

Qi-full Living

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG

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June 2020



**Start
it New!**



JUNE 2020

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Giving Healing a Helping Hand

Even today, after a quarter-century of teaching Spring Forest Qigong, after having reached tens of thousands of people (and more), directly and indirectly, through his personal healing, his classes, his home-study courses, and more, Master Lin still gets asked – even Spring Forest Qigong students and healers still get asked... *is Qigong a religion?*

And naturally, since Spring Forest Qigong began in Minnesota, in the United States, where the majority of students and clients would have come from some kind of a Christian background, very often we hear from students, especially new ones, that “only Jesus can heal like that.”

Well – what’s the deal with that?

Is Qigong a religion? Do you have to believe in something or someone specific (or someone or something at all) for this healing to work? Can anyone do the kind of healing Jesus did?

Those are very big questions.

Just so you know, Master Lin addresses that first one right away, in his very first course, Level One for Healing. He says:

“There are some people who ask whether Qigong is a type of religion. I want to make it very clear that Qigong is not a religion and has nothing to do with religion. Some might call Qigong a philosophy, but it is really a science. In fact, some Chinese masters refer to Qigong as the Body Science.

People sometimes ask me if you have to be a certain religion to benefit from Qigong. The answer to this is absolutely not. It doesn't matter what religion you practice. Whether you are Christian, Muslim, Jewish, Taoist, Hindu, or Buddhist, you can practice and experience the full benefits of Qigong...

Whether you are a religious person or not is not an issue in Qigong. But, you must have love, kindness, and forgiveness in your heart to experience the full power, the true joy and miracle of Qigong.”

Qigong is a science, a study of energy – in the body, in the world. But it is a broader and deeper science than many of us are familiar with, in that it acknowledges and assumes (based on observation, experimentation, and experience) that the energy we work and heal with is inherently spiritual. It is inherently conscious. It has consciousness – the whole universe and everything in it is conscious. And as parts of the universe, we can use our intention, our focus, and our love for others to direct universal unconditional love energy from our hearts to help them to heal.

Whew! That’s deep!

Yes, Qigong is a science. Yes, this energy is intelligent. And yes, we can use Qigong and the power of our minds and hearts to help ourselves and others to heal. In the process, sometimes what is called “the miraculous” happens, too.

And in this light, although Qigong is not a religion, you can begin to look at some things that religion has shared with us in a much different, even more enlightening, way.

Take Christianity again, since that will be familiar to so many people.

In the Bible, it says of Jesus that “all those who had any sick with divers diseases brought them unto Him; and He laid His hands on every one of them, and healed them.” In the Bible, we hear that Jesus said, “he that believeth in Me, the works that I do he shall do also; and greater works than these shall he do, because I go unto My Father.”

How many people do you think, deep down, really believe that? Do you? Do you think you can help the sick to heal? Do you think laying hands on them and praying will help them to heal? What if we told you that a couple of simple facts about Qigong healing, about the way energy moves – both in the body and outside of it – would not only make sense of what Jesus said and did, but give you the confidence to do the same for yourself and others?

Consider this.

In Qigong, as in acupuncture and Traditional Chinese Medicine, we say everything is energy. In the body, there are many energy channels that energy follows. Along those channels are many points, some extremely vital and powerful. One of the most important, powerful points is right in the center of the palm – in the center of each palm. The Chinese would call it “lao gong.”

This point in the center of each palm is a powerful healing energy center, connecting directly to the physical and spiritual heart. At the same time, Qigong acknowledges that the heart is the seat of the soul and that everyone has a soul.

What is a soul in the Qigong perspective? It is our purest essence, pure love and intelligence and consciousness, a mirror of the pure love, intelligence, and consciousness that is the essence of the universe. Remember that.

Also consider that Spring Forest Qigong healing is called message healing, information healing, or spiritual healing – they are all the same. All that means is, through the power of the mind, using visualization, concentrated emotion, and directed messages, we send a healing signal to the person



(or even the exact location in the person’s body) that we want to receive it.

