Introduction

Your Soul has always been a part of you and is a very high vibration of energy that is nearer to the All that Is, the Oneness, God, the Tao, the Source of all Life. Just as your Soul gives life to you, the consciousness - the universal spirit, the pure love of creation, gives life to your soul. Your personality makes its connection to universal unconditional love through your Soul.

Your Soul is very much a part of you and it is also an energy that is in a higher spiritual dimension than the earth plane. It brings its light and its pure love from its spiritual home into your life to the degree that you ask it to. Your Soul’s intelligence not only constructs your physical body, it also oversees and directs the trillions of actions of your small universe. It also holds the pattern that made you in this lifetime and your purpose for being here and coming to the earth.

The fact that you have been drawn to this course says that you are seeking to evolve your personality to merge and make conscious connection with your Soul.

You have been on a soul adventure every moment of your life whether you are consciously aware of it or not. Like all journeys, there is mystery and awakening, there can be surprises and forgetfulness, discovery and remembering, pain and suffering, and joy and bliss.

You are a Soul that took on a body to live an earthly life. You have a name, a beginning date for this time on earth, and a personal history filled with stories and identities. Each one of those stories and identities, however dramatic, brought you to this moment, right now.

Part of this workbook is to help you honor every step you’ve taken, glean the gems of your interpersonal relationships and experiences you identify with and help you receive your true self as your Soul and in a far greater way than a limited temporal being. As you open to a greater experience of being your Soul, of loving as your Soul, and express Soul qualities in your day to day life, you can experience a very high level of earthly living as your highest love. Living as your highest love, you become the perfect vehicle for your Soul to express all its qualities while you are here on earth. Many call this being heaven on earth. You know why you are here and you’ve made the ultimate connection between your personality, your Soul and the universal unconditional love in the most magnificent, most beautiful way.
Finding your Soul Purpose is a personal journey of remembering who you are: a unique, brilliant, creative, eternal being of Love. As you remember yourself this way, your purpose for being here on this earth becomes known to you.

As you consciously discover yourself as a Soul, and receive this greater part of your unconditionally loving self, you open to limitless aspects of information, guidance and direction.

In Spring Forest Qigong, every ‘body’ is defined as a Small Universe. You were created in the image of the universe as a unique expression of universal love. Each and every point of consciousness within you and outside of you seeks to know itself and exists to express its goodness.

This workbook, was created to help you know who you are and what you are. It also helps step you though any experiences that you feel may be holding you back from total awareness, help you unify the many identities you use, now, to define who you are and help you make Soul conscious contact and connection with your Soul and discover your true purpose. In this journey, you find new ways to live and new ways to love that transform your life.

**About the Course**

If you have purchased this course with CDs, they are mentioned as CD 1, 2, 3, and 4 along with the track number as you make your way through this workbook. The audio part of this course directly relates, track, by track with your workbook.

If you have downloaded all the Audio Files for Finding Your Soul Purpose Course, the Audio Tracks are also listed so you have them as reference points for every lesson.

For greatest benefit, it is recommended that you listen to Tracks 1, 2 and 3 and review the first 3 sections of this e-workbook before you begin regular practice of Master Lin’s Soul Purpose Meditation on CD 4 (Track 20).
Track 1: Uniting With Your Soul’s Unconditional Love and Light

Because your Soul is so vast, so big, bright and brilliant it can be a little hard to wrap your intellect around’ being your Soul. The easiest way to begin is to acknowledge who you are and consciously make the connection.

Please take just 13 minutes and go to your Soul Purpose CD 1, Track 1 and follow my guidance, as I ask you to connect with your Soul’s Love.

People define who they are in many ways. When we identify ourselves, it is in many parts, many identities.

Our Universal energy, our Soul, is a part of everything and every identity we have ever created. In making conscious connection with your Soul, you experience the union of all these separate identities. As you practice the visualizations in this course and do the exercises, you will discover that the notion of a divided self with separate identities will fall away and the feeling of oneness with your Soul and the Universal unconditional love becomes the guiding light of your life.

Every good thing you have every done comes from your Soul.

<table>
<thead>
<tr>
<th>I am a Soul</th>
<th>I am a Personality with Many Identities</th>
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<tbody>
<tr>
<td>I am a resident of the Universe.</td>
<td>Personal</td>
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<tr>
<td>I am infinite.</td>
<td>Intellectual</td>
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<td>My higher purpose imprinted on my Soul is?</td>
<td>Creative</td>
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<td>My Soul Purpose for being here is?</td>
<td>Mental</td>
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<td>My unique Soul Gift to Life is?</td>
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<td>Spiritual</td>
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When finding your Soul Purpose, you discover that many times in your life you may have lived and chosen directions that other people wanted for you.

You may have been in a vocation for many years and felt that it is time to leave it even though it has provided well for you. Deep in the spiritual well within you, there is a small quiet voice speaking to you to follow your true path.

There is no more successful work than doing what you truly love. When you do what you love, the love of the whole Universe rushes to serve your purpose.

Please take a few moments, and ask yourself this question:

**Do I really enjoy who I am and what I do?**

Please write a short letter to yourself, here.

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Dear __________________,

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What do you sense you wish to change most about your life now?

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List all the things you know you love to do that bring you a deep sense of happiness. No matter how trivial, please list them here.

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You are always free to live with Joy, Peace, Unconditional Love and Forgiveness.

During this journey, making your Soul Connection and Finding Your Purpose, you will be consciously and subtly merging your identities to Oneness and opening the floodgates of your heart and mind to receive all the treasures your Soul has to offer you.

Please take a few moments to name and describe the Soul energies you sense and feel. If you feel poetic, please write a poem about your Soul.

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Exploring Yourself Beyond Reason and Logic

Right from the beginning, please ask yourself if there are any ‘whys’ or ‘why nots’ in your thoughts, about Finding Your Soul Purpose.

