

Zhineng Qigong Worldwide

Spring, 2013



In this issue we will present many highlights of Master Liu's Winter, 2013 trip to the United States and Mexico. He traveled first to Los Angeles, California, then Portland, Oregon, and Seattle, Washington, meeting old friends and new, reconnecting and building community. Master Liu continued across the country conducting workshops in Louisville Kentucky, Oakwood Retreat Center in Selma, Indiana, then Columbus, Ohio and St. Louis, Missouri. During the last 2 weeks of this 6 week trip he was in Mexico City leading beginning, advanced and healing workshops. Liu was warmly and enthusiastically received during his first visit to Mexico. As you will see from the reports submitted to our newsletter, Master Liu's teaching brought us deeper understanding of ZQ theories and led us all to new depths in our practice.

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Graphic Design: Martha Work	
Consulting: LeAnn Beneuento, Russell Crenshaw	
Webmaster: Russell Crenshaw	

Freedom
Yuantong Liu
8 Feb 2013

A new intention
births a life

A life in a pure and clear space
planting a beautiful and colorful world
filling in one's inner vision
living in this form
enjoying the beauties of the illusions

never leave
lose the truth of one's life

A new intention
births a new life

A new born
jumping out the door of that old world
a pure soul flies free into the open space
happily laughing
ha ha
ha ha ha
ha ha ha ha...



Building Community

Lenore Crenshaw, Louisville

Three months have passed since Master Liu's visit to us here in Louisville. With this perspective, I realize how much his visit impacted our community! First, our community came together with amazing cooperation and ease as we prepared. Whether planning the schedule, reserving space, posting community notices or preparing food, we proceeded with great collaboration. During the retreat, we experienced joy rather than any sense of hard work to be done.

Now, enthusiasm and commitment to our ZQ practice is high! Both the beginner's and advanced class have increased in regular attendance. We have a plan to add a practice session for newcomers enabling us to reach out to the larger community and add new members.

M. Work



Having experienced a more concentrated level of practice in the presence of Master Liu, we find ourselves more deeply connected, heart to heart and mind to mind.

Thank you Master Liu for leading us to fuller understanding of Qi Gong theories and practice! Thank you for your support as each of us continues to awaken to our own true self.

Surrendering

Martha Work, Louisville

After the Healing retreat at Oakwood last summer, I practiced very regularly when I came home. After a time, I became busy and practiced much less, rushing through the form. When Master Liu came for the workshop in Louisville this January, I was re-inspired to practice longer and more consistently. Then, once again I got busy and my practice lessened.

My health issues flared up, and I felt defeated and discouraged. Then I remembered something Liu said at Oakwood: To maintain your health, practice one hour a day. For healing, practice 2 to 3 hours a day. I had been telling myself that I was too busy and tired to practice so much, but that was just an excuse.

While walking to class with a friend recently, I was talking about how frustrated I'd been feeling with my health. By the time I arrived home after class, my excuses for not practicing more had melted away. I let go of my stories about how I was too busy. Something inside me opened up and surrendered to the healing process. I made a commitment to practice at least two hours a day, and have been sticking to it. I'm seeing my practice as a gift rather than a chore and am looking forward to progressing and deepening my practice.



M.Work



Becky Stamm

Gratitude for Master Liu

Debra Weisenburger Lipetz, Certified Zhineng Qigong Teacher, Columbus

Hosting Master Liu in my home for a week while preparing for a Two-Day Zhineng Qigong workshop begins as a challenge and gradually changes to pure enjoyment. Master Liu brings with him a childish joy and exuberance for life that we often forget as adults. Daily tasks and tedious routines simply fly out the window and in comes living and enjoying the present moment. Master Liu forces us to let go and live life with less concern for detail, yet with a firm knowingness that all will be accomplished perfectly. Every second is imbued with laughter, new ideas, more information of self, and greater awareness of our surroundings. Nothing is overlooked. My aging dog was caressed with Liu's healing energy daily. My husband and all the guests staying at my home were embraced in a qi field of love and joy. Meals and wine were shared, alive with conversation and laughter. Living in this environment for a short time, personal progress surfaced for my husband, my sister, and myself.

During the seemingly controlled chaos, greater community developed and new ideas emerged. A new CD was created, *The Truth of Zhineng Qigong*, coming soon. The Zhineng Qigong Research Committee was formed with four ZQ students in collaboration with Master Liu. After our initial meeting, we agreed upon monthly meetings creating better standards, instruments and funding for continued ZQ scientific research. What can we learn by sharing this information? First, we are simply too serious as adults. We have become burdened by the woes of our cultural attitudes towards the meaning of adulthood. Must we weigh ourselves down with so many responsibilities that we can no longer enjoy the smallest moments of smelling a flower or reading a book for pleasure, not for work? Can we remember to see and feel life through the eyes of a child; wake up each morning with zest, anticipating joyfully the new adventures of the day? We must recall the memory of living our lives without fear and replace fear with laughter, opening wide-eyed to the miracle of our lives. We have forgotten how to play, how to be spontaneous, how to live in the moment. Is it really that difficult? No, it is not. One week with Master Liu reminds us that we can laugh, learn, grow, expand, live in the moment, and accomplish a great deal all mixed up with joy. We can attain anything we wish and truly enjoy doing it.

