



2012 World Conference Agenda Seeding Your Life With Love

June 28. Thursday - Welcome Reception 7:30 – 9:00 pm

Marriot Southwest Opus Hotel –Lake of the Woods Room
Business Casual

June 29. Friday – Healing Your Heart : Releasing Trauma & Old Emotional Patterns

Pre-Conference

Morning

10:00 SFQ Certified Instructors Levels I & 2 – Sharing & Support Meeting
in Salon F (2Hours)

Afternoon

12:00 **Conference Registration**

1:00 Welcome – Masters Lin & Vincent

Welcome Meditation – Master Lin

1:20 **Healing Your Heart Part I: Releasing Trauma & Old
Emotional Patterns** (Part 1: Total 100 minutes)

- Energy Pattern of Trauma and Old Emotions (80 min)
- The Science of Energy in Thoughts & Feelings (20 min)

3:00 Afternoon Break (30 Min)

3:30 **Healing Your Heart Part 2** (90 minutes)

- Steps to Releasing Old Emotional Energies & Core Issues
- Healing The Heart is Opening the Heart
 - Healing Core Issues
 - Being Centered in an Unpredictable World
 - Developing Trust & Inner Peace
 - Living in the Present Moment
 - Feeling Compassion for all of Creation
 - Giving Service and Love to Others and the World

Evening

5:00 Dinner Break (2 Hours)
Private Healing Appointments (2 hours)

Location for Healing Rooms is Lake of the Isles 1,2, 3

7:15 **Master Chunyi Lin's Evening 'Healing The Heart' Meditation (1 hour)**
8:15 Friday Session Ends.

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June 30. Saturday - Finding Your Soul Purpose Transforming Your Life

Morning

7:00 Active Exercise Practice & Meditation (Lake of the Woods if Patio is windy)

8:00 Continental Breakfast (Outside Salon A-E)

9:00 Welcome

Finding Your Soul Purpose Transforming Your Life Part 1 & 2 (90 Minutes)

- Merging With Your Soul: Uniting With Your Soul's Unconditional Love
(45 minutes)
- Clearing the Personality : Surrendering Behaviors and Old Beliefs
(45 minutes)
 - Letting Go of Being Worthy
 - Letting Go of Old Stories
 - Letting Go of Being Afraid of the Power of Love
 - Releasing Old Relationships
 - Preparing for New Life Changes

10:30 Morning Break (30 min)

Finding Your Soul Purpose -Transforming Your Life Part 3 (60 minutes)

- Awakening the Three Heart Centers of Your Lower, Middle & Upper
Dan Tien
 - Soul of the Sun Visualization
 - Awakening your Heart Centers
 - The Oneness of Love
 - Feeling the Peace and Stillness of Love
 - Love's Will and Your Will
 - Surrendering to Pure Love
 - Your Soul's Unconditional Love
 - Hearing & Using Your Own Soul's Music

Afternoon

12:00 **Lunch Provided by SFQ** (90 min)
Jim Nance "Living the Master Within You" (30 min)
Lunch Time Q&A Masters Lin, Nance & Vincent

June 30. Saturday - Finding Your Soul Purpose Transforming Your Life (cont)

1:30 **Finding Your Soul Purpose : Transforming Your Life Part 4 (60 minutes)**

- Meeting Your Soul Part 1
 - Merging with your Soul
 - Combining your Light and your Souls Light
 - Ways to receive Guidance from your Soul

2:30 PM Break (30 min)

3:00 **Finding Your Soul Purpose : Transforming Your Life Part 4 Cont.**
(120 minutes)

- Meeting With Your Soul Part II
 - Asking for your true purpose and gifts
 - Some of the ways your Soul communicates
- New Ways to Live, New Ways to Love
 - Transmitting Your Soul's Love to Others
 - Qigong Healing with Soul Love
 - Connecting with Everyone's Unlimited Power of Soul Love

Evening

5:00 Dinner Break (2 Hours)
Private Healing Appointments (2 hours)
Location for Healing Rooms is Lake of the Isles 1,2, 3

5:15 Wisdom Circle Dinner Meeting – All SFQ Guild Partners (Lake of the Woods)

7:00 **Special Guest Speaker:** Cynthia Kersey, Author, Inspirational Speaker and Founder of The Unstoppable Foundation, ***'Living Your Higher Purpose; The Secrets to Living an Unstoppable Life'***
Spring Forest Qigong Adopts a Village in Kenya, to build a school, provide health care, and clean water for the children.

8:00 **Master Chunyi Lin, Evening 'Finding Your Soul Purpose Meditation'**

9:00 Saturday Session Ends

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July 1. Sunday Qi~full Eating, The Energy of Food

Morning

7:00 Active Exercise Practice & Meditation (Lake of the Woods if Patio is windy)

8:00	Continental Breakfast (Outside Salon A–E)
9:00	Food Is Energy (90 minutes) <ul style="list-style-type: none"> ▪ Define Chinese Energy of Food ▪ Yin Yang Food <ul style="list-style-type: none"> • Colors of Food Energy • Raw Food Energy • Cooking Food Energy ▪ Key Benefits of Energy Food Balance ▪ Key Benefits of Foods in Seasonal Energy
10:30	Morning Break (30 Min)
11:00	Chinese Food Energy Basics – Food Prep & Choosing A Diet Right For You Five Element Theory in Your Diet (60 minutes) <ul style="list-style-type: none"> ▪ Fire Summer Energy for Heart Nutrition ▪ Earth Late Summer for Spleen Nutrition ▪ Metal Autumn Energy for Large Intestine Nutrition ▪ Water Winter Energy for Urinary Bladder Nutrition ▪ Wood Spring Energy for Liver/Gallbladder Nutrition
Afternoon	
12:00	Lunch provided by SFQ - Eat The Five Elements (90 Minutes) Lunch Time Q&A Masters Lin, Nance & Vincent Private Healing Appointments (90 Min)
1:30	Qi~Full Eating – The Energy of Food (60 minutes) <ul style="list-style-type: none"> ▪ The Five Senses Energy ▪ The Power of Your Sixth Sense <ul style="list-style-type: none"> • Ways you can create a healthy diet that’s right for you • Finding Confidence • Developing Trust
2:30	PM Break (15 minutes)
2:45	SFQ Wisdom Circle Service Awards
3:30	“Lotus Seeds: Bringing Love To the World” Sharing The Ways Attendees Seed Their Life With Love
3:45	Master Chunyi Lin’s Lotus Meditation
5:00	Conference Ends – Our Energy Continues! 😊