

QI-FULL LIVING

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG
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AUGUST 2019

THE SHORT ROAD to LONGEVITY

Someone asked Mahatma Gandhi, "Where do I start to change the world?" His simple answer was, "Start anywhere."

If you have read *Alice in Wonderland*, you may remember that, in the midst of her bewildering journey, Alice came to a fork in the road. *Which way to go?* She asked

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the Cheshire Cat, and he answered just as simply as Gandhi. *If you don't know where you're going, any road you take is good.* Longevity is like this, too.

If you want to live a longer life – and most of us do – you need to start somewhere, and wherever you are is as good a place as any. Fortunately, the longing for longevity is as old as can be, and many have made the journey to achieve it before us. So, the wisdom of their experience is here to help us, if we want to use it.

In fact, Qigong itself began as one way to help people live longer, healthier, happy lives. While many Qigong Masters used that longevity



as a precious tool to develop themselves spiritually, whatever your hopes are for a longer life, you can use those Masters' discoveries for your benefit, too.

What kinds of discoveries are those? They are simpler than you might think.

Own your own life and health. This means taking responsibility for what you do and how you respond to what happens to you in your life. It means knowing your purpose and understanding what is the best use of your time for achieving that purpose. When you own your own life and health, everything becomes your teacher – including the obstacles. Do you have a serious medical condition? Are you using Western medicine? Wonderful! But in addition to passively receiving treatment, make Qigong a daily practice, too. By taking this active role in your own healing, you will find a greater sense of purpose, tap deep reserves in yourself you may not have known you had, and come to see your life and health from a much bigger perspective. You may find that restoring your health is the *least* of treasures this practice brings you.

Use your Master's energy. You are not alone. A basic principle of Spring Forest Qigong is connecting with someone or something greater than



yourself. This is the “Master.” Whether this is a spiritual figure like Jesus or Buddha, a teacher, or an unconditionally loving grandparent, the Master is your heartfelt connection to a higher level of energy. Practicing Spring Forest Qigong helps you to strengthen this connection, opening up a world of limitless, universal, unconditional love to you. This is where healing resides, and this is what sustains a long life.

Have a purpose. We all have a soul purpose that brought us to this life. It can be grand or modest, but it is always uniquely our own. Sometimes we forget this, and sometimes we simply do not realize it; but when we do not feel connected to that purpose, it is easy to get lost in life. If you have a health challenge, without a soul purpose, you may feel no reason to go on. But if you have a strong purpose, you can extend your life beyond what is called “possible.” It can be as simple as wanting to live to see your grandchild grow up. If you are still trying to find your soul purpose, Master Lin has a home-study course to help you find it:

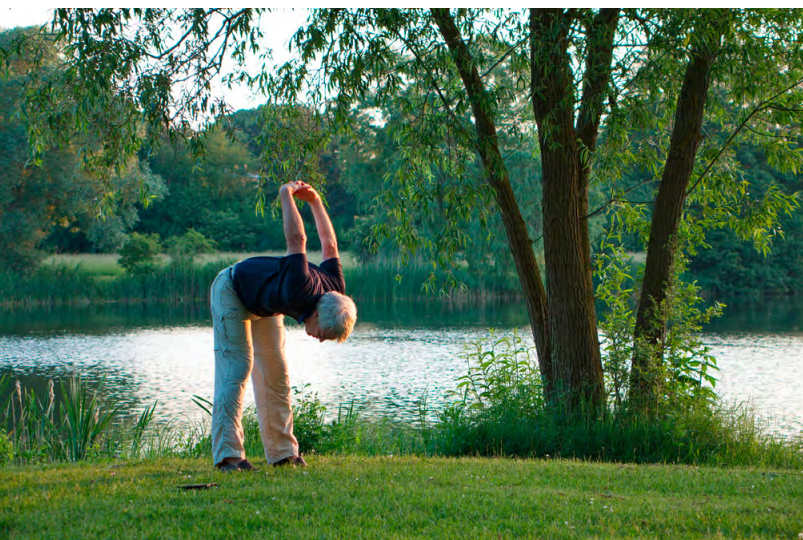
<https://www.springforestqigong.com/shop/healing-tools-courses/finding-your-soul-purpose-store>

Movement. *Running water never grows stale, active hinges never rust.* Longevity is about movement. Qigong understood this from the

start, thousands of years ago, and it is still one of the key elements of Spring Forest Qigong today. This is one reason why practices like the *Five Element Healing Movements* have been so effective, not only in helping countless people with every imaginable health challenge to heal, but in keeping those who practice the movements happy, healthy, and full of vitality.

