

<b>ABOUT REN XUE .....</b>	<b>3</b>
<b>What is REN XUE?.....</b>	<b>3</b>
<b>Why REN XUE Was Created.....</b>	<b>3</b>
<b>The Foundations Of REN XUE.....</b>	<b>4</b>
<b>The Framework Of The REN XUE System.....</b>	<b>4</b>
Three Fundamental Theories of REN XUE .....	4
REN XUE Teachings.....	5
Methodology.....	5
<b>Ten Features of REN XUE.....</b>	<b>5</b>
<b>The Scope of the Effects of REN XUE .....</b>	<b>13</b>
Individuals.....	13
Society.....	13
<b>The meaning of ‘REN XUE’ .....</b>	<b>14</b>
<b>ABOUT YUAN QIGONG .....</b>	<b>15</b>
<b>The Background and Rationale for Creating Yuan Qigong .....</b>	<b>15</b>
<b>The Theoretical foundations of Yuan Qigong.....</b>	<b>16</b>
What is Qi?.....	16
Yuan Qigong works mainly with original Qi.....	16
The relationship between Qi and health .....	17
Totality of life: Jing, Qi and Shen and their relationships.....	17
Relationships between emotions and Qi of the organs.....	17
The focus of the consciousness in life and its relationship with Qi .....	18
<b>Introduction to the Nine Methods of Yuan Qigong .....</b>	<b>18</b>
<b>Six Verses of Yuan Qigong.....</b>	<b>21</b>
<b>The First Method – Tian Yuan.....</b>	<b>21</b>
Main Features and Benefits of Tian Yuan .....	21
<b>The Second Method – Di Yuan.....</b>	<b>22</b>
Main Features and Benefits of Di Yuan .....	22
<b>The Third Method – Ren Yuan .....</b>	<b>23</b>
Main Features and Benefits .....	23
<b>The Fourth Method – Xia Yuan .....</b>	<b>25</b>
Main Features and Benefits of Xia Yuan .....	26
1) Ancient Methods – Six Sounds .....	26
2) Visualization and Shen Activity – Six Colours .....	27
3) Regulate Pure Organ Qi – Hand Forms.....	28
4) Ascend, Descend, Open, Close – Strengthen Pure Original Qi .....	29
<b>The Fifth Method (Zhong Yuan) &amp; the Sixth Method (Shang Yuan) .....</b>	<b>29</b>
<b>The Seventh Method – Tong Yuan .....</b>	<b>30</b>
<b>The Eighth Method – Ling Yuan.....</b>	<b>31</b>
<b>The Nineth Method – Ming Yuan .....</b>	<b>31</b>
<b>Qigong Reactions.....</b>	<b>32</b>
Be calm and positive .....	33
Using Qigong Practice to Assist the Process.....	33
<b>Results of Yuan Qigong Trial Practice.....</b>	<b>34</b>
<b>The Meaning of ‘Yuan Tong Ling Ming’ – the motto of REN XUE.....</b>	<b>34</b>
<b>ABOUT YUAN MING MEDICINE .....</b>	<b>36</b>
<b>Introduction.....</b>	<b>36</b>
<b>Theory .....</b>	<b>36</b>
<b>Applications.....</b>	<b>36</b>
<b>Its Role in REN XUE.....</b>	<b>37</b>
<b>The Scope of its Effects.....</b>	<b>37</b>
<b>How does Yuan Ming Medicine Work?.....</b>	<b>37</b>

**The Effects of Yuan Ming Medicine ..... 38**

**Who can benefit? ..... 39**

## **ABOUT REN XUE**

### **What is REN XUE?**

REN XUE is a holistic system that draws upon ancient wisdom culture, contemporary philosophy and modern science to build the foundation for the first science in history to include all aspects of human life. REN XUE draws knowledge from Traditional Chinese Wisdom Culture such as Daoism, Confucianism, Qigong, Buddhism, Traditional Chinese Medicine, I-Ching philosophy, Feng Shui, Taiji, Bagua, and Martial Arts along with modern philosophy, medical science, science and technology.

The heart and intention of REN XUE is to offer an art and science to improve and elevate life. This inspirational system of teachings and practices provides us with tools that can help us to heal ourselves and our world community on the deepest level, the level of true life cultivation. REN XUE offers us a path that can improve every aspect of life, including our health, our consciousness and our relationships with each other and with nature.

### **Why REN XUE Was Created**

Through decades of practice, research, teaching and healing Yuan Tze, the creator of REN XUE, became very aware that even Qigong and Qi healing often have only temporary effects. In his endeavour to find effective solutions to human problems, including health problems, he recognized that the lack of understanding of life and nature is at the very root of these problems. This lack of understanding leads to thoughts and actions that disrupt the balance of human life and nature, and results in problems on the individual as well as the collective level. Improving understanding is therefore necessary, and using effective and practical tools based on the authentic understanding of life is essential if our efforts to deal with problems are to be successful.

Motivated by a vision of true change for the individual and for society, Yuan Tze saw the need to create a system for human life, a system that provides information which can help people to gain deep and comprehensive understanding of life and methods that can be used to deal with problems effectively. Yuan Tze's answer was the creation of the system called 'Human Life Science', or REN XUE. This system is distilled from the extensive knowledge and wisdom he has gained, the various methods he has practiced since he was very young and his experiences in teaching and healing.

Yuan Tze hopes that REN XUE can offer a path that provides every person with the potential to change the course of their lives and human society with the potential to develop beyond the current limitations.

### **The Foundations Of REN XUE**

REN XUE was developed by Yuan Tze to fulfil a pressing need for a system that enables us to improve our health and our lives and which can guide us to continuous life development. The elements it is made up of are firmly rooted in thousands of years of Chinese wisdom culture, as well as Yuan Tze's extensive research and practice. REN XUE has its foundations in:

- Traditional Chinese wisdom culture, including methods to enhance life.
- The cumulative achievements of human culture and civilization
- Yuan Tze's profound understanding of the laws that govern everything in the universe, including our lives. This understanding is the result of Yuan Tze's comprehensive investigation into the universal law and the continual application of his understanding of the law of life in his own life cultivation.
- Yuan Tze's insight into and realization of life and the universe resulting from his experiences in helping people deal with all sorts of problems in life

### **The Framework Of The REN XUE System**

The REN XUE system consists of 3 elements; theories, teachings, methodologies.

#### **Three Fundamental Theories of REN XUE**

There are three theories at foundation level:

##### **- Theory of Qi, including the following topics:**

- Qi as an objective element in the universe
- The origin of the universe in relation to Qi
- Qi as the most basic building block of everything in the universe, and its role in all changes and in the development of all things
- the role of Qi in life and on all levels of life

##### **- Theory of Shen and Yi (Consciousness), including the following topics:**

- The fundamental nature of Shen and consciousness
- The relationship between consciousness and other elements of life, such as Qi and the body
- The relationship between consciousness and the external world, including society and nature
- How to get to know the consciousness and how to develop it

**- Theory of Totality, including topics such as:**

- The universe as a totality
- The interconnection of everything in the universe as an integral part of the whole
- Human life as a totality in itself and every human life as a unique totality
- Understanding the totality of human life is the key to a better understanding of society and nature and of the totality of everything

**REN XUE Teachings**

These teachings concern using the law of life to understand of all aspects of life. This is necessary to deal with specific issues in our lives and to change our lives for the better. This involves a wide scope of ideas and principles so details are not included here.

**Methodology**

REN XUE has two subsystems: Yuan Qigong and Yuan Ming Medicine. Yuan Qigong is a Qigong system that people can practice to initiate for self-healing. Yuan Ming Medicine is a system of therapy that a therapist can use to help other people.

**Ten Features of REN XUE**

**1. A clear mission and guiding principles**

The establishment and development of REN XUE has a clear goal and direction. It also has a mission and guiding principles which are to be strictly adhered to under all circumstances. They are in place to direct and ensure that REN XUE will follow a healthy and bright path for its steady development in the long term.