This is how we begin to expand our true awareness, by integrating our Zhineng Qigong practice into our lives, not separating ourselves from it. It is not something "special" to be practiced at a specific time and then step back into the chaos of daily life. We are meant to embrace our Zhineng Qigong practice within us, around us and about us and inwardly open, continuously expanding and transforming, uniting into one full life permeated with peace and joy. We can do this, perhaps a little at a time, until we allow complete assimilation of this process and recognize our awareness is waking up through our Zhineng Qigong practice simply waiting to be acknowledged within. Hao-la!

Human Intention For Life

Cheryl Creech and Donna Koppert, Columbus

CLARITY Maximum mental clarity and open heart, healing others and self.
Clarity of life purpose in all things of focus and love.
Clear vision of healing.

EMOTIONAL Connection with open heart, deeper understanding.
True joy and awareness with loving intention gives wholeness,
balance and harmony.
The will of God, service to others and acceptance of outcome.
There is joy in the journey as you live a *whole life* with
seeing connection, understanding and making a difference.

HEALING Healing all physical, mental and emotional barriers with an open
heart and mind connection.
Relaxation, expand self, heal heart and live a *whole life* with
freedom from illness, anxiety and fear.

Heal self and others and healing for son.

Discover what I have been blind to, take action and restore
eyesight.

TRANSFORMATION Abundance in all areas, transformed into pure energy.

A vessel, pure for heart and hope to impart deeper understanding;

be in the now for the greater good.

Absorb information and set firm my intention with one heart,

one mind; I am perfect, now practice.

TEACH, LOVE, PRAY, PLAY



Becky Stamm

Spine Musings

Amanda Ralph, Columbus

Trust. Self-acceptance. Self-compassion. These concepts held little sway in my life growing up. A narcissistic, rage-filled mother dominated my existence, with a quiet, formerly alcoholic father in the background. As the middle of five children, my role was to accept the blame for the mistakes and problems of everyone else. I was the designated scapegoat - an inexcusably, thoroughly bad person.

Fast forward fifty some years. Educated, living in a comfortable home, in a committed relationship, with enough of a career to keep me occupied, children grown (almost). Scoliosis had emerged as an issue during college – a body at war with itself. As a 40- and then 50-something, daily pain and excessive tiredness comprised my reality. For ten years I heard over and over from doctors that my labs were perfect, nothing was wrong with me, and have I seen a psychiatrist? When the pain became so great that a daily yoga practice was no longer possible, a focused search yielded the diagnosis of advanced multiple myeloma, a plasma cell cancer. One bone marrow transplant later, cancer continued to grow, at a lower, slower pace. What



happens now? From my doctor: “We wait and see how the disease progresses.”

Months later, I was recruited for the pilot qi-gong class at James Care for Life. About four weeks into the once-a-week practice, a glimmer of hope emerged, inspiring a daily practice. Pain had completely cleared. A realization dawned that I do not feel as though I deserve the qi healing. An entire year of daily practice later, the cancer went into complete remission and I was able to discontinue the toxic maintenance chemotherapy.

Another year passed, which included a ten day qi-gong retreat, at which a healing straightened my spine! Incredibly exciting! New energy lines were formed, but I found that upon returning to daily life, the old ones overpowered the new. Qi-gong was relegated to an *almost* daily practice as other interests claimed time and energy.

Then an uptick in cancer activity engendered a recommitment to daily qi-gong practice. At a two day qi-gong retreat, Master Liu led us in a detailed examination of the form, improving my movements. At the same retreat, I purchased a 50 minute CD of the form. Guidance on the new CD encourages a more secure, solid connection with universal hunyuan qi while creating the qi field.

Cooking is an important part of my post-cancer existence. Chemotherapy ruined my digestive tract. Working to heal it, I have discovered many food allergies, kept at bay by preparing all of my own food. Cooking makes my left shoulder ache, on account of the scoliosis, so I have learned to cook for a half hour, then rest for a half hour. About three weeks in to my 50 minute a day qi-gong practice, I cooked for an entire day without rest. The *absence* of shoulder pain took an entire day to sink in.

Hardly daring to believe that such a thing is possible, I asked my husband to check my spine, something he has done on numerous occasions. He went over it with his hands, and then asked to see it. The lateral curve in the center of the spine is gone! Upon reflection, I brought into conscious awareness the pouring of self-compassion from the universe that had flowed during qi-gong practice that week. Allowing those early childhood hurts to pass on to the universe, integrating with primal hunyuan qi, transforming into a loving, connected existence. My body is letting go and at the same time becoming stronger. Qi-gong is a powerful, wonderful healing tool. Many qi blessings to all.