Moreover, we acknowledge that, when we heal, the energy is not our own. We do not have that power. But, we do have the power to invite more of the pure, unconditional love-energy and limitless intelligence of the universe (the same that is in everyone and everything) to work through us, so we can direct it to those who need help.

That is what Qigong message-healing is. Now... doesn’t that sound like... prayer? If you look very deeply, you’ll see that there is not much difference; only, Qigong has come upon it through scientific observation, experimentation, and lived experience.

In that light, when Jesus says, “The Son can do nothing of himself, but what he seeth the Father do” or that “he cast out the spirits with his word, and healed all that were sick,” it makes more and more sense. In that light, the laying on of hands and praying for healing makes more and more sense.

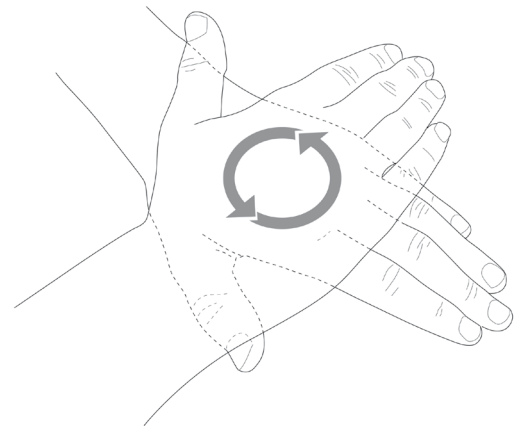
Let’s come back to Qigong.

In Master Lin’s book, Head to Toe Healing, you learn a simple technique to help you maintain your health and heal minor, specific challenges

in the body. What do you do? You rub your hands together until they are very warm, then place the middle of one or both palms to the part of the body where you (or a friend) have pain. While the hand or hands are on that area, you repeatedly send a silent healing message from your heart, such as: "The pain is gone – completely healed!" You can make the healing even stronger by visualizing light coming out of your palms and going into the area that needs healing energy.

Doesn't this make so much sense, now, in light of everything we've discussed? The heart is the source of healing energy and directly connects to universal healing energy and consciousness. The point in the center of each palm connects to the heart. Qigong directs energy through the mind and its messages and images.

Anyone can do this, because we all have a heart, we all have a mind, and we all have the same energy and energy channels and energy points.



Pretty amazing, isn't it?

Qigong may not be a religion, but it can certainly give us a precious understanding of our gifts as humans, while also helping those of us who are religious to appreciate just what our religions have been trying to give us all along.

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June Facebook Special

Spring Forest Qigong Everyday

Wherever you are today, is a perfect place to be.

Whether you have been practicing Qigong for many years or maybe you are just beginning to dip your toes into the healing waters, that is QIGONG.

Every Weekday Morning starting at 8:00am CST (Monday–Friday) Our Spring Forest Qigong Master's and Healer's from our Healing Center, will be LIVE Streaming on our Facebook page a Qigong practice each day, with a special intention: helping our community get through this time of crisis.

Introducing "Spring Forest Qigong Everyday"

- **Free LIVE Online Access, so that no matter where you are located, you will have the opportunity to come together with a group of like-minded individuals and practice with our most beloved Qigong Master's and Healer's**
- **Feel safe and supported in reaching your full potential by being guided by a Qigong expert.**
- **Learn and Practice an easy to follow and easy to perform modality for healing, given any current health situation**
- **Feel a sense of Empowerment, that comes from learning how to heal yourself with Qigong**
- **Indulge in your curiosities about Qigong and learn the ancient wisdom that our Certified Master Healer's have learned and practiced for numerous years.**
- **Discover just how incredibly intelligent your body is and always has been!**

Every week will be dedicated to the teaching of each individual Spring Forest Qigong Master or Healer, starting on **Monday, June 1st LIVE on our Facebook Page** with our very own **SFQ Certified Qigong Healer Rong Li!**

FREE to Everyone! NO SIGN UP NECESSARY!



JOIN OUR HEALERS!