**The 'Zi Du Du Ren' Mission**

'Zi Du Du Ren' is the mission of REN XUE and in REN XUE it is regarded as the ultimate way of realizing the purpose of life. The literal translation, "Help yourself, help others" clearly establishes the importance of raising our own levels of health and consciousness. This is because we can most effectively help ourselves, but also because it is essential to raise our own levels of health and consciousness if we are to help others safely and effectively. At the same time, this expression establishes that helping others is an intrinsic part of REN XUE. The implicit meaning is probably better expressed as: "Help yourself SO that you can help others". In accordance with the law of life we are all connected, and in helping others wisely we also elevate ourselves and help to raise the level of consciousness of society as a whole. This is the ultimate mission for students of REN XUE.

## **Fundamental Principles of REN XUE**

### **One Mission**

Zi Du, Du Ren

### **Two Aspects of Cultivation**

Xing and Ming

### **Three Guidelines**

Internal – Be calm; Be relaxed; Be natural

External – Teach with Authentic understanding, Touch People with Virtue,  
Earn Trust with True Abilities

### **Four Pillars**

Theories, Methods, Abilities, Virtues

### **Five Elements with which to Learn**

Openness, Gongjing, Harmony, Happiness & Joy, Cultivating & Seeking  
Truth

## **2. A comprehensive and unique theoretical system, consisting of three theories**

This theoretical base consists of the theory of Qi, the theory of consciousness and the theory of totality.

## **3. Yuan Qigong – A self-help tool for changing life**

Yuan Qigong provides the principal methods, alongside supplementary methods based on traditional Qigong techniques. Yuan Qigong methods are designed to improve all aspects of life. As the practitioners progress with the nine methods, the focus gradually shifts from Qi and physical health to the consciousness. Incorporating Qigong practice into everyday life is equally emphasized. Methods and theories are applied to unify every activity of life with Qi. They are applied in depth, at any place and any time in order to maintain a Qigong state in everyday life.

#### **4. Yuan Ming Medicine – a tool that one can be trained to use for helping others**

Yuan Ming Medicine springs from the union of traditional wisdom culture and modern culture. This subsystem of REN XUE offers a new medical paradigm for dealing with problems we humans experience on every level in a way that is not only natural but also safe and effective. Yuan Ming Medicine encompasses techniques that can be used to deal with problems by working on Shen, Yi (consciousness) and Qi and addressing the root causes of problems. The scope of its practice spans from the very beginning of a life (conception) to the very end (after death). It can be used to improve not only human life but also other forms of life, society and nature.

Yuan Ming Medicine can be used to prevent illness and strengthen overall health. It can also be used to help people deal with health problems. On the consciousness level, it can help us work on our problems, especially our unhealthy habits on the behavioural, emotional, personality and mental levels. The application of Yuan Ming Medicine can help establish an ethical and moral value system and a healthy worldview. Socially, it can be used to help improve one's relationships with family, society and nature so these relationships can become harmonious. It is a tool that can help us achieve a healthy and happy life and develop wisdom.

#### **5. Qi as an important element for understanding and changing life**

'Qi' is used as a measure to assess our activities on the consciousness level and behavioural levels in order to discern whether our activities are beneficial or detrimental, right or wrong, positive or negative. 'Qi' as a complex element and profound concept is explained in a way that is easy to understand. The role of Qi in life and in health and the effects of Qi on our habits, behavioural patterns and emotions are all highlighted. An even greater emphasis is placed on working on the patterns of the consciousness and their effect on Qi (including the effect of a single thought).

Not only is Qi used as a measure, it is also an important element to be worked on and changed. The intention is to reduce the loss of Qi and disturbance to Qi, and to gradually develop an excellent, stable and strong Qi condition. This is an important component of health and of further development of life. In REN XUE, Qigong practice and Qi therapy are two important tools for working on Qi.

## **6. Following the Laws of Life – the fundamental approach to dealing with problems and elevating life**

Everything in the universe has its own law and needs to follow this law in order to develop in its natural course. Human life, being part of the universe, is no exception. For humans to develop in a healthy way and thrive individually and collectively, the laws of life should be observed. Going against the laws of life will result in a loss of balance. In REN XUE this loss of balance is recognized as the fundamental cause of all problems in individuals and society, including health problems.

The laws of life encompass an understanding of life and how it works. To be able to follow the laws of life it is necessary to understand them. REN XUE is essentially the body of teachings related to the laws of life. The methodologies adopted in REN XUE help us follow these laws in order to clear problems and restore balance. By following these same methodologies, life can continue to develop beyond the clearing of problems.

Let's use health as an example to illustrate this approach. The current reality is that despite the development of human civilization and the effort people have made, most people do not have good health, nor are they able to clear their health problems effectively. In other words, health problems are still very common in human life. Is this not a phenomenon that makes you wonder? Of course, every person has different criteria for judging their health condition. The meaning of health in our discussion follows the criteria for health adopted in REN XUE. These criteria are based on the law of life.

Let's consider the following questions: If we intend to deal with health problems by following the laws of life, (1) what approach should be taken? (2) what levels should be worked on? (3) and how?

These are questions that require a lot of work and explanation to be answered properly. Let's use REN XUE to briefly highlight the main components involved and make connections between them.

- *To maintain **health** or deal with health problems properly, **Qi** must be dealt with properly (including Qi condition as a whole and Qi on different levels).*

- *To deal with Qi problems effectively, **life** must be worked on because every activity of life will impact Qi. Identifying activities that can have a negative impact on Qi and dealing with them effectively are essential for dealing with Qi problems. Such activities can be seen as problems in life.*
- *To deal with problems in life effectively, it is necessary to deal with the **consciousness** properly as it is the main determinant or source of everything we do.*
- *To deal with the problems on the consciousness level properly, the key is to examine the **patterns** on this level.*
- *In REN XUE the patterns of the consciousness are closely connected with a person's 'destiny', or the individual's 'law of life'. Hence working on destiny is an important part of dealing with the patterns of the consciousness.*
- *To work on **destiny**, it is necessary to have a good understanding of the laws of life and to identify all of the problems and deal with them appropriately in order to elevate life.*

From the above, we can see something both complex and simple; the problems we often experience are not the real problems. What we see are often just the superficial manifestations of the real problems. The causes behind them can be numerous and are deeply intertwined. In the list above, the levels further down get closer to the root causes of problems and so are more important for working out problems at a fundamental level.

This list illustrates the different levels involved when we try to deal with health problems. It is expressed in a linear way because of the limitation of using a language to describe it; this is far from the true reality which is a total (holistic) existence. A ball would be closer to this true reality and would better reflect the fundamental law of health. All of these different levels of life are integral parts of life. They depend on one another, work with one another, control one another, and generate one another. The key is to understand the whole and follow its laws in order to bring about positive transformation and development.

## **7. Every person as master of his/her own destiny**

REN XUE emphasizes the importance of being the master of our own destiny and working on changing our destiny according to the laws of life. Here is a brief explanation.

- *Everything in the universe and nature has its own laws of development and change;*
- *As a part of the universe and nature, human life has its own laws of development and change;*

- *As a member of the human race, each individual human being also has his/her own laws of development and change. Every person follows his/her individual laws which is, to a substantial degree, predetermines the course of life.*
- *Destiny can be likened to a pre-written 'program'. Life seems to be the execution of this 'program' with no choice. However, the main 'programmer' is actually each individual. Continuously, over many lifetimes before the present one, this program has been written. The program for this life is the continuation of the programming from the previous life with some 'sorting' work done.*
- *Destiny can be understood. It is actually one's individual law of life.*
- *Destiny can be changed. However, it cannot be changed by using the 'usual things' that we do. It must be done by following the laws of life and working on the fundamental levels of life. We truly need to work on the key area of life cultivation if we wish to make any meaningful change to life.*

Through learning and gaining understanding of destiny and the laws of life, we can work to change our destiny. This is the beginning of gaining control of our own destiny.

## **8. Working on unhealthy habits and patterns – the key to changing destiny**

In REN XUE, patterns are recognized as a mechanism through which the consciousness operates. The consciousness functions through patterns on the consciousness level and each of us has numerous patterns which are formed throughout life. These patterns determine our actions as well as our views, judgments, choices, decisions, responses or reactions to everything. In short, life is run by the patterns of the consciousness.

The teachings of REN XUE emphasize the importance of identifying patterns that lead to damage to life. These patterns are behind the habits that cause health problems, the reactive emotions that cause our Qi to be depleted or disturbed, the negative thoughts that lead to negative developments and the unsound decisions and actions that cause harm to life.