Intention(s)

Riki Howard, St. Louis

Each moment of life is so precious that it should be valued highly.

To have an intention is to give direction in your life. It gives you a goal to pursue. When you reach a goal you can give yourself another. That way your life can progress step by step. It also inspires you to continue forward and upward.

You can have more than one intention

1. Life direction
2. Personal growth
3. Personal fulfillment, Etc.

Intentions can be fulfilled with opening your heart/mind to the universe. You must have belief.

You must be open to your intention each moment of each day; so that information/opportunity will come to you to help you achieve your intention.

If you ask yourself your intention for today, you may say, go to work, go to the store, go to the bank, etc. Sounds rather boring. You do need to do those things..... but what if you include:

Doing some Zhineng Qigong
 Doing something to benefit another
 Doing something to further my personal growth
 Doing something for my personal fulfillment
 Doing some exercise
 Doing some gardening
 etc.

Sounds more interesting, yes? Your life is more interesting.

Then, do you have a longer term intention for yourself?

Can you pursue gratitude?
 Can you talk to yourself with "I AM"

I AM on a voyage of discovery...about my higher self; the one who can bring a positive vibration wherever I am.

I AM here for a reason and my purpose is greater than my challenges.

I AM whatever I hold in my mind on a consistent basis is what I will experience, so I know that whatever happens I will be able to handle with an eventual positive outcome.

I AM in charge of how I feel TODAY, and today I choose, kindness, happiness, freedom from worry, freedom from anger, determination to grow as a person, and gratitude for every living thing.

Where energy flows attention goes. I place my attention on the positive, healing, sharing, problem solving Universe. Where attention goes, energy flows.



M. Work



Grandma's Needles

Nancy Reimler, St. Louis

Sabrina chewed her bottom lip as she and Emma raced into the yard.

Emma suddenly stopped. Her blue eyes opened wide. "Who is that? And *what* is she doing?"

Sabrina felt her face get hot.

A small, wrinkled woman in a red silk dress stood like a statue on the grass. Her short black hair was streaked with gray. Her hands were crossed. She chanted in a strange language.

"That's Grandma Lu. She is doing Chi Gong," said Sabrina as she nudged Emma into her house. "Let's get a snack before we go to soccer practice."

"Too weird," muttered Emma. She rolled her eyes at Sabrina's back as they walked into the kitchen.

"Why can't Grandma do Chi Gong in her room where people can't see her?" Sabrina mumbled to herself.

Emma grabbed Sabrina's arm.

"What are those needles on the table?" she gasped. "Why is there a picture of a man with dots all over his body? Is someone sticking needles into people like voodoo dolls? Yukk!"

"No it's not voodoo. It's acupuncture. Grandma Lu does it to help people," said Sabrina. She shoved an apple into Emma's hand.

"Girls, it's time for practice," called Sabrina's mom.

Sabrina sighed. "I sure hope Emma doesn't tell everyone about Grandma Lu."

"Tell Coach John I say hello," called Grandma Lu. She smiled at Sabrina in the car.

Emma turned her back to Sabrina and stared out the car window. When the car stopped she bolted towards the girls stretching on the field.

Coach John jumped back. "Whoa, Emma. My bad ankle is finally better. Don't run over me now."

Sabrina dropped her bag on the sidelines and jogged to the girls. She reached to tie her shoe. Snap! Her shoe string broke in her hand.

"Darn," mumbled Sabrina. She ran to her bag and found a spare shoe string. As she laced her shoe she heard Emma chanting. Then Emma seemed to stick herself with an invisible needle. She fell to the ground holding her throat.

Sabrina ran back and sat down to stretch. The girls stopped talking. They all stared at her. Sabrina twirled a strand of her straight black hair. She felt her cheeks get hot. Her stomach had a knot in it.

“Does your grandma really put curses on people by sticking them with needles?” Celia blurted.

Sabrina’s cheeks were on fire. Her eyebrows furrowed. “How can she say that about my grandma? How can I fix this?” She saw Coach John sprint after a soccer ball.

“My grandma helps people,” Sabrina said firmly. I will be right back.”

Soon Coach John walked with Sabrina over to the girls.

Sabrina smiled at Coach John. “Please tell them how Grandma Lu helped you.”

“I sprained my ankle this spring, and it just kept hurting,” began Coach. “The doctor gave me pills but they made my stomach burn. So I went to Grandma Lu. She used acupuncture. It’s an ancient Chinese healing art. She put thin needles in my ankle. After two treatments I didn’t need pills.”

“What about the King Kong voodoo chanting?” Emma blurted.

“It isn’t voodoo and it isn’t King Kong. It is *Chee Gong*,” Sabrina said. She pointed at the sky. “There is energy in the sun that keeps us warm.”

Her voice became stronger. She tapped her foot on the grass. “There is energy in the earth that feeds the trees. Chi Gong helps us use this energy to make more energy inside us. When I do Chi Gong with Grandma Lu, I can run faster and longer during a soccer game.” Her face lit up with a smile.

