

## Living life easier, happier, healthier and be free to develop your own intention.

Master Yuantong Liu travels around the world to spread out Zhineng Qigong Science. His worldwide activities become more and more known among the Zhineng Qigong Science Worldwide Communities. In the last few years he developed three main programs to share the knowledge of Zhineng Qigong Science with the rest of the world. We asked him some questions about these programs and this is what he answered:

### **What's your life intention?**

My life intention is to share and spread out Dr. Pang Ming's new philosophy and knowledge about the hypothesis of the third level of substance – Hunyuan Qi, Hunyuan Qi Field and Yi Yuan Ti (Mind Oneness Entity) methods and theories into the whole world. This will serve all people on this earth who would like to improve their physical, emotional and mental health level, to develop their wisdom and abilities, and clear understanding of life lives.

### **The first 'International' program you developed is the Masterclass. Can you tell us a little bit more about this program?**

That's right, the first international program we developed is the International Zhineng Qigong Science Masterclass. In 2009 Anne Hering of the Zhigong Institute Europe came to my home in China to follow the Teachers Training Program. In 2010 I travelled to the Netherlands to support her and her team to spread out Zhineng Qigong Science. At that moment her Institute already operated for 10 years in Europe and they certified many teachers in Level 1 and 2. At the moment her Institute is one of the biggest Zhineng Qigong organizations in Europe. Anne and her team inspired several thousand people to practice Zhineng Qigong.

The community who finished the Teachers Education Program asked for a continuation of their Zhineng Qigong path and that's how we got the idea to develop the Masterclass together. In this program we mainly focus on the detailed skills of the methods of Level 1, 2 and 3 and the theories of Zhineng Qigong Science. Beside that we also work on the activation of our self-healing capacities and the art of teaching Zhineng Qigong Science out to the world. The students of the Masterclass are learning all basic theories of Zhineng Qigong like the Zhineng Qigong Hunyuan Qi theory, Hunyuan Qi field theory and Yi Yuan Ti theory. We carefully focus on the structure of the movements and different levels of meditation. We make sure that each of the students clearly understands the effects and the mindset that belongs to every single movement. After the Masterclass you have a clear idea how to teach out Zhineng Qigong Science on a profound level.

The first Masterclass started 2 years ago and the progress of the participants is overwhelming. It's great to offer a program where people can grow in this very special way. Next year the Masterclass Level 3 will be in Malaga in the Casa el Morisco and directly afterward the Second Masterclass Level 1 will start in the Netherlands.

## **After you introduced the Masterclass you decided to offer a Program about the Hunyuan Qi Therapist of Zhineng Qigong Science. What is the goal of this program?**

The main goal of this program is the training of the Natural Hunyuan Qi Therapists of Zhineng Qigong Science according to the principles and laws of the life evolution. The methods and theories are supported by the theories of the Hunyuan whole entity – foundation of Zhineng Qigong science that has developed by Dr. Pang Ming. This training and certification process is a great platform to help the student become an effective Hunyuan Qi Therapist.

While traveling around the world I noticed that it's not enough to focus only on the methods and the theories of Zhineng Qigong Science. In the beginning of 1980 Zhineng Qigong was spread out to the public. I believe that one of the main reasons why it grew so fast is that the Natural Hunyuan Qi Therapy Treatment helped many people to recover from different illnesses. These people went home spread out this information into human society. This group grew very fast.

Due to my work experience in the Huaxia Healing Center I really know that Zhineng Qigong Hunyuan Qi Therapy is a very powerful way to open the mind of people. That's why I set up the Zhineng Qigong Hunyuan Qi Therapist Training in China in 2011 by our Life Qi Center (Yuantong Taiji Training Center Institute). I offered it three times in our Life Qi Center in Meishan, China. It was a great experience offering this program. Therefore I started writing a book – the secrets of Chinese Qi Healing – Hunyuan Medical Therapy of Zhineng Qigong Science. The content is ready and I hope to publish it next year. Britta Stalling joined this training in the first year. When she joined in she really had great benefits. She used all knowledge and technologies to help many friends and family members to recover and she had great results and experiences.

Another student (Farinaz from Holland) asked me for the possibility to join a three years Therapist Program. Then her idea gave me the impulse to develop a three-year training for the Hunyuan Therapist of Zhineng Qigong Science. When this information reached Britta she liked the idea to work together with me. So last year we set up the structure and this year we started with the first international workshop in Greece with 22 students. Many of them used the knowledge already at home to help their family members and friends. Already there are great results. They are really inspired by this natural Hunyuan Qi therapy work. Next year we continue with the next workshop in Guilin (China) and the second generation of Hunyuan Qi Therapist program also will start in 15 May 2016 in Guilin too, and year after we will be in Hawaii.

The programme focuses on the skills to apply a variety of Qi healing methods. The training involves working with real clients, and is accompanied by ongoing and in-depth practice and mentoring. This intensive development effectively also nourishes the own virtue. It provides the optimum mix of theory and practice to attain both a theoretical and experiential understanding of the power of Hunyuan Qi Therapy, as well as grow to trust one's ability to apply these skills effectively. Monthly online mentoring sessions, buddy pairs, homework, a work manual and comprehensive reading material are all designed to build the confidence to work with clients and supercharge one's inherent healing capacities.

Let the western friends become Zhineng Qigong Hunyuan Qi Therapist using the methods and technologies to help friends and family to improve their physical, emotional and mental health level.

