeness.
You picked me up, took my hand and led me to the
place I'd been seeking.
Expanding, connecting. Finding peace at last.

Your body broken, you fought for every step, taught me
to be grateful for each step I took, each bike ride, each
glorious night filled with dancing.

Afternoons in your room,
surrounded by rainbow chiffon and majestic trees, ever
so cautiously at first, sharing, opening our hearts.

Until finally you said with absolute certainty,
"ENOUGH!"
I miss you my friend, my teacher.

Martha Work





Linda Revell Yoder

Memories of Deborah Lissom from Gail Lansdon, Sparks, Nevada

I joined the ZQ family fairly recently, but Deborah Lissom and I did correspond by email and talk on the phone from time to time about a myriad of subjects, including, of course, Qigong.

On the wall of my practice area, I have a quote of Deborah's that she sent me in an email and has meant and continues to mean a lot to me so, thought I'd like to share her thought. It is:

"The whole meaning of ZQ", she wrote, "is being in the present moment, our hearts open, our bodies relaxed and connected to a healing Qi field."

What a simple principle!! You couple this principle with a strong intention and complete concentration to stay connected to your Qi field and you cannot help but realize your deepest goals and intentions. Of course, we all know we need to have a good heart and eliminate our heart stones, loving and giving complete forgiveness to all. I hope this short quote will mean as much to others as it does to me.

Another thing that Deborah told both Jan Lively and me has been very helpful in my practice. We sat in one of the hot pools at a spa in the Chinese mountains to which Liu Laoshi takes many of his retreat students. There are numerous warm and hot pools...one of the pools has tiny fishes in it to clean your body.

One of us, either Jan or myself, asked Deborah to outline step by step the process she goes through when working on a healing intention. After we've created the Qi field, decided on our intention and become completely relaxed, she told us that, first of all, we need to visualize the needy body part with deep and unconditional love and seeing it as being perfect and whole, functioning perfectly. When she practices, if she feels herself losing that deep feeling of loving her kidney, liver, sinuses or whatever, she travels back to the YYT and visualizes her grandson, which renews that overwhelming feeling of complete love.

Then with that feeling of love in her consciousness, she immediately goes back to her intended area with all the love in her heart and mind and transfers it to the body part. Of course, the Qi travels with her mind, but recognizing that you love your body and that it is functioning perfectly is so important. She said that she may need to do this several times during a deep practice.

I keep this also in the center of my mind while practicing because it is so easy to begin to dislike and even hate the area that needs healing, as it oftentimes causes us pain and unhappiness. Yes, even though Deborah has transitioned, she has left this practitioner with life lessons that enrich my practice every day. What a wonderful legacy and, I must say, a life well spent, Deborah.



Oakwood Retreat 2012

OAKWOOD GARDEN- Chris Doerflinger

Anxiety influenced my decision to participate in July, 2012 Zhineng Qigong Retreat. As one who tends toward empathy, I have learned from experience to take care when faced with those confronting serious illness. Having visited Oakwood in July, 2010, I was somewhat familiar with the lay-of-the-land, so to speak. During that year, I had roomed with a close friend who lent stability to an otherwise foreign experience. I was new to the practice, the retreat process and the facility. In 2012, my housing assignment was random. Having lived alone since 1998, I was unsteady with regard to the intensely communal setting I was facing. My fears were groundless, transformed into a priceless lesson on gardens. While the women in my immediate community were indeed meeting unique physical challenges, they provided a rich memorable landscape of strength, hope, tenacity and beauty.

First, I note an iris, a steady green whose unfailing quiet in the earth brings forth a strong upright bloom; a tall stalk with a majestic collection of unfolding color. Her components contrast in both texture and hue. With her reappearance each year, tough with limited need for support and out reaching rhizomes, hope reforms to faith.

Next appears a pair of daylilies, alike though novel. One is bright, out early and well on her way; the other is steadfast, a daily close encounter and always a surprise. These two produce lasting multiple blooms, a sequence of always complimentary colors. One is strengthening her internal structures; the other is monitoring growth with her own herbal remedies. They, too, return, markers of a new season.

The cactus flower shows itself next. Capable of survival in spite of harsh surroundings, she is protected by spines which reveal a startling beauty. She is a soft multipetaled jewel settled by early morning's harmony and intuition; always dancing

Queen Anne's Lace surfaces, deep rooted with a wild history. An intricate tapestry, her prolific seeds scatter while the framework remains upright and intact well beyond fall's fading flowers.