If there are, you are invited you to let go of them. The Soul loves you for no reason. When we ask the question: ‘why’ - there are two answers: “Why not,” or “Because.”

Your beautiful intellect helps you process information using Reason and Logic which is important. But for every reason ‘why’ – there is always a reason why not when we are living only in our intellect and define ourselves just with our intellect.

This is why people can feel that they are caught in a circle and can’t get out. They feel emotionally trapped because when you just give your intellect a statement like: I am unconditional love. You can also get, through logic, every reason why you are not.
What spirals you out of the circle is connecting with your heart energy that is unconditional. It just ‘Is’... just like your Soul. Your Soul has all the information and lovingly is present with you waiting for you to say to it, “I love you, please come join me in my day-to-day living.”

Releasing ‘Why’s and ‘Why Nots’ to Feel Total Awareness

List any ‘whys’ or ‘why nots’ that you are ready to release back to the universe.

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“Any separation I have ever felt, or feel now, is just my perception. In truth, my Soul and I are one.”

The Universal part of you knows that every step is just the right one and lives in total awareness.
Your Life is a World of Relationships

The relationship you have with yourself is the relationship you have with others.

If you are experiencing something in your life that you don’t like, it is so beneficial to acknowledge the experience. You honor that you brought it to you for a very good reason.

When you do accept the experience, you are also affirming to yourself that you have the power to change the experience.

Choose one challenging experience, that has shown you something important about yourself you weren’t aware of before.

Write it briefly here:

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If the experience involves another person, you can forgive yourself and others and express appreciation for them.

List some good things you can acknowledge about this person. This is one of the first steps in expressing Soul loving, for another person.

Think of as many ways as you can to appreciate this person.

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Go to your heart. Put all your attention on your heart center. Feel where you have held this experience in your body and let it rise up to the pure love of your heart.

To dissolve any blockages to Soul loving, give any criticism or judgments about this person back to the unconditional love of your heart.

Feel all the criticism and judgments surrounded by the love of your heart.

See the criticisms and judgments become like butterflies going back to the heart of the universe.

Are the ways you have been critical of this person the same ways you have critical of yourself?

Even if you feel that the actions of this person don’t apply to you, ask yourself how they might apply and write what comes to you without thinking too hard about it. Staying open, and relaxed is what helps feelings come to the surface.
What part of them is like a part of you?


What gift of love did you give them?


Loving from your Soul is being kind to yourself. Forgive and love yourself just as your Soul does. Forgive others and love others just as your Soul does.

Recognize and appreciate every time you have:

• Loving thoughts
• Kindness
• Thoughtfulness
• Forgiveness

Send love to help anyone be better, happier, and live a more joyful fulfilling life.
List some of the times you helped someone be better, happier and live a more joyful life:

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“I live in joy and awareness each moment.”

Joy and appreciation might not be in every moment of your life. But as you practice seeing the best in everything and everyone, joy and appreciation will come forward and each time they do, you will feel more expansion and more joy.

There will be times when you haven’t had the most terrific day and that’s okay. Please be gentle with yourself. What is important is that you are moving in the right direction. If you are criticizing yourself, or have unloving thoughts about yourself, then forgive yourself. Think of all the good things you are doing for yourself and for others.

“No matter what is before me, no matter how things ‘appear to be’, I know in my heart, that Joy, appreciation and gratitude is my natural, timeless state of being.”
CD 1, TRACK 2

Benefits of Soul Love : Making Conscious Connection

Your Soul, guiding you, can feel like a strong flowing river of light.

Imagine you are a Lighthouse of Your Soul’s Infinite Light

- Light shines out from your lower dan tien, from deep in and behind your navel.
- Another great light shines out from your heart center, your middle dan tien.
- Another great light shines forth from your forehead, your upper dan tien.

You are shining great beams of light out into a vast sea showing your heart’s deepest desires:

What did your light show you?

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Being a lighthouse of your Soul’s light is also being aware of the eternal present, while living on earth ‘in time’. Being aware of the timeless can take a little getting up to speed. It’s not hard; it’s just different than what you may be use to.

Living with timeless awareness only adds to your quality of life.

You live as you are, with all your five senses, but you add a new conscious awareness - your 6th Sense, your Intuition.

Your heart’s intelligence shares what your Soul has to give and projects it to the field of your mind.

Your intellect can sometimes get a bit ‘wowed’ by it all. Your Soul’s love and light energy is a fast moving field. Energy moves so slowly here, that when you feel the acceleration of energy from your Soul, it is so fast it feels likes like total stillness.

Peaceful, energetic shifts begin to take place inside you when you know with all your heart, that you seek total awareness of your Soul. It’s a magnificent step when you directly ask to connect with your Soul’s love.

You open a door and, in the most beautiful and gentle way, your Soul’s love and light comes shining through.

You may notice over the next days, weeks and months that you feel energetic shifts like:

- Feeling the balance of receiving and giving.
- Feeling more aware of what surrounds you.
- Feeling appreciation and gratitude for every experience.
- Feeling forgiveness.
- Feeling more compassion for others.
- Feeling serenity.

These feelings come softly.
Write what you feel after doing the visualization on Track 2.

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CD 1, TRACK 3

Letting Go – Releasing Yourself

The first step in letting go is being willing to open to your awareness of yourself as a universe of infinite possibilities. To have this letting go experience, you remove any emotional blocks and barriers about your worthiness.

Go to Track 3 and do the ‘Letting Go Visualization’ and experience the open free energy of ‘Just letting Go’, just experience the energy of release.

A simple release exercise done regularly, helps open and empty yourself of many burdens and worries you may have been carrying for a long time.

It is such a simple practice, you may assume with your intellect that it won’t do much. Just stay open, let go of any judgment, and try this simple release at least six times or more.

Each time you do this ‘Letting Go’, you will experience something new.

Beginning the Soul Purpose Meditation

Now that you have done the first three visualizations you are ready to begin the Soul Purpose Meditation on CD 4 (Track 20). Once a day is best, but do it as you are drawn to it. This meditation is given to you to do as often as you like and it helps accelerate your experience.