“Sabrina is the fastest on our team,” said Celia. “Maybe we should do Chi Gong before our game with the Hawks next week.”

“The more you run, the better you’ll get,” said Coach. “Go! Three laps around the field!”

Sabrina sprinted like a young deer. Her black eyes sparkled. She grinned from ear to ear as she charged ahead of all of the girls.

Thanks for teaching me Chi Gong, Grandma, she thought.

My weekend with Master Liu

Riki Howard, St. Louis

So much I have absorbed this weekend. I am sure that it will continue to evolve as I keep studying.

Several things were an “aha” moment; especially talking about our “New Point of Life”. Before I had felt that when this was said, it was at that particular moment, I believed it, and then I forgot about it. I also had a knowledge that you should live in the moment, I believed it and then I forgot about it.

What I received from Master Liu is that you should continue all the time, each second, each moment **be aware** that your life **is** a New Point of Life and is transforming each moment in time-space.

Every thought, each breath, every action you do is a powerful moment transforming your life directed by thoughts and actions. That means your heart and mind must be open to receive, store, pickup new information, process the information, create the next moment and send out information every second of your life.

When you practice Zhineng Qigong you have a powerful tool to heighten your experiences of life, give proper directions to your life, and also be open and able to benefit others. It is important to have an intention for your life and constantly be working on it consciously and unconsciously.

Wherever you are is an entry place to somewhere else.

Mexico: Building Bridges and Planting Seeds

Sue Ashwell in Mexico City

It was like a grand opening party! Miriam Antoun, her husband Javier Ibarra, and her friend Liz Laniado, hosted three Zhineng Qigong workshops in Mexico City that featured Master Yuantong Liu. Life sized banners of Dr. Pang and Master Liu greeted the students.



The practice room overlooked a forest that featured singing birds. Liz Laniado organized fabulous breakfasts of tropical fruits, yogurt, amaranth seeds and cakes, and then a wonderful variety of home-cooked Mexican lunches served at 2 each afternoon.

Much professional planning and preparation preceded the workshops. Miriam and her team translated many, many handouts and added Spanish subtitles to Master Liu's DVDs. A videographer captured the workshops and beautiful photographs were taken.

From across Mexico 22 students attended the Advanced Workshop Feb 27-March 1; 41 students joined the First Level workshop March 2-3; and 46 students came for the Healing Workshop March 4-6. Students were delighted to learn more about the Hun Yuan Qi theories and the Yi Yuan Ti theories. The meditations and visualizations helped deepen their experience of practicing Zhineng Qigong, and there was much enthusiasm

and excitement for Master Liu's first visit to Mexico.

The Healing retreat brought many healing experiences for students in attendance. Master Liu talked about disease/illness being related to the functioning of the contraction or expansion of the membrane systems. For example, if cell membranes are too tight and can't exchange with nature, then cysts, bone spurs, tumors, etc. may develop. Or, if cell membranes are too loose, there may be inflammation, infection, diarrhea, etc. After this lecture and a series of group healing exercises, several attendees volunteered healing experiences. One participant with diabetes reported a significant lowering of blood sugar. One participant with TMJ reported her jaw pain was gone. One participant had a cyst on her wrist for many years that prevented her from bending her wrist; the cyst disappeared and she regained full range of motion with her wrist. One woman with many breast cysts had them disappear. Another person had arm pain that completely disappeared. One person with liver difficulties reported being able to sleep pain-free following an individual fa qi session; after the second fa qi session, she felt her liver jump and relax. Several folks had qi reactions of release by crying or diarrhea. Students were very impressed and excited about the power of the mind and qi field working together to bring changes.

The last day at lunchtime, Master Liu was able to meet with the Director of Traditional Medicine of the Mexican Health Ministry. Mexico is working with the University of Beijing to bring qigong into 90 hospitals in Mexico. They discussed different research possibilities for the future.

An unexpected yet outstanding development resulting from the trip to Mexico is the gift of a Spanish translation of Liu's book.



Catalina presents the gift of a draft translation to Liu

Photo by David González Heredia

One of the students who has had much healing success personally with Zhineng Qigong, Catalina Arizpe from Saltillo Mexico, arranged for her cousin, Ana Rodriguez Garcia, to apply her professional translator skills. Master Liu's book translating the works of Dr. Pang He Ming, Basic Theories and Methods of Zhineng Qigong, is now becoming Teorias Basicas Y Metodos de Zhineng Qigong! Several students and teachers are reviewing the book and arrangements are being made for copyright protection of the final version. Much gratitude to Catalina Arizpe and Ana Rodriguez Garcia for bringing forward this Spanish translation of Master Liu's book!

Several students indicated an interest in attending Master Liu's workshops at Oakwood Retreat Center in Summer 2014, and at least two plan to attend Teacher Training in Meishan, China this Fall. Also thanks to the many students who donated to support the future translation and publication of Dr. Pang He Ming's books.