Rose, purple and white orchids reveal a lovely pair, proud in lasting symmetrical beauty peaking through softness. They, too, will fade but promise to send forth petals with intention and care.

Dark violet clematis emerges. She is low to the ground and creeping upward. Profuse blooming with optimal conditions, continuous in moderate climes, she is a source of boundless light joy.

This Oakwood garden reveals the power of energy, the beauty of intention and the depth of strength. It brings a reminder of the mystery and purposeful resilience inherent in our life cycles. At the time, a surprising find, I revisit this now familiar bouquet each day to nourish and be nourished which is, of course, the nature of the garden.

Group Intentions

Each participant shared an intention for the retreat using one or two words. Master Liu asked each person to create a poem using these words. Here are some of those poems.

"YES" by Joan Moore

Together
we forgive ourselves
Expanding into abundance
together
we expand into new life
our intentions
together on paper
we write with colors
intentions
They spread over us
thought us
merging we become one
with each other
and our intentions
we merge in the field
of peace, love, and health in our bodies.

Open minds
and open spines
dissolving blockages
within our field
the qi is flowing
planting seeds
within us
without us
all around us
into the universe
connecting
understanding
clarity
Healing completely
We are one
Our Hearts are opening
Together
HUN YUAN LING TONG

This is a collaborative poem including verbatim contributions from each of the participants involved in the July, 2012 retreat at Oakwood. The individual statements were compiled on site by Chris Doerflinger

OUR INTENTION

Become a teacher.
Integrate practice.
Progress/new life: **content; content.**

Healthy body: spine, thyroid, hormones, head, heart.

Healthy balanced energy.
Release and absorb full of purpose and love.
Dissolve blockage.

Peace in my heart:
to open awareness
to release inner heart stones,
to open my heart
to trust quietness.

Personal clarification;
Deeper understanding.

Abundance in all ways;
Heal and rejuvenate;
One with UI.

Forgive myself creativity
Planting a seed.

Heal completely.
Peace in broadening expectations;
Total surrender to life full of love.

Equanimity/equanimidad to open awareness

Hun Yuan Ling Tong

Group Intention Poem- Bill Grossman

Getting well together, entering a new life
Sharing a love that's deeper and quieter,
attracting inner peace.
Our healthy heads transform us to excellent
practitioners and healers
Our open hearts bring happiness,
even outrageous laughter!
Letting go of the past, being fully present now
Qi wisdom and energy
awakens us all.

**Intentions Realized by Lenore Crenshaw
July 15, 2012**

I spin in a circle of mirrors
Faces clear
Reflecting light, love
Our intension for oneness realized.

In this circle of trust and ecuanimidad
We return to lost love
Asking forgiveness and reconnection.
Friend B gives her open eyes,
A path to an open heart,
Unwavering as long as needed.
Heart stones begin to crumble, dissolve, release!

In this circle of quiet and peace,
Creativity blooms
Laughter and joy erupt over and over,
Heart songs abundant!

In this circle of healing wisdom
Words ring clear, resonate,
Repeated in our own true words,
In the deep awareness of heart and mind.
In this circle of Life Qi abundant,
Our teacher plants a seed.
He says, Grow up! Expand! Rejuvenate!
Release true heart love.
Enjoy deeper understanding, healing and progress.

I spin in a circle of mirrors
Beloved faces, clear,
Reflecting light and love,
Oneness realized.



Fa Qi and Cabbages Martha Work

Each morning I arise early,
drawn to the cabbages

I attempt to capture them
with my camera

Each so distinct and unique

At night I lie on my bed,
waiting, expectant

People file in, one at a time.
I surrender, open my heart

They surround me with soft, billowing clouds of qi
I am nurtured and fed

I dream I am a baby,
cradled in my mother's arms.

I see the cabbages and I are one

New life enfolded in
layer upon layer of love



Linda Revell Yoder

“Mysterious hair”

By Miriam A. Antoun

My name is Miriam Antoun Helue and I was born in México City, México, and I'm 44 years old. I am an active Zhineng Qigong practitioner since year **2000**.

I started having problems with my thyroid 13 years ago and therefore was given radioactive iodine in 2000 with the specific consequence that hair stopped growing in my armpits. and body. I would like to share with all people in Master Liu's and Master Meng's and group Qi field an important experience that happened to me during my participation in the Advanced Zhineng Qigong Level Workshop in Indianapolis, USA, **in July 2012**: I grew hair in the armpits.

I must say this comment of mine may sound strange or normal to some of you, but it is something out of the normal for me because since my radioactive iodine treatment no hair had grown in this part of my body, and I am sure this fact definitely has a direct relationship with my, Zhineng Qigong practice and the Qi Field during Master Liu's training.