Please give yourself at least one hour to be in this meditation. Meditation is a state of being. The more you choose to be in Soul energy the more you can express and feel its love, joy and guidance.

Take some moments each day to journal your experience. It doesn’t have to be long. It can be just a few lines. It will bring perspective and help you really know how your life is transforming and opening to Soul Loving day by day.
CD 1, TRACK 4

Clearing Old Behaviors

Old Conditioning and Letting go of Worthiness Energy

There can be the ‘old conditioning’ that to be loved you must be lovable and perform and be this or that. For some, it can be worthiness connected to being perfect. Some examples are - to act or behave well or get good grades, or perform well in sports or take care of another sibling or a parent or the house or do well in your job to get recognition to feel loved.

If you have feelings like this, please release them to this page by writing them down:

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Childhood Memories of being loved by being worthy:

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Teenage Memories of the need to be worthy to receive love.

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Adult Memories of worthiness. Being worthy to be loved and worthy to be forgiven.

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You always deserve your Soul and all its love for you.

Now, go to CD1, Track 4 and follow the short Letting Go Visualization. The energy of feeling the need to be worthy, to be loved, or feeling undeserving to receive your Soul’s love, is held in the physical body and is a contracting energy.

As you do this visualization and feel the energy of your physical body, let go of any worthiness energy and feel it go back to neutral, back to the universe.

This short meditation, helps you open to a new sense of innocence and purity and prepares you for the next step on Track 5.
Write what you feel after doing the Letting Go visualization on Track 4.
There may be other beliefs or feelings that you have about connecting with your Soul that may bring a subtle feeling of resistance.

Even though you feel your life experience will be greatly enhanced by connecting with your Soul, you may have some worries about your life changing.

List any worries you may feel.

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For each concern, you can go back and repeat the Letting Go Visualization on this Track 4. It is so simple but very powerful.

Each time you go back, and do the Letting Go visualization, take just a few minutes and write how you feel. When you do this, it brings a sense of accomplishment to your feeling world. It brings comfort and strength to your personality as well as a sense of confidence and trust.

As you practice the Soul Purpose Meditation on CD 4, (Track 20), each day, and just receive the energy of the meditation, you’ll discover more each day that your 6th Sense, your intuition, is born from your heart’s unconditional love. It is a gentle, loving and natural experience. There is no forcing, no energetic pushing.

Your Soul’s love offers you everything you are ready to receive. Your Soul speaks through your heart and your heart expresses the messages to the field of your mind.
CD 1, TRACK 5

Letting Go of Old Stories

Each life experience we have has energy just as everything in the universe has energy. Sometimes we hold on to the energy of an old story and live it over and over again and it can keep us from moving forward.

One effortless way to release old stories to make room for new ones is through loving. Loving stories are never a burden. The stories that can repeat themselves in our emotional world and in our mind are the ones you feel are unfinished. Often they are filled with ‘could haves’ and ‘should haves’. The energy is “I should have done this, or that.”

The other stories can be ones where you couldn’t believe that someone you thought you could trust did something that you felt hurt you. There can be energy like resentment, blame, and feeling a victim of the experience.

List some of the stories you feel you have carried with you most of your life that you sense are holding you back from new, happier, more fulfilling stories:

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Now, take the same experiences and list for each one the good you find in each story:

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Changing negative memories with positive understanding transforms victim and blame energy when you come to the awareness that everything, in your past, happened for good to bring you to this moment right now, finding your Soul Purpose.

List here any old stories where you felt sorry for yourself or felt you did not get what you wanted.

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Old stories are just that, old. Many are from a time when you were younger. Now, that you are wiser, with more understanding, you can see the stories more clearly. If there was something that you really wanted that you did not get, maybe there was a very good purpose in it. Maybe it changed your path in life to bring you to this moment right now.

As you embrace your old stories, write some of the ‘gems’ of wisdom you find from each of your old stories. Each gem of your wisdom expresses how each story served you in a good way.

We draw experiences of all kinds to us to teach and show us something. When you have learned from an experience and gleaned everything you can from it and find the good in it, no matter how bad you feel it was when it was happening, you release yourself from the experience and it doesn’t occur again and again. When you love what you have found in the experience, you are no longer bound to its energy.

The wisdom here is that you can leave anything when you love it. The more you dislike or even hate something, the more bound you are to it.

You have done good work, spilling old stories on the page and bringing them forward and finding good, finding the ‘gems’ of wisdom in them!

Now, Go to CD 1 Track 5, and follow Master Lin as he guides you through a Letting Go of Old Stories, Visualization.
Write what you feel after doing the Letting Go visualization on Track 5.

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“There are seeds of greatness in me waiting to emerge.”
CD 1, TRACK 6

Letting Go Visualization: Releasing Fears of the Power of Love

When you seek and strive to be and feel unconditional love in your life, sometimes, old stories can filter though and bring with them old expectations not met by what you thought love was supposed to be, doubts and fears.

Every time you open your awareness to higher energies of love, the remaining lower energies about love will float up to the surface.

These energies will show you what part of you has not felt loved.

Ask yourself this question: Is there any part of me that is afraid of loving and being loved?

Go inward, and be still for a few minutes, and then just start writing what comes to you.

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Now, take a few moments to talk to that part of you in the most gentle way and convey, in your own way and words, that there is nothing wrong with feeling that fear.

How many different ways can you reassure yourself that everything is okay and that part of you, that felt or feels afraid, is safe and deeply loved by your Soul and the Universe?

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Now, go to Track 6 and do the short meditation on feeling the unconditional love of the universe.

Write what you feel after doing the Letting Go Visualization releasing any fears about the power of love on Track 6.

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CD 2 Track 7

Releasing Old Relationships

Our life is filled with relationships. Often we draw relationships to us to show us what we seek to know about ourselves. If you look at any relationship with perspective, you can usually see that what was missing for you in the relationship is what has been missing in your relationship with life. Relationships most often reflect how we feel about ourselves.