Sleep. When you are awake, the lower dantian (a major energy reservoir of the body, deep behind the navel) constantly sends energy up to your head. It does this all day long to support the brain, the “command center” of the body. Every activity you engage in is drawing on this energy constantly, all day long. If you do particularly intense thinking and concentration, you use even more energy. Sleep is one way your body replenishes the energy; when you cut back on sleep to do more activity, eventually you will pay with your health. So, sleep and longevity go hand in hand. One thing Qigong practitioners do to help is always bring their focus back to the lower dantian. A meditation like *Small Universe* can help you to move and circulate energy that might get “stuck,” while the *Energy Breathing* meditation is a great way to learn to bring extra energy into the lower dantian.

Nutrition. Eating well is the foundation of a long, healthy life. But what is “eating well”? One simple tip from the Qigong perspective is to notice the colors of what you eat. In Qigong,



we acknowledge several major energy systems in the body. Each system is associated with a color. When you eat foods whose colors belong to an energy system, you nourish that energy system. So, white foods support the lung energy, red foods the heart energy, yellow the stomach energy, green the liver energy, and dark blue and black foods (like black beans and black sesame seeds) the kidney energy. If you can eat locally grown foods in the season they grow in, you support your body even more by harmonizing it with the wisdom of natural cycles.

Forgiveness. In *Born a Healer*, Master Lin recounts some of the very difficult life he experienced as a boy in China. Years later, he grew very angry and bitter about what happened to his family. He hated the neighbors and friends who turned against them. But all that came out of this was physical pain and emotional suffering; life seemed so wretched that suicide seemed like the only answer.

When he went to a Qigong talk with a Master, hoping for some relief, this Master said that to heal the body, one has to forgive. Even though this was a struggle for someone who had been so hurt and betrayed, when Master Lin finally chose to forgive and let go, he instantly experienced a “miraculous” near-complete healing of his physical pain. Why? Old stories, traumas, grudges, and resentments are all information held in the body, like poison. When they are released, the body is free to heal itself. And a person who can always let go through forgiveness will find they have abundant inner resources that can, instead, be used to cultivate a longer, happier life.

Make social contact. Humans are social beings. So much of our satisfaction and meaning comes from belonging to a community, from being needed. So, to live a long and happy life, connection with others is vital. Volunteer your time to help others. Say hi to your neighbors. Do not just be a hermit in your own home. Even to spend time outdoors, weeding your garden in the air and sunlight, creates a social con-

tact with the living beings in the soil and in the world around you.

Unconditional love. In Qigong, we talk a lot about energy. Everything is a form of energy, and energy is vibration. Unconditional love is a very high vibration of energy, higher than the matter of three dimensions. By seeing, speaking, thinking, and acting with the spirit of unconditional love, you will bring that high vibration to every moment. Doing this, you can be healed on all levels: physical, emotional, and spiritual.

Spring Forest Qigong is all about simplicity. Do you want to know the simplest path to longevity? *Live your life loving everything you can.* And you can even start with the closest thing to you... yourself! 氣

**MASTER
CHUNYI LIN**
IN
CHICAGO
ONE-DAY
HEALING RETREAT

SEPTEMBER 21, 9:00 AM – 3:00 PM
CHICAGO, ILLINOIS

CHARGE IT!

Get the Best Credit of Your Life

BY JENNY PARKER

Banks and credit card companies tell us to do it all the time: *Use our card and have a better life.* Here are a few of the slogans you must have heard: Do more. Priceless. Live Richly. All you need. It's all about you. More than just money. There are some things money can't buy.

But as practitioners of Qigong, we know that we can "charge" a lot more *without* a credit card than *with* one.

How is that?



“

Master Lin recommends beginning each meditation by having a glass of water with us, sending healing energy into it throughout the meditation, and then drinking this “love water” when we’re done.

”

We can *charge* our water and our food. We can *charge* all of our communications. We can *charge* our clothing, our space, our plants, and the flowers and trees around us. There is nothing, in fact, that we cannot “charge” with positive energy by using the simple skills we learn as Spring Forest Qigong practitioners.

Are we still talking about credit here? Absolutely! In terms of *taking charge* of our health, we’re talking about creating a kind of extra credit, the type that fills our “accounts” (ourselves) with abundant healing energy. And as with everything in Spring Forest Qigong, it’s not hard – it’s simple!