REN XUE provides teachings that can help us to understand and identify patterns. It also provides a path with steps that we can follow to change unhealthy patterns. In REN XUE, working on patterns cannot be bypassed if we wish to be successful in clearing problems, raising the level of the consciousness and changing our destiny. This leads not only to better health, but also to more happiness, freedom and wisdom and ultimately, to being a better master of our own life.

## **9. All work for elevating life done in the present moment**

'In the present moment' refers to every minute, every second and every present time-space frame. In REN XUE, being 'in the present' refers to using every moment to cultivate life. This is done by being constantly aware of our state of body, Qi, and mind as well as any external changes, including people and situations and their interactions. With this constant awareness, when anything that can have a negative impact on life arises it can be detected, adjusted and changed immediately. Through constant adjustment and change, life can gradually become elevated. When life is in this process of continuous change, it is moving forward in a 'virtuous cycle'. Life is constantly developing and it becomes a process of benefiting other people, society and nature.

Working on the present is how we change destiny. We do it by being the master of our own life in every present moment. This is the way to change the future and to have the future in our own hands. The future starts from the next moment and doesn't end at the end of this life. If we work to change our destiny, we will become more and more the master of our own lives.

#### **10. Harmony – a goal that REN XUE will endeavour to realize**

Harmony is one of the core values and qualities to be realized in life cultivation and is an important part of the traditional culture that developed over thousands of years of Chinese civilization. Harmony in Chinese consists of two characters:

'和' (he) and '諧' (xie). 'He' means 'integration', 'no fighting', 'no struggling', 'no killing', 'peace' and 'not extreme'. 'Xie' means 'balance', 'coordination', 'unison'. 'He xie' (harmony) refers to 'unification', 'oneness' and signifies health and normality.

REN XUE fully embraces this traditional value and the essential teachings related to it. Not only that, REN XUE also approaches this value from the perspectives of the laws of life and of the development of human civilization, incorporating the achievements of modern science and culture. This has brought the meaning and realization of harmony to a new level and forms a systematic and comprehensive approach to harmony, encompassing human beings, society and nature and their relationships with each other. REN XUE will actively promote this value to the world in the hope of realizing as soon as possible the ultimate goal of a harmonious world.

There can be opposing forces in everything but they can be uplifted and unified on a higher level to achieve harmony. Harmony on all levels is key to

the teachings and practices of *REN XUE*. This harmony is not a philosophical term but a very tangible state on all levels and in all aspects of life:

### **Harmony within an individual life**

This manifests as a high level of unification of the body, Qi and consciousness, with the consciousness playing the master role in cultivating harmony. This is achieved by being in a harmonious state – a calm, relaxed, natural, joyful, balanced and uplifting state. When the consciousness is in this state, Qi will be in a regenerative mode, flowing smoothly and nourishing the body properly. When Qi is in such a healthy state, it will also nourish the consciousness and strengthen the ability of consciousness to be the master of life. It is a virtuous cycle that moves life in an upward spiral.

### **Harmony within society**

Society is made up of individuals. Social harmony is built upon harmonious relationships on every level of society, including between individuals, family members and other societies. *REN XUE* encourages an internal approach to building a harmonious relationship with other people. That is to say, individual harmony is the foundation for social harmony. When individuals cultivate internal harmony, harmonious relationships on every level of society can be realized, manifesting as peace, care and love, respect, helping and supporting each other to improve health and wellbeing and elevate life.

Take family relationships as an example. Living in harmony with family members is important for a healthy life and a healthy life helps us to live in harmony with our family. Our love for and obligations to family do not mean that relationships are always easy or harmonious. *REN XUE* teachings encourage people to focus internally on themselves and look for the causes of disharmony in their patterns of behaviour or thinking, rather than looking for fault in others.

### **Harmony between humans and nature**

Harmony between humans and nature has sadly not been a fundamental consideration of many contemporary societies and it is clearly leading us to a critical point in environmental terms. Therefore it is humans' responsibility to repair our relationship with nature. We urgently need to re-evaluate this relationship.

In *REN XUE*, this needs to be addressed through two approaches. One is to gain better understanding of the laws of life, the law of the development of human society and the law of nature and its development. This

understanding is the foundation for an equal, sustainable and mutually beneficial relationship between humans and nature. Achieving harmony between humans and nature is a huge area to learn about and explore. In traditional Chinese culture, the knowledge and practice of Fengshui has been used to realize harmony on this level. REN XUE has taken the essence of Fengshui and lifted its knowledge and practice to the level of Qi and information, which are the fundamental elements of Fengshui.

The other is the internal approach mentioned previously. We humans need to cultivate important qualities such as trust, openness, love, gratitude and Gongjing (humility and true respect) so that we can truly connect with nature. *REN XUE* is intended to help us to understand and strengthen the connection we have with everything in nature. This genuine connection is the foundation for building a healthy relationship with nature. Furthermore, this connection to nature supports a sustainable approach for both human development and for nature, and represents a core value of *REN XUE*.

## **The Scope of the Effects of REN XUE**

### **Individuals**

This system provides what we need to improve and develop our lives at all stages of life, i.e. from the moment of conception to the transitional stage after death.

- *REN XUE* can help us to live a life that follows the law of health and development in every aspect of our lives and in our every thought and action. It allows us to make the necessary changes when our thoughts or actions don't follow the law and are therefore damaging to us.
- *REN XUE* can effectively help us to make continual progress in life, enabling us to improve our health and experience more joy, happiness and sense of wellbeing in life.
- *REN XUE* can help us to realise the goal of elevating our own lives and helping other people, the only goal that allows us to fulfil the true purpose of life.
- *REN XUE* can help all human beings achieve harmony within themselves, with family members, with other people and with nature.

### **Society**

*REN XUE* can play an active role in helping society move forward.

Through learning and applying REN XUE, we can continually improve our health, uplift our level of happiness and sense of wellbeing, and elevate our lives. In the process of using REN XUE to make progress we also develop our ability to help other people to improve their lives in the same way. When more and more people are engaged in this process of life development, society will improve.

Humanity is facing many stubborn problems for which fundamental solutions are yet to be found. This predicament is not only seriously affecting the progress of society but is also creating dangerous crises for humanity. We urgently need a way out. Although the causes of this predicament are complex, on the fundamental level they can be seen as a lack of understanding of life, of the consciousness and of the universe (nature). However, REN XUE provides a way for us to understand the laws on these levels. By improving our understanding, we can start to follow the laws and live in harmony with nature, providing a path for humanity and human culture to continue to develop.

### **The meaning of 'REN XUE'**

REN XUE is the full name of REN XUE. The Chinese name has been retained because these Chinese words have multiple layers of meaning as well as explicit and implicit connotations. As a result it is impossible to translate REN XUE directly into English without becoming very wordy or losing a lot of the meaning.

Each word in REN XUE has been carefully chosen to reflect the purpose and meaning of REN XUE. Yuan, for example, has three layers of meaning: 'complete', 'whole' and a further subtext of 'being so big that there is no room to go further out'. Tze means small with the implication of 'seed or core'. It has a further connotation of 'being so small that there is no room to go further in', and implies the containing of information, intention and infinite potential, which is traditionally thought of as Dao or law. REN XUE means 'a system of information that embraces every aspect of human life, cultures of all forms and new and future systems of knowledge'. Nothing could more aptly describe the teachings of REN XUE which encompasses all of these things and includes the important mission of making it accessible to all.

## **ABOUT YUAN QIGONG**

Yuan Qigong is one of the fundamental tools that REN XUE offers us to improve our health and wellbeing. Beautiful, effective, and easy to learn, Yuan Qigong helps to improve overall health while REN XUE offers the theoretical base and practical tools to transform consciousness. Together, Yuan Qigong and REN XUE provide a comprehensive system to transform the whole of life.

### **The Background and Rationale for Creating Yuan Qigong**

Qigong practice has been used as an important tool on the basic level of REN XUE because it can effectively help people improve their Qi condition. A better Qi condition is the base for better physical and mental health. For life improvement, it is a good place to start. Over the years of using a borrowed system, it became clear that REN XUE needs a Qigong system that is highly compatible on every level. For example on the theoretical level, the Qigong system used in REN XUE should share the theoretical foundation of REN XUE. On the practical level, the Qigong practices should also reflect that. This consistency is essential for the integrity and efficacy of REN XUE.