During the whole workshop my ovaries hurt a lot, more than normal, but I did not pay much of attention to this pain so I focused in the whole experience I was part of. One day in the middle of the retreat, as I was taking a shower I felt something strange in my armpits. After the shower I watched myself in the mirror in order to investigate something black I had seen in this part of my body, and my surprise was the fact that hair had grown in my armpits: I just laugh myself to death because it was such a funny experience to me.

I immediately shared this experience with my peers and with Master Meng and Master Liu because I considered this had been an achievement of my practice. I must say that the narrated event was just another outcome of the fascinating experience during the Workshop as various others like an improvement in my hormones levels, the fact that I felt stronger, healthier, happier, and emotionally stronger. At the same time this has a direct connection with a feeling of having reached a higher level of balance in my whole body too.

I think my success is everybody's success because the beautiful Qi Field I was in had shifted my success and now this information becomes part of our Qi Field too and will be there available for those who need it.

This tangible achievement has lightened my pathway and I want to thank Master Liu and Master Meng in first place and all my peers too for having planted a beautiful seed in me which I will nourish so I will make the best out of it in my life.

Was a wonderful experience that I miss and I want to do it again. I enjoy it, I am better now, and I was so happy there, we laugh a lot.

There is no limiting age at which we can establish a new beginning: **just do it!**

WE ARE ALL ONE.

*Sincerely and with all my LOVE,
Qi hugs for all of you, brothers and sisters.*

Miriam Antoun



Qi Travelers

by Marjolein Kipp 6-24-12

Footsteps
Voices
Knock
Come-on-in

One-two-three-
four... I lost count
Laying down
People standing around
A dying scene...
A rebirth...

Experiencing these Travelers

by Marjolein Kipp

Peace inside
Oneness with all
Extended out
No boundaries

Pulsation
Moving in...
Moving out...
In the center
Tranquility

No resistance
Flowing in...
Flowing out...
Normal
Normal
Normal



Reflections on the retreat

Janka Klescova

1. My expectations for our retreat at Oakwood this summer: I expected more practice of the gongs (doing hundreds of wall squats every day) and the detailed explanation of such large theory topics was a very nice surprise. Short time before retreat I read Master Lui's book so it was like going much more profound in the themes which he presents in the book. I would like to practice more gongs too by his leading, but I understand that the day has only 24 hours.

2. My previous experience with energy healing: Years ago, in Slovakia I learned Reiki, later in Mexico I was practicing kundalini yoga but my practice was never so consistent and deep as with ZhiNeng QiGong. I consider myself a disciplined person, but it is not only discipline what moves me to practice every day. It is really like I have found the correct technique which works better for me and makes it part of my daily program, my personal philosophy, etc.

3. My favorite parts of the retreat were all group practices after theory explanation in which we were able to integrate the new information and feel a difference almost immediately. It is better than notes :-)) and I really feel that doing it like that, the information has stayed in my field.

4. Some of my intentions have been realized already (my work visa, for example) on the most amazing and incredible way. It is a long story. During the time of visa-process and waiting, I was using practice of the intention as we have learned during

retreat and it was such powerful feeling might to see that it works, that I was able to maintain my mind focused despite of difficulties and it had reflected good results... it was my biggest achivment, I guess. Afterwards I was using it in "minor" situations and it really makes me feel like I can help to my own destiny.

5. Changes and benefits since 4 month have passed: I have alrely started to teel about it in the poit 4. My posture regarding my own life has changed. Thinking that whatever is happenig is a step forward, closer to my gools, it is a very big difference in my focus and the consequences of this change are visible in everything. I have been meeting nice, "corecte" people that I had wished to meet all the time, I feel more strong, less tired, laughing more. The propose of my prectice in retreat that I wrote on the desk was not very specific, but it is a really my desire. It was: LIFE FULL OF LOVE. And I feel like I have just started the process of "fulling". Slovely, in different areas, nicely, enjoyig the process...

6. My practice has really deepened in the last months! I have been practicing much more than before the retreat. First, when master Liu told us that we should practice 3-4 houres every day, I thought it would be imposible, but i was albe to change my routines. During my vacations in Slovakia it was so great because my mom was taking care of my daughter and I could practice largely. Now, back in San Antonio we are alone wiyh a lot of activities, but I find the way to practice more with the mind and it is a chalenge to mantain teh fiel, the meditation during driving or whwn I'm waitng in Valentinka's classes. I get up very early for practice y also do some practice in the night, before I go sleep and sometime I feel, during the three cententer merge together, that I am falling down because I am gettin asleep. But was able to coplete my first 100 days practice and have started the second hundred. And the it looks like the diferece is visible, because I was told about it by my friends who did not see me for longer time.

