



Zhineng Qigong Worldwide

Volume I, # 4
FALL 2010

Qigong Is Not a Pill

by Deborah Lissom

Sometimes Zhineng Qigong teachers have heard comments from students about the point of doing qigong when someone continues to be sick or dies of an illness. There are so many ways we can look at these comments, but I think a cultural perspective needs to be addressed before we can do this.

It is a very prevalent view in the West that illness comes from outside of us, and that healing also comes to us externally. So many people believe that the only way to heal is through western medicine or treatments that are given to us. Similarly, we think that disease is inevitable, and that it can come to anyone. Our views do not take into account our frame of reference, our mind-set, our life conclusions when it comes to the causes of diseases. Our views also do not consider the food we take into our body, or the emotions and their effect on our body chemistry. Our view of disease also does not consider our body's posture and movement, our breathing, or our lifestyle. We usually see the occurrence of disease as totally unrelated to any of these internal processes. We feel that disease just happens. . . .

Most people are not even aware that they have these basic life conclusions about health and well-being. Yet, because we hold them so deeply, they have a profound effect on our health, and on our efforts to heal.

True healing always come from within. We can take medicines to help temporarily. We can receive all kinds of treatments, yet



Deborah Lissom

we have to ask, what causes the disease in the first place and what we can do to prevent getting disease. Because, as we all know, what is the point of healing from cancer, for example, if the conditions are still there that allowed it to develop, and the cancer returns?

When we ask the question about the value of our practice if someone dies or if we are not completely healed, then we have to ask what true healing is. If we are looking only for the healing of the body, then complete healing can never come to us. True healing is healing of our entire being: emotional, physical and mental. Many people die from serious illnesses, yet if they die with their hearts open and their qi field in harmony with the universe, then how can we say they have not healed? Maybe they did not start changing their lives through Zhineng Qigong or another practice until it was too late to return their body to total health, yet their mind and emotional self did heal, even in their death.

In other cases, a devoted practitioner may die, and we wonder why this happened since they practiced every day. Sometimes, students will heal dramatically, yet they continue to have setbacks or recurrences of the illness. Each student is different, yet when the life conclusions from our old frame of reference persist, they continue to affect

the body dramatically. For example, if we have a life conclusion such as the belief that only doctors and medicine can heal us, well, then our body-mind will continue to receive that life information each moment, and our reality will be that the disease never completely leaves as we are always looking for a

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Healing with Zhineng Qigong

by Meg Fuqua

When I heard I was going to have two more surgeries, I thought to myself, I'm going to do these surgeries differently. I'm going to use qigong before, during, and after them.

I already knew the power of qi and the qi field from my experience with another surgery. But with the past surgery (kidney transplant), I was newer to Qigong and didn't really know the power of the Yi Yuan Ti and organizing the qi field for myself and others.


After my transplant (June 2007), all that I could do for several weeks in class was to lie on a mat on the floor. I would simply soak in the qi in the room generated by my instructor, Deborah Lissom, and the other students. This was very effective for my healing, and I highly recommend it to anyone recovering from surgery or anyone who is seriously ill. The qi field was so full of healthy information.

But as I said before, the next two surgeries were going to be different. The medical doctors strongly recommended I have both surgeries at the same time. The thought of that made me a little nervous. But after much prayer and meditation, I decided to do it.

I had been told by the doctors for over a year that I had to have the first surgery done. My calcium levels were dangerously high, and the medicine wasn't working. The surgeon wanted to take part or all of my parathyroid glands out. They are located behind the thyroid in the neck.

I had been waiting for over three years to have the second surgery done. Now that I had a new kidney, thanks to my dear husband, Gary, I wanted to have the fistula (used for dialysis) reversed in my arm. This was a surgical procedure that the vascular surgeon didn't want to do. For three years he told me no, since I might need that fistula again someday for dialysis. I told him repeatedly that I was never going to need dialysis again. The kidney Gary gave me would probably outlast us all.

Finally he agreed to do it. Again, I was a little worried about having him do the surgery when he really didn't want to. But I released those worries and replaced them with healing qi. And wouldn't you know, the day of the surgery he was still involved in another surgery and was unable to do my surgery. His partner ended up doing the surgery.



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I credit my great success with both of these surgeries to the power of qi. I had asked my Zhineng Qigong instructor what I could do specifically the day of the surgery to help me feel calm and tolerate the drugs I was given, including the anesthesia, and to help my surgeries go extremely well.

She told me to fill the pre-op room, surgery suite, and my hospital room with health information qi. She told me to fill each person I came in contact with healthy energy qi, including myself.

I trust Deborah wholeheartedly and I remember Master Liu always saying, everything is qi. So I followed their advice.

Before the surgeries and the day of the surgeries, I started sending my surgeons qi and love to their hearts. On the day of surgery, I filled myself with qi and everyone I connected

Meg Fuqua with her grandchildren

Organize the Qi Field for Surgery

by Deborah Lissom

Many of us have a difficult time understanding the real scope of the significance of Organizing the Qi Field. This is a unique characteristic of Zhineng Qigong that enables us to have a healthy control over our lives through organizing a qi field that is conducive to our well-being on all levels. Grandmaster Pang's teaching of this method makes Zhineng Qigong a uniquely powerful life practice.