The ZQ Educational Corporation (www.zhinengqigongworldwide.org) assisted Master Liu in developing the bridges between China, Mexico and the US by providing transportation, resources and translation. Astrid Jimenez, one of Master Liu's first western students in China, joined the workshop to translate for Master Liu, along with Alejandra Ortega and Tatiana Kapps. Sue Ashwell came along to help with details and resources from the ZQ Educational Corporation.

Many thanks to Miriam Antoun, Javier Ibarra, their daughters, Natasha and Misha, and their dog Bella for sharing their home hospitality and for the warm welcome to Mexico!

Master Liu's first trip to Mexico was a huge success, and we anticipate there will be many more!

Sharing

David González Heredia, Mexico City

When I set my heartfelt intention to be a better person and help others, I experience a harmonious energy that helps me achieve health, peace, wisdom, education, balance and moves me to be of service to others. Then, my life is full and happy.



David González Heredia



David González Heredia

From heart to heart I receive, with great humility and joy, the profound and yet simple theories of Zhineng Qigong; applying and living them through my practice and conscious attention the energy strengthens my planted seeds of intention to build a healthy and strong community working in harmony to build a better world.

Maintaining an internal smile with great love I will then convey a great Hun Yuan Ling Tong



David González Heredia

A Conversation with Master Liu and Catalina Arizpe by Astrid Jimenez

Last March Master Liu traveled to Mexico where he taught a healing course, an introductory course and an advanced course. We were received with open hearts by the course organizers, Miriam Antoun de Ibarra, Javier Ibarra and Liz Laniado, who went through great lengths to make us feel comfortable, happy and simply loved! Misha and Natasha Ibarra, ages 9 and 11, were part of this pampering team making sure that we were in touch with the child within. Must I say that our departure was very difficult? We left Mexico with many tears, a few pounds heavier, more friends and with a collection of stories to share with our readers.



One of these stories is that of Catalina Arizpe, from Saltillo/Coahuila, Mexico. Joyful exuberance was our first impression of Catalina as she walked into the classroom singing out loud, giving us a glimpse of her happiness and what was to be a lesson in perseverance and commitment. As the days went by and stories were shared, we learned that a little bit over two decades ago she had suffered from a brain infarct caused by herpetic encephalitis. She lost brain cells, was treated in Mexico, the USA and Switzerland and spent many years taking medications. But “Lady Luck” must have been smiling on her, or better yet “Lady Joy”, because today she is a vigorous woman who radiates health.

Although Catalina has only been practicing ZQ for 6 years her commitment and her work to promote its practice is well known. For instance, she spearheaded the efforts in Monterrey to have a practice place for ZQ enthusiasts in that city. Now, however, her commitment has transcended boundaries because she presented Master Liu with the Spanish translation of his book “Basic Theories and Methods of Zhineng Qigong”. The draft translation, a gift to

Master Liu was translated by Ana Rodriguez from Austin, Texas, will be published after undergoing an editing process.

At the course Catalina shared two healing experiences and Master Liu explained them in terms of the application of Dr. Pang’s ZQ theories. We have asked Catalina to talk about her ZQ experience and Master Liu has asked us to publish his comments for the benefit of all practitioners.

ZQ- Catalina, Why were you attracted to the practice of ZQ?

Catalina- “The promise, illusion, hope..... SAFETY of not being SICK EVER AGAIN no drugs, no hospital...It brings me a lot of happiness !!!!! I feel better !!!!! And it has taken me to discover that my organism produces everything that I need to be fine... one just needs to act so that that comes through, comes about... and in me it came through..... I am completely convinced and I have it inside me every day all hours.”

ZQ- Please tell us the two stories you shared with us in class, the knees and the ovaries. And did you intend to heal your ovaries?

Catalina- “No, remember how I told you that 6 years ago my gynecologist while checking my health in that moment when I stopped having my period.... During that time I started with a lot of things like filled with lumps in my breasts.... that it hurt too much... crying , sad etc etc.... it was the menopause..... and there while checking me he told me Catalina your body has absorbed your right ovary its normal in this stage... etc etc etc... and the way he said it I never paid it any attention. Do you remember that that was why I asked master Liu that I did not put any intention into that and nevertheless after 6 years of going to see my gynecologist, surprised he tells me... Catalina what are you taking??? And I answered him NOTHING , foreign to me..... what I am taking is more joy, more perseverance... more time to feel good. That is what I am taking..... being mindful and more congruent with my self, deeply honoring life... my life.”