7. Chalenges during retret time: I was feeling so tired, I wanted to put more attention but a lot of times I was loosing it.

8. If I could change something about retreat, I would propose more outside practice, may be in the evening because of the wetter. And morning to, in different places, in woods where is not such a strong sun.

9. I would recommended the ZhiNeng QiGong retreat and have already done it.

Anonymous

1. I had hopes that the problem I'd been having in my neck and arm would disappear. I also hoped to progress in my practice. I had hoped to go completely off my antidepressant.

2. I took part in the entire months training sessions. I have done energy healing in Qigong retreats before and also with Reiki and Rosalyn Bruyere trainings.

3. I loved all of the practice sessions we did as a group and with partners...those dealing with deepening our practice and healing.

4. None of my health problems really changed but my practice did deepen.

5. I'm not totally sure, but I think I am able to handle a lot of life's stressors a lot better and I think I am generally happier.

6. I practice daily and its definitely feels that I go deeper.

7. I stuck with it all even though I wasn't seeing improvement.

8. I think I would have more group practicing and less lecture.

9. I would recommend it and feel that the center does a fabulous job with everything but especially in giving great healthy meals!

I hope to overcome my doubt but wish I could see some amazing healing like the center in China!



A Story of Healing by Cindy Beshada

What were the chances that I would be partnered with another ICU Nurse on the first night's practice at Oakwood Retreat Center in Indiana. I had been a Neonatal Intensive Care Nurse for over 20 years. We shared a common bond that most people never experience.

The goal of this practice was to share an important memory in your life by sending it through your mind to your partner. The memory of Robyn just popped into my mind and I could not suppress this memory. I had learned early on in my nursing practice to suppress any painful memories.

I was in my early 20's when I became Robyn's primary nurse. The primary nurse cares for a baby and their family from the moment of delivery and throughout their hospitalization. You develop quite a bond with the family and the baby during this time.

Robyn was tiny, just under 3 pounds, fragile, and beautiful. A large cleft palate took up most of her face. Her heart raced as fast as a Hummingbird's due to multiple holes in her heart. Her mother could barely visit her since she lived on a distant Apache Indian Reservation. We spoke often over the phone.

Robyn died at 3 months during open heart surgery. I carried her memory and so many other infants' memories with me. The number of births and deaths I have shared with families is too numerous to count. My husband often said a "little piece of my heart" went with each baby.

Why was this memory so vivid? I could no longer suppress any of these memories. I now had personal ties to the Neonatal Intensive Care Unit when my twin grandchildren, Liza and Phillip, were born. They were each under 2 pounds, born at 25 weeks. My daughter and her family felt surrounded by love during their hospital stay. I am grateful for the wonderful care that they received. I realized all of the heart stones built up from the years working in Neonatal Intensive Care.

So as I stood across from my fellow Intensive Care Nurse, I felt a great release. Hundreds of moments of emotional intensity that I experienced during my nursing career flowed and released at that moment. I am thankful that I was able to release these heart stones after so many years.

Master Liu's winter schedule in US and Mexico

January 18th - 22nd Portland

Heal like a Master- from low energy to vibrant health
18th (start 7pm) - 22nd until 12.30pm
The Academy, 400 East Evergreen Boulevard
Vancouver, WA 98660
Contact: Simone Shipp qigongmagic@gmail.com
360.903.1852 <http://www.healthshifter.com>

January 26th Seattle

No information at this time

January 31st - February 4th Louisville, Kentucky

-Free introductory lecture on Zhineng Qigong:
Thurs. Jan. 31st 6:00PM-8:00PM
-Zhineng Qigong workshop, all levels welcome,
beginner to advanced:
Fri. Feb. 1, Sat. Feb. 2 and Sun. Feb. 3: 9:00 AM- 4:30 PM
Cost: \$75.00 per day or \$200.00 for all three days.
3105 Lexington Road, Building 3.
Plan to arrive on time. Door unattended after 9:10.
Please wear loose clothing, flat shoes and bring a lunch.
Snacks will be provided.
Contact Russell Crenshaw for registration details.
info@zqlou.org 368-0188