REN XUE is a comprehensive system for life improvement. It is intended to reach and benefit as many people as possible. Because Qigong is the beginning of REN XUE experience, it is therefore important to have a Qigong system that is highly accessible. Furthermore, this Qigong system should be reasonably easy so that new practitioners can build a consistent practice, which will then allow them the opportunity to further explore REN XUE. In other words, giving up soon after starting Qigong practice will not allow them to the stage of getting to know REN XUE and using it to improve their lives. It also became apparent that modern people do not find it easy to commit to a Qigong practice that is difficult to practice, hard to enjoy or too time-consuming.

All in all, REN XUE urgently needed a Qigong system that complements it on every level and the natural outcome of this need was the creation of Yuan Qigong, a system of forms and practices that is:

- **easy to learn and perform**
- **enjoyable**
- **easy to fit into the busy lifestyle of our modern times**
- **most importantly, effective**

## **The Theoretical foundations of Yuan Qigong**

Yuan Qigong shares the same theoretical foundation as REN XUE, with three main theories: theory of Qi, theory of consciousness and theory of totality.

In REN XUE, Yuan Qigong is the main method used for working on Qi. Therefore a good understanding of Qi and how Yuan Qigong works is essential for the practice to be effective.

### **What is Qi?**

Qi has always been part of traditional Chinese culture; the ancient Chinese recognized Qi as the most basic building block of everything in the universe. This understanding of Qi has been the cornerstone of many traditional disciplines, including traditional Chinese medicine and Qigong. In English 'energy' is often the term used to convey the concept of Qi. However, Qi is far more than a form of energy and far more complex. It is a fully integrated form of material, energy and information that has many forms and qualities. It is everywhere and in everything and every physical object. Physical objects, even atoms, are concentrated forms of Qi.

Change is intrinsic to Qi and everything in the universe is in a constant state of transformation from physical to non-physical and vice versa. Dao, or the law of the universe, is a description of how Qi operates in the universe. Dao manifests as the information that Qi follows for its transformation.

### **Yuan Qigong works mainly with original Qi**

Yuan Qigong works mainly with original Qi (Yuan Qi). This is Qi at the Taiji (Oneness) stage, before dividing into Yin and Yang. This original Qi has no specific quality and is everywhere in the universe. It is the origin of everything in the universe and is in everything. It has no form, no image, no colour or no odour, and it has a very fine and smooth quality.

In Yuan Qigong practice, when the consciousness expands out to the infinite void, it is good to connect with this original Qi by visualizing that it is everywhere in the universe. This is a process of integrating our consciousness with the Qi. When the consciousness draws back to the body, the visualization is the same. In this way the universal Qi can be brought back by the consciousness directly into the body. When this original Qi is in the body, it can be transformed into Qi of different qualities, depending on what the body needs. It can automatically balance Yin and Yang, regulate Qi in the channels and strengthen the functions of the organs.

Qi on this level has been called various names, for example, Yuan Qi, Hunyuan Qi, Taiji Qi. We call it original Qi or simply 'Qi'.

### **The relationship between Qi and health**

Qi is also the key for good health and a healthy life. For life to be healthy, the body and mind need to be well nourished by abundant Qi flowing freely and smoothly. Anything that depletes or disturbs this Qi will affect our health, mind and emotional state. Conversely, improving Qi levels and removing Qi blockages will improve health and the consciousness. REN XUE therefore focuses on both of these, building Qi and improving Qi flow with Yuan Qigong and avoiding the depletion of Qi through changing our behaviour and working on the consciousness.

### **Totality of life: Jing, Qi and Shen and their relationships**

Everything in life is connected and in REN XUE, reference is often made to Jing, Qi and Shen, the three elements which form the totality of every human being. Jing refers to the physical body while Shen refers to the origin of the consciousness and its manifestations, including the consciousness. Qi is again the key: the building block of body and mind and also an integrated form of material, energy and information. It is the medium by which they are connected. Through Qi every thought or action of the consciousness has an effect on the body and conversely the state of the body affects our Shen. The Shen controls the process, directing the Qi and influencing the quality, quantity, and direction of Qi for example, which is why it is essential to work on our consciousness to heal our bodies and lives. We can do everything possible to keep our bodies healthy, but if we don't also work on changing the negative patterns of the consciousness we sabotage ourselves every time that negative patterns are transmitted, through the Qi, to the body.

### **Relationships between emotions and Qi of the organs**

There is a close relationship between the organs of the body and our emotions. Strong emotions, for example, can deplete the Qi in specific organs and cause Qi blockages. Equally, learning to stay calm and avoiding negative emotions can benefit the organs. While there are many different emotional states, the main emotional groups are each connected to a different organ; anger to the liver, fear to the kidneys, worry to the stomach and spleen (the digestive functions), sadness to the lungs and 'happiness' to the heart. While the association of liver and anger seems logical to most people, it may seem difficult to understand that too much 'happiness' can also be damaging. In fact, a feeling of calm joy or wellbeing is good for the heart, but over-

excitement or a false euphoria can actually cause damage. Someone laughing uproariously at a party, for example, could be depleting their heart Qi. In REN XUE maintaining a calm, relaxed, natural and joyful state is essential for keeping Qi of the organs in a healthy state and Yuan Qigong is one of the methods used for achieving this.

### **The focus of the consciousness in life and its relationship with Qi**

The Shen or consciousness is all-important in its role as custodian and controller of Qi. It influences the movement of Qi at every moment of our lives. If our mind is focused outside the body, watching TV or shopping for example, our Qi follows the mind out and our Qi level may become depleted. Talking can do the same, unless we keep our focus inside while talking to avoid Qi depletion. The consciousness is also the key to every positive movement of Qi. In Yuan Qigong the focus of the consciousness when reaching out into the universe and drawing Qi back to the body determines how well this process works, and our state of the consciousness also influences the quality of the Qi in the body. In an uplifted state, for example, Qi will be light and bright. It is for these reasons that REN XUE stresses the work on the consciousness and Yuan Qigong is designed to work on the consciousness at the fundamental level.

### **Introduction to the Nine Methods of Yuan Qigong**

First Stage <External Transformation> (to work on the Body & Qi)	First Method: Tian Yuan	Gather Qi
	Second Method: Di Yuan	Gather and internalize Qi
	Third Method: Ren Yuan	Open Qi channels
Second Stage <Internal Transformation> (to transform Qi on deeper levels and develop the consciousness)	Fourth Method: Xia Yuan	Strengthen organs
	Fifth Method: Zhong Yuan	Open and restore deep Qi channels and Qi Lun (chakras)
	Sixth Method: Shang Yuan	Open and develop Central Channels and unify with the universe

Third Stage <Xin Shen Transformation> (to develop the consciousness & Shen and work on Qi)	Seventh Method: Tong Yuan	Cultivate and develop Xin (the heart)
	Eighth Method: Ling Yuan	Transform unhealthy patterns
	Ninth Method: Ming Yuan	Further develop the heart, consciousness and Shen

### **First Stage – External Transformation to work mainly on the body and Qi**

The First Method (Tian Yuan) is the beginning of the first stage, the External Transformation Stage. This method works by using the consciousness to guide Qi with the help of physical movements in order to expand the internal Qi out and to draw in external Qi. This can facilitate the exchange of Qi and information with the universe. A large amount of Qi can be gathered effectively and efficiently which in turn can improve the flow of Qi and blood as well as the functions of the body.

The Second Method (Di Yuan) is a standing form. Almost all traditional and modern Qigong systems emphasize the importance of the standing form as a practice on the foundational level and this is also the case for Yuan Qigong. The Second Method is a 'Three Dantian Standing Form'.

The Third Method (Ren Yuan) is also a method on the foundational level. This method embodies the Qigong principle of 'unifying Xing (the body) and Shen (mind)' and 'working on Xing and Shen simultaneously'. This practice can activate and promote the flow of channel Qi in the body. Qi and blood will flow more smoothly and harmoniously, which will not only make us feel refreshed and light but also improve our health. It can also strengthen the physical structures such as the skin, muscle, tendons and extremities.