“Where I did pay a lot of attention was in my knees..... there I did for 7 consecutive months... without stop... every day with a very clear intention to regenerate my missing bones... or whatever I was missing for my knees not to hurt... from the moment I woke I would touch them.... I would talk to them.... I would go out into the garden and over the green, green grass.... I would walk or sit in a chair with my feet on the grass and I would meditate for about 45 minutes sometimes more sometimes less..... I would talk with my knees with all of my bones ... and I would ask the cells inside my organism to pay attention to the affected area..... bad cells out... positive cells in, lets go, we need to strengthen the bones...they appeared in the analysis: Complete tear of the medial meniscus horn, joint effusion and edema by distension of the ligament fibers ... cartilage degeneration. Complex tear of the meniscus and collateral ligament fibers..... So by talking to them (the cells) I would tell them lets form a field of peace,

harmony, smile, love... intelligence energy and wisdom for all of those inside me by concentrating on strengthening the affected area in my knees..... I would practice ZNQG minus the squats. And now ready... my knees are fine... nothing hurts..... a before and after medical based analysis is being made.... in order to see the contrast in the x-ray..... but my analysis the normal one from what I feel is worth more than the one from machines.”

ZQ- Do you have any parting advice for us?

Catalina- “Yes..... To always keep a clear and deep smile on the inside!!!! Day to day...and without forgetting that I AM INLOVE WITH LIFE!!!! I learned to honor life!!!! Wow! A lot of information... hope you can use it !!!! a big hug and HYL from me !!!!”

ZQ- Master Liu can you explain to us why Catalina received healing in her ovaries even though she did not set the intention in the chi field to heal them?

Master Liu- I frequently talk about this issue. As I explained in class, diseases happen (any kind of disease) when our whole body Qi is not well organized. When we practice Zhineng Qigong we reorganize our body Qi, it becomes “well reorganized.” When the whole body Qi becomes well reorganized then diseases disappear and the body recovers even if we have not set a specific intention for healing of a body part. In Zhineng Qigong we practice with the Hunyuan Qi. When we gather and absorb Hunyuan Qi and send it into the body for healing, the Hunyuan Qi naturally finds the place in the body where healing is needed. Then it starts working there reorganizing the Qi, reorganizing the whole body Qi. Again, once the body Qi is well reorganized then the person recovers. By practicing Zhineng Qigong, the Hunyuan Qi reorganized Catalina’s body Qi well and her body functions became normal and healthy. I hope that after this explanation you can best understand the mechanism of Zhineng Qigong healings.



ZQ- Can you comment on the healing of her knees where she practiced with the specific intention of healing her knees?

Master Liu- First, I would like to remind Catalina that she also received healing in my course. After a practice she told the class that her knees were hurting her. I asked her to do a couple of wall squats in front of the class and walk around to move her energy. Then I asked her again how it felt and she said that her knees were feeling better but they were still hurting. The next day at the beginning of class she told us that the pain had completely disappeared. At home Catalina has been applying the theories of ZQ whether sitting in her garden or practicing the method. She has been creating a Qi Field and

using her conscious ability to exchange her energy with the energy of nature to reorganize her chi and bring about healing. She is also using her conscious abilities to set the intention and send the healing information. Every time she talks to her knees she is reinforcing that healing information in her body. Changing the information is extremely important in achieving healing. We know that the successful healing has some requirements, one is that the information of healing intention must be strong enough, one is the Qi of the body be full enough, and other one is that one’s intention must conform to the principles and laws of the evolution and regeneration of the life. Catalina has been practicing every day, gathering and absorbing Qi, reinforcing that healing information and now she is seeing positive results. That is why she recovered.

Why is it that a person practices and practices and the disease is still there? There is no recovery because one’s mind still thinks of the disease. Mind still has the information of the disease. The disease information has not been transformed in the memory of the Yi Yuan Ti (YYT); in other words, the disease information has obscured one’s true-awareness YYT. Remember that the mental Qi Field is harmonized with each cell of the body as one and cannot be separated. One must always have the right thoughts and the positive information. Once it is transformed from the mind the disease will disappear. Sometimes we practice and get healed but after some time the disease comes back. It comes back because the information of disease is still in the YYT’s memory.

ZQ- Master Liu would you like to add anything else?

Master Liu- I would like to congratulate Catalina for her practice and thank her for her gracious generosity and for sharing her story with us. We can all achieve positive results if we practice through heart to heart and mind to mind.

ZQ- Thank you Catalina and Master Liu



Photos by David González Heredia



Master Liu Gifts Zhineng Qigong To The Oakwood Retreat Center

Harrison Beard

The Oakwood Retreat Center in Selma, Indiana offers a lovely and natural setting for retreats of growth and renewal. Master Liu YuanTong has been bringing his Zhineng Qigong retreats here for the last few years. The retreats have been enhanced by the work and efforts of the Oakwood staff, led by Ted and Donna Blodgett. They have always made us feel welcome and special.

Master Liu is appreciative of their extraordinary efforts and decided to offer free beginner training to Ted, Donna and their staff this year. The training and lectures took place between February 05 and 12. The training included the basic movements and energy points of LQUPQD, an introduction to LaQi, and some of the basic theories regarding Hun Yuan Qi and the importance of mindfulness when practicing. He also gave each of the participants a free DVD and CD to help them get started at daily practice. As always, our training retreat also turned into evenings of music, partying, and happy times.

Other non-staff members had heard of Master Liu's visit, and wanting to take advantage of a rare opportunity to study with a master teacher from China, also attended the training. In all, we added about 15 new Zhineng Qigong practitioners to our growing numbers from the Oakwood visit.

