

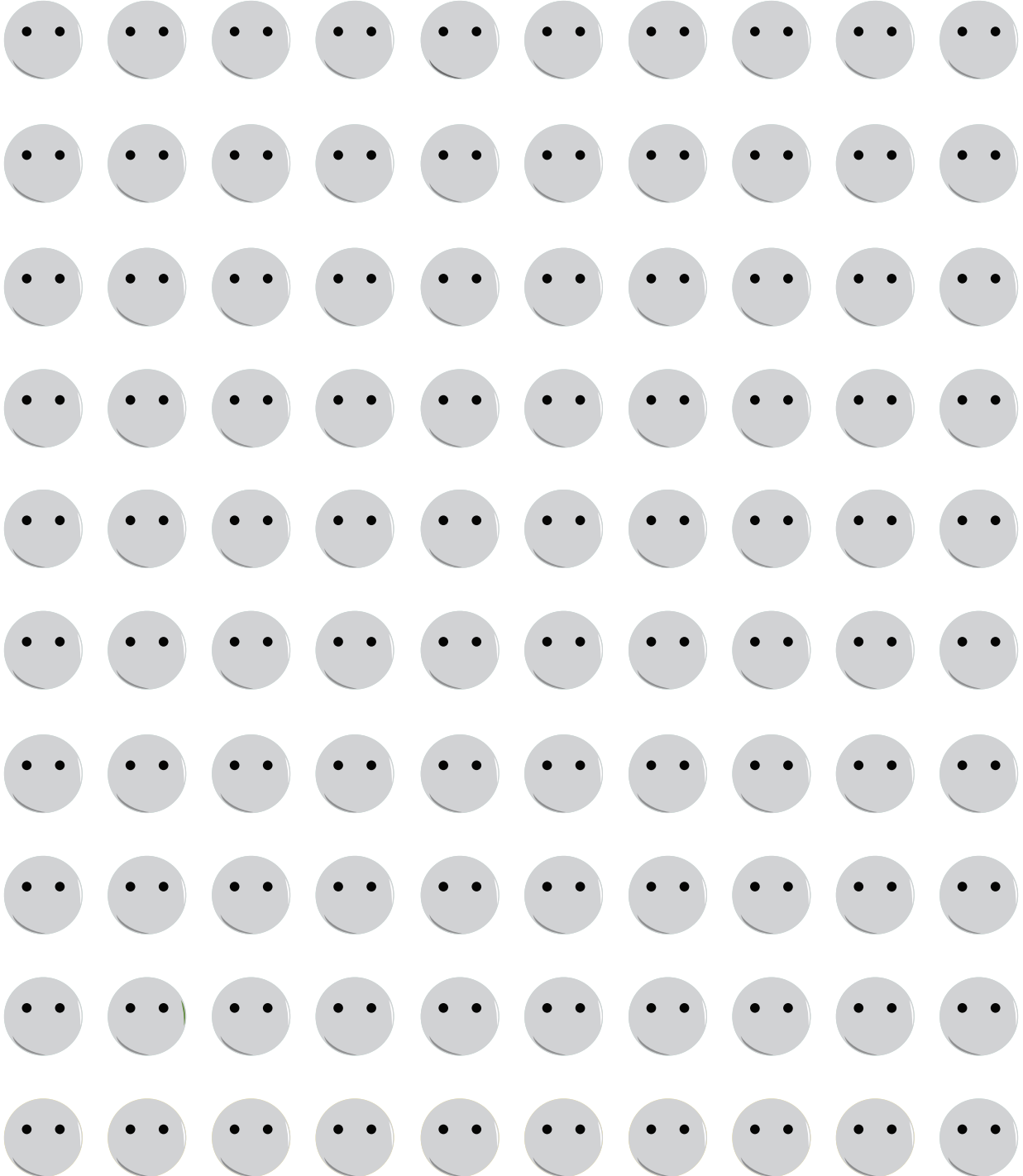


100-Day Gong



I, _____ welcome you with a smile.

I started the 100-Day Gong on _____.



Facilitate everyone's ability to enjoy health, happiness, gain
wisdom and a more complete understanding of life.