LIVE 8:00AM CST
Weekdays starting June 1

Inspiration *from* Master Lin

“ Positive emotions can help to heal the body. ”

HEALING STORIES

From 2020 30-Days of Healing Series:

Just to let you know, I am now feeling very well, but keep doing Qigong everyday!

I have been doing Qigong with you and the community since day 3 or 4 (after a friend from Chicago forwarded the link. I have since gone back and watched all missed classes). I have now been doing it at least two to three times a day. I have shared with many friends and family. Some of them loved it and have joined including my mother in Armenia (a 73 year old lady who is alone in her apartment in Yerevan) and my sister and friends in Armenia, and also friends in the UK. They are so thankful to you! THANK YOU so much for all of your love and wisdom you share! I hope we all stay healthy and live a long and happy life full of love, joy and blessings. Thank you, thank you, thank you! These practices are powerful, and each day it feels even better.

I would like to share with you – I am a financial specialist but studying Chinese medicine. I'd love to buy your book on Qigong movements (I saw the link so will do that today). Also, I

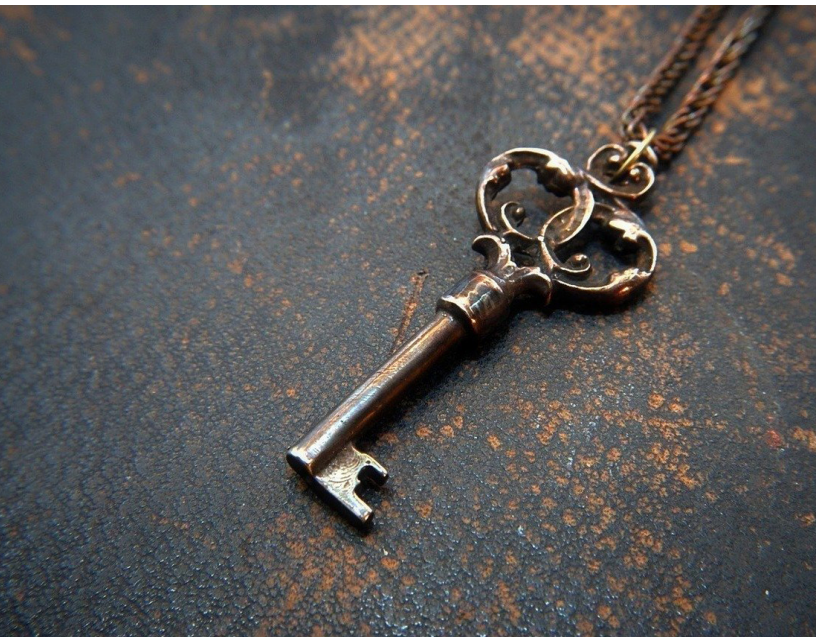
joined all the healing circle sessions – they were amazing.

Again my deepest gratitude and blessings to you and everyone in your family and team
– **Satwant S.**

I have been following your daily Facebook Qigong class. Thank you for this daily healing inspiration for our world. It means so much to so many. I also want to thank you for mentioning my request for healing this morning on our Facebook gathering. I so appreciate you, Master, and the SFQ community sending healing energy to my 16 year old friend, Lydia, who was in the car accident and has sustained a head injury. She is away from her MN home and is in LA. Please continue to send healing, since she is still unconscious, and show a bit of improvement. I am sending my healing and calling upon your energy and master's energy. I look forward to furthering my SFQ work with Level 3 in June with Master Gadu. Bless you Master Lin. I look forward to joining you tomorrow. – **Corie L.**

SUBMIT YOUR STORY

Share how Qigong has helped heal you!



The Master Key to Healing

A couple years ago at the annual Master of Qi Conference in Minnesota, Master Lin gave a talk about Qigong. Specifically, about *just what makes Qigong so effective* as a health and healing practice.

Yoga, he said, is wonderful, but in his experience, a person usually already needs to be kind of strong and healthy to begin practicing it, whereas, from its very beginnings, Qigong was designed as a self-healing practice for *people who were already ill or weak*. Though simple and gentle, it could restore health and vibrancy.