Master Liu is already looking forward to returning there in 2014.

Master Liu has dedicated his life to teaching Dr Pang's powerful and elegant Zhineng Qigong system all over the planet. His 2013 visit has been a busy and productive one: Before coming to the Oakwood Center, Master Liu had been teaching in: Portland, Oregon; Seattle, Washington; and Louisville, Kentucky. After the Oakwood visit, he traveled to teach in Columbus, Ohio; St. Louis, Missouri; then to Mexico City. Master Liu also teaches in Europe.



Thanks should also go to the officers of the Zhineng Qigong Education Corporation for arranging and expediting Master Liu's visit. The corporate officers are Sue Ashwell (St. Louis, MO), Russell Crenshaw, (Louisville, KY), and Debra Weisenberger-Lipitz (Columbus, OH)

The Joy of Living Together as Companions in the Way

Ted Blodgett, Oakwood Retreat Center

Anticipation of Master Liu's visit here at Oakwood Retreat Center in February was only surpassed by the experience that was shared during his visit. The stage had been set over the last several years as our retreat center hosted several of Master Liu's classes. A spirit of unity of purpose and mission grew and flowered between us into a very unique and special relationship. I don't perceive that anyone tried to make this happen; it just happened of its own accord, gracefully expanding, gently yet firmly,



spilling over freely into the earth around and about us. Like lovers gazing into each other's eyes, together we melted into a communion with all creation, free and unencumbered from difficulty and strife. My memory of these times has a bright glow around it, shimmering with an idyllic radiance. It could be said, I suppose, that we fell in Love. Or, maybe better put, we rose *into* Love. During these visits over the years we became One Community, One Class, One Life. Sure, we all brought impurities and ill conditions along with us as there is no way to bypass them whether they are manifesting in an obvious way or hidden away lurking silently in the background. And here was a perfect setting for the information transmitted by Life to have a clear pathway into our affairs. What a golden opportunity for all involved.

On a more personal note I need to say this: In meeting Liu, I met myself in another; immediate, unconditional intoxication with the Beloved. The high-fives, the ear-to-ear smiles, eyes shining with a brilliance coming straight from the heart, the words "That's Great!", the absolute assurance that ALL IS WELL (forever non-negotiable and that's just the way it is!); what a wonderful friend! There is something that naturally happens when two or more agree to live together in this non-negotiable place of accord that will not be violated or broken. Here, we call it "pneumaplast", you call it "Qi". Letting *it* (whatever we call *it*) grow and prosper is the purpose of incarnation. When "I Know that I Know", I can begin to function with some modicum of intelligence and begin to be truly helpful to others. This is at the core of Community and at the heart of what it is I have experienced when our Zhineng Qigong friends come to visit. I am so grateful that I have had the opportunity, in this life, to know your beautiful spirits and to be in this time and space with you! We are all each other's teacher - how perfect that this is so.

What was experienced by those who came to Rainbow Farm February 5 through February 13, 2013 may, from a cursory view, seem a bit understated, a bit mundane. It might seem, if seen from a consciousness that prizes and covets the hegemony of individualism, that not much happened. That's wonderful! Exactly right! The alchemy of unencumbered, relaxed individuality within a specific collective design is a long-ago, far-away dream that is a rare item these days but here it was, moving with a fluidity and effervescence, unabashedly revealing the deepest, inner-most personal articulation of the highest and best of ourselves. On the other side of the coin was the gentle patter of getting to know one another as companions in our human family: stories, jokes, anecdotes from the archives of living told in a way that brought a spirit of gratitude and blessing both to those whose stories were being told and to those hearing the stories.

I practice Attunement. You practice Zhineng Qi-gong. We all practice living our Lives. Sharing together our different practices, learning how our friends come to know and express the Truth of themselves in their own unique way is so right, so satisfying. In this world that contains so much suffering and turmoil, how wonderful to do what we can to bring the Life in whatever way that is available in each moment. An inexhaustible



fountain flows into and through the world, no matter how humans behave. How thankful I am to be in this space and time, with you, where this fountain flows with a minimum of interference. Because of what we share together a focus of spirit remains steady and sure that lets the radiance of Oneness shine into all circumstances just as they are. Let us proceed in innocence and wonder, whatever may come within the wheels within the wheels that lie ahead, to let the light of Life shine brightly. Blessings to all!!

From the editors:

About Oakwood Retreat Center,

As a host facility for retreats and group events we provide fully equipped meeting spaces, dining facilities, and guest rooms for up to 50 people.

Our meadows, trails, woodlands, and organically farmed fields surround the dwellings and meeting spaces with sacred presence. Gardens invite guests to wander or rest in the midst of the beauty of every season. Our 250 acre property makes it possible to fully engage with nature. Indoor spaces reflect the outer majesty creating an atmosphere for contemplation, reflection, and discovery.

