

Zhineng Qigong Worldwide

Fall, 2013



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HunYuanQi Healing Methods Retreat

Bad Zwischenahn, Germany August, 2013 By Britta Stalling

"Britta, now I know what Qigong is all about", our youngest Zhineng Qigong participant was thrilled to share with me during the first hours of our Hun Yuan Qi Healers Retreat with Master Liu in my home town in Northern Germany, at the beginning of August. "When I arrived here today, I had a sore throat, and within a second it was gone!" She had a big smile on her face. Her dad standing next to her was radiating joy, too. Through this experience and as a new comer to the power and beauty of Qigong, she was now very eager to learn, study and progress further. She totally immersed herself to further explore the vast possibilities that Zhineng Qigong has to offer. One of her biggest intentions was to heal her scoliosis! During the next 5 days, with an open heart and mind, she learned a lot and her spine improved considerably in her own experience.

Master Liu is a gifted healer and teacher who shared his knowledge and wisdom with around 40 students coming from different parts of Germany as well as Spain and inspired them throughout the course. We had great shifts of awareness, tremendous progress and some amazing healing results.

Among them:

Thomas: Huge relief of chronic pain from his slipped disc and arthritis in his lumbar vertebrae - gained trust and belief in his own healing power and since the workshop continues to practice on his own in order to recover and heal completely. After a 6-week sick leave, he went back to work a couple of days after completing the Hun Yuan Qi Healing retreat.

Nikita: Once back home, she chased her nightmares away by effectively building a Qi field for peaceful sleep. She successfully applied La Qi as a healing methodology in order to release her pain after having fallen on her coccyx. Taught some healing methodologies to her twin brother. Both are 11 years old.

Angelika: Much more relaxed in daily activities, increased ability to transform challenging, unfriendly situations into positive outcomes, quickly self-healed a wasp sting.

Oda: She slipped on her way to the workshop - the pain and huge blue bump were gone the very next day.

Anke: Before our healing session with Master Liu he said " When we practice Zhineng Qigong , we are renewing ourselves ". This only became very clear to me after we have formed a spiral circle in two rows sitting opposite from each other. We built a strong Qifeld and one by one walked through the spiral receiving Qi from one another. After the session, I longed to go outside and be in nature. I connected from deep inside with everything around me and felt very joyful. Happiness and gratitude warmed my heart. While I was walking home, I felt that something was different. I was surprised about the things I saw. Everything seemed new and fresh to me: the lawn under my feet, the sky, the way I moved my hands and feet, the way I walked, the way I would sit. Sun is it when you go and so when I sit. " I felt as if I am one with the lake and the tree. I felt deeply connected to every part of nature and every being. Everything was suddenly so easy, very clearly and naturally. Of course, I had seen these things before, but now I was seeing them more properly and anew. Now, back home, when I remind myself of these moments, I immediately feel the joy of knowing that everything is connected. I will continue to practice Qigong to further intensify and experience this connection from deep inside. Hao-la !

These are just a couple of examples of the positive feedback that we have received. Personally, I also highly benefitted from

translating Liu's fantastic teaching and healing work into German. As I was extremely close to his teachings and explanations, it was a brilliant exercise for me to stay in the moment. Because as soon as I had only one distracting thought, my translation no longer worked:-) This in-depth experience of being totally present, awake and in the now, helped me also after the workshop. Some very unexpected challenges suddenly happened in many areas of my life. While these very demanding external "events" happened, I remembered to stay in the "now" and react with smart answers and solutions staying in my sunshine mind. New ideas flew effortlessly into my mind and as I acted accordingly, things shifted and transformed in a positive way. This healthy way of inner being also benefitted others around me, especially my husband.



Because of the great results from our first HunYuanQi Healing workshop in Northern Germany, we have asked Liu to come again in 2014 and we are all very happy that he will make this possible at the end of February next year. It's going to be another great possibility to further grow, progress, heal and explore our wisdom from inside.