#### **Features**

- **The method is uncomplicated and straightforward.**
- **It feels smooth, natural, light and is pleasant to practice.**
- **Movements are used to stretch the body, with different parts of the body moving as one.**

### **Second Stage – Internal Transformation to transform Qi on deeper levels and develop the consciousness**

The Fourth Method (Xia Yuan) serves to improve the health of the organs. Sustained practice of this method can benefit health and lift it to a higher than average level. After all, the organs play a vital role in our health.

The Fifth Method (Zhong Yuan) is designed to develop the Central Channel. The Central Channel does not naturally exist. It is a channel that can be developed through persistent practice of methods designed to achieve this. Because of its importance, most established traditional Qigong systems and important Qigong figures in history have tried to develop the Central Channel in a variety of ways.

The positive effects of developing the Central Channel include:

- **The integration and connection of different types of Qi such as channel Qi and organ Qi in the body**
- **The improvement of special abilities**
- **Deeper unification of Shen and Qi and the raising of one's Qigong level**

The Sixth Method (Shang Yuan) is designed to work on the Central Line. This method consolidates what has been achieved through the practice of the Fifth Method and brings it to a deeper level. This method therefore promotes the transformation of Qi, and the unification of Shen and Qi on a deeper level. This practice also helps with the transformation and elevation of Shen and the consciousness.

**Third Stage – Xin Shen Transformation to develop the consciousness & Shen and work on Qi – Seventh Method (Tong Yuan), Eighth Method (Ling Yuan), Ninth Method (Ming Yuan)**

These constitute the Xin Shen Transformation Stage of Yuan Qigong. The practice at this stage aims to promote the transformation of Shen. It is designed to support practitioners' work on their Shen and inner nature by helping them to see the consciousness more clearly and effect change. The practice at this stage works as reliable technical support for the development of awareness, realization and wisdom.

The design of Yuan Qigong follows the principles of working on life step by step, from the basic level to deeper levels, from the external to the internal. From the beginning it takes care of the whole of life, and has different focuses at different stages. For example, the first stage focuses mainly on bringing change to the body and Qi. The second stage focuses primarily on the transformation of Qi on a deeper level and also on Shen and the

consciousness. The third stage focuses primarily on the elevation of Shen and the consciousness and also on Qi.

### **Six Verses of Yuan Qigong**

- **Awareness inside the body, feel the emptiness and spaciousness within.**
- **Expand this awareness out, becoming one with the universe.**
- **Draw the awareness back to the body, calm and peaceful.**
- **Open to the universe with reverence and utmost Gongjing.**
- **Let the bright universe nurture the heart with compassion and love.**
- **Feel relaxed, free and joyful, Qi flowing harmoniously and smoothly.**

The Six Verses are used for building the qifield as part of the preparation for practice, a very important element of Yuan Qigong practice. This is done primarily by using the activities of the consciousness, and includes other measures such as language as a prompt to actively involve the practitioner in a positive way. Through the activity of building the qifield, the Qi of nature can be brought into the qifield and special information can be created by the consciousness. A purpose-built qifield such as this can facilitate the desired changes.

The Six Verses are also very important for the adjustment of the consciousness and Qi so people can shift from a 'usual' (non-Qigong) state to a more unified and more harmonious (Qigong) state. When this preparation is done properly the practice will be much more effective, and it is therefore worth putting a good effort into making this adjustment.

The Six Verses can also be used effectively to adjust the state of the consciousness even when not doing Yuan Qigong practice. What can be achieved can only be experienced and understood by the sustained use of this practice.

### **The First Method – Tian Yuan**

#### **Main Features and Benefits of Tian Yuan**

This method facilitates a comprehensive exchange of Qi and information between the practitioner and the universe. A large amount of Qi can be gathered effectively and efficiently.

The coordinated use of the mind and the physical movements can benefit both the mind and body, and promote the unification of Jing (the body), Qi and Shen on a deep level.

This method can effectively open Qi gates in the body, for example in the shoulder and neck area. Most adults have blockages here because of stress. This area carries a lot of tension, which may affect not only physical health but also have a negative impact on mental wellbeing.

Although Tian Yuan is the introductory practice of Yuan Qigong, it is designed to create profound effects on Qi by:

Focusing on two aspects:

- **Improving the Qi condition of the whole body**
- **Improving Sanjiao and organs directly and indirectly**

Taking care of two other areas

- **Beginning to open the channels and promote the flow of channel Qi in the whole body**
- **Beginning to improve the clarity and sensitivity of Shen, which helps to lay the foundation for the future development of special abilities**

The length of the practice can vary according to different needs or intended effects. The practice of this method can also be varied to create effects of different depths. Sustained practice of Tian Yuan can improve health and have a positive impact on various health problems. It is also a way to build the foundation for improving our Qigong level.

The practice of this method can help build the foundation for performing external Qi therapy and building a qifield for group healing.

## **The Second Method – Di Yuan**

### **Main Features and Benefits of Di Yuan**

The required standing posture, along with the specific use of the consciousness, can strengthen the physical body and bring about improvements on the muscular-skeletal level.

Di Yuan serves to activate and gather Qi effectively in all three Dantians. They are worked on together in a systematic manner in order to strengthen

them and activate transformation. It is designed this way because the three Dantians are the main Qi gathering places for the Qi of the physical body (Lower Dantian), organ Qi (Middle Dantian) and Shen and the consciousness (Upper Dantian). They can be seen as Qi storehouses or distribution centres. This design reflects the REN XUE principle of 'respecting and observing the nature of totality and the laws of life'.

It uses Dantian Breathing creatively to make the practice safer, more efficient, effective and manageable. Using Dantian breathing properly in standing form practice can help improve one's focus. It is also helpful for keeping Shen and Qi inside the body, and for unifying Jing, Qi and Shen. This way Qi gathered from the universe can be further processed and transformed so that the Qi in the Dantians will be imprinted with the practitioner's own qualities and become more nourishing.

Di Yuan can help open the shoulders, neck, lower back and hips.

Like Tian Yuan, it can also be varied according to the conditions and needs of the practitioner in order to achieve effects of different depths.

Di Yuan can be practiced on its own or in combination with Tian Yuan. It is also a method that prepares for the subsequent methods in the Yuan Qigong system. The practice of Di Yuan can help make other methods more effective and sustained practice of this method can help raise the level of Qigong practice.

## **The Third Method – Ren Yuan**

### **Main Features and Benefits**

1) The design of this method draws mainly on traditional and modern Qigong, along with a wide range of disciplines, including traditional Chinese medicine, martial arts and exercise and sports science. As with all Yuan Qigong methods, the laws of life (especially the laws of the consciousness and of Qi) are the foundation for Ren Yuan. Although it draws upon various sources, much innovation is brought into the creation of Ren Yuan, making it an unprecedented method.

2) Ren Yuan is in principle a Xing-Shen unification method. Traditionally there are various ways in which Xing-Shen unification practice can be done. They can also be seen as different levels of practice. Where they differ is mainly in the so-called 'xin fa' (mind method). Ren Yuan has selected a traditional 'xin fa', which has long been kept secret and almost completely

lost. It is adapted into this special 'mind method' that goes: 'Shen being extremely calm, consciousness coming alive, Qi moving itself, body following Qi movement, all unified and becoming one'. In Chinese, it is summed up in 15 words: '神静极. 意灵动. 气自动. 形随动. 合为一'.

3) Through the practice of Ren Yuan, the channels in the body can be opened so the Qi and blood can flow smoothly and reach every part of the physical body, including the skin, muscles, tendons and sinews, organs, bones and marrow, even the cells at the level of the nuclei and genes.

4) Ren Yuan has a clear structure and is made up of a variety of techniques. Let's look at this further.

### **I. It is a comprehensive method.**

Ren Yuan is designed to work on every part of the body (all the joints, muscles, tendons, blood vessels, nerves and organs). The important parts are especially emphasized during practice. The channels of all levels (main channels and branch channels) have the opportunity to be unblocked and Qi of the whole body gets a thorough workout.