February 5th - 12th Oakwood Retreat Center

Special retreat for the Oakwood staff and the
Emissary Community

February 7th West Coast

No information at this time

February 16&17, 2013 Columbus, Ohio

9:00 -6:00 PM (both days) (doors open @ 8:30AM)
BLACKLICK WOODS GOLF COURSE BANQUET ROOM
7309 E. LIVINGSTON AVE. REYNOLDSBURG, OH
43068

Only \$235.00 (Available for purchase CD/DVD/Books)

CONTACT DEBRA WEISENBURGER LIPTEZ
2915 BERWICK BLVD. COLUMBUS, OH 43209
614-670-7679- DEBRA@DEBCHI.COM

Please send check or money order to Debra
Weisenburger Lipetz to be received before February
8th, 2013. All requested confirmations will be
forwarded by email only, the 9th - 11th of February.
Please call the above number if no email is available

Continued on next page...

February 21st thru 24th St Louis
INTRODUCTION OF ZHINENG QIGONG

Thursday, Feb. 21, 2013 (free)
7:00-9:00 PM (doors open 6:30 PM, limited seating)

OPEN QIGONG PRACTICE

Friday, Feb. 22, 2013 (donations accepted)
7:00-9:00 PM (doors open 6:30 PM, limited seating)
St. Anthony's Medical Center, 10010 Kennerly Road,
St. Louis, MO 63128

Great Room in the Hyland Education and Training Center
<http://www.stanthonycenter.com/directions/index.asp>
Workshop with Master Liu

February 23 & 24, 2013
9:00 AM – 5:30 PM (doors open Sat. and Sun. @ 8:30 AM)
Only \$175.00 if pre-register; \$200 later if space permits.
Bring your own lunch and snacks; coffee and tea available.
(Book/CD/DVDs available for purchase with cash or check)
Send registration form with check or money order payable to
Sue Ashwell for \$175.00 to be received before Feb. 8th, 2013.
(Late registration \$200.00, if space permits.)
All requested confirmations will be forwarded by email only
February 16th-17th.

Please call the number listed below if no email.
Contact: Sue Ashwell, local Qigong Teacher,
8 Deer Creek Woods, St. Louis, MO 63124
314-432-1360 sashwell@charter.net

February 27th – March 6th Mexico City

February 27th – March 1st Advanced Training
March 2nd – 3rd 1st level Zhineng Qigong
March 4th – 6th Healing
Contact Qi Center México
Miriam Antoun (+55) 4596 9794 (044) 55 2980 5514
Liz Laniado (+55) 52 51 22 64 (044) 55 51 09 25 14

Qi Center México

E-mail: qicentermexico@hotmail.com

Tel: (52+55) 45969794

Valiosa oportunidad: Master Liu en México en apoyo a la apertura de corazones y mentes por medio del Zhineng Qigong (ZnQG).
Empodérate y acelera tu proceso de crecimiento y/o sanación

Qi Center México tiene el honor de invitarte a participar en los grandiosos cursos de aprendizaje para balancear el cuerpo entero: físico, emocional y espiritual. Por medio de Zhineng Qigong tú podrás construir tu vida y tú serás tu propio sanador y guía.

No pierdas esta grandiosa oportunidad:

¡INSCRÍBETE YA!

INSTRUCCIONES para adjunto:

1. Descarga el archivo adjunto "Formato Inscripción correcto ML".
2. Llena los espacios sombreados requisitando todos los campos: tu información es muy valiosa para la organización de los grupos y será confidencial.
3. Pon tu nombre completo en el campo "Conozco y acepto instrucciones y reglamento. Los datos que he proporcionado son verdaderos:".
4. Guarda el formato ya requisitado en tu computadora.
5. Envía el formato requisitado vía e-mail junto con el comprobante de tu pago
a: qicentermexico@hotmail.com
6. Confirma por teléfono la recepción de tu correo
a: ☎(55) 45969794
7. Entrega el original del "Formato de Inscripción" con firma autógrafa y comprobante original de pago al Registro el Día del Registro al Curso.

Qi Center México

Miriam Antoun (+55) 4596 9794 (044) 55 2980 5514
Liz Laniado (+55) 52 51 22 64 (044) 55 51 09 25 14

Zhineng Qigong Worldwide is published by ZQ Educational Corp. All rights reserved. No portion may be reproduced in whole or in part by any means without the express permission of ZQ Educational Corp.

Editing: Lenore Crenshaw,
LeAnn Beneuento, Russell
Crenshaw, Martha Work,
Stuart Braune

Photos Courtesy of Yuantong Liu,
Stuart Braune, Martha Work, Linda
Revell Yoder, Miriam Antoun