The fact that you invested your energy in the relationship, in some way, means that you chose to be in it for a good reason.

When you do this exercise, its purpose is to release yourself from any old relationships that you feel you are still bound to and you sense are holding you back from experiencing a new life, with new possibilities and new deeply fulfilling experiences.

As a particular relationship comes forward in your mind and you feel the emotion of it, embrace the dynamic of the relationship. What was the essential energy of this relationship? What is it about this relationship that has bound you to it for so long?

As you embrace the essence of the energy of what this person has show you about yourself, you gain a much greater awareness as to why you magnetized it to you in the first place. Every relationship you have is valuable and shows you something important to grow spiritually and bring you closer to your conscious awareness of your Soul.

Maybe there is a relationship you have hung on to that has a lot of emotion in it that you have suppressed. Even though you are not actively in that relationship right now, or feel you have ‘let go of it’, there can still be some dynamics you can observe that help you get the most from the Soul lesson that is there for you.

The dynamics between people can help you see the truth of what took place and the truth about your own growth and your part in it.

There is a common energetic of ‘power and control’, in relationships, that has existed for many thousands of years. Maybe there is a relationship that you have felt bound to that has this kind of energy signature.
Usually, the key discovery in this dynamic is the awareness of what was missing in it— the great power of freedom in loving.

People throughout your life, who have not evolved to knowing who they are in love, may act out of fear. There may be a parent, a spouse, a friend, a sibling or someone at work, who finds their power thorough control.

Since love is the most powerful force in the Universe, and they have yet to know this of themselves, they may have tried to control you with their judgment, indifference, criticism, guilt or disappointment, and anger. These are all ways they grab on to and try to control you so they feel safe.

Their sole purpose is to find way to get you to do what they want you to do. They haven’t discovered their true creative power through loving.

Choose one ‘power and control’ relationship you wish to embrace, transform with love and release and briefly write about it here.

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Now, with the love from your heart center, call to your Soul’s love to join you in embracing the person in this relationship.

• Ask your Soul love to bring to this person a greater awareness of their true freedom and power through loving. Feel the power of your forgiveness flow like a loving river from your heart.

• Feel your love and your Soul’s love connect to this person’s Soul and make the connection in awakening so this person can be the best they can be in their life and discover their higher love, their Soul love.

• As you offer this to every relationship, your Soul Love increases and so does your joy.
What is your heart felt message to this person?
Write them a short letter from your Soul to their Soul.
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"Now, I send my letter Soul-to-Soul. My Soul’s love is universal and timeless and so is everyone else’s. There are no boundaries."

The person can be living on the earth or they may have crossed over ~ it does not matter. Their Soul is always alive and available for you to speak to them from your heart and your Soul. They will receive all the gifts you have to give.

Now, go to Track 7 and do the short meditation on Releasing Old Relationships back to the unconditional love of the universe.
Write what you feel after doing the Releasing Old Relationships Meditation on Track 7.

Every relationship I have ever had shows me something in me I needed to heal or awaken within me.
Prepare and Open to New Life Changes

When you are awakening to new life changes, your attention is on transformational energy. Connecting with your Soul’s love, in a deeper way, is a very magnetic energy.

When you receive the world with your Soul, you are living with an optimistic energy that filters out anything that isn’t optimistic. This happens so naturally. It’s not a struggle. The energy is faster, and so pure, anything less than higher Soul energy gets filtered out.

Your attitude in how you choose to be in the world and in your relationships governs how you experience your life and the world.

The thoughts you have and the words you use when you are talking to yourself all determine the way you experience your life.

So, as you open to new life changes, you always have the choice of feelings filled with light, love and joy. It is a choice you are free to make in any moment. If you choose to keep your attention on attitudes that express your Soul’s love, then you become a great magnet for more and more of the same energy.

The moment you put your attention on your Soul’s Love and the joy of its energy, you join with all the love of this frequency, this vibration of energy. You also join with all the other Soul’s on this earth and beyond who are focused on what you are focused on.

5 Aspects of New Life Changes

• Attitude
• Balance
• Stability
• Serenity
• Security

Each one of these aspects is a natural progression of connecting with your Soul’s unconditional love.
As you experience the 5 Aspects of New Life Changes, it is important to take time to be still when there is a decision you need to make about your life.

Even if you are on the go and at work, on an errand, at the store, at a friend’s house, with your family – it does not matter where - if there is an important action you need to take ~ just stop and take a few moments to be still.

When you take moments to be still, your breathing changes. You take longer, slower, deeper breaths and that helps still your emotions. When there is no motion in your body, you can think in a clearer way.

When you still your body, calm your emotions, and quiet your mind, your Soul’s spirit can communicate with you more easily and you are still enough to receive what it has to offer you for the highest and best good in any situation.

Any changes in your life can be with balance, peace, and serenity when you take some time to be still to listen to inner guidance.

Taking time to be still in a busy world is a great truth for a peaceful, happy life. And taking some time to look at how your actions will affect your life and the lives of others, from the perspective of your Soul’s wisdom, helps you experience a future filled with joy, serenity, balance and stability. When you give yourself this gift, you feel secure because you are growing and expanding your life.

Many people dedicate most of their energy to receive security from someone else and have forgotten their own growth to feel secure.

What are the ways you feel you receive security from someone else:

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What are the ways you give yourself security:

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Have you made someone else’s growth a priority and relied on their security?

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When you give all your energy to someone else’s future and not focus on your own personal growth, is there a subtle feeling, deep inside, that there might be, at some point, the possibility that you could lose that security?

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What new steps do you feel you want to take in your New Life Changes to imbue your life with a new sense of security?

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“Today, I choose to expand myself and discover how big I really am. I know in my heart, that anything I have sought from someone else, I can easily discover in myself. I am not alone. Each moment I choose to connect with the unconditional love of my Soul, I connect to the universe and all its information and all of its love. My horizons are open, ever expanding and growing.”

