



## **NIANLI: Mind Power Healing**

**Harness your power to master your own health**

**Instructor: Jeff Simonton**

### **What is Nianli?**

Where did Nianli come from? Nianli is a development from the Chinese experience of the energy qi and its cultivation in qigong. Practiced in ancient China for millennia in guarded secrecy, qigong was released some decades ago from this secrecy and shared with all who wish to learn its powerful skills, including we who live in the West.

Is Nianli like qigong? Like qigong, Nianli harnesses the energy qi for health. But its other fundamental aspect is yi, which means intention, mind power. In Nianli practice, Master Binhui He teaches us to use our mind power, intention or imagination to direct the qi inside our bodies for healing, and also to let die those emotional aspects in ourselves that are the fundamental cause of our illness. We can work at the basic roots of our illness. We can heal ourselves.

Nianli practice can enable you to reverse chronic illness you thought was incurable, improve immunity to infections, and assist regeneration. And maintain optimum health.

What does the word Nianli mean? Nianli is a Chinese pinyin word for ‘mind power.’

### **Who is Master Binhui He?**

A prominent Qigong master from China, Master He was the former director of the Chinese Society of Qigong Science and the head of the Anticancer Research Project of the society. Due to his prominent and extraordinary achievements in the battle against cancer, Master He was named one of the 100 best doctors by the Chinese government in 1998 and 1999. Master He also served as the vice chairman of the Chinese Society of Clinical Medicine, vice president of the Chinese Association of Modern Medical Experts, and vice chairman of the World Chinese Association of Medical Practitioners. He has won countless of awards and accolades, including "Qigong Master of the Year" at the Third World Qigong Congress in San Francisco (1999). The newspaper "Modern People" said Master He is "the first Chinese Qigong Master who defeated cancer".

Master He began practicing Qigong at the age of 13, and he is the lineage holder of 48th generation of the secret "Taiji Gate" Qigong. After recognizing the limitation and problems that modern western medicine has in curing chronic diseases and considering the dangerous side

effects of many medications used to treat these diseases, Master He has developed a complete medical Qigong recovery system specifically for treating cancer and other chronic diseases. He introduced the method to the public in 1990 and has achieved extraordinary results.

Master He has helped thousands of people all over the world recover from "incurable diseases". Many of his students have actually been turned away from hospitals, with their doctors stating that there was nothing further that could be done. However, time and time again, Master He has amazed doctors by helping such students to gain full recovery from their diseases. In 1999 he began to teach these insights to the USA and Canada.

Nowadays, Master He's main focus is on promoting his medical philosophy and methodology in self-healing and mental power. He believes that self-healing will be the best cure and prevention for health care, and drug-free therapy will be the direction of medical development in the new millennium.

### **A list of Master He's Achievements**

- 48<sup>th</sup> generation lineage holder of secret "Taiji Gate" Qigong
- Originator of Taiji Wuxing Gong and Nianli Mind Power Medical Science
- Awarded "Qigong Master of the Year" in 2003 by the Third World Qigong Congress
- Declared as the "first Chinese Qigong Master to defeat cancer" by the newspaper "Modern People"
- Served as the vice chairman of the Chinese Society of Clinical Medicine
- Vice Chairman of the World Chinese Association of Medical Practitioners
- Member of Treatment, Health Care Special Commission of Chinese Medicine Improvement Society affiliated to the Ministry of Health
- Member of Chinese Qigong Science Research Society
- President of Anti-Cancer Research Group of Chinese Qigong Science Research Society
- Advisor of Canada Anti-Cancer by Chinese Traditional Medicine Research Center
- Honorary member of Taihua Medicine Research Center of Thailand
- Advisor for American World Science Institute
- Advisor of International Medicine Science Research Center
- Medical achievements selected into World Who's Who, Chinese Modern Excellent Medical Scientists Collection, World Eminent Experts Achievement, China Medical Science Dictionary, World Famous Medical Scientist Achievement Collection, and so on.
- His paper, *Qigong Theory and Defeat Cancer* by Chinese Taiji Wuxing Gong, was conferred the International Golden Prize by American International Medical Science Research Center and World Traditional Medical Scientists Association
- American World Science Institute named him as a Success on Medical Science and International Honor Evaluation Commission gave him the Golden Prize for his offering for mankind
- In 1997 Master He was appraised as the '97 World Science Celebrity by American Biography Society on Science Celebrities

## **Master He's Perspectives and Philosophy on Human Health**

- The urgency to protect our internal health environment
- To break away from the misunderstanding of terminal diseases
- Recovery Medicine is the new concept of future medicine
- Drug-free treatment - the new trend in healthcare

### **Cancer is not Incurable**

Of his published research papers, only those written in the USA are available in English and are available at [www.discoverthefire.com](http://www.discoverthefire.com). After recognizing the limitations of modern medical science in curing chronic diseases, and the side effects of modern drug therapies, Master He developed a complete self-recovery practice, drug free, risk free, using consciousness power for healing. Although designed initially to help his many cancer clients, this system is applicable to all chronic disease, big and small, major and minor, past, present and future. This practice is now called Nianli Mind Power Healing. To recover, students must change their imbalanced mindset to a new attitude conducive to lasting healing.