Most of us learn the Eight Verses first, yet do not realize the depth of the words or the sounds that make up the verses. Master Liu has written extensively on this in his new book that will be released soon. You can see Issue #1 of this newsletter for some of the details in learning the Eight Verses.

Also, you can download Megan Upchurch singing the Eight verses while playing her harp. This is on our website, www.zhinengqigongworldwide.org. Grandmaster Pang wrote the music for the Eight Verses, and it is important to understand that the tonal quality and selection of the notes themselves move the qi, as well as the teacher's voice and the actual meaning of the words. All of these components come together to organize the qi field in the Eight Verses.

We know how to organize the qi field for our homes, our families, our job and all daily events, yet it is often asked how we organize the qi field for surgery. Since surgery is such a critical procedure, it is important that we organize the qi field for our own surgery, as well as helping others if they are having a surgery. There are many ways to do this, but here is one way that is effective.

On the morning of the surgery, start to organize the qi field as usual, connecting with the highest level qi information of the universe and bringing that inside. Then see yourself in the operating

room – the room is qi; everything in the room is qi, all tables and equipment are made of qi. You are made of qi.

See the surgeons and nurses, all made of qi. Gather the heaven and earth qi always down into the operating room to integrate with your qi, the surgeons, nurses, all tables and equipment transforming to one entire qi field for surgery and healing. See the surgery proceeding with the surgeon very happy and confident, doing the best work. See the surgeon's mind very clear and focused with his hands very skilled, and every movement precise and perfect in its results. See yourself also very happy and relaxed, knowing the outcome of the surgery will be excellent. In this way, you are organizing a qi field that will relax the surgeon and help the surgeon feel your life qi information, feeling your intention and doing his best for you.

See yourself with no pain after the surgery, the qi body healing very quickly.

Continue with this method of organizing the qi field as long as you can, until the surgery starts and the anesthesia takes effect. Ask your friends and other teachers to do the same at the time of the surgery, continuing throughout the surgery if possible.

Many students have told me that they had no or very little pain after surgery and did not take any pain medicines at all. This was after hip surgery, breast surgery and other types of surgery – all requiring very little or no pain medicine.

Continue organizing the qi field every day seeing yourself as totally normal, the surgery having served a needed purpose and contributing to your life. Your healing will be much faster with the practice!

with, from the lady at the admitting desk to the anesthesiologist. I told the anesthesiologist I wanted her to repeat certain mantras (positive mantras I had written for my health and all around me in surgery). I also asked her to make sure no one spoke negative words in surgery while I was asleep.

Every time fear or negative thoughts entered my mind, I simply filled myself with healthy qi and repeated the eight verses – my mind becoming like the clear lake Master Liu talks about so frequently. I saw myself healthy and well, feeling the qi flowing freely through my qi field.

Two weeks after my surgeries (September 15, 2010), I felt like they'd never even happened. My incisions were healing so quickly, I never took any pain medicine; my energy level is strong and I feel so well. Now it's almost as if I never had surgery.

I went back to work in two weeks, and of course, back to Qigong class sooner than that!

If you are facing surgery, any invasive medical procedures, or a serious illness, please remember that everything and everyone is filled with qi. You can ask for help from the masters, your instructor, and the other students to keep your qi healthy and strong.

Healing Experiences

Dianne Phillips

I came down with breast cancer in 2007. It began with a lobular cancer in my right breast which went undetected in mammograms for years. It was diagnosed because I noticed one breast was firmer than the other and by that time it was at stage 4 metastatic breast cancer. The cancer had spread throughout my breasts, brain, bones and various organs. I did 10 days of brain radiation. The doctor that set up the radiation gave me no hope that this would work since the cancer was throughout my brain. My faith in God and all the prayers

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from my dear friends gave me the strength and drive to know I would get through this.

My oncologist was wonderful. He gave me encouragement and was very positive about the new treatments for cancer. I then began a series of chemotherapy treatments. It was while I was doing chemo that I met Jan Lively from the Noble Circle Sisters (a self-healing support group for women with cancer that practices Zhineng Qigong). At this point I joined the Noble Circle and the rest was a journey of learning, support, healing and hope for a brighter future. It was the extra support I needed, the friendship and love from other "sisters" that were going through similar journeys, that kept me optimistic. I learned Zhineng Qigong with the other Noble Circle sisters, and then went to a healing retreat in China and practiced Qigong with Master Liu and Master Meng for three weeks.

It was amazing, practicing with the Zhineng Qigong Masters. The energy was so strong, and I gradually began to feel so much healthier. By the time I went home, I no longer could feel the tumors on my right breast or my right ovary. I felt like a different person, so much happier and full of energy. When my family picked me up from the airport, they said they could feel the energy radiating around them. My husband said I looked different, so much happier and vibrant. I felt like a changed person, more calm and at peace. My friends even commented on how bright and clear my eyes looked, and that is how I felt inside. My doctor confirmed the improvement – before China, my tumor marker was 108, and after I got back it was 50! The China Healing Retreat was a wonderful healing experience.