Taking Risks

Sometimes, opening to anything new means taking a risk.

It takes a lot of your energy to keep everything safe. The truth is that managing your life to stay safe can actually feel scary because deep down inside you feel that there is something to lose rather than something to gain from within yourself.

It is easier to face a fear than hide it or tuck it away.
If there is any fear about taking a risk to expand your life, write about it here.

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When you feel complete, give the affirmation below.

“I radiate balance, stability, security and serenity because I face my fears directly and flood all my Soul’s love to that place. I release my fears and remember that I am love. I know my love illumines any scared places in me. I expand my love by giving myself what I require for personal growth, for joy and for abundance.”
Opening to New Life Changes meditation with Master Lin is on Track 8.

Take a few minutes to journal what you feel after doing the Opening to New Changes Meditation.
CD 2 Track 9

Prepare to Awaken : The Three Flowers

The moment you consciously move your own energy between your three dan tien, you begin to awaken the higher love within you and prepare for Soul connection. The three dan tien have also been called, The Three Flowers.

In Spring Forest Qigong, when we move energy, we focus on three energy centers of our Small Universe. They are called ‘dan tien’ which means ‘elixir field’.

There is your lower dan tien which you can feel and imagine deep in and behind your navel, your middle dan tien we call the heart center in the middle of your chest, and your upper dan tien you can imagine and visualize in the center of your forehead.

One of the powerful things you can do is put attention on these centers and move the energy from one to the other in a peaceful, powerful flow, linking their energy with one another.

- Upper Dan Tien : Center of Your Forehead – Feeds Your Physical Body
- Middle Dan Tien : Center of Your Chest – Gateway to the Universe
- Lower Dan Tien : Behind Your Navel – Influences Your Mental and Spiritual Life

Though you may think of these centers as channels of energy for your physical body, their energy, essence and light also extend outside your body too.

In this step, you imagine a brilliant light shining in the center of each of your dan tien. You can imagine a brilliant diamond shining light, sparkling, pure and luminous with beautiful rays shining outward.

This brilliant light, that is brighter than all the light around it, is the ‘heart’ of your dan tien.

You Soul’s pure energy is the wellspring of each of your three energy centers, so when you move the light and energy between the heart of each one, you could say a magical thing happens – you feel the power, the healing, the intelligence and the pure love of your Soul moving through you.
Advanced Practice : Circulating the Energy

The energy of your dan tien moves naturally. There is a flow of energy moving down through you and another flow of energy moving up through you.

This circulating flow of energy, from the heart of your dan tien, is an upward movement from your navel, up to your heart center and up to your head center. The energy keeps going up, up, up out to the higher frequency of universal energy.

The energy that moves downward, returns what you circulate up and outward. The harmony of this energy, when practiced regularly, is indescribably wonderful balance.

No matter what dramas may unfold before you in your outer life, you will feel a steadiness, like you’ve never known before. When someone mentions the word stress, you will have lost all sense memory of it. This is the power of choosing to move and circulate the energy of the heart within each of your dan tien on a daily basis. The gifts these heart energies offer are expressions of the power of love in action in your daily life.

While Master Lin Guides you through Track 9, CD 2, just feel the energy as he guides you.

Journal what you experienced.
CD 2 Track 10

Awakening The Heart or Your Dan Tien

As you focus on dan tien energy and move the energy of the heart of each dan tien, you gain greater awareness of your Soul’s presence.

The heart of your dan tien is just like your heart. Its transforming creative power is expressed as the perfect union of love, wisdom and peace.

Just as your heart contains all the information of the universe and has many gifts and secrets to share with you, when you are ready to receive them ~ the heart, of your three dan tien, also has many blessings to give you too.

This is an important part of the wonder and the joy of the journey to Soul conscious connection~ Soul Union.

No one can do practice like this for you. This intention and energy moving is a precious gift you give to yourself.

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Insights on Visualizing the Soul of the Sun

Combining your light with sources of great light is illuminating, and enlightening.

As the sun feeds the earth and all life on it every day, so the light from the heart of the universe gives your Soul life forever. Feeling energy from the soul of the sun enlivens your Soul’s life, your very essence, within you to help you grow and expand in the most magnificent ways.

Close your eyes and breathe gently, deeply and comfortably.

Ask your Soul to join you in Soul of the Sun Meditation on Track 10.

Now, take a few minutes for yourself and write about your experience.
CD 2 Track 11

Awakening Your Main Heart Center : Feeling All the Love Within You

For many years, students of Spring Forest Qigong, have experienced the power of their main heart center energy in healing themselves and others in and their spiritual practice.

Your experience of Awakening Your Main Heart Center is wholly unique to you and, at the same time, everyone has the same universal energy. So, as you explore and discover the power of love in your middle dan tien, you may also feel its presence in every part of your body down to the smallest cell and in the atoms that make up those cells.

Your main heart center is a gateway to the Larger Universe and your Smaller Universe. It is also where you can feel your Soul right there with you.

In your main heart center, is equilibrium. All that is large and small meet at one perfect center of pure peace.

You can use this space to note the shifts and changes you feel within you and notice are taking place in your life each time you do the Awakening the Heart Meditation.
On Track 11, Master Lin invites you to call to your Master or Masters, or a Being of Pure Love and Light to assist you in this meditation. You are also welcome to call on Source or whatever is one hundred percent pure and filled with light, love and wisdom ~ whatever is right for you.

**Note Your Experience for: The Master’s Light and Your Light combine together**

Are you experiencing colors during this meditation?

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Do you hear music, celestial music, from deep within you?

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Do you smell incense, or transcendent fragrances of beautiful flowers?

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Do you see beautiful designs or symbols in your mind’s eye?

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The Oneness of Love

Your Soul’s love and all its attributes are expressed through the heart of each of your dan tien.