In this program we focus on the training of the Hunyuan Qi therapy healing, Yi Yuan Ti, holding the body Qi-field and help every student to understand the true present. The Masterclass students also practice the importance of the present life activities. This is also part of the contents in the third training we have developed: The Development of Consciousness Program with Zhineng Qigong Science.

## **What is the Development of Consciousness Program?**

The Development of Consciousness Program I have developed together with Ming Niku in Stockholm, Sweden. Three years ago we met each other and we were talking about the significant impacts of Dr Pang Ming's Hypothesis of Three-Level Substance to the scientific research about the human mind and consciousness. We also recognized then the unique contributions of the theoretical structure and the methodological system of Zhineng Qigong Science to overall scientific and societal fields. In this training we focus on the importance to enter the mind internally, to enter the state of the true awareness and to ~~the~~ experience of this process applying the complete scientific system of Zhineng Qigong.

This is a completely different understanding between the eastern and western worlds when we look at the consciousness. In the Chinese Qi culture which has been developed over more than 7000 years we always train our heart and mind by using the 'internal 'exploration' method to support our life activities. We always look at the internal reasons for anything that has happened in our lives. Therefore you need to draw the full mind inside and search the reason there. Then you can solve a problem on a deeper level.

Western scientific research uses 'external 'exploration' methods to research the body, mind and human life. It has achieved great results in studying consciousness, especially when it applied the subjective view exploring human consciousness and life in the history. But it has not been completely working well lately. In our opinion that it is because that this subjective view is based on mainly 'external 'exploration' methods, or partially 'internal 'exploration' methods. One typical example of this is focusing on phenomenon. You need to look for the internal reasons and pathways to solve a problem related to human mind and consciousness on a more profound level. Dr. Pang has offered great and very simple methods to explore life and the body internally. Thereby you can understand the true internal world of the totality of the consciousness of human life.

Because of this different view many people, including many psychologists who have participated in my workshops are surprised about our results. Most of them have really improved their own skills and effects of the therapies after the practice with deeper understanding of Zhineng Qigong Science.

After Ming and I discussed this – we thought about creating a new program that we called the Development of Consciousness. That's the evolution of the education in Zhineng Qigong Science. Based on these ideas we set up the new program with the goal to explore the human life by using the theories developed upon the fundamental Hypothesis of Three-Level Substance, with a strong emphasize on the third level substance, and newly-developed technologies. Through specially designed teaching focuses and methods, we will help people use the internal paths to enter the internal state of the mind, to discover and experience the mental principles and laws of life evolution and regeneration. We let yourself discover the power of your consciousness and relate it to the power of our true intention. We will help you activate intelligence, wisdom and paranormal abilities to research the science of human mind and life. That will truly confirm the theories of Dr. Pang Ming through the benefits in life one can obtain from the practice of the principles and laws of life.

This educational program is a three-year fundamental training program, which has already started in November 2015 in Stockholm, Sweden. It has three steps. Step 1 is the Foundational Level and step 2 is the Advanced Level. Both steps are three-year programs with 6 modules each. Step 3 is the Postgraduate level without any time frame. As part of the program we have designed few Zhineng Qigong workshops for treatment and rehabilitation, and all workshops are 4-day seminars. From November 2015 I am travelling to Stockholm twice a year, in Novembers and in Marches, to run both the workshops for patients and general people who are interested in improving health and in knowing Zhineng Qigong Science, and the educational program. The first workshops and Module 1 of the program have been held 4<sup>th</sup>-18<sup>th</sup> November in Spånga Stockholm, Sweden. And the next workshop and Module 2 of Step 1 program will be held in 15-24 March 2016 in Stockholm, Sweden.

**Can you summarize in a few sentences what's the difference between these programs? Can you also tell me what these programs all have in common?**

All programs want to improve the life quality of our human society. That's what they truly have in common. All programs have same theoretical structure and methodological development based on Dr Pang Ming's Hypothesis of Three-Level Substance. The teaching and the goals are different. I believe that after you read this interview you know that the Masterclass is a profound training for the first three level methods of Zhineng Qigong Science with the focus on individual growth for teachers and their communities. The Hunyuan Qi Therapist Program focuses on the Natural Hunyuan Qi Therapy of Healing. The Development of Consciousness Program focuses on our consciousness activities of mind and the development of our wisdom, ability, including paranormal abilities.

If you really want to discover the secrets behind Zhineng Qigong Science, you are welcome to join one, or any combination of these three programs according to the needs and goals in your life.

Hun Yuan Ling Tong! More information about these programs you will find:

Masterclass organized by the Zhigong Institute Europe of Anne Hering and the Life Qi Center of Master Yuantong Liu: [www.zhigong.eu](http://www.zhigong.eu), [www.zhigong.nl](http://www.zhigong.nl), [www.zhigong.de](http://www.zhigong.de), [www.lifeqicenter.com](http://www.lifeqicenter.com)

Hunyuan Qi Therapist Training organized by the Body and Mind Factory of Britta Stalling and the Life Qi Center of Master Yuantong Liu: [www.bodyandmindfactory.com](http://www.bodyandmindfactory.com), [www.lifeqicenter.com](http://www.lifeqicenter.com), [www.hunyuanqitherapy.com](http://www.hunyuanqitherapy.com)

Development of Consciousness Training organized by Zhineng Qigong Center of Consciousness Study by Master Yuantong Liu and Ming Niku: [www.spangafriskvard.com](http://www.spangafriskvard.com), [www.lifeqicenter.com](http://www.lifeqicenter.com)

Recorded by Master Yuantong Liu 08.11.2015