Since everything is a form of energy – and Qigong is a study of directing energy – we already know how to create health in the body. As we develop a regular practice of directing our intent to move energy through the body’s energy channels, we also learn how to remove blockages and restore natural balance.

And since we already possess energy and because practicing Spring Forest Qigong is so simple, it’s just a small step to consciously send the objects of our lives positive, healing energy. This is what energy charging is all about.

Where to start? How about a glass of water!

Master Lin recommends beginning each meditation by having a glass of water with us,

sending healing energy into it throughout the meditation, and then drinking this “love water” when we’re done.

This is because water absorbs and carries information very easily. Directing healing energy into water, therefore, is very much like writing a letter to someone... a letter in which we carefully and lovingly explain how we would like to heal.

Here’s how you do it.

- Hold a glass of room-temperature water. Focus on your lower dantian (the energy center deep in behind your navel). Then, say the password in your mind: “I am in the universe. The universe is in my body. The universe and I combine together.”
- Call on your Master’s energy. A Master is someone you respect and love deeply, who has a very purified energy. When you call on your Master, their energy and the limitless unconditional love of the universe can flow through you.



- Use your Sword Fingers. Hold the index and third fingers together, pointing straight out. The tips of the little and ring fingers make a circle with the first part of the thumb. Point the Sword Fingers at the water.
- Move the Sword Fingers clockwise nine times while sending a healing message into the water. Then, “seal” the message in the water using your Thunder Palm (thumb and index finger extended, other fingers curled).
- Now, drink your charged water, or pass it to a loved one as a gift.

Do you believe it? You don’t have to! Remember what Master Lin always says about Qigong: *If you believe it, it works. If you don’t believe it, it still works!* Charging things with energy is that simple. It comes down to using your visualization and a healing message.

Here is another example of charging objects with energy. Did you know that even a little piece of paper with one word written on it can change your energy? It's true! This is a demonstration that Master Lin likes to give at big events.

You can ask a friend to hold their arm out straight, then ask them to resist when you try to push it down. Try it, and you will find most people's arms are hard to push down. Now, have them write the word "love" on a small piece of paper and "hate" on another piece of paper. Here is the fun part.

Have your friend put their arm out again, place the paper with the word "love" on the same arm's shoulder, then try push the arm down. Notice any difference. Then, do the same thing with the piece of paper with "hate" written on it. Notice any difference.



You'll find that your friend's arm is stronger with "love" and weaker with "hate." Why? That is the power of a message! And you can use this same technique to write yourself healing messages.

Write yourself a positive, healing message and carry it with you, place it in your home, or anywhere else you would like. Qigong healing is message healing, so remember just how powerful the words you say, think, and write can be!

The truth is, you can even charge your *entire life* all the time, without a glass of water or a piece of paper. How? *Just make time to practice your Qigong.* The more you practice your Qigong, the more you practice love, kindness, and forgiveness, and the more you become a love radiator, every gesture you make, every word you speak, and every interaction you have with the people and world around you becomes more and more charged with unconditional love and healing energy. Imagine how that would change your life.

Talk about building credit! Talk about an investment! Now *that's* something money *really* can't buy. 氣

MEDITATION HEALING APPOINTMENTS

Healing Energy From the Heart Has No Limitation of Time, Speed, or Space

With the unique technique that Master Lin developed, you can be confident that distance healing is not only possible, but very effective. This healing is done remotely with no physical or verbal contact. ***In the past 25 years, Master Lin and his students have been using this distance service to help heal thousands of people in the world.*** Each day, Master Lin and his advanced Master Healers and Master teachers at the SFQ Center will devote a specific time to work on your loved ones. We hope we can help you and your loved ones to heal with joy. For more information, please go to:

<https://www.springforestqigong.com/meditation-healing>

ATTENTION LOVE RADIATORS!

Do you have an article that we can share in our *Qi~Full Living Magazine*?

You don't need to be a professional writer—be natural, be you! Your article can be about any aspect of Spring Forest Qigong, for people as well as your beloved pets or animals in nature. We will select the most touching and informative articles to include in future issues of *Qi~Full Living*! If it is used in the magazine, you will receive a **Free Private Phone Healing with one of our SFQ Center Healers!**

Please go to this link to submit your article:

<https://www.springforestqigong.com/submit-your-newsletter-article>



Puja's Corner

Kirby's Healing Journey

Woof! Puja and Tillie here... Our good friend Annabelle Thelemann understands how Spring Forest Qigong healing can help our animal friends! This is her story about her beloved Kirby.