Dianne Phillips

Letting Go of the Old Frame of Reference

by Debra Weisenburger Lipetz

I would like to share my own personal Truths about healing through the practice of Zhineng Qigong. I was diagnosed with stage 4 cancer three times. I have healed myself before surgery three times. After each surgery, no cancer was found. How does one explain this with the rational mind? Not easily. Healing is a process that comes from disciplined practice of opening the heart and mind through Zhineng Qigong. I am no different from anyone reading this article. What allows me to accept the reality of healing is studying and practicing Zhineng Qigong.

Students often ask me how I healed myself. I never had a clear answer until Master Liu stated repeatedly at a retreat, "Let go of your old frame of reference and open to a new point of life." I pondered that for quite some time. Through my qigong practice, I began to realize when the information of heart and mind merged at the perfect time, all feelings and thoughts of dis-ease dissolved into the moment . . . of perfect health. At that second, my mind felt nothing but complete integration with nature. I was no longer an observer, but a participant at a very primal level. This level and feeling is perfection and harmony, complete acceptance, surrender, and pure wellness and connection, without thinking about it. This millisecond in time allows the qi to change the lower vibrational level and density of the dis-ease into a higher vibration. The lower vibration can no longer exist in that environment and is therefore forced to transmute into something of higher vibration, thus, eliminating the dis-ease.

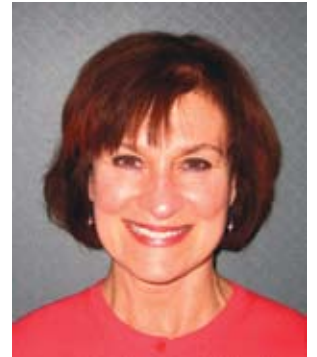
I believe this can only happen if we allow ourselves to let go of our old frame of reference and embrace a fresh perspective on life. Biologist Bruce Lipton's book, *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, tells a story to illustrate how we are programmed by our old frame of reference. Captors tie a young elephant to a tree with a rope around his leg. He tries

desperately to free himself but cannot, so eventually gives up. Then, as a massive grown adult elephant, by simply feeling the rope tied around his leg, although no longer

tied to the tree, he believes he cannot escape and remains a captive. He no longer realizes his own intrinsic power to improve his life by simply changing his old frame of reference. This is what holds us back, as well.

This is why dis-ease recurred, not just once, but three times. Hearing many people consistently telling me over and over that it was impossible to heal myself, I lost my perspective. I allowed the thoughts and emotions of those people to affect my own truths. I began to believe in my old frame of reference. I disempowered myself. As a result, my practice, body, mind, and spirit suffered. When Master Liu kept referring to changing old frame of reference for a new point of life, it resonated deeply, reminding me to look within, trust and believe. I presently have a deep knowing and understanding that healing is a process and every process takes the path necessary to peel away the layers of old frames of reference and self-doubt. I now understand that I will never disempower myself again. I look forward to embracing life and a fresh perspective daily!

Through Zhineng Qigong practice, we effectively change our old frame of reference and learn to embrace a new way of feeling and seeing life. We empower ourselves through disciplined practice, opening the heart and mind, integrating mind's intent, studying Zhineng qigong theory, and merging



Debra Weisenburger Lipetz

it all within our qi field and our life energy. When one of us heals, we all benefit. We learn to eliminate old frames of reference and open ourselves to infinite possibilities.

Debra Weisenburger Lipetz has studied Zhineng Qigong since 1994 and has been studying in China on retreats since 1996. She was certified in China by the Hua Xia Zhineng Qigong teachers. Debra has taught at numerous institutions, including The Wellness Community of Greater Columbus; Support, Education and Hope for Cancer Patients; The Ohio State University Creative Arts Programs; Upper Arlington Senior Education Programs and LifeLong Learning Programs, Mount Carmel Health Systems' and Central Ohio Breathing Association.



Happiness runs in a circular motion
 Life is like a little boat upon the sea
 Everyone is a part of everything anyway
 All you have to do is let yourself "be"
 Let yourself "be" and set yourself free.

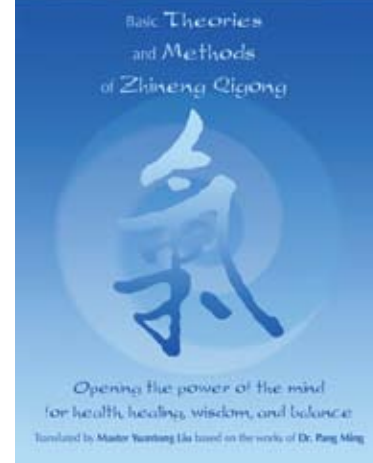
This song was sung by Bonnie Waker at the June 2010 retreat at Oakwood. This was a song that she learned in preschool.

Bonnie Waker

www.zhinengqigongworldwide.org



- Get back issues of newsletter-no charge
 - Order CDs books and materials
 - Get current retreat info
 - Teachers code
- Download Megan's singing with harp of Eight Verses



A Handbook for the Qigong Practitioner

Master Liu Yuan Tong's first book explicating the basic theories and methods of Zineng Qigong as developed by Grandmaster Dr. Pang Ming, is now available worldwide on amazon.com. It covers basic theories, Yi Yuan Ti, Organizing the Qi Field, and the methods of Fa Qi, Lift Qi Up and Pour Qi Down, Three Centers Merge, Body and Mind, Tapping Along the Meridians, Chen Qi, and Enjoy Self-Awareness.