As you ‘open your main heart center’, through ‘loving into everything’, a great flow of energy rises to your upper dan tien, and stimulates your upper dan tien, your head center, and awakens its limitless field. Your upper dan tien is where all the energy of your three energy centers meet.

Combining Your Three Heart Centers Into One Great Light

One of the visualizations you can add to The Oneness of Love meditation is feeling the energy and light of the three dan tiens combining together as one great light.

- At the Navel-Your vitality ~ the Jing
- Center area of Your Chest -Your Wisdom ~the Qi & Shen
- Center of Your Head - Your Spirituality ~ The Three Flowers Blossom as One.

Each energy center contains all the qualities, all the energy and attributes of your Soul. Each dan tien, serves as a doorway for you to experience your Soul.

As energy of your three dan tien expand, they become so big and so bright their energy combines into one great light.

The combined energy feeds your body, your organs all the love and consciousness of your Soul.

As this naturally takes place, this combined energy is given to all the organs in your body for their nurturance and healing.

The Soul Love in every cell of your body expands and illumines on the inside and the outside. You have expanded the consciousness of your Soul’s love inside you and outside you.
Sometimes a student, desiring advancement, will try to drive and energetically push a spiritual result. They are not yet aware that the fastest way to advancement is living in the world expressing their soul qualities by holding the highest vision possible for every person as well as themselves. Just as there is Natural Law on earth, there is Natural Law in the Universe. Your advancement is part of this law.

Your growth in your inner and outer life is connected. However you choose to live inside, your outer life expresses the beauty.

Find a comfortable quiet and peaceful place to do the Oneness Mediation on Track 12.

Write about your feelings, your inner experience, doing the Oneness of Love Meditation.
Peace and Stillness of Love

Every time you sense your connection to all of life your consciousness expands. As your consciousness expands you become aware that one of the great Soul attributes is Peace.

Peace and stillness are One.

As you become more aware of yourself as a Universe, any feeling of separation of yourself from yourself, from people, from nature and from life itself, begins to fade away.

Your Breath & Stillness

Any moment you seek to bring yourself to stillness and peace, please remember that you can stop moving your body and just breathe. Simple, slow, gentle, deep, comfortable breaths will still a ‘racing mind’ in any stressful moment. Source, God, the Tao, the All that Is, created a natural way for you to feel peace.

There is peace in everything in the Universe. There is peace in you. There is peace in every atom in the Universe.

Tunneling Your Attention To One Single Focused Energy

When you put your attention on one simple joyful focus like a beautiful flower or a cloud, or one cell in your body or one organ or one person, or one point of light, you instantly join the energy of that one point of focus.

When you are in that one single-pointed focus, the universe contained within that single point, reveals all its wonders and information to you.

This state of being brings a great stillness. This stillness is the portal, the doorway for all the blessings of your unconditional love to come through to express its creative power in your body and in your world. This stillness and peace is the great gateway to the larger universe, higher planes of energy, and realms of pure love and light. This stillness is the natural state of your Soul’s life.

So, if you deeply desire your Soul to express all its qualities through you, one simple exercise is to be the stillness, the peace of your Soul’s natural state.
Single Pointed Focus Daily Exercise 1

This exercise will help bring a deep sense of Oneness in every aspect of your life: in your Soul connection, in your relationships with other people, with the universe, and with Mother Nature.

Be it Sunrise, Noon or Sunset, or in between - Take 10 minutes or more to Tunnel Focus.

Breathe.

Take 3 or more long, gentle, deep, comfortable breaths.

Look out around you and put your focus on one point. Choose something bright, which reminds you of the signature of light, or something joyful that bring you peace and joy. In this way, choosing bright and joyful, connect with the Divine in a deeper way.

It can be one blade of grass, a point on the wall, the moon, a star, any spot your eyes rest upon that feels good to you

Receive this point of focus first with your eyes.

All the sounds around you, all the busyness fades into the oneness, the stillness of this one focus.

Then close your eyes and feel the essence of the energy of this focus.

You can also focus on just sound, the sound of night, like the crickets playing their song or bird song in the early morning hours. It is your choice always. Trust and focus in a single pointed way to experience the stillness and peace of that one focus.

Each time you give single pointed focus to something on the outside of you, you are connected to your inner life and your Soul’s life inside you.

Spring Forest Qigong students focus on the unconditional love of their main heart center to feel stillness and peace.
Single Pointed Focus Daily Exercise 2: The Golden Light of Peace

Peace expresses its nature, its energy in many ways. One way is through its golden light. Golden light is the highest level of peace in the spiritual world.

Now that you have practiced single pointed focus, you can bring that focus to your main heart center and experience the golden light of peace shining right there inside you.

Peace is the open door for all the power of your Soul’s Love to come through to manifest all the highest and best good for your life.

If this is your first time, making conscious connection with your Peace, its stillness and light, take a few moments, before you begin the Golden Heart of Peace Mediation, on Track 13 CD 2, and feel your innocence.

Sense your nature before you were born or as you were as a baby ~ open, unconditionally loving and wholly free to just be who you are.

In your conscious choice to return to innocence, you become stillness and open yourself to receive your Soul essence, and your purpose.

After you finish this meditation, give yourself some time to write a bit about your feelings.
Awakening Your Main Heart Center

Your Soul's Will and Your Will

Your will is one of the most glorious and powerful aspects of your being and helps you direct your energy. Each moment of your life you have the free will to choose, make decisions and act on them. Your will also seeks truth and helps you live what you believe in. Your will is a lot like a great ship sailing across the ocean of life while you are here on this earth.

With your will, you can navigate your ship to any port and then set sail again. You can drop sail and be still or set sail again with strong winds in new directions. One of the most magnificent aspects of living is feeling the direction of your Soul’s will combined with your human will.

When you choose to merge your will with your Soul’s will, you bring in a navigator that can see far into the distance, knows where heavy waters may lie ahead and steers you in a direction that helps you live a peaceful, joyful, highly creative life.