This is our dog Kirby; he will be celebrating his 13th birthday on October 24. He is the most loving little dog we have ever had. He is so mellow and laid back you would never guess that he was in pain and suffering from an inflamed pancreas.

It all began one Friday morning in June. He was acting peculiar, not wanting to cuddle, and when you picked him up you could hear gurgling in his stomach. I made an appointment with our vet who put him on a very complicated regimen of pills to be administered at various hours during the day and night.



Master Jaci Gran had a **Pet Healing Phone Seminar** and all our dogs listened intently and actually became so calm. It was amazing to see the results.

The following week I requested a Phone Healing for Kirby with Master Jaci. It was so soothing for him and he slept for several hours and really perked up. She also told me to send him pictures of him running and playing and inquired if this had all started shortly after my concussion. She told me that I should assure him I was all healed and I am okay, and that his was also a good healer, and to thank him for all his love.

I told him that we were going to help him balance and heal, and that his job was to relax and welcome the energy we would be sending to him. And he did just that, he laid back in our arms and trusted our unconditional love for him.

My husband, Art, and I did a lot of holding and praying and we both did sword fingers throughout the next two days. Each time he would perk up and we were so happy.

He had more energy but still was not bouncing back as quickly as we thought he should.



The next visit to the vet was discouraging. They changed the medication, hoping that it would knock out the infection. It did not and he had a seizure, then another. He could hardly stand up and his vision was failing.

I put him in the rainbow and asked the universe to show me what I should do for Kirby.

I opened my computer. I saw a Spring Forest Qigong announcement regarding an online course in **Animal Healing**. I immediately knew that it was the answer I had asked for.

I downloaded it and stayed up all night watching each video and reading every page! I could not believe that the course came to me at the exact moment I asked the Universe to send healing to Kirby.

I started immediately to perform each step, preparing me and him for the healing, asking the Universe to help me detect any blockages. I noticed several responses in my body. I trusted the detecting and honored what I found. I opened the small universe (front and back) and then opened his C7, sending a healing message to open, open, open completely. Then finished by sending more energy into his tailbone.

My husband Art used the sword fingers technique several times in the morning and again at night to remove blockages. And we closed each session by sending more energy to his lower dantian to deepen the healing process.

We continue to work with Kirby to help him to heal even more. Yesterday we had an ultrasound done on Kirby, and the results were so encouraging. All his internal organs were functioning and showed no degeneration. The infection is improving and his spirits are up. His head is held up, he is steadier on his feet, and jumping up and down the stairs to go out and come back in to the house, all on his own.

I am writing this to share our experience and to plead with anyone owning a pet to please, please take this course and give your beloved pet every fighting chance to heal.

—Written in Gratitude to Master Jaci and to Kirby

Please send us your story about how Spring Forest Qigong is helping our animal friends!

<https://www.springforestqigong.com/share-your-animal-story>



Have you ever experienced SFQ's DEEP TRANSFORMATION HEALING MEDITATION?

LIVE weekly group healing sessions (over the internet or by phone). ***“Open House” FREE session this August 26th!*** Sign Up Now!

Everyone is invited, including you!

SIGN UP



RECIPE OF THE MONTH

Sautéed Veggies

BENEFITS

Addition of vitamins and minerals rich veggies to this recipe makes this recipe an excellent choice. This recipe supplies our body with a combo of powerful antioxidants. These antioxidants help to detoxify our body. Apart from the antioxidants, this also has cumin seeds. Cumin seeds helps to strengthen the immune system and also keeps the disease causing microbes at bay due to their anti-bacterial and anti-viral properties.

INGREDIENTS

- 1 medium size carrot, cut into small pieces
- ½ beet root, sliced
- ¼ cup of cauliflower florets, steamed
- ½ tomato, sliced
- ¼ cup of onion, cut into small pieces
- ¼ cup of green peas, boiled
- 2 tbsp of celery stem, chopped
- 1 tbsp of olive oil
- ½ tbsp of cumin seeds
- ½ tbsp of ginger, finely chopped
- ½ tbsp of freshly ground black pepper
- A pinch of nutmeg powder
- Salt to taste

PREPARATION

1. In a hot pan, add olive oil, cumin seeds, ginger, and salt.
2. Sauté them for 2 min.
3. Add carrot pieces, cauliflower florets, beet root, green peas, celery stem and salt.
4. Sauté them for 5-8 min.
5. Add a pinch of nutmeg powder and toss for 2 min.
6. Serve hot.

Enjoy!