Exercises like lifting weights, he said, can make the body very strong, but unless a person keeps pushing their limits and changing their exercises, eventually they come to a “plateau.” Meaning, you keep doing the same thing, and at some point, you finally just... stop advancing. As for your mind and emotions and spirit, this kind of exercise doesn’t really do much to help keep them in balance – it doesn’t even acknowledge their fundamental role in health and healing.

But Qigong says, “No. Your body, mind, emotions, and spirit are all part of your health, and they all have to be in balance for you to be perfectly well.” So, Qigong works with all those parts of you all at once, not just healing

sickness and making the body strong, but also helping bring more peace, joy, and love into your life.

Spring Forest Qigong, especially.
Why “especially”? Well, we’ll come to that.

But Master Lin said one more very important, very interesting thing that night. He said, you can do those other exercises again and again and again, but eventually (and in a very short time) you will stop seeing any changes in your health or in your life.

Whereas with Spring Forest Qigong... you can spend *the rest of your life* doing the same four or five Qigong movements and never “empty the well.” Endless insights, endless experiences of energy, endless healing, endless enlightenment. Regaining and maintaining your health is the least of the fruits a devoted Qigong practice will bear you.

But – how can that be?

Why does doing one thing over and over for twenty years do so little, but doing another thing over and over for twenty years do so much?

That’s what makes Spring Forest Qigong so special.

In *Level Two for Healing*, Master Lin says, "In the Western world many people go to church regularly and they believe all the stories of Jesus, but I really don't know how many people believe what Jesus said about healing: that everybody can do healing as he did."

In *Level One for Health*, Master Lin says, "Spring Forest Qigong is an **advanced**, simple and powerful form of Qigong."

We really don't know how many people know or believe *that*. But you know what? It's true. It's really as simple as practicing, and practicing consistently and sincerely. Beyond that, there's really nothing you need to know or do.

Still, it *is* worth talking about a little, if only to enrich the experience of those who are already enjoying the benefits of their Qigong practice (and to coax the dabblers and dalliers to give a consistent practice a go).

Why is Spring Forest Qigong so advanced? How can it heal so many things? How can you just do *Level One for Health* or the *Five Element Qigong Healing Movements* day after day, year after year, and have it do all those things for you that we said?

Well, lots of reasons.

One very important one is the concept and practice of *calling on the Master's energy*. That's what we'll talk about here.

Remember, first, that Qigong is all about working with Qi. "Qi" means many things, and is usually translated as "energy" when we are talking about Qigong. But Qi is more than simple *energy*, because it isn't just some... *thing* we have and gather and use like fuel, like gasoline or electricity. Actually, Qi has intelligence and consciousness, just like you have intelligence and consciousness. That is simply part of what Qi is.

And what is a Master? Before practicing Spring Forest Qigong movements, we call on our Master's energy to support and guide us. When we do healing for others, we call on our

Master's energy to do the healing through us. When we do Qigong meditations, sometimes we even visualize our Master's energy merging with ours, so we are meditating as our Master does. Clearly, this is something absolutely central and vital to Spring Forest Qigong.

"Master" is a concept from the Eastern world. Not only is it someone who has achieved a mastery of what they are devoted to, but a mastery of *themselves* along with that. In Spring Forest Qigong terms, a Master is someone with very purified energy, very good healing energy, someone with vast unconditional love, whom you love and respect very, very much.

For some people, that's a spiritual or religious figure. This is the highest kind of Master, someone like Jesus or Buddha or Lao Tzu, with a highly refined, pure spiritual energy. It could be a loving grandparent. Or it could be someone like a Qigong teacher. Any of these people can be living, or they can be historical. The important thing is, one, that their energy be pure and loving, and two, that you love and respect them. That's the key.

Remember: Qigong is all about working with Qi, and Qi is intelligent.

So, just think about this.

Other than calling on a Master's energy, the other thing we do every single time we practice Qigong or meditate or do healing for others, is say the "password," which is, "I am in the Universe. The Universe is in my body. The Universe and I combine together."

What's that about?