MISSION: The staff works consciously to create and maintain a physical and spiritual surround that reflects the beauty and majesty of life and the wonder and awe of sacred made visible. It is our passion to support the spirit and diversity of life as it is expressed through individuals from many paths and backgrounds.

Massage Therapy, Attunement Practitioners

<http://www.oakwoodretreatcenter.org/>



A True Story

John van Veen, Holland

Actually there are two stories' to tell. Let's start at the beginning. In February 2011 someone told us about Qigong. "Perhaps this is something for you", she said. We, my wife and I, bought a DVD with the LCUPCD and started practicing. We kept on practicing from the DVD for about 6 months. But after a few months I felt that this was something what I had to explore deeper. A search on internet brought me to a 4-day workshop with Master Liu. I don't know why, but I knew, I had to go. So I called Anne Hering from the Zhigong Instituut Netherlands who organized the workshop, and asked her if it was possible for someone like me, with almost no experience, just practiced from a DVD, to follow this workshop. "Off course, just come, you are welcome". Now I know, that these 4 days changed my life for good.

From day one, I had a big smile that lasted for at least a week after the workshop. I felt love from the group, felt love from the Qifield, and learned a lot. When the workshop started, I was just recovering from a neck hernia. Every year I had 2, and sometimes 3, neck hernias. I can assure you, that is not just a pain which stops by taking drugs. And that for already 7 years. Operation was very tricky and perhaps not solving the real problem, which was the deformation of my neck vertebrae. I just had to live with it, having pain every day and a neck hernia at least 2 times a year.

After the workshop I practiced more and more Zhineng Qigong. Six months later I was completely painless. In the beginning there have been a few moments where it almost went wrong, but now it's more than stable. I'm certain that I won't get a neck hernia any more. I can move my neck quit easily doing the cranes neck. I know this was impossible without Zhineng Qigong.

The second story starts at the workshop with master Liu in 2011. Master Liu told us about stones in your heart. Stones we make, because we let things happen. Because we can't forgive, or feel that your pain is bigger than that from another person. The stone grows every day and every moment you acknowledge to yourself that this is the fact. And finally, it makes our heart rigid.

In my life was a stone growing and growing. In 2003 my sister died of cancer. Just 3 months before, I buried my father, who died of cancer also. You could say it was a stressful time. My sister had two daughters. During the funeral of my sister and the time before and after her funeral, my nieces kept me at a distance. They had so much pain and so much grief, that there was no room for me. This felt very difficult for me. It seems almost impossible to say goodbye to my sister. The years past, and it became a serious stone in my heart.

But now I knew, I had to do something about it. Every year in Holland we have a tree planting day. On that day there is also a foundation, which makes it possible to plant a tree for the deceased of cancer. Their names will also be engraved in a glass monument. As you can imagine, this monument grows every year. So the forest of trees planted for the deceased of cancer grows. Then, fall 2011, I decided to give the names of my father and sister to engrave them on the monument and to plant two trees. For that occasion I asked my two nieces to plant the trees with me. I also invited my other sisters and my mother. My nieces planted the tree for my sister, and I planted the tree for my father. It became a beautiful and harmonious family day. The stone was gone.

I now have a very good relation with my nieces and I have also a place to go to, if I feel to.

Zhineng Qigong changed my life. I became another person. Perhaps it's better to say, I became the person I was. My life has changed 180 degrees. And it feels good.



Retreat Meishan 12-27 April 2013

By planting the seeds for inner growth
we can make steps forward in finding
inner peace, rest and love.

Using clear theory we open our hearts
and find the spirit of Qigong.

While feeling more Qi we clear our
mind and become proactive.

Being transformed we heal our eyes
and shame and find our true self.



Advanced Retreat in Meishan China

12 – 27 April, 2013

Participants from Holland, Germany and Slovenia

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Organized by Anne Hering through the Zhigong Instituut Nederland



John van Veen

Group Intention

By planting the seeds for inner growth

**We can make steps forward in finding
the peace, joy and love**

**Using clear theory we open our hearts
and find the spirit of Qigong**

**While feeling more Qi we clear our
mind and become proactive**

**Being transformed we heal our vision,
emotions and find our true self**



Yuantong Liu

Teacher Certification Training at the Life Qi Center in Meishan, Sichuan, China

Part 1. October 2 - 15 For those who can only come for two weeks, this is a detailed training program on levels 1 & 2, including theories.

Part 2. October 2 - 30 Only those participating in the entire one year's first level teacher certification from our Certification teachers around world, or before who has done one monthly advance training with Master Yuantong Liu, will be eligible to receive teacher certification

For more information:

www.lifegqicenter.com

The teachers will be Master Feng and Master Liu. This will be a rare opportunity to obtain teacher certification in China by high-level teachers from the Zhineng Qigong Centers, who are qualified to certify teachers. I know that the level of their instruction will far exceed your expectations, and you will learn the techniques used by the centers in China. Learning to teach with the techniques and practices developed by Grandmaster Pang, as they are taught in China will be an invaluable experience.