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Zhineng Qigong Energy Points

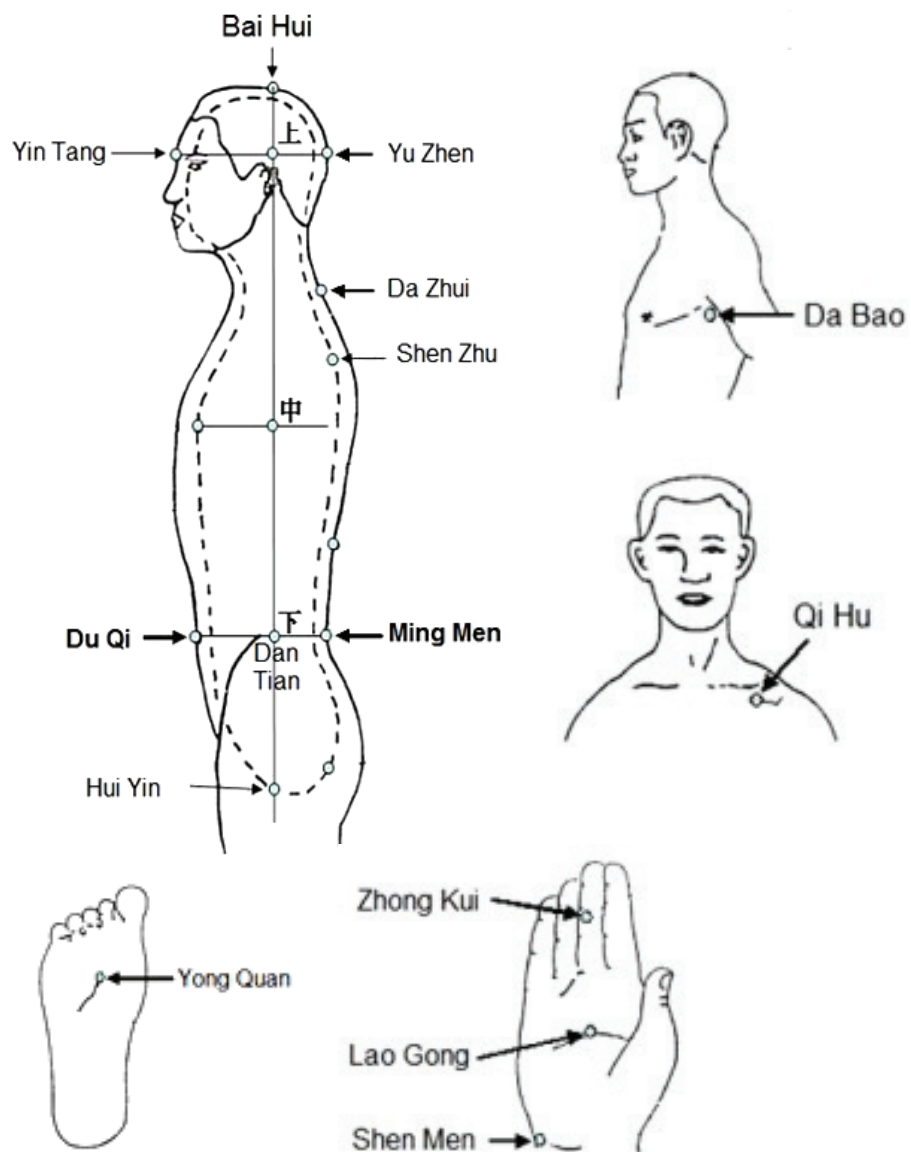
混元靈通

乙未年 歲次

Today is a brand new day

11, July 2015

By Yuantong Liu



Today is a brand new day
 Since our mind awakened
 Yesterday is past
 Darkness disappeared
 Sun rises up shining on the world with its intention
 True self-awareness nourishing our body with its full love
 Embracing the fresh life of nature
 Experiencing the nature and us are one
 Birthing a new life
 Today is a brand new day
 Since our new intention developed
 Old perspectives transformed
 Harmful information gone
 The light of intention shining through our body, heart and soul
 Waking up, giving energy, nourishing and guiding us into a new path
 A brand new life is born
 Today is a brand new day
 We are walking on the brand new path
 Breathing the fresh air
 Enjoying the warm lights of love from inner sun
 New intention of life
 We experience
 Today is a brand new day