Quite simply, in Qigong we use the mind and intention to guide energy. The password is using the mind and intention to connect with the vastness of the universe, which is the infinite source and repository of all information, all energy, all Qi. If you want information to help someone heal, you get it from the universe. If you want energy to heal something in yourself, you get it from the universe.



But as we are, our own energy, our own intelligence, our own consciousness is so limited – even the greatest of us. It's just how it is. It's just what it is to be a being.

That's where the Master comes in.

A Master, remember, has purified his or her energy to be a perfect expression of unconditional love. A Master has refined himself or herself to be able to access higher and vaster levels of energy. They are vibrating in harmony with the highest levels of consciousness and Qi in the universe – and remember, energy is vibration.

That means, when you set a goal for yourself in your Qigong practice, for example saying in your mind, "I want to heal my body completely," then call on your Master's energy, through your love and respect for this Master, you are harmonizing with them. They, in turn, are in harmony with higher healing energies, and through your love for them, healing information and healing energy can come to you that otherwise you might not be able to access.

A Master is your adaptor to higher healing energies. They're your hook-up to the infinite power-grid. Your love, your respect, and your intention make the connection. With that connection to the infinite, where are there limits? With that connection, it's no wonder a simple practice like Spring Forest Qigong can serve as an endless well and wealth of healing and wisdom.

Pretty amazing, huh?

And that's just scratching the surface.

There are so many things you can do to connect more deeply and more completely with your Master's energy in order to heal more fully, to access higher and higher levels of enlightenment, and to become a more powerful healer.

Maybe we should close what's already a very long article by saying, if you'd like, Master Lin has actually made a six-part home-study course about exactly this subject, called Working with the Masters.

In it, not only does he tell you so much more, but he actually guides you through a step-by-step practice and process for just how to make the deepest possible connection with the intelligence of the universe through the help of your Master.

How do you think Master Lin has been able to do what he has done as a healer?

You can buy Working with the Masters here and find out for yourself!

SHOP HERE

Ask Master Lin

Master Lin's answers to important questions asked by dear friends



Question:

What is the significance of the the 7 Steps of New Life? Do they correspond to important centers?

Master Lin's Answer:

Yes, absolutely. 7 Steps of New Life is an a movement in Level One. First of all, let me share some hidden secrets with you. at that time when I developed Spring Forest Qigong, I wanted to have a name to each movement. It took me quite a while for the name of this movement. One day in my meditation, the image of Buddha came. I saw when Buddha's mother gave birht to him, as soon as he came out to this world, he was able to stand up. And he took 7 steps. Each step when he lifted up his foot, a lotus flower came out from the footprint. He took 7 steps. there were 7 lotus flowers. A new world, and a new life came. So, I was so excited about that. I gave the name 7 Steps of New Life to the last movement of Spring Forest Qigong Level One. First level, when you move the Qi up to the lower dantian, middle dantian, shoulder, throat, nose, forehead, top of your head. Each level, there is a vortex, energy center. It has special functions.

Question:

What are the 3 most effective ways to activate the vitality code in the lower dantian and the spine?

Master Lin's Answer:

That is a beautiful question! Number one is the Small Universe meditation. Visualize the light coming into each spot, into the lower dantian, the middle dantian, the upper dantian, and the spine, in total 12 energy points, 12 energy buttons along this special meditation. You follow the guidance, inhale, visualizing the universal light into each spot. Exhale, use visualization to see the light, pushing the light into the next spot. You open yourself to the universal energy. You invite the universal energy to come in. That is the key. If you only use your own energy, that will take a long, long time to activate that vitality code in your lower dantian and the spine. Once you invite the universal energy to come in, you can ignite that vitality code, energy to help you much better. The second thing is the chanting. Chanting by focusing on your dantians. The third thing is you can visualize through the whole body breathing technique. Focus on one spot in your body. For instance, the lower dantian or the middle dantian. Inhale, visualize the universal light coming in through every pore of the body, collecting in your lower dantian. Exhale, visualize the light from your lower dantian shooting out through every part of the body to the end of the universe. You can do it anytime.