Zhineng Qigong Healing Retreat

Tai Ji Healing Center Meishan, Sichuan China
September 2013



Photos pages 3 and 4
by David Heredia



Teachers Liu Laoshi and Mu Laoshi



Group Intentions





Visit to
Chengdu Research Base
of
Giant Panda
Breeding



Visit to Chengdu Monastery



**ZHINENG QIGONG PRAYER
BY
ROCIO CANALES (CHIO)**

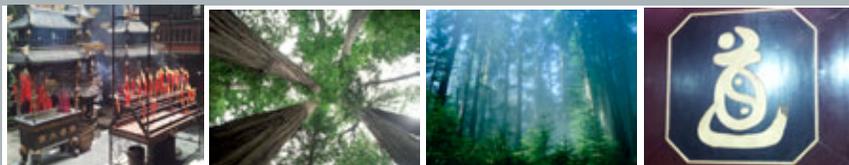


May I be able to walk on spaciousness
May I be able to feel the essence...primordial substance
May I be able to overcome emotions that always resurface
May my mind be present in what I am doing
May I smile without smile
May I be able with body and mind integrated to go deep into slow movements
Let my heart be respectful and translucent
May I feel the Hun Yuan Qi in front of me
May I feel the Hun Yuan Qi behind me
May I feel the Hun Yuan Qi above me
May I feel the Hun Yuan Qi under me
May I feel the Hun Yuan Qi around me
May I feel the Hun Yuan Qi inside me
May I awaken wisdom and it's abilities within me
May I be an inspiration as my Teacher was to me, as his Teacher was to him, as the ancestral
Teachers were from the Mother of the Universe
May I share his strength in the great Qi Field
May I be able to harmonize fire that is my energy, air that is my breath, water that is my blood
and earth that is my bones
May I serve and humbly share the knowledge of this sacred science named Zhineng Qigong
May I walk in old age with the vitality and beauty of the Infinite Universe
May I be able to always live in Hun Yuan Ling Tong.

Teachers Training October 2013



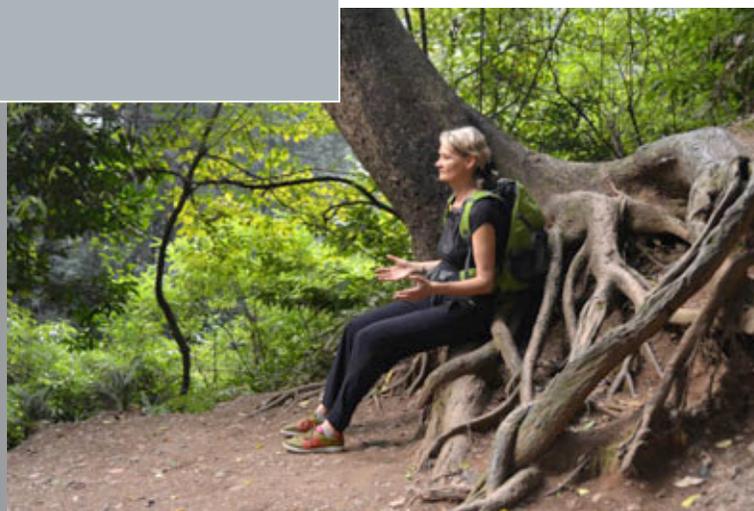
October 2013 Teacher Training in Meishan, China
Photos by David Heredia



Oneness

*Being on a journey – together
 Heart to Heart - mind to mind
 Moving and arriving - Arriving and moving
 Climbing the mountain – Step by Step
 Take your time – Holding the Qi field
 Transcending time and space into the Now
 Open and close – open and close
 Be one with everything
 No boundaries – no judgements
 Everything and Everybody is a unique expression of life
 Evolving – changing – transforming
 By connecting with ancient wisdom and living Masters
 Allowing wisdom to arise from deep with-in
 Abundant Qi expanding and flowing deeply Inside
 Becoming light and transparent
 Playful like the squirrels jumping from one tree to another
 One with Hun Yuan Qi - Heart opens completely
 Oneness becomes the teacher
 The slowest demonstrates not to rush – take your time – Step by Step
 The noise and fuss teaches to go deep inside
 The soft and gentle reminds me to be gentle to myself
 The nature teaches to just be
 The smartness encourages to find the inner wisdom
 The open doors of the welcoming temple invites to find the True home inside
 Progress – transform – every moment is a new Fresh moment in this precious life
 Get up early and be joyful in the Now
 Stop being distracted
 Allow my true heart's intentions to flow freely and abundantly
 If others can transform, so can I
 Fly * butterfly * fly
 Be Free * Be a Healer
 Be Peace * Be Quiet * Be One*

Britta Stalling



TEACHERS TRAINING CERTIFICATION EXPERIENCE October 2013
TRANSFORMING FROM NEGATIVE THOUGHTS TO POSITIVE THOUGHTS
BY ROCIO CANALES (CHIO)

During the Healing and Teachers Training Certification 2013, I learned very much and very deeply. One of the lectures that touched my heart and I really had to train and transform and I am still doing, it was how to transform from negative thoughts to positive thoughts, be aware of our mindset. In our daily activities, mental activities go on all the time, whatever we do, we need to focus our mind on it.

Success, happiness, and constant prosperity are the result of mastering the mind. The mind exists as a "servant" of our YiYuanTi. When the mind is aligned with the YYT, each thought that is stimulated from the intellect to eventually manifest into an intention result, is perceived and acted on with clarity and reality. You will be happy and fulfilled in your life. But the mind is also a vast mechanism with its own characteristics and it's own momentum. When the mind is full of unconscious identifications, emotions, projections, intentions and attachments, the thought is perceived for other than what it is. This mask thought becomes the basis of many false judgments and fruitless commitments that lead to unhappiness and frustrations in life.