HEALING CONNECTION with Master Chunyi Lin

UNITE YOUR QI

- August 6 *The Wholeness of Consciousness*
- August 13 *Energy Channels 101*
- August 20 *Why Do We Move the Body?*
- August 27 *Moving the Small Universe Within*



with Master Jaci Gran and
Master Gadu Schmitz

**Remove Energy Blockages, Feel
Cleansed, Energized, and Joyful**

August 5 & 19 – Master Jaci
August 12 & 26 – Master Gadu



with Master Glenn Tobey and
Advanced Qigong Practitioners

August 29 – Master Jerry Wellik
Consistency



**Live Distance Healing Access by
Phone or Internet**

Every 3rd Sunday of the Month
(August 18 at 10:00 AM)



**Complete Library of
All Q~Talk Recordings**



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Video Recording**



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SPRING FOREST QIGONG MEMBERSHIPS



Vitality
FREE



Heart Wisdom
\$20/MONTH



Deep Transformation
\$64/MONTH



Divine Connection
\$149/MONTH



ASK MASTER LIN

Q I'm doing the exercises three times a day. In the morning I don't feel too much energy, in the afternoon the energy grows, and in the evening it is much stronger than the previous sessions. What's going on?

MASTER LIN: That is the cycle of your energy system. Generally speaking, in the morning the yang energy is stronger, and toward the afternoon the yin energy starts getting stronger. The kidney energy, the digestive system, and the gland system start working in the afternoon.

In the morning, the yang energy channels start working, such as the stomach channels and the lung channels. All these channels help to detoxify, and at the same time they gain a lot of energy for your body. If you choose these hours to practice the active exercise, you're going to gain more energy.

In the afternoon, the energy starts getting more yin, so the yin dimension of your body is going to collect energy to get ready for the evening and make balance in the body.

The next morning, the yang energy will start again. It is a cycle.

If a person's energy is very, very hyper, I encourage practicing in the afternoon rather

than the morning. For people who have very, very strong anxiety, it's better to do the active exercises in the afternoon. If you didn't get enough sleep and you do them in the morning, you're not going to get as much benefit as when you do the exercises in the afternoon. Because the exercise is done standing, the yang energy channels are working and your stomach is releasing a lot of energy and trying to digest food.

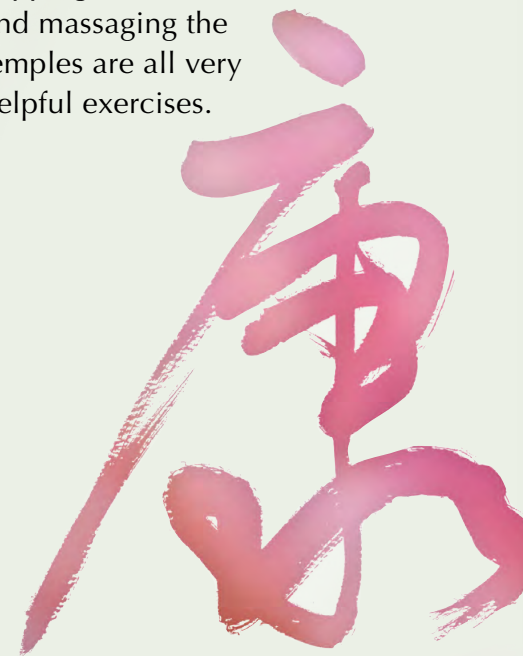
People who have depression should do the exercises in the morning in the sun. You're going to get more benefit than when you do the exercises in the evening. So it depends on different situations. Your body has an energy cycle, and you need to observe yourself to see whether you have anxiety or depression. Then you can follow these basic guidelines to practice the exercise. You can help yourself to make a good balance in the body even better.

Q I practice Qigong, meditate, exercise, and eat fairly well, but it often feels like my brain is hazy or fuzzy. Do you have any suggestions for clearing up a foggy mind?

MASTER LIN: When you have a foggy mind, you have too much

energy in the mind or in the brain. In other words, you use your conscious mind's energy too much without listening or using your subconscious mind's energy, which is 90 percent of the energy of your entire body.

Focus on your lower dantian and relax yourself. Drop your shoulders, my friend—always remember that. Drop your shoulders, give yourself five minutes of your quiet time while sitting or standing, focus on the lower dantian, and breathe. When you do so, the energy from your head automatically drops back down to the lower dantian. When that happens, the clarity of the mind comes. Doing the Small Universe meditation, cupping the base of the head, and massaging the temples are all very helpful exercises.