Tribute to Jan Lively



We all have such a deep heart-to-heart connection with Jan. It is hard to describe the part in our lives that she has been, a friend, teacher, student, and supporter. She worked tirelessly on so many projects, helping others in their healing. She was instrumental in introducing others to Zhineng Qigong through the Noble Circle, sharing Grandmaster Pang's teachings through Master Liu by organizing retreats in China and teaching her own classes in Dayton, Ohio.

We are adding a Tribute to her on the www.zhinengqigongworldwide.org website, as she was the Secretary/Treasurer of ZQ Educational Corporation and helped every step of the way in creating this corporation.

Two fellow teachers, Sue Ashwell of St. Louis, Missouri, and Debra Weisenburger Lipetz of Columbus, Ohio shared the following comments at Jan's Memorial Service that took place in August, 2010 in Dayton.

Jan, China and Zhineng Qigong

Sue Ashwell, August 31, 2010

Good afternoon, everyone. I thank Jan's family and the Zhineng Qigong community for the honor of speaking about our friend and colleague, Jan Lively.

I think I have at least one thing in common with everyone here today: I'm a breast cancer survivor, I practice qigong and I loved Jan.

I was asked to talk about Jan and China. I have two parts to tell about, qigong retreats and traveling with Jan.

Qigong Retreats

Jan travelled to China many times for qigong retreats. In 2002 Jan was on a retreat led by teacher Mingtong Gu and she met Master Liu as one of the guest teachers. Earlier Jan met Debra Weisenberger-Lipetz as well as Deborah Lissom who is here today from Indiana. Thus began friendships and collaborations that blossomed.

Liu, Deborah and Eva from Sweden bought adjacent apartments in Meishan, China; these apartments allowed Master Liu to expand his Tai Ji Center and tuina massage school and offer Zhineng Qigong retreats. His home and the other apartments give working space for the Life Qi Center. The living room in one apartment had classes, another was for lounging and massages. Jan loved a good massage. In the third apartment, cooks made wonderful Chinese meals, each with many dishes that were served family style on lazy susans at round tables. Students slept in the bedrooms in the various apartments, as did Master Liu, his wife Xue, and baby Liu.

Jan and I were roommates in 2006, at Master Liu's first retreat in Meishan with students from the US, England and Sweden. Deborah Lissom and Joan Moore, who is also here today, were there with us. Jan liked coffee first thing in the morning! Especially before the morning practices at sunrise by the river in Meishan! At night she liked the room

dark and quiet, so quiet she always carried ear plugs, just in case! . . . Jan planned ahead!

Jan called herself a "qi piggy" and loved qigong retreats. She fully enjoyed the fun, learning and camaraderie, as well as living in the group's healing qi field.

Jan was a committed qigong student, always interested in more depth and detail. Jan also liked to have fun. At the lunch break, she liked to go by bus or rickshaw to the little shops in downtown Meishan. She delighted in finding special pastries for breakfast or chocolate for snacks. Around the corner from Liu's apartment was a little convenience store. We kept buying a different bottle of wine every night until we found one we liked. Same thing with the frozen ice cream bars, we kept sampling different ones every day after lunch until we knew which ones best approximated ice cream from home.

We went to the tailor to have silk clothes custom made. Jan had several flowing pants made for practicing and teaching qigong.

Jan liked a bargain. She went for an eye exam in China and bought two pairs of eyeglasses there because they were such a deal! There was no language barrier when it came to negotiating a price. Jan had the calculator in hand and a keen sense of the buying/selling game.

As you've heard already today, Jan brought her love of qigong and China back to her students and to the Noble Circle. In addition to teaching classes, Jan wrote wonderful, insightful articles about qigong in her monthly newsletter. Jan took many students to healing retreats in China with Master Liu.

Jan was fearless in trying new foods. I have more than one picture of things such as Jan kissing a chicken's beak when she found the chicken's head in the soup. One evening at a retreat party, Jan along with the rest of us tried snake wine. It was made from a special snake, with pieces soaked in something that reminded me of grain alcohol. It had been made to help Eva with arthritis; and between this and her qigong practice, Eva's arthritis was much better. However this was the third year

for the vintage and Eva didn't like the snake wine much and encouraged us all to have as much as we wanted!

During this same evening we all played water bottle drums, kitchen band instruments, including a vacuum hose that sounded like a didgeridoo, and danced away to the beat. Jan liked a good party! She liked the birthday candles in China that wouldn't go out, as well as the many occasions for fireworks.

Jan and Sue's Excellent Adventure

Following the 2006 retreat, Jan and I travelled in China together for a week. Afterwards Jan named this trip "Jan and Sue's Excellent Adventure"... and it was. Sometimes we laughed so hard we cried. Prepared with a good phrase book, finely honed pantomime skills, and a sense of adventure, Jan and I set out on our own. Master Liu had helped us arrange travel and lodging plans.