We are very busy using the mind and this is the reason that most of us have not looked at our own mind. We haven't taken it on to study and to master. If there is a problem with an ear you can visit the doctor, but with the mind it is different. We each have a special access to that mind and it's contents that others do not. Since we look at the world and even at the mind using the mind, it acts like a filter for all of our experience. If it is distorted or fractured in any way, it affects everything we do and constrains what we can do.

Master Liu emphasized how important it is to transform from negative thoughts to positive thoughts, breaking our old negative frame of reference, open our heart and mind. How to do it? How to truly accept this mind set blockage for so many years? How to see it with clarity? How to find the reason of it? All this questions started jumping in my mind.

So I remembered my Intention for this certification "Trust myself and accept the teachings with humbleness"

To tell you the truth my mind was focused on the methods of trying to do the movements correctly, listening carefully to Master Liu lectures, but my mind wasn't observing the "reason" of my unhappiness, or why I had conflict relations. I just was focused outside of me, wanted to feel the Qi, be successful during my practice and feeling good because I am a good person and I was doing all very well, so, I realized that I wasn't practicing the true Qigong practice, I knew that I need to be honest with myself, accept the past mistakes and transform it as Master Liu taught me, repeating over and over each time that a negative thought was or is in my mind...Hun Yuan Ling Tong...Hun Yuan Ling Tong...with a strong intention to transform it, open my heart and mind to take away all the stones that closed my heart for so many years. At the same time I was angry with Master Liu because I felt him very rude with me. After I came home I realized his teachings, now I am so grateful to Him, I completely start trusting myself and trusting my Teacher to go through this process. It hurts, but at the same time, I feel so peaceful and calm trusting the power of Qi transformation, believing in my practice with faith that we can progress, healing old stones, old negative emotions and actively use the power of the conscious mind to open my heart and mind and continuously blossom, keeping my garden of beautiful flowers, consciously taking care of my new planted seeds of my New Point of Life.

Hun Yuan Ling Tong!



US Teacher Training Certification

By Lenore Crenshaw

On a lovely autumn weekend we met to honor and celebrate the accomplishments and transformation of our five friends. Under the wide skies of Indiana countryside, amidst earthy fall colors we sang, danced, walked the sacred circles, picked apples and shared our Qigong practice.

Riki, Jane, Beckey, Ron and Dan began this journey in September, 2012. With one common intention, they moved into the unknown from many different paths. Committing one weekend each month for one year, they met with teachers and fellow students to learn theory and practice. Now they are ready to share this knowledge of Lift Qi Up Pour Qi Down with other students. At Oakwood Retreat Center, blessed by teachers and friends they received the Zhineng Qigong teacher certification!



Photo by Dennis Fuhr

Riki Howard says her Qigong experience is a deepening of her life-long relationship to the natural world. Before age 10, she would be dropped at a woodland state park to ramble for the day. She would sometimes just sit, loving the beauty which flooded all her senses. Now with the practice of Qigong she experiences the flow of healing Qi through the natural world to recharge her spiritual life. "One feels as if one is dissolved and merged into Nature." (Einstein quote from Riki's shirt!)



Riki says with her Qigong certification she will teach and share this powerful practice. Riki is a United States veteran and will explore the possibility of teaching classes at the V. A. hospital and clinics. She is also interested in working with hospice to share the benefits of Qigong.

Jane McClocklin is an occupational therapist who is already promoting Qigong to parents of children in her

practice. Jane says her Qigong practice allows her to walk through her daily life with more peace. She lives in awareness of the Qi field, not the material world. The practice helps release emotions and stress and assures her "All is well in the Qi."

Jane says with her certification the seed has germinated! She is a sprout rising to many possibilities. Jane has more exciting ideas for using Qigong in work with her OT clients. She has a dream to go to China; there, deepening her Qigong knowledge and ability to help others.

Jane and Riki did their training in St. Louis with teacher trainers, Sue Ashwell and Harrison Beard. Both Sue and Harrison have studied in China with Master Liu. They bring to students a great depth of experience and knowledge.



Dan Hughes, Ron Morgan, and Beckey Stamm completed their training with Debra Weisenburger Lipetz in Columbus, Ohio. They all shared enthusiasm for this wonderful experience. Debra, like Sue and Harrison, studied in China with Master Liu and had the unique experience of meeting Grand Master Pang.