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HEALING SESSION



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SPRING FOREST QIGONG

**Join Divine Connection Membership to enjoy
Summer Solstice Meditation with Master Lin**

Everything in the Universe is energy, and energy takes two fundamental forms: Yin and Yang. These two energies are opposites that are in a constant state of transformation. When they come together, they create everything in our Universe. Yin and Yang always try to stay in balance, but the solstice represents a time of year when one of those energies is at its peak. If we know this, we can harmonize with those energies to keep healthy and stay happy.

Those of us living the North are experiencing the Summer Solstice, when the Yang energy is strongest. For our friends in the South, it is the Winter Solstice, when Yin energy is strongest. Wherever you are in the world, it is good to remind yourself to go with the flow of these energies.

Yang is active, so to celebrate the energy, this would be a wonderful time to go outside, be active, and enjoy all the good things that summer brings – trees, flowers, blue skies. Remember to smile.

Yin is passive, so those of us going into winter can celebrate the solstice by enjoying the silence and stillness and finding the deep wisdom in that.

Either way, this is a very special time to connect with your Master, learn the lessons of the season, and celebrate the return to balance.

I invite those of you who can to join me on **Saturday, June 20th for this year's Summer Solstice Meditation**, because the energy is so much stronger when we all meditate together.

Love and blessings,

Chunyi Lin

Join us live from any part of the world | Every Tuesday and Thursday

HEALING CIRCLE

WITH HEALING MOVEMENTS

RECIPE OF THE MONTH

BEAN SPROUT & WOOD EAR MUSHROOM STIR-FRY

BENEFITS:

Strengthening the kidneys and nurturing the lungs

Servings: 4 (with or without adding chicken or pork)

INGREDIENTS:

- 3 cups bean sprouts
- 1 cup Wood Ear mushrooms, chopped
- 1/2 cup carrots, chopped
- 1 cup lotus root, chopped fine
- 1 cup raw potato, chopped
- 1 cup cilantro, chopped
- 1 tablespoon coconut oil
- 3 tablespoons soy sauce
- Salt to taste

If you are adding meat to the vegetable stir fry, do this separately:

- 1 chicken breast, chopped into fine pieces or 1 piece of lean pork chopped
- 1 green onion chopped
- 2 tablespoons of ginger chopped fine
- 1 tablespoon coconut oil

PREPARATION:

1. Warm up stir-fry pan and add coconut/vegetable oil
2. Add lotus root and potato and stir-fry for 1 minute
3. Add bean sprouts, mushrooms and carrots and stir-fry for approximately 5-10 minutes



4. Add cilantro
5. Add soy sauce and salt and stir for 2 minutes
6. Stir up and Enjoy—it is ready to serve!

If you are adding meat to the vegetable stir fry, do this separately:

1. Warm up stir-fry pan and add coconut/vegetable oil
2. Add the chicken or pork and chopped ginger and stir fry until cooked
3. Add chopped green onion and stir for 30 seconds
4. Put on top of the stir-fry vegetables and enjoy!

Featured Healing Story



Blessing From a Bear

by Galina Vladi

This month, we have something different for you. Every day, we get testimonials of people's healing experiences with Qigong, of their sometimes-miraculous encounters with the healing intelligence of the universe that Qigong works with. While we might not advise you to practice Qigong quite the way Galina did, her story does illustrate so beautifully the wonder and mystery of the universe, and the variety of healing experiences that the universe can bring to us through the practice of Qigong.

It happened in Alaska on my friend's Hillside property – an undisturbed wilderness with birch and spruce trees and a small creek running below. It was summertime, around the solstice: the time of white nights, tall grass, and full leafage. The downstairs studio where I stayed faced my friend's property. There I practiced my Qigong meditation. After months of darkness, the long daylight of an Alaskan summer felt like a well-deserved luxury. Every morning, I walked into a world of midnight sunshine, birds singing, their gentle songs weaving into a waking fullness of the day.