### **II. It has a clear and sound structure.**

Ren Yuan is made up of the opening, five main segments and the ending. The opening is to help the practitioner get into the state of unification in which she is unified with the universe and her Jing, Qi and Shen are unified. This is a necessary preparation for the five main segments that follow. The five main segments work through the five main parts of the body one by one, from head to toe, bringing the work of Qi deeper and deeper as the practice proceeds. The method provides the opportunity for every part of the body to benefit directly from the change of Qi that occurs in it and indirectly through the positive changes of Qi in other parts. The ending is to consolidate the positive changes that occur through the practice and conclude the practice by regulating Qi in the whole body.

### **III. It is made up of a range of individual techniques that can be used in a variety of ways.**

There are three sections (techniques) in the combined opening and ending, and three in each of the five main segments. This makes 18 sections altogether. Each section is for working on a specific part of the body, and therefore can be used to address the problems in that part or to strengthen it. The three sections that make up a segment work together in an organic way

to make the segment a comprehensive method in itself. In other words, each of the 18 sections and each of the six segments (five main and one combining the opening and the ending) can be used as an individual method and practised in accordance with the needs of the practitioner.

#### **IV. It is an effective method for health improvement.**

This method can be effective in making positive change to health problems. It can also work well to prevent illness and improve the overall health condition.

Ren Yuan is also a good method for the practitioner to improve her ability to work with Qi, including experiencing Qi, activating Qi, moving Qi and making positive change to Qi. The practitioner can therefore effect change of Qi on the level that is not easy to reach – the channels. This ability can also be very helpful for conducting external Qi therapy.

This method involves stretching every part of the body on a deep level and so is effective for improving the physical body, including the physique, the flexibility (suppleness) of the body and its ability to balance.

This method is also very effective for cultivating the calm, relaxed and natural state. Practising this method, the practitioner can get into this state within a very short time and experience the interesting changes of Xing, Qi and Shen and the wonderful feeling brought about by their unification. This method is also very useful for developing the ability to maintain balance on the emotional and mental levels.

Sustained practice of this method will yield many positive effects and is necessary for building the foundation for subsequent Yuan Qigong methods.

This method is suitable for all. It has the potential to become a method that the general public will use for their health maintenance.

To sum up, Ren Yuan is an effective method for improving health and transforming life and the practice of it provides an opportunity to enjoy the wonder of life.

#### **The Fourth Method – Xia Yuan**

## **Main Features and Benefits of Xia Yuan**

### **1) Ancient Methods – Six Sounds**

In the long history of Qigong, using sounds and breathing to improve organ Qi or the mental condition can be dated back to 2000 years ago. One of the main methods was the Six Sounds and for a long time in history access to this method was extremely restricted. Records show that in South-North Dynasty (402-581 AD), the Six-Word Qi Sounds were used to activate the Qi of the five Yin organs. In his book '*Yang Xing Yan Ming Lu*', Tao Hongjing (456-536 AD) says:

'Breathe in, then breathe out with a sound. Do this with the six sounds: chui, hu, xi, he, xü, si. This is called 'Long Breath Exhalation Method'.

In the Tang Dynasty (618-907 AD), the highly accomplished doctor Sun Simiao (581-682 AD) reorganized the sequence of the six sounds to xü, he, hu, si, chui, xi and this has been widely practised until today. It is seen as the classic method for using sounds to work on organ Qi, and has long been regarded as the safest, most effective and reliable method.

The six sounds are adopted and incorporated in Xia Yuan method. However, these sounds are pronounced and used in a way that suits Yuan Qigong in particular. In addition to the six sounds, there are three more sounds. Let's look at all of the sounds in detail.

#### **Six Organ Sounds:**

Xü – liver; He – heart; Hu – spleen; Si – lung; Chui – kidney; Xi – Sanjiao

#### **Three other sounds:**

Tong; Ling; Qi

#### **How To Do the Sound Practice in Xia Yuan**

- **When making the sounds, natural abdominal breathing is applied.**
- **Begin with breathing into Lower Dantian, then make the sound when breathing out.**
- **Breathe in through the nose and breathe out through the mouth.**
- **Breathing and sounds should be smooth, even, soft, long and deep.**
- **Breathe in with little or no mind activity.**
- **Breathe out with Shen/mind activity.**

– Shen/mind unified with exhalation

– When making the sound of an organ on exhalation, the awareness should be on that particular organ, including the change of Qi in that organ.

– Visualize (See ‘Visualiation and Shen Activity’ below).

## **2) Visualization and Shen Activity – Six Colours**

### **Six Colours**

Each of the five Yin organs in its physical form has its own colour. The Qi of each organ also has its own colour. They are:

Liver – green

Heart – red

Spleen – yellow

Lung – white

Kidney – black

We also add Sanjiao for visualization and it is bright transparent light.

These colours are not just plain colours; rather they are lively, vibrant and bright. They are therefore called ‘Qi light’.

### **Visualization and Mind Activity**

When making the sound of a particular organ in Xia Yuan practice, the mind should focus on that organ with two activities. One is *visualization*. It is essential to visualize the organ in a Qi form radiating its healthy colour. The other activity is to send *positive thoughts* to this organ and *feel the changes* there. This visualization and mind activity is to effect change on Qi through inward focus and positive use of the consciousness. However, the Qi that can be changed through this way of using the consciousness is on a relatively superficial level.

### **Shen Activity**

Shen is the origin of the consciousness. It is the ‘true nature’ or ‘original place’ of life. Its activity can be seen as deep-level activity of the consciousness or Jingshen. We can call this activity ‘true thought’ or ‘true intention’ and this special activity manifests naturally when a person is in a unified and harmonious state, i.e. the heart, Shen, mind (consciousness), Qi and the body

are unified and harmonized. According to the Theory of Consciousness and the Theory of Qi in REN XUE, this 'true thought' has direct, profound and comprehensive effects on Jing, Qi and Shen as well as the whole of life, including the organs and their pure original Qi.

Shen activity can bring amazing experiences to the practitioner when it manifests. However, to make Shen activity a normal part of life, much effort is required; for example, working on the level of human nature by cultivating qualities such as trust, openness, love, gratitude and Gongjing. The positive change on this level will definitely change the activity of Shen/consciousness, which will lead to the change of health and life. Because of its significant impact on life, in Yuan Qigong the development and application of Shen activity is highly emphasized.

### **3) Regulate Pure Organ Qi – Hand Forms**

The hand form is used in the Xia Yuan method. Traditionally it is called 'shou jue' (手诀) in Daoism and 'shou yin' (手印) in Buddhism. Because shou jue and shou yin have been used in the context of religious practice, they have been mystified and consecrated. Looking at the hand from the REN XUE perspective, the hand form is a way of using the connection between different parts of the hands and their corresponding parts of the body. Through using the hand form in practice, both the Qi of different parts of the body and the connection between the internal and the external can be strengthened. This is how the effect of the hand form is brought about.

In the Theory of Totality in REN XUE, human life is seen as a total reality or total existence and all parts of this total reality are connected, forming an inter-supportive and inter-dependent relationship. Each part of the total reality is also governed by the total reality. In other words, from the part, we can see the whole or, the part reflects the whole. Take the hand as an example. It is part of the total reality of a human life, so it is also governed by the laws of the life and the hand also reflects the whole of life. The laws that govern human life such as Yin-Yang, Three Treasures (human, earth, heaven), Five Elements, Eight Trigrams, Ten Heavenly Branches and Twelve Earthly Stems can also be seen in the hand. From the hand, the total reality of life can be seen. Through its connection with the totality of life, the hand can be used to influence different parts of life and life as a whole.

In Xia Yuan, the use of the hand form is through following the laws of the Five Elements, or to be more precise, making use of the connection between the five Yin organs and their corresponding fingers. The connections are:

Liver – index finger

Heart – middle finger

Spleen – thumb

Lung – fourth finger

Kidney – little finger

Sanjiao is not an organ per se; rather, it is seen as a force that promotes the functioning of the organs, primarily the six Yang organs. Its effect can also reach the Yin organs through their connections with the Yang organs.