A Little Faith for the Journey

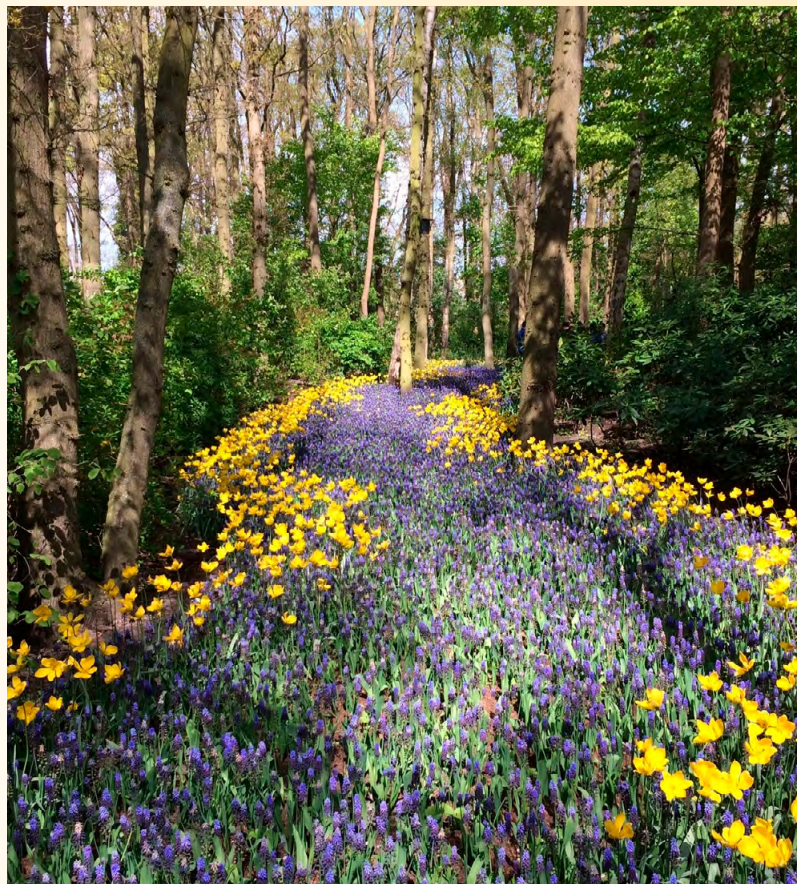
My name is Mary Jane Hradowy and I live in Alberta, Canada. It's a pleasure to share my story and journey with Spring Forest Qigong.

In 2006, I was diagnosed with an acoustic neuroma – meaning, cells wrapped around my left ear drum. Although it's a benign tumor by nature and, at that time, was only 4 mm in size, it did wreak havoc on my life, giving me bad vertigo, tinnitus, and balance and memory issues. It is located in a tiny space in the brain. As it continued to grow, so did my problems.

Over the next few years, the neuroma grew slowly. By 2010, it was 14 mm. The next year, I had radiosurgery/radiation to stop its growth; by then, I'd lost most of the hearing on my left side, while the other issues became more concerning. Working became more difficult, so I gave up on my career and began to make jewelry while working part-time. It was the new normal.

An MRI in May of 2013 showed 3 mm of growth. By September, the tumor was 22 mm. I was told the growth had taken on malignant behavior and was sent to the Cancer Center for support. During the appointment, the radio-oncologist showed me a scan where the right side of my brain looked normal but faded to charcoal-grey on the left side. I was stunned! I asked what I should do. The doctor said, "I don't know, but whatever you do, find something – and soon!"

At the Cancer Center, I was provided a social worker who was a brain cancer survivor. She referred me to Wellspring – a cancer wellness center where they held Spring Forest Qigong classes. So I went. I noticed a sense of calm among the people in the classes. After two eight-week sessions at Wellspring, I went to Spring Forest



Qigong groups in Calgary with Diane Smith and Master Munira Jiwa. This led me to order the *Level One for Health* home-study course.

Along with the tumor's growth came other issues. I had facial palsy on the left side, so I couldn't smile or show facial expressions for 18 months. I'd completely lost my hearing on the left side. My left eyelid drooped, so it looked like I'd had a stroke. The pain and discomfort were unbearable. I spent most of my time alone.

After ordering *Level One*, I watched the videos and began to practice the *Small Universe* meditation almost daily – the whole 30 minutes! Then I signed up for a live *Level One* class with Munira. I could only do half of the one-day class

then, but completed the second half 18 months later with Diane.