We visited Buddhist temples and the Panda Preserve in Chengdu before flying north to a remote national park in the Jiuzhai Gou Valley of Nine Villages. In the Chinese mountains, Jan and I hiked for miles on a boardwalk along a beautiful river with many waterfalls and alpine woods; I see Jan as so vibrant, strong and energetic, enjoying the different colored turquoise pools of water and exquisite scenery. This was my favorite day of our trip.

The next day we flew back through Chengdu, met our driver and headed onto Dazu to look at Buddhist carvings in caves. The next day it was a country bus ride along with the roosters to Chongqing. Jan liked Chinese art and bought a watercolor painting by a local artist in an older part of the city where we found an artist colony. We took an evening cruise drinking beer on the Yangtze River where we enjoyed seeing all the working boats and neon lights of the city.

In Xian we rode a golf cart along the top of the old city wall; it was bumpy cobblestones; we were thankful we hadn't chosen to ride bicycles! The next day we took a couple of city buses to see the Terra Cotta warriors and were leaving as the tour buses started pouring into the parking lot. Being frugal with time



and money, it made no sense to pay for an all-day tour. Instead we went to a Muslim section of town to see a beautiful mosque and to wander the narrow bazaar. We met college students who wanted to practice their English; they walked with us and helped us order special steamed dumplings we

hadn't yet found on our own.

Always, always the Chinese people were so open-hearted, warm and welcoming. When we were lost, someone would notice and would help.

Teacher Training and Spreading Zhineng Qigong

In 2007 Jan, Deborah Lissom, Joan Moore, five other students and I headed back to Meishan for Master Liu's first teacher certification program. It lasted a month and our understanding of the practice and theory grew deeper, especially with regard to how to teach Zhineng Qigong. Fortunately we all passed the written, theoretical, and practice tests.

Jan took to heart the words of our other teacher, Master Feng. He lectured with humor and charisma in Chinese, and Master Liu would translate. When he told a joke, they'd both laugh, then when Liu translated it for us, he'd laugh again with us. Master Feng said he and Liu were planting the seeds of qigong for the world outside the wall of China. He said

these seeds would blossom and grow and we would spread Zhineng qigong practice to the west and around the world.

The week after the teacher training, Jan, Deborah Lissom, Harrison Beard and I stayed to help Master Liu refine the English translations of Dr. Pang's writings.

Jan was a terrific writer and editor. She helped clarify and simplify long, complicated Chinese sentences. Jan played an invaluable role in helping Liu's book come together.

She worked closely with others to bring Master Liu to the US to study with students at Oakwood Retreat Center and several Midwest cities in 2008; then to Virginia City, Nevada in 2009, and then most recently this summer to Oakwood Retreat Center. Jan was a great organizer and detail person for the retreat teams.

Jan, Deborah Lissom and Debra Weisenberger-Lipetz formed the ZQ Educational Corporation recently to broaden Master Liu's outreach with US students. Jan was also working with Master Liu and teachers in Europe. Jan played a vital role in the US and international expansion of Zhineng Qigong. Jan and her many talents will be sorely missed by all of us.

But I must say that knowing Jan has indeed been an excellent adventure and our community's privilege and pleasure. I always look forward to our next excellent adventure in the qi field! May we keep our hearts open and smiling as we continue moving to new points of life in the qi field.

In closing, Master Liu has asked us to share a few words about Jan's contributions to the worldwide Zhineng Qigong community. And now Debra will do so on his behalf.

Debra Weisenburger Lipetz

Master Yungtong Liu, our Zhineng Qigong Teacher from China called Monday evening and would like for me to speak for him.

Master Liu met Jan in 2002. From 2007 until now he saw Jan's life change dramatically. From 2007 to 2009 Jan found herself, and began remembering the values of life and self. Last year and this year, she opened her heart and released the heavy heart-stones . . . and found happiness in her life, completely. She

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Life Intention

Master Liu Yuan Tong, July 14, 2010

We are living within our life intention! Trust and believe our life intention!



Life Intention is the real result of our life activities! Without life intention we cannot live in the conscious law of life.

Life Intention is the energy source of life, always nurturing our life. It is a life energy propellant, always pushing us forward to live and work on our daily life activities.

Life Intention is the beacon light of life, always leading, shining, and lighting the way of our life and pointing to the upright way for living our life.

Life Intention is the alarm bell, always waking up our mind, reminding us of the goal of

our life and helping us to focus the mind in order to continue working on it.

Life Intention is a bright path of our daily life, always helping us to safely walk on the wide and bright road of life and happily enjoy each new point of life.

Life Intention is a teacher, who always teaches us how to live the upright way of our life. It helps us learn to transform from the darkness when anything happens, living and enjoying the bright side of our life.

Life Intention is a care giver. It has a huge heart, always loving, and taking care of our thoughts, emotion, and health during each step of our life without resting.

Life Intention is a guider of life, guiding our Yi Yuan Ti (true awareness,) following our intention's ideas, driving our life, flowing forward until we reach our life goal.

Life Intention is the tool. It is always helping us to receive, merge, and process the

old life perspective information, the new point of life information, and the future life information. Then the intention creates a new information and sends it out in order to lead our life – living the new point of life and the full frame of reference.

Life Intention is a gift of the universe for human beings, always giving this big heart and love that takes care of our life secretly, never showing its face and never stopping.

Life Intention is a life healer, always healing our thoughts, emotions, and body until we have a perfectly healthy heart and mind.