The day of this magical event started as usual. I woke up early, pulled on my meditation clothes, and stepped outside. Fresh mountain air gently breezed over my face; I took a deep breath and... paused. There was a sound. It was coming from a hidden place behind the trees on the next-door property – as if someone was shoveling things around. It was odd, but I couldn't find a better explanation than that it was the next-door neighbor working in his backyard. Hoping that the noise would end soon, I stepped down from the wooden porch and proceeded to the place of my meditation.

A soft carpet of moss sprung under my feet. I walked a few steps and stopped by a spruce tree, its branches lit up with a green abundance of new growth. There was my Qigong launch pad. After arranging my feet on a bare circle on the ground, I positioned my body and closed my eyes. The noise stopped, but it was immediately replaced by a different sound: grass hissing, yielding to something's forceful passage. "The neighbor," I thought. Assuming that he'd walk away at the sight of someone's private exercise, I didn't open my eyes but proceeded with my meditation.

The sound approached but didn't stop. Surprised and slightly annoyed, I slowly turned my head in the direction of the sound and glanced through my half-open eyes. I saw a black animal that looked like a large dog. Something, however, was odd in the way the animal moved. Straining my nearsighted eyes, I waited, and when it finally came to focus, I almost stopped breathing. There was a black bear!

In a relaxed stroll, as if on his regular morning promenade, with his head down, the bear slowly waddled on his path, not expecting anyone in his way. And here I was, standing motionless in my Qigong stance. There was nothing I could do in the moment. In the past, other wild animals had visited me during my Qigong practice – in Minnesota, a deer and a raccoon, and in Alaska, a moose. And now it was a bear! I closed my eyes and returned to my meditation.

I hoped the bear would pass without acknowledging my presence. He, however, stopped right behind my back. My awareness split between the space of my meditation and the reality of where I was. For a moment it was quiet. Then I heard him sniffing the air. A second later, a poke of his moist nose on my right calf made me aware of his close proximity. My past experiences taught me to trust the moment; I was alert but had no fear. I sensed a movement behind my back. Before I could comprehend what was happening, the bear's heavy paw lay on my shoulder. Here he was now – standing right by my side, puffing into my ear.

Surprisingly, nothing inside of me moved. I stayed calm. The bear's presence didn't feel frightening at all! His paw lay on my shoulder with firmness, yet it was a gentle touch. I sensed the bear's curiosity and innocence, and my heart expanded with overwhelming emotions of joy, gratitude, and love. In this intimate moment of trust, it felt as if long ago we had parted and forgot about our connection, but now we were back together, merged as one. I slightly turned my head toward the bear, and gently greeted him with a soft and long "H- a - i!" The sound startled the bear. He dropped on all fours and made a few leaps toward the spruce tree. There he stopped, looked back – I was watching him – and trotted away.

I could feel the bear's touch for that whole day. It felt like a blessing. Since childhood, I have admired these powerful and intelligent animals. I was never afraid of them. On some level, I had a feeling that there was a special connection between us. I always wanted to meet a bear, and never felt that a bear would bring me harm. In fact, for the last few years while living in bear country in California and in Alaska, I had been looking for such an encounter. And finally, it happened!

At a gathering of shamans in California in the fall of 2000, one of the shamans handed me a gift: a black bear's claw. "You are a Bear Woman," he told me then. In my heart I knew that it was true. I could feel strength and gentleness in me, healing power and the ability to teach. I could easily be a Bear Woman. Thus, I accepted the gift.

SHARE YOUR STORY WITH THE QI-GONG COMMUNITY!



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You don't need to be a professional writer, just be you! We will select the most touching and informative articles to include in future issues of Qi~Full Living!