I continued to practice, looking and feeling like I'd had a stroke. There were days when the only thing I had was my faith. I had no idea where this practice would lead me or if it would work at all. While doing the *Small Universe* meditation, I would see white light, like a light bulb in my brain. When beginning my daily practice, I would ask God to please heal me so I could lead a better quality of life again.

In the spring of 2015, I met with a neurosurgeon who wanted to remove the neuroma. It still had not shrunk, and he felt surgery would alleviate the pain and agony I was experiencing. Something told me to wait for two more months, until the next MRI. I did, and the result showed a shrinkage of 2 mm! It was a start. Because of that, the doctor said he could not perform the operation.

I continued with my Qigong, started to exercise more, to paint, and to walk more. By the fall, the neuroma had shrunk another 2 mm. By 2016, another 2mm. By April of 2018, it had shrunk to where I didn't have to return for an MRI until April of 2020. I was told by the doctor to go and live my life.

Shortly after, I took the *Five Element Healing Movements* class with Master Lim in Calgary and completed Level 2 with Diane. I was practicing daily and feeling wonderful.

So, I started to travel, garden, and help my friends. All was going well until November of 2018 when, after returning from a trip to Flori-

da, I was having trouble breathing. Soon after, I had a routine checkup and told my doctor that my heart hurt and I couldn't catch my breath. After blood work and chest X-rays, I was hospitalized and given a blood transfusion – I had a blood clot in my left lung! When I was told to go to Emergency to check in, I decided to go home and pack a bag with a few necessities first. One of those necessities was the *Head to Toe Healing* book.

I used the exercises for breathing and heart issues. While lying in the hospital bed, I would do *Small Universe Meditation*. As a result, I was released from the hospital a day early.

What I've learned from this whole experience is to not give up! Believe me, I've wanted to, because it seemed easier than going on. Some days I took 1/3 of a baby step. Other days, a whole one.

I've found the *Cancer Healing Meditation* and the *Butterfly Meditation* helpful, too. I use imagery to see all my aches, pains, and worries turn into smoke or butterflies and disappear. I still ask God to come in and heal my mind, body and spirit, and my family and friends, too.

I've shared my personal SFQ journey with you, but it's not over yet. Now it's time for Level 3 and beyond. I hope to lead a practice group and help others one day, too.

If you are having a difficult time in life, I pray that you find a little faith, use this practice, and use whatever other practice that will work for you. I pray I've been some help to you today. God Bless and namaste. 氣

FEATURE YOUR PRACTICE GROUP!

Are you a SFQ Certified Practice Group Leader? Tell us about your Practice Group for our *Qi~Full Living* Magazine. This a great opportunity for you to share your Practice Group stories with us so that more people in our SFQ Community know about you! If it is used in the magazine, you will receive a **Free Private Phone Healing with one of our SFQ Center Healers!** Upload your article at: <https://www.springforestqigong.com/featured-cpgl-submission-form>

INSPIRATION FROM MASTER LIN

“ Qigong is a study of energy. Since everything in the universe is a form of energy, Qigong is a study of the whole universe.

HEALING STORIES

SFQ Healings

A LADY I SAT NEAR in the waiting area for my delayed flight was so distraught. I told her I knew some healing techniques to calm her. So I did the Small Universe meditation. I had to open her heart. Afterwards she said she felt she could breathe easier and her heart felt lighter. She said she was flying from Florida to her father's funeral in Long Island. The last-minute flight was a multiple-city flight and she was exhausted.

It felt good to simply help... simply. It only happened because of Spring Forest Qigong. A simple “thank you” would not cover this. I am indebted with humble gratitude for all you've done for me in the myriad of ways of your giving blessings and teachings. With love—MaryAnn

WELL, IT ALL STARTED as as a student at Winston-Salem State University. My freshman year, I started blacking out... I went to several doctors, had many tests taken and no real answers. They did rule out epilepsy, however syncope still took place on a regular basis. By the time I got to my junior year, I had a pacemaker. I still continued to

press on (no one in my family had completed college). My senior year, at my graduation, I had a syncope episode, however this one felt different. I thought maybe I was just overheated. Embarrassed by being carted off the field by paramedics and not being able to walk across the stage for something I took pride in doing was so hurtful. I ended up having by-pass surgery and was severely ill for several months. I lost 91 pounds and became very depressed, not to mention the anxiety and panic attacks that came with not being able to do the things that used to be normal for me. So, one evening I happened to run into Dr. Shawn Ricks of Wellspring Healing in Winston-Salem, and the healing began!!! She introduced me to Qigong (which I had no idea of what it was) and now I try consistently to be mindful and practice daily. The panic attacks are almost a thing of the past. My anxiety level is getting better day by day. Of course, I still have my heart condition, however I have learned how to utilize my own power to heal myself. Last Saturday, I completed SFQ Level I. This event was held at

Share Your Story and Inspire Your Community!