Life Intention is a decider of each thought of our life, which leads us to follow its design for living day-by-day and moment-by-moment, until our intention becomes the real truth.

Life Intention helps our Life living. Our Life is living within the intention!

Zhineng Qigong Mission Statements

Mission # 1:

“To follow the guidance of the Entirety Hun Yuan theories of Zhineng Qigong, exploring the depth of traditional qigong through research with a dedication to repeated practice. This includes a strong intention to develop new concepts, creatively changing the ancient qigong so that it is more scientific, more accessible to all people, and more relevant to our lives. Through this process Zhineng Qigong will transform the natural instinctual abilities of mankind, enabling people to be elevated from the realm of necessity to a realm of freedom. This will promote the development of capable, intelligent human beings, promoting human civilization to a higher level.”

Mission # 2:

Teachers should always attempt to unify and integrate Zhineng Qigong practice with the findings of scientific research.

Mission # 3:

Teachers should follow these basic three principles:

- Convince people with sound reasoning following laws of nature
- Inspire people with virtue
- Gain acceptance of the practice by mastering the skills of Zhineng Qigong

Mission # 4:

Be aware of the equal importance of these four factors:

- Theories
- Practice level
- Methods
- Virtue

Tribute to Jan Lively, *continued from page 7*

discovered inner peace and quiet and joy in life. This information has projected onto all of us, peace, happiness and inner joy within each and every one of us through Jan. The Noble Circle Sisters and all the qigong family are now united as brothers and sisters within the qi field to carry on Jan's purpose in life, introducing and integrating Zhineng Qigong healing therapy to those in need, in order to help us all heal.

As you can see, Jan is loved by so many. I was rooming with Jan at a qigong retreat this past June. In the middle of the night, I rolled over and opened my eyes and could not believe what I was seeing. Inside our room were hundreds of lightening bugs, little sparklers of light everywhere. I awakened Jan and we lay in the dark giggling like little children, in complete awe of this site. Dancing lights enveloping us.

Therefore, it seems no coincidence to me, that several of my students, who barely know Jan, have been excitedly emailing and calling me, due to the fact they are all having reoccurring dreams of Jan . . . dancing, flickering lights all around her. I mentioned this to a colleague and she began chuckling . . . she sees Jan dancing in her meditations, as well.

Coincidence? I think not. Jan will be dancing and sparkling in our hearts and minds forever . . . and this we celebrate.

In painting with “abandon,” we are using Zhineng Qigong consciousness, not just thinking.

Healing Through Art

by Gina Bottom

Recently I availed myself of the opportunity to participate in a healing through art class taught by Brooke Present. Gilda’s club of Louisville, Kentucky (for cancer patients, their families and friends) offered the space and the materials for her class. We were to create Pop Art but my finished product falls a little short of that genre.

The first step was to choose hot colors or cool colors. I chose cool, and Brooke just picked up tubes of acrylic paint and randomly squeezed it into lines and blobs on the canvas. That done, I was directed to spread the paint in any way I chose. We were told not to have a predestined idea in our heads but stop when we had something pleasing. As I glanced at my background the theme popped in my head, “Coming to the Surface”. It looked like being deep under water and looking at the light near the top. I was reminded of the feeling when you dive into a pool of deep water, and coming to the surface. I had issues surrounding my diagnosis, surgeries, and treatment that were indeed coming to the surface.

The following week we were to show up with our idea and be ready to commit to paper. I prefer to be very detailed in my art, but Brooke would not allow me to sketch onto the canvas. She said I had to paint without a detailed plan, no sketching allowed. I decided on a figure of myself with my surgery scars, one on my leg and one on my back. I choose to portray myself with wings too, like a butterfly that is the symbol of transformation. I hardly recognize myself from the person I was before cancer. One wing on each side had to be painted with hot colors and the other two with cool colors.

We had been challenged to work with the opposites of hot and cold. I began practicing Zhineng Qigong with Deborah Lissom at Gilda’s a few months after my cancer diagnosis so I decided to include one of the poses in my painting. I added a Qi ball in between my hands and a few floating away. I also added a symbol on each wing as well. In the top left a series of tears represent a part of my difficult journey. The bottom wing has a fish which symbolizes my faith in God. My faith is very important to me. The top right wing depicts an eye



to symbolize enlightenment and clearer vision. Brooke challenged me time and again to keep adding more and more paint to give the surface texture. I added more and she would say, more, even more. The layers are representative of the layers and layers we must work through to get our feet back on solid ground after a major health crisis. The eye was something that I saw within the texture of the piles of paint. I looked at the shape and size and it looked back so I decided to use hot colors for that wing. On the lower right wing, I chose two Chinese symbols for fear and apprehension.

I am really glad that I accepted Brooke’s challenge to avoid too much detail and paint with abandon. By stepping outside my customary art method I learned a lot about myself through this process and I am now able to visualize creating with acrylics like never before. Thanks to Brooke and Gilda’s Club of Louisville.

Awakening From Chronic Disease

by Maarten van Opstal

The most used terms in relation to chronic disease are “recurring,” “slow,” “requiring treatment,” and, if not treated correctly, “degenerative.” The disease slowly occupies our mental position. We become the disease.