Traditionally, when following the Five Elements laws, there are two main ways to use the hand form: open hand form and closed hand form. In Xia Yuan, the open hand form is adopted because it allows simultaneous work on both a Yin organ (the fleshy part of the first segment of the finger) and its corresponding Yang organ (the root of the finger). Connections between the two organs can be strengthened in this way. In Yuan Qigong, a hand form for Sanjiao is also created for connecting and improving all Yin and Yang organs. Another hand form used in Xia Yuan is what is traditionally known as 'Heyin Hand (合印手) or 'Heyin Palm' (合印掌); or in modern Qigong, 'Hunyuan Palm' (混元掌) or 'Hunyuan Yin' (混元印). This hand form is used in an innovative way in Xia Yuan. All these different hand forms are used in Xia Yuan for the purpose of improving overall health and the health of the organs through working on organ Qi.

#### **4) Ascend, Descend, Open, Close – Strengthen Pure Original Qi**

Xia Yuan uses all the effective and reliable techniques for activating and effecting change on the original pure Qi of the organs, including sounds, colours, mind and Shen activity, hand form, breathing and body movement. It follows the principles of 'using Shen/mind to activate Qi', 'using sounds to activate Qi' and 'using movements to activate Qi'. These, used in an organic way, can promote the ascending and descending movement and the opening and closing movement of the original pure Qi of the organs (Yin and Yang) and the transformation of this Qi. It also helps this Qi gather in the Middle Dantian, which promotes the integration of the jing, Qi and shen of the organs and strengthens the functions of the organs.

#### **The Fifth Method (Zhong Yuan) & the Sixth Method (Shang Yuan)**

Practice of these two Jing Gong methods aims to effectively open Ren Mai and Du Mai, the Left and Right Channels, the six Qi Lun (Wheels of Qi; chakras), the Central Channel and the Central Line. Through practice, the free flow of Qi in the whole body can be achieved. The expected effects include a higher level of health, the development of potential abilities, the unification of Jing, Qi and Shen and an elevation of awareness and realisation.

### **The Seventh Method – Tong Yuan**

Tong Yuan is designed to grow the heart (Xin) by cultivating Five Xin, or the five qualities of the heart - **trust, openness, love, gratitude and Gongjing**.

These five qualities are a natural part of human life; humans are born with them. They are basic and universal states of Xin. Five Xin and all the various positive states derived from them constitute the rich and colourful internal world of Jingshen and feelings. We humans are capable of using Xin to properly treat ourselves, other people and the world. This is how we maintain a kind, positive, harmonious and healthy relationship with ourselves and with the world. It is also how we pave the way to a healthy, happy and fulfilling life.

However, so many things can stand in the way of the manifestation of Five Xin. The reality is that for most people there is still room to improve the manifestation of Five Xin. To some people, it can even be extremely difficult. What would a lack of Five Xin do to society? How would it affect the social environment and Qifield we share? What role would it play in the complicated problems that face both individuals and society as a whole? In our attempt to understand the causes of problems, perhaps we can gain clarity if we look from the perspective of Xin.

It is worth noting that when Five Xin are not well-manifested, what remains is not just a vacuum. Instead, there is a good chance that the opposite qualities of Five Xin will show up and occupy that space. Five Xin and their opposite qualities are like Yin and Yang. When Yin recedes, Yang will advance. When Yang weakens, Yin will dominate. For example, when trust is weakening, doubt will show up and grow. When a person's Xin is increasingly closed, openness will not manifest. When Xin is occupied with resentment and indifference, love will withdraw and hide. This shows clearly how the lack of Five Xin can have a negative influence both on individuals and society.

### **The Effects of Cultivating Five Xin**

- 1) Working on Five Xin is a process of getting to know one's internal world of Xin. Knowing one's own Xin is crucial for knowing oneself.
- 2) Cultivating Five Xin can strengthen the presence and manifestation of Five Xin and weaken or clear unhealthy Xin states.
- 3) Working on Xin will also have an impact on patterns. It provides another avenue for changing patterns.
- 4) Working on Xin can help one see the activities on the Human Nature level more clearly. It is a process that strengthens the bright side of Human Nature so that it can manifest its beauty and goodness, while transforming negative/unhealthy manifestations.
- 5) The growing and strengthening of Five Xin will facilitate the development of more positive Xin qualities – brightening and purifying Xin Ling and expanding the state of Xin. It will also benefit the ongoing development of personality and life as a whole.
- 6) The work on Five Xin will enhance health, uplift life, improve the unification of Xing, Qi and Shen and the harmony among them. The level of happiness and sense of wellbeing can be raised.
- 7) The work on Five Xin can improve its connection to Shen/consciousness and all aspects of life so that communication and exchange can be smooth. This is how Xin can properly nourish all aspects of life. It can also promote the communication and exchange of Xin Ling information between oneself and the external world (other people, society and nature). This exchange can help a person create a harmonious and ever-developing relationship with the world through connection, interaction, communication and support.

### **The Eighth Method – Ling Yuan**

Ling Yuan is designed help the practitioner effectively change unhealthy patterns on deep levels of the consciousness, especially the ten commonly shared fundamental patterns. The practice aims to activate direct and deep communication between Xin (heart) and Shen-consciousness in a very special state in order to change and transform patterns. It is intended that, through consistent practice of Ling Yuan, unhealthy patterns will continually be changed and awareness, awakening and realization can continually manifest and grow.

### **The Ninth Method – Ming Yuan**

It is designed to deepen the work on the heart and patterns and work on life in a broader context. Details will be available in 2019.

### **Qigong Reactions**

The purpose of Qigong practice is to build up the amount of Qi and to promote Qi flow in the body. When the Qi condition is improved, this will automatically work on the unhealthy Qi and information in the body, transforming or normalizing them and effortlessly improving our state of health. However, sometimes the process can be slightly more complicated. For example, if the amount and the flow of Qi are improved at a rapid rate, and the unhealthy Qi and information are stirred up and worked on very intensively within a short time, the unhealthy Qi and information may react to this process before they are completely transformed. They will then temporarily become active and cause symptoms. These symptoms are referred to as Qi reactions.

During the initial stages of Qigong practice, Qigong reactions can often manifest as a flaring up of the symptoms of existing problems, or the recurrence of symptoms of old problems. Qigong reactions can take place in any part of the body, including the organs. For example, when clearing occurs in the lungs there can be flu-like symptoms or the secretion of phlegm. When clearing occurs in the digestive system, it can cause diarrhoea. All of these are common Qigong reactions.

Qigong reactions can also manifest on the emotional level. For example, we can get angry for no reason. This is because the body holds unhealthy information that was created by previously experienced unhealthy emotions, especially emotions which have been frequently experienced. When Qi works on the organs, which are strongly related to emotions, emotional reactions can occur. Qigong reactions can also occur on the consciousness level, especially when Qi and information reach the patterns of the consciousness. This is relatively rare for beginners unless one is also receiving information for working on patterns in a strong qifield. This type of reaction may manifest as getting stuck in certain negative thought patterns or processes.

Qigong reactions can understandably cause anxiety when practitioners do not understand why they occur. If this worry is not addressed, the reactions can cause some people to give up Qigong, so it is crucial to have some understanding about Qigong reactions from the very beginning of practice. People who have concerns about Qigong reactions should consult their teacher.

Qigong reactions are a normal part of healing, no matter on which level they occur. They signify positive changes and should be viewed accordingly. There is no need to worry or panic when they happen, and they are certainly not a reason for giving up Qigong practice. Sometimes it is not that easy for new practitioners to determine whether a symptom they are experiencing is a Qigong reaction or a symptom of a health issue, but is it really necessary to make the distinction? Let's look at this more closely.

How should we deal with a Qigong reaction? When a Qigong reaction occurs, transformation and healing are happening. We should try to help with this process of transformation and healing so that it can go as well as possible. Not only that, we also want this process to be as brief as possible because Qigong reactions are not pleasant, to say the least. So what can we do to make this happen?

### **Be calm and positive**

Maintain a good state; be calm, relaxed and natural. Knowing that positive changes are happening, we should feel positive about it. Panicking and worrying will only interfere with the process and disturb Qi. When we speculate that something bad is happening, the unhealthy Qi and information may be reinforced, which will obstruct the transformation and healing. The process can take longer and the Qigong reactions may linger.