For many millennia, people have used their will with great force and often aggression to survive and even conquer. Now, more of humanity is aware of the greatest power the world possesses which is unconditional love. All those of humanity who focus their consciousness, in their heart center of unconditional love, are balancing the collective energy of humanity at this time.

Each time your seek to find the best in something, you are surrendering your personality to the freedom of your Higher Love.
Soul Qualities

• Infinity
• Truth
• Unconditional Love
• Light
• Wisdom
• Peace
• Joy
• Freedom

• Harmony
• Forgiveness
• Serenity
• Compassion
• Perfect Health
• Abundance
• Creativity

When it feels right for you, choose one Soul quality each day and live its energy in your thoughts, words and deeds.

Over the next two weeks, take some time for yourself, to note how each one of these qualities is transforming your life ~ the way you live it right now and how you feel.

Connecting with your Soul attributes, helps you become more aware that your will becomes wiser and more magnetic and you don’t have to drive and bind or force to get something done or ‘get people’ to believe or understand you or agree with you. Over the next few months, you will become more aware of making Soul connection with people and share energy with them at a Soul level. From the Soul level, you are working with higher energies to prepare the way for you. You are working with the universe. In this way, you use your will to carry out your goals without struggle.
Before listening to Track 14 CD 3, go to your heart and remember one or more times, in your life, when things went so well for you, it was just like a miracle.

As your will becomes wiser and wiser, you become more aware that you don’t need force to manifest anything. You may still work hard and persevere but the sense that you are binding and driving your energy to fight resistance to succeed will just fade away.

You’ll smile when you recognize that your intellect is constructing a reason to force to get things done. You smile because the wisdom of your Soul has shown you that its love is far more powerful than forcing or controlling anyone or anything. All your Soul desires is the highest and best good for you.

Your Soul’s will is a compelling feeling.

When you have an opportunity to take action and it is of great benefit to you and your life, your Soul helps let you know in a very compelling energy. You will feel a strong natural desire to move forward and do it because it is something you love and the action serves your life as well as the lives of others. If the action is not beneficial, you don’t feel the compelling energy at all. When the action is not beneficial to your life, your intellect will jump in and start creating reasons why and why not and then you’ll know, this is not your wiser will communicating with you.

Your higher will only guides you to things you truly love that benefit your life.
List the good things you love that you are drawn to:

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Now, listen to ‘Awakening Your Main Heart Center’ on Track 14 Master Lin’s insights to Surrendering to Pure Love.
Hearing Your Own Soul’s Tone

There is sound and music all throughout the Large Universe and in your Small Universe. Your Soul has all the information of the Universe and it has its own unique tone. Within the great Universal OM is your own unique sound. Some hear their own tone right away and for others they sound OM until they hear their own Soul’s beautiful sound.

You have ‘outer ears’ and ‘inner ears’ and can hear more than what you are used to with the ‘hearing’ you associate with your five senses. Your inner hearing develops as you combine your heart center energy with the energy of your head center.

Each time you enter meditation or the stillness, and you experience a feeling of oneness, this stimulates your upper dan tien, your head center.

With your expanding awareness and greater love, you harmonize with all the energy round you.

To be aware that your Soul has a tone opens the door to receive its beauty and power. As you enter into meeting your Soul, in the next section, you can ask to hear its loving sound, your own unique sound.

When you do hear it, you will instantly feel the deepest feeling of ‘being home’ in the love of your Soul. You will feel a pure inner guidance in using your tone in many different circumstances to bring new experiences into your life that bring you joy, peace, balance, inspiration and compassion.

The Universe is a symphony of sound. You are a tone, a note, in that symphony. When you sound your tone, you join your Soul’s Universal melody that harmonizes as One with every other Soul in the Universe. In the advanced levels of qigong, we say that ‘The Three Flowers Blossom as One through sound.’
Imagine and feel the vibration, the frequency of this tone sounding in every cell of your body. All the air you breathe, all the blood flowing through you, rings and reverberates in every part of you.

This powerful awakening of sound transforms your life. You begin to use its creative power to express your unique Soul Purpose to expand all the good in life. You find ways, you never even dreamed of before, to sound your tone to bring your special gifts to life.

When you are ready, you will find Hearing Your Own Soul's Tone, on CD3, Track 15.

Please give yourself some moments to remember your experience in the OM Mediation by writing it down. It makes an important reference point to help you feel you are moving to new experiences and living your life in a new more joyful way.
CD 3 Track 16

Meeting Your Soul

Your soul is a great living presence of love, wisdom and universal intelligence.

Find a comfortable, peaceful, quiet place and just imagine your Soul.

Relax and let your imagination open images to the field of your mind.

Breathe, and feel each breath move energy from your middle dan tien to your upper dan tien. With each breath, feel your heart express to your mind, your Soul.

Each time you do this little exercise, make some notes afterwards about what you observed.

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Now, go to your heart and ask your heart to show you your Soul’s presence and light.

Write here what you observe with your heart.

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Call on your Master’s energy and the divine presence of many Masters, to assist you in your Soul connection.

Feel their presence, right there with you helping you.

You can also visualize, imagine, you are there with them, in the Temple of Heaven in the Universe.

Feel all the other Souls just like you, right there with you. Some Souls you may recognize, and others are there that you do not know now but you may meet in this lifetime.

All the Souls and Masters divine are helping you in this beautiful place of purity. All their unconditional love, wisdom, and intelligence combine with you to make your Soul connection.
You are supremely loved, you are safe, you are embraced by their peace and joy.

Write here what you experience as you feel the presence of divine light from the heart of the universe to your heart to ready you to meet your Soul.

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How you see, visualize and imagine your Soul ~ is unique to you. In its infinite wisdom, your Soul knows you are seeking to make connection. It has been waiting for you to ask it to merge with your personality. It’s light is immense and brilliant. At the heart of your Soul is a light so great and bright it is infinite. This endless light is the Universal Spirit of your Soul.