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Available in June

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Free online

MASTER
JACI GRAN



Sunday, June 21, 2020

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MASTER
JACI GRAN



Saturday, July 11, 2020

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QIGONG HEALING
CENTER**

Free to attend

MASTER
KATRINA TOBEY



Sunday, July 19, 2020

GLOBAL PHONE HEALING

Free online or by phone

MASTER
JACI GRAN



Sunday, June 14, 2020

FREE ANIMAL HEALING SESSION

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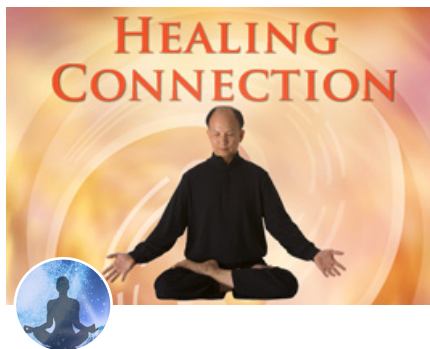
Sunday, June 21, 2020
10:00 AM US Central Time



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with Master Chunyi Lin

- June 2** - Qigong Sitting Meditation to Enter the Emptiness
- June 9** - Qigong Movements to Enter the Emptiness
- June 23** - Qigong Breathing to Enter the Emptiness
- June 30** - Chanting to Enter the Emptiness



with Master Jaci Gran and Master Gadu Schmitz

- Remove Energy Blockages, Feel Cleansed, Energized, and Joyful**
- June 1, 15, 29** - Master Gadu
- June 8, 22** - Master Jaci



with Advanced Qigong Practitioners
Thursday, June 25 - Qigong Master Glenn Tobey



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MEMBERSHIP TIERS

Vitality	Heart Wisdom	Deep Transformation (Most Popular)	Divine Connection
FREE	\$20/MONTH	\$64/MONTH	\$149/MONTH

JOIN OR UPGRADE

Upcoming Training Events

Find live Qigong training classes near you with a SFQ Certified Teacher

LEVEL 2 | JUNE 3 - 24



SUE CRITES



LEVEL 2 QIGONG FOR HEALING

*** ONLINE CLASS**

LEVEL 2 | JUNE 5 - 12



MUNIRA JIWA



LEVEL 2 QIGONG FOR HEALING

*** ONLINE CLASS**

LEVEL 3 | JUNE 6, 7, 13, 14



GADU SCHMITZ



LEVEL 3 FOR ADVANCED HEALING

*** ONLINE CLASS**

LEVEL 1 | JUNE 9 - 30



LORRIE FORMELLA



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

LEVEL 1 | JUNE 12



MARCELLE VISSER



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

LEVEL 2 | JUNE 13 - 14



MARCELLE VISSER



LEVEL 2 QIGONG FOR HEALING

*** ONLINE CLASS**

Upcoming Training Events

Find live Qigong training classes near you with a SFQ Certified Teacher

LEVEL 1 | JUNE 20



ANN MINOFF



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

LEVEL 1 | JUNE 22 - JULY 13



CAROLYNNE MELNYK



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

LEVEL 3 | JUNE 25 - 28



JERRY WELLIK



LEVEL 3 FOR ADVANCED HEALING

*** ONLINE CLASS**

LEVEL 1 | JULY 7 - 28



LORRIE FORMELLA



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

LEVEL 1 | JULY 8 - 29



MUNIRA JIWA



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

LEVEL 1 | JULY 9 - JULY 30



SUE CRITES



LEVEL 1 QIGONG FOR HEALTH

*** ONLINE CLASS**

Upcoming Training Events

Find live Qigong training classes near you with a SFQ Certified Teacher

LEVEL 1 | JULY 10 - JULY 12



JACI GRAN



LEVEL 1 QIGONG FOR HEALTH

* ONLINE CLASS

LEVEL 1 | JULY 14 - 28



NISHA MITTAL



LEVEL 1 QIGONG FOR HEALTH

* ONLINE CLASS

LEVEL 2 | JULY 17 - AUG 14



NISHA MITTAL



LEVEL 2 QIGONG FOR HEALING

* ONLINE CLASS

LEVEL 3 | JULY 19 - AUG 16



NISHA MITTAL



LEVEL 3 FOR ADVANCED HEALING

* ONLINE CLASS

LEVEL 2 | JULY 24-26, AUG 1



GADU SCHMITZ



LEVEL 2 QIGONG FOR HEALING

* ONLINE CLASS

LEVEL 2 | JULY 25 - 26



ANN MINOFF



LEVEL 2 QIGONG FOR HEALING

CHICAGO, ILLINOIS