### **Using Qigong Practice to Assist the Process**

Qigong practice will continue to promote the transformation and healing, so it is advisable to not stop practicing. Sometimes Qigong reactions may make practice difficult, so the practice can be adapted. For example, if we feel very physically tired and find moving Qigong difficult, we can use gentle methods such as Open-Close Pulling Qi; still Qigong can also help. Sometimes Qigong reactions can occur on an emotional level and we may find it difficult to focus or calm down. In this case moving Qigong is useful in clearing the reactions. Of course if we have an emotional or mental reaction, once this is over we have to work on the underlying causes, especially the patterns.

When a symptom is a real symptom, rather than a Qigong reaction we should deal with it in exactly the same way: stay calm and positive and continue to use Qigong to work on the unhealthy Qi and information in the body. If the way to deal with a symptom is the same regardless of whether it is a Qigong reaction or a symptom of a health problem, making a distinction is hardly necessary.

Please note that we are not saying Qigong is the only way to deal with a health problem or a symptom. When advising continued practice of Qigong, we don't mean to exclude the use of other modalities for the purpose of diagnosis or treatment.

## **Results of Yuan Qigong Trial Practice**

[View the PDF of this information](#)

## **The Meaning of 'Yuan Tong Ling Ming' – the motto of REN XUE**

'Yuan Tong Ling Ming' is the motto of REN XUE. You can see the Chinese characters of these words in the REN XUE logo. These four words are also used in Yuan Qigong methods. Let's look at their meaning one by one.

The word 'Yuan' is used a lot in REN XUE. It is also the name of the new Qigong system, 'Yuan Qigong'. 'Yuan' means a 'circle' or 'round shape'. It also has the meaning of 'complete', 'whole', or 'perfect' or refers to 'rounded and smooth' or 'smooth flowing or running'. In the context of 'Yuan Tong Ling Ming', Yuan also has the connotation of 'taking up responsibility'.

In an ancient classic Chinese dictionary, 'Yuan' means 'all-encompassing space' or 'heaven', in other words, the universe. In 'I Jing, Xi Ci', it says, 'The nature of Yi (a kind of grass) is Yuan and Shen'. Yuan here means 'complete' or 'whole'. In 'Da Dai Li Ji Zeng Tzu Tian Yuan', it says 'The Dao of Tian is round (yuan); the Dao of Di is square', which means that the Dao of the universe is characterized by completeness and free flow, and the Dao of the earth emphasizes the observation of laws and rules. This explanation demonstrates the layers of the meaning of 'Yuan'. 'Yuan' represents both the infinitesimal, as in original Qi, and the infinite, as in the whole universe. In other words, it is 'so big that there is no room to go further out and so small that there is no room to go further in'. Everything in the universe is inside 'Yuan'. 'Yuan' also represents the circular and curvy movements which are the most basic form of movement in the universe. What, therefore, is the meaning of 'Yuan Qigong'? 'Yuan' is the symbol of all beauty and positivity and 'Gong' is the work for achieving beauty and positivity. Put together, 'Yuan Qigong' is a way to achieve a wonderful life.

The following three words are used to name the last three methods of Yuan Qigong. The second word 'Tong' means 'flowing through' or 'unimpeded flow'. In life cultivation, this can be understood as 'maintaining the free flow of Qi and blood, the free flow between Xing, Qi and Shen, and an open and

harmonious relationship with self, with family, with other people, with society and with nature. 'Ling' is a manifestation when one has made progress in 'Yuan' and 'Tong'. It refers to a clear head and the development of potential abilities. This should also manifest as improved ability to help oneself and help other people. '?' is the Chinese character for the fourth word 'Ming'. The Chinese character is made of two parts: '?' (sun) and '?' (moon). This is a state of Yin and Yang being in balance, and also refers to a bright and clear Shen and the wisdom it demonstrates when it continuously comes to new realizations.

Yuan Tong Ling Ming represents the essential values of REN XUE. It can be seen as the goal of REN XUE practice and it can be used as a means in itself to achieve this goal.

## **ABOUT YUAN MING MEDICINE**

### **Introduction**

Yuan Ming Medicine is also named TOTALITY HEALING. It is being created to serve as one of the tools for the realization of the mission of REN XUE – Zi Du Du Ren. At its foundation are: (1) essential wisdom and techniques of traditional Chinese culture, and (2) modern achievements. Built upon this foundation are theories and methods that Yuan Tze gradually developed during his life-long dedication to exploring life. These theories and methods are products not only of investigating but also of applying discoveries to both his own life-cultivation and his work of healing and helping others. Yuan Tze worked with problems on all levels of life, including the body, Qi and consciousness. His aim was to help people deal with problems in a safe, effective and natural way. After many years of work, a basic framework of a REN XUE health model – Yuan Ming Medicine (Totality Healing) – has finally emerged. It establishes the basic form for a holistic (totality) medicine for the future.

Totality Healing is part of the REN XUE system and is based on REN XUE theories and methods for healing. Its availability will render REN XUE a more comprehensive system. As a new health care model, it will include methods that can be applied to practical healing work. The goal is that with proper training therapists will be able to use Yuan Ming Medicine to help people address problems on all levels of life in a safe, effective and natural way.

### **Theory**

The three main theories of REN XUE — Theory of Qi, Theory of Shen-Yi and Theory of Totality — form the theoretical base of Totality Healing. The techniques of Totality Healing will be based on these theories.

### **Applications**

The main applications of Totality Healing are as follows:

1. Therapy is conducted by a trained practitioner/therapist.

2. The focus of therapy is identifying and dealing with root causes of problems.
3. Through using Totality Healing techniques, the practitioner helps clients deal with problems, including health problems and life problems, by working on and making change to their Shen/Yi and Qi.
4. For optimal results, the practitioner and recipient form a mutually-beneficial relationship, with both parties actively participating in the therapy and working together in a positive way. Therapy becomes a process for both parties to grow.

### **Its Role in REN XUE**

Under the umbrella of REN XUE, Yuan Ming Medicine (Totality Healing) joins Yuan Qigong as another subsystem. Each of the two subsystems has a primary focus. Yuan Qigong is mainly for Zi Du, with Du Ren in a supplementary role. Yuan Ming Medicine is mainly for Du Ren, with Zi Du in a supplementary role. REN XUE and its two subsystems work together as a complete package. All of these elements are still in the process of development. To complete them and make them a comprehensive holistic health care system, a great deal of effort from many people will be required. However, what is being offered at this stage in REN XUE, including these two subsystems, is already sufficient for effectively improving health on all levels.

### **The Scope of its Effects**

The scope of the effects of Totality Healing is as wide as life itself. For example, looked at from the perspective of the timeline of a human life, it can help people from the very beginning of life (conception), to the very end (death). The effects of Yuan Ming Medicine can also reach beyond an individual human life to society as a whole and even to other forms of life.

### **How does Yuan Ming Medicine Work?**

The effects of Yuan Ming Medicine (Totality Healing) will come about mainly through changing Qi and information. Qi and information are conveyed by the practitioner in order to effect change to the recipient's Qi and information. The positive changes in Qi and information can then lead to improvements in health and life. This can be done through various forms:

1. Individual one-on-one therapy
2. Group therapy with one therapist working with more than two recipients
3. Remote therapy (with the therapist and the recipient(s) at two different locations). Advancements in technology such as audio and video communications over the Internet can now be used for remote therapy.
4. Other forms of therapy
5. Using three ways of transmission – physical, verbal and direct – as the main vehicle for conveying Qi and information. Other media such as written text can also be used.

### **The Effects of Yuan Ming Medicine**

1. Help prevent illness.
2. Help improve the unhealthy condition of the body, Qi and information effectively.
3. Help improve the unhealthy conditions on the behavioural, psychological, personality and consciousness levels effectively.
4. Help improve overall health and quality of life and promote longevity effectively.
5. Help promote a healthy and harmonious relationship with self, family, society and nature effectively.
6. Help make change to unhealthy habits in behaviour, emotions, personality and thinking effectively.
7. Help raise the level of perceived happiness and wellbeing effectively.
8. Help adjust and improve the views of life, morality, value, society and the world.
9. Help develop true understanding (realization) and wisdom.

### **Who can benefit?**

Anyone can use Yuan Ming Medicine on herself. However, to use it on other people, one needs to undertake the 'Yuan Qigong, Yuan Ming Medicine and REN XUE Professional Training' and obtain qualifications.