Even though your Soul has always been a part of you, you are combining with your Soul in new way. You are asking your Soul to merge its light and energy with your personality and be a conscious part of your life.

There are also infinite colors of the universe in the heart light of your Soul. Some are so beautiful and complex there is no name for the color in any language. From its great center there is endless luminous light.
Your Soul, always respects what you are ready for. Only in the human realm of living is there a pushing or forcing energy. There is only unconditional love at the Soul level. Feel you are surrounded by your Soul’s stillness and peaceful presence.

Each time you consciously call your Soul to you, you feel more and more Soul Light.

In this meditation, Meeting Your Soul, bring with you now, all you have imagined, your deepest feeling of your Soul and what your heart and the Masters have shown you.

After the meditation, Track 16, CD 3, make some notes about your experience.
Ways to receive Guidance from Your Soul

Peace and stillness is the open doorway to receiving guidance from your Soul. Part of your Soul’s guidance is sharing your purpose with you. It is to help you find the highest purpose in anything you choose to give your energy to.

As you gently evolve to deeper awareness of your Soul’s presence in your life, take a few moments and ask yourself some questions about your life right now.

- Is what I am doing in my life evolving me and expanding my life in a good way?
- Am I doing things in my life where I feel great purpose?
- Where can I change my life in a new way so I can grow?

The fastest way to receive guidance from your Soul is to ask yourself if what you are doing is for a higher purpose.

The energetic process of purpose is reaching for your inner life, your Soul life, and bringing it out to the world. Purpose energy is just like yang energy. The energy of a life with purpose is energy going outward and upward.

Remember you do not need to know the form of your purpose. All that is really needed is your pure intent to create a higher purpose for good in all you do.

When you receive guidance from your Soul, it comes softly and gently and will often show you pictures and designs. You will always feel a sense of peace when your Soul is giving you a message. Even if you are in a crisis situation and the people all around you are very stressful and emotional, your Soul will direct you in a compelling and peaceful way.
Example:

If you are stuck in traffic and are late for a meeting because there is an accident ahead (even though you can’t see that there has been an accident), your Soul will ‘prompt’ you to get off the highway and take another route even if you have never gone that way before. You will just ‘feel’ it is the right thing to do at that moment. Not only will you get there on time, but often you’ll be given a short cut you weren’t aware of before and arrive on time or earlier than you imagined was possible.

Messages from Your Soul:

• Are compelled by love and with love.
• Can be as soft as a whisper.
• Can be seen in your inner sight as images and design and symbols.
• Are given in light.
• Are often perfect, even when you have ‘no plan’.
• Are in perfect timing and synchronicity.
• Come when you hold stillness within you.
• Come when you ask and Joyfully trust that what you need will be there exactly when you need information, guidance and direction.
• Are from perfection, wisdom and love that is just right for you at any moment.

While you are practicing the visualizations and meditations in this Soul Purpose journey, you can ask your Soul to show you the purpose in anything you are doing and you can ask any moment you seek guidance.
As Master Lin Guides you through Soul Connection on Track 17, you may feel yourself, expanding into a higher state of consciousness where you feel so big, so still and filled with joy you are beyond time and space.

This feeling of Oneness, is the essence of your Soul.

This feeling of Oneness merging with your Soul’s love and light is not only a feeling from your mind, it is not only a feeling from your body - it is a feeling from your entire body - your entire Small Universe.

In this level of Soul energy, you help your mind, your body, your heart, your spirit and every aspect of your being to merge together. You start feeling that each and every part of your physical body is an energy center, a dan tien, of great energy and light. Every cell in your body feels like an energy center. The blood moving through your veins, feels like rivers of joy. You feel a joy for no reason in pure peace in every part of you.

When you feel like this in meditation, your Soul is merging its consciousness and love with your personality.

Each time you do this meditation, you gain more and more confidence in your Soul connection.
CD 3 Track 18

New Ways to Live ~ New Ways to Love

Before you begin this last section, please dedicate one hour to do Master Lin’s Soul Purpose Meditation on CD 4, which is track 20 if you downloaded this course.

New Ways to Live

Remember your Soul is unlimited. When it gently and lovingly offers you guidance and direction it communicates in ways that are universal. You may see your Soul Purpose as an image or a magnificent symbol. This is a gift to you from the universe.

If you have seen a beautiful image, in your meditation, describe it below. If you have seen a symbol, draw it here.
Your Soul will often show you, in your consciousness, something beautiful that your intellect can’t find a reason for because it is out of time and from the heart of the universe. There can be a transition period, where your intellect is grappling with infinite messages trying to ‘make sense’ of them.

There is so much joy in this experience of Soul connection that you may find yourself laughing at the old ways of thinking that can pop-up every once in a while. Now that you are more aware of conscious connection with your Soul, and are receiving inner guidance from the universe and are aware that the Universe is always working with you and not against you, all the resistance that you felt, before this Soul Purpose journey, doesn’t have the same power it used to. You will find you receive yourself and others with lightness and more laughter. You can, because your heart is not as heavy and burdened as it used to be. All the self judgments or criticism have been surrendered back to love.

**New Ways to Love**

Once you begin to feel Soul connection, and begin to experience your infinite nature, you can call Soul light into your healing, into your thoughts, into your relationships, and embrace every aspect of your life with your Soul’s infinite wisdom, love, peace and vitality.

Write down some of the many ways you feel you can embrace aspects of your life with your Soul’s light.

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If you do healing facilitation for others, you can let yourself ascend to the infinite sea of light and surround any person or group of people with Soul Light and observe it in action helping others.

If there is a loved one, who is struggling with a health condition, you can call Soul Light to surround them to bless them and help them.

You can use Soul Light and Love to feel harmonious with your partner, your family, your friends, your coworkers, everyone in your town or city, all of nature, all of humanity, and the Universe.

Now, you are living what you love. Your higher love is integrating into the fabric of your entire life. You