One's process of awakening out of chronic disease can take a long time, which is not necessarily given to us. We are challenged to do gongs and live our daily lives at the same time. We cannot always stop our daily lives. This is especially hard when diseases strike us for a long time, for some, maybe even from birth.

The opposite of chronic is acute. Think of an accident or a sudden collapse in an organ's function. Healing can be very fast, as well as very slow. When fast, then the awakening process can be so quick that our brains have yet to adapt to the healthy situation.

Acute Awakenings

We are all familiar with the beautiful book and true story of neurologist, Dr. Oliver Sacks called *Awakenings*, which has also been made into a film. The main character awakens out of a coma after many years. The awaking process brings his human capacities to a full opening. The trigger for this is a medicine, L-Dopa. Initially the awakening leads to spectacular results, the man starts to live again and to build relationships. Unfortunately, the coma symptoms recur and the side effects of the medicine grow. The doctor increases the dose and is motivated by the patient's results. The storyline is very dramatic and we automatically sympathize with the main character. We are sympathetic because the patient is persevering, emotional, intelligent and social.

My personal awakening: months after my kidney transplant I woke up one morning feeling and thinking as though I was back in the phase of illness and disease. My consciousness still was not completely aware

of the new situation of being healthy. It was a shock, because I knew I had received the transplant and that I was living a healthy life again. But my consciousness had not integrated the body's healthy new situation.

Another example we can see is waking up after a night of sleep and not being able to move. The eyes cannot open, yet you know where you are. Limbs cannot move, though you are aware of being awake. In this situation we know we can be separated from our bodies. It just needs time to wake up.

My father-in-law experienced a delirium after suddenly having his heart operated on. He awoke in a situation of delirium with very strange behavior. He was in despair, and the hospital had to restrain him in the bed for his own safety. He was thinking that he would go home after heart surgery within 24 hours! For days he remained protesting and after five days he finally woke up. The previous days are still a “black hole” to him.

What IS our true awareness?

We practice Zhineng Qigong because we want to find our true intention. We practice this in daily activities and in levels of meditation. Two questions are always important:

Who am I?

What do I want?

If you know the answer to these questions, you can work with ANY daily life situation. We become joyful and open-hearted because we can move and experience life.

Hun Yuan Ling Tong

When experiencing chronic disease, we tend to stop believing in the working of mind, that is to say, we stop believing that our intentions immediately happen or become real in the body.

The two questions then become:

1. If you can imagine, visualize or feel yourself as completely healthy, then you can be completely healthy. Or are you not who you think you are? Many of us are in such habits of seeing ourselves as ill that we can-

not be who we think we are – healthy living beings.

2. Do you really want to be completely healthy or do you want to live the past?

True awakenings

In my psychology practice I see people truly awakening everyday. Is the awakening everlasting? Not necessarily. But, people start to take their life in their hands instead of letting the disease lead their lives. In the example of the man awakening from coma, he naturally wanted to go forward to a full life again. After my own shock of this change, I relived the transplant process many times, each time awakening healthier. The awakened father-in-law also has changed and lives a fuller life now.

No quick fixes, but be prepared

If we really want to increase our health we have to be prepared. Focus, intelligence, trust and work (gong) are required to answer the most important questions of your life. Most important is to have compassion and to be nice to your self during the process of awakening.

What awakens you? – Here are some ideas

The powerful theories and practices of Zhineng Qigong offer the basis for awakening. To become whole again starts with telling the story of one's life to someone you completely trust. Tell them about your negative emotions, your stones, and about the happy things you have had so far in life. Be respectful to ALL your emotions and thoughts: they are you. Nature offers great opportunities to release and to feel whole again. Go climb a mountain – even just a small elevation. Feel the body! Getting a pet – preferably a dog or cat – greatly influences the well being of a person. The loyalty and respect of a pet is beyond human understanding! Be part of a Qigong group in your neighborhood and go there – even on cold and rainy winter evenings. Hun Yuan Ling Tong!

Maarten van Opstal is currently working as a coach/psychologist and as a Zhineng Qigong teacher in Belgium. marten@qianos.com

Master Liu Yuan Tong in Europe

In August 2010 Master Liu Yuan Tong visited Europe for an eight-day course of level 1 (Lift Chi Up) and level 2 (Body and Mind method).

I attended the four-day intensive of the Body Mind Method. Master Liu's explanation and demonstration of the proper way to practice were extremely detailed and thorough.

The Body Mind method involves inspiring, beautiful movements. Painful from time to time – I never knew I had so many muscles.

However, doing so made me realize how important it is to be aware of all parts of your body and to appreciate them. I learned the importance of “loving myself.”

Before starting the four-day course I asked myself what my goal was.

My goal was simple: I told myself that I wanted to live in the “here and now” and not to dwell on the past. I no longer wanted thoughts from the past to cause me pain.

And this is exactly what I got from the course. I practice parts of the Body and Mind nearly every day, following Master Liu's advice to focus on getting the movement right and allowing it to “sink in.”

Zhineng Qigong continues to challenge and inspire me. For me it is a way to feel healthy in body and mind.

— Carol Poelma, August 2010



Q&A

Q: Does Zhineng Qigong practice “staying in the present moment,” like some other practices?