Ron says Debra brought great depth of Qigong theory and her wonderful stories gave the teachings life and reality. They had the special privilege of shadowing Debra during 10 weeks of classes for cancer survivors. Because of her example, Dan, Ron and Beckey all say they have taken from Debra the promise of "life long learning" as teachers!

They are happy to be part of a teaching team which can now offer Qigong classes to cancer patients in all areas of Columbus. Dan Hughes says, "Yes! He will be teaching and sharing this powerful practice!" Dan sees Qigong as an important answer to our country's health care crisis.

Beckey says she began the training for knowledge, not to become a teacher. She embarked on the year not knowing that a different intention would reveal itself. During the training, she suddenly realized, "I do want the certificate. I want to share this wonderful practice with family and perhaps at a senior retirement home." Like a slowly unfolding, blossoming rose, Beckey sees her world continuing to open for deeper exploration.

We offer our heartfelt support and congratulations as we welcome these new teachers into our teaching and larger Qigong community!



Group Photos courtesy of Ron Morgan



Photo by Dennis Fuhr

Interview with Master Yuantong Liu

By Britta Stalling

Let's suppose that a Qigong master is visiting you and you could ask him any questions. What would you like to ask him? I recently had that opportunity. I had just returned from China after Zhineng Qigong trainings in Meishan and Hainan, when Master Yuantong Liu was arriving in Cape Town. We were looking forward to an international 5-day HunYuanQi Healing methods workshop where he was eager to share his vast knowledge of the beautiful ZQ natural healing methods with new friends from around the world.

Two days after this workshop with Liu, I had to deliver an article for a German magazine that I regularly write for concerning the status of inner peace. This time, I had not yet written a word, so I decided to ask Liu about his ideas of inner peace – and done was my column. As we shared a nice dinner to celebrate the many success stories from our 5-day workshop, I began my interview: "Master Liu, with many people complaining about stress and anxiety, what is your suggestion to create an inner state of peace?" Liu did not hesitate one second and replied: "You are joyful in every moment of your life, no matter the activities and events, no matter what is happening." Hmmh, I thought that sounds easier than it is for most of us to put into practice. Thus, I continued. "But Liu, many of us have real health, personal or professional issues. How can I enjoy myself even in these moments of pain and despair?" Again, the answer came like a shot: "Everything that happens to us is a lesson of life. Even the dark sides can be our teachers. If we do not learn from them, they repeat themselves. There is basically nothing wrong or bad. Everything is perfect."

Okay, I thought, this does make sense. However, it still was not clear to me why so many people experience so many challenges on the way to complete balance and inner harmony and to staying on top of things. "People focus too much on the past. It's as if you point with the head to the rear while you are driving your car. Also most of the people are too preoccupied with the results of their future visions and intentions. Thus they are distracted and cannot enjoy the beauty and joy of the moment. "

"Many people think they need to meditate more or find tranquility while retreating from the daily life activities" Liu explains further. "Inner peace is not found in silence." Now I was stunned, as this was actually exactly what I was aiming for with my daily Zhineng Qigong practice!

"To enjoy life and to experience joy in every moment, THAT'S the inner peace that the people are longing for," explained Master Liu with a benevolent smile. "Open your heart and your mind completely for everything that happens in your life, then you are in peace, serenity and harmony naturally. The universe itself is peaceful. Enjoy everything in your life – that is peace."

Full of new inspiration, I brought Liu to the airport the next day, truly feeling the inner peace and that everything is perfect and well. And in full anticipation of the end of February 2014, when I will welcome him again in my home town in Northern Germany for another 5-day HunYuanQi healing method workshop. If YOU met him there, what questions would YOU have for him?



Upcoming Retreats with Master Liu

Bad Zwischenahn, Germany

The Zhineng Qigong Hun Yuan Qi Healing and Healers Retreat from Feb 28 to March 4, 2014, in Northern Germany is open to beginners as well as advanced Qigong students and students of other healing principles. If you already know Qigong or Zhineng Qigong Hun Yuan Qi healing, then you will find that this is a wonderful opportunity to study and practice with Liu in order to deepen your practice and understanding of this powerful healing principle without having to travel to China.

We have welcomed people from all parts of Germany and Europe before. You will find that the little town Bad Zwischenahn with its lake and beautiful surroundings is a tranquil place that supports the inward journey. We will be happy to help you with your accommodation and travel arrangements. The workshop will be held in English and translated into German by Britta. For more information: www.bodyandmindfactory.com

Contact: Britta Stalling, info@bodyandmindfactory.com,
Tel: 04403 9746 911

United States:

Oakwood Retreat Center
(near Muncie Indiana)

10 Day Healing Retreat
June 6-15, 2014

10 Day Advanced Retreat
June 18-27, 2014

Teachers Retreat
June 29- July 4

For registration information:

www.zhinengqigongworldwide.org

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