Do you practice Spring Forest Qigong? Do you have an exciting Spring Forest Qigong healing story to share?

Is your story about your own healing or one you've facilitated? Maybe even more than one? If you have verifying data such as x-rays, medical or lab reports, medical diagnoses, etc., please submit it with your healing story.

We will select the most touching stories and they might show up on our new website, in an upcoming blog . . . or, who knows, it might even end up in Master Chunyi Lin's new book!

Please go to this link to submit your healing story:

<https://www.springforestqigong.com/share-your-story>

Wellspring Healing in Winston-Salem, North Carolina. This has made a significant impact on my life. Understanding and knowing I have the gift to heal myself is awesome!!! I give thanks to Dr. Ricks and Master Chunyi Lin and all others that have assisted me on this healing path. —Mary S.

UPCOMING EVENTS

August

Join Us
with FREE
Membership!



QIGONG
LIVE HEALING SESSION

SPRING FOREST QIGONG

GLOBAL PHONE HEALING

3rd | **FREE Global Phone Healing**
SUNDAYS



QIGONG
LIVE EVENT

SPRING FOREST QIGONG

OPEN COMMUNITY MEETING

AUGUST 3 | **SFQ Healing Center Minneapolis**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

AUGUST 2 | **Vancouver, BC Canada**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 2 FOR HEALING

AUGUST 3-4 | **Vancouver, BC Canada**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

AUGUST 10&17 | **Everett, Massachusetts**




QIGONG
LIVE RETREAT

SPRING FOREST QIGONG

LEVEL 4 HIGHER VIBRATION RETREAT

AUGUST 11-15 | **Two Harbors, Minnesota**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 3 FOR ADVANCED HEALING

AUGUST 17-18 | **Raleigh, North Carolina**

UPCOMING EVENTS

September

Join Us
with FREE
Membership!



QIGONG
LIVE HEALING SESSION

SPRING FOREST QIGONG

GLOBAL PHONE HEALING

3rd | **FREE Global**
SUNDAYS | **Phone Healing**



QIGONG
LIVE EVENT

SPRING FOREST QIGONG

OPEN COMMUNITY MEETING

SEPTEMBER | **SFQ Healing Center**
7 | **Minneapolis**

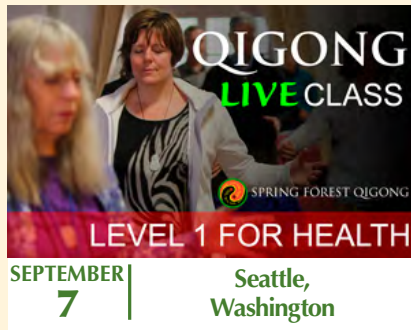


QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER | **Brookfield,**
4-25 | **Wisconsin**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER | **Seattle,**
7 | **Washington**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER | **Lady Lake,**
7 | **Florida**



QIGONG
LIVE ONLINE

SPRING FOREST QIGONG

GLOBAL ANIMAL HEALING

SEPTEMBER | **Teleseminar**
8



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER | **Online Class**
9-30



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER | **Kwadijk,**
13 | **Netherlands**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 2 FOR HEALING

SEPTEMBER | **Kwadijk,**
14-15 | **Netherlands**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER | **SFQ Healing Center**
13 | **Minneapolis**



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 2 FOR HEALING

SEPTEMBER | **SFQ Healing Center**
14-15 | **Minneapolis**



QIGONG
LIVE EVENT

SPRING FOREST QIGONG

MASTER CHUNYI LIN

SEPTEMBER | **1-Day Retreat**
21 | **Chicago, Illinois**

UPCOMING EVENTS

September (continued)



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER
21 | Calgary, AB
Canada




QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER
21 | Clearwater,
Minnesota




QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 3 FOR ADVANCED HEALING

SEPTEMBER
21-22 | Herndon,
Virginia



QIGONG
LIVE CLASS

SPRING FOREST QIGONG

LEVEL 1 FOR HEALTH

SEPTEMBER
28 | Ft. Lauderdale,
Florida

FUTURE CLASSES AND
EVENTS NEAR YOU

October

November