A: With Zhineng Qigong, “being in the present moment” is an awareness that we develop in the practice; however, with Zhineng Qigong there is a big difference. Through the practice of Organizing the Qi Field, controlling our own qi, etc., we seek to change the information in the present moment if it is not conducive to our well-being.

We are always in “the present moment,” yet we are also always trying to live from “a new point in life.” That new point in life begins with an epiphany or an awareness with new life information, which replaces the old life information that was not helpful to our healing.

Qigong is not a pill

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final “cure.” That life conclusion is from the student's old point of life. All of us need to change to a new point in life for complete healing.

What would a new point in life be for someone who has cancer? A new point in life can come in different ways to different people; however, when a person has the direct experience of their health and well-being, whether it is through memory of those times in our life, or if it is from awareness of connecting to the qi field, that awareness becomes our new point in life. From that moment on, we live only through that new point of life, not from our old frames of reference. In this way, our body-mind receives this new information moment-by-moment, and then we fully heal.

Looking at this issue of true healing, I think that any healing practice is critical to

our well-being as human beings, whether it is for 10 minutes a day or 24 hours a day. Every moment we spend in this way is a moment that we start changing, transforming our old frames of reference, and healing. Of course, striving for a fully-functioning Yi Yuan Ti and a fully developed Zhineng Qigong consciousness is the big picture of what we are striving for; yet any work that we do in changing in this way is good and important work that will help us, and help all living beings in the world at the same time. Our practice is never in vain.

See China retreat schedule for Healers Retreat at zhinengqigongworldwide.org, where you will learn in detail how our frame of reference and life conclusions contribute to disease.

Calendar of Events

Year-long U.S. Teachers Training Retreat 2010-2011

The Teacher Training Program will begin November 19-21st, 2010 for students interested in preparing to become Level I Teachers. This course is also open to students who are interested in deepening their understanding or the theory and practice of Zhineng Qigong and who may not be sure they want to teach. We will have additional Certified Zhineng Qigong Level I Instructors able to teach and help others to heal with Zhineng Qigong, and all of us trained within the same parameters in order uphold the original teachings. This is a big commitment, so understand that you will become a part of the family of Zhineng Qigong teachers throughout the world honoring the teachings of Grandmaster Pang. This is a very noble endeavor. We anticipate a group size no larger than seven students. We plan to meet one weekend a month and use curriculum that has been developed in collaboration with Master Liu. The Teacher Protocol is 240 hours of training over a period of one year. The teachers are Debra Weisenburger Lipetz, Sue Ashwell, and other certified teachers trained in China. Contact: debra@debchi.com

Zhineng Qigong Healers' Retreat in Meishan, Sichuan, China September 5-26, 2011

Zhineng Qigong Hunyuan Qi Therapy Healing Training Retreat will teach you:

- The causes of disease (reasons why we get a disease)
- How to avoid these disease-causing factors
- The process and location of the resulting disease
- The ways Hunyuan Qi therapy heals the disease
- The theories of Hunyuan Qi therapy healing
- The methods of Hunyuan Qi therapy healing
- The basic condition of the body changing from an unhealthy to a healthy state
- The technical skills of Hunyuan Qi therapy healing

There has long been a gap between the practice of Zhineng Qigong and the practice of being a Zhineng Qigong Healer. We hope to introduce that awareness to the West with this retreat.

We only have 20 spaces for the Hunyuan Qi Therapy Healing Training Retreat from September 5-26, 2011 in Meishan, Sichuan, China. Please make your reservations early, as we have many students who have been requesting this retreat. Please send your reservation request, and we will send you an application for the retreat.

Who can join this training? The training program is open for everyone who would like to learn Zhineng Qigong HunYuan Qi therapy to help yourself or others for healing and research. The program

is open to beginners and experienced qigong practitioners.

Teachers: Master Yuan Tong Liu, Master Xiuchun Xue, Master Xiangyun Meng, Master Zhengdao Lu. Teacher Zuoxian Qiao, and other teachers

Zhineng Qigong Teacher Certification in China

October 1-30, 2011

The retreat will include 2 nights and 3 days at the Daoist Mountain where the group went in September 2009. The Qi field at the mountain is very conducive to deep practice, and this will give the group more time to practice there and to experience the 1,000-year-old Qi field.

The first two weeks of the retreat will also be excellent for those who can only come for two weeks and who want to go deeper in their practice, but that are not yet seeking teacher certification. There will be detailed explanations of Zhineng Qigong theories and characteristics, as well as detailed movements and postures of Lift Qi Up, Pour Qi Down, Three Centers Merge, and Level 2 Body and Mind Method. This will include how to use the mind's consciousness for practice. There will be new material for those who were here previously and would like another in-depth retreat.

Yi Yuan Ti theories will be discussed, as well as the characteristics of Zhineng Qigong that make it different from other forms of Qigong.



Master Liu doing La Qi



Master Liu



Master Feng



Master Meng

For information on all retreats:

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See our **websites:** www.lifeqigong.com and www.zhinengqigongworldwide.org

NOTICE

The Advanced Retreat in Meishan, Sichuan, China has been moved from October to November 4-18, 2010.

Please contact Master Liu on the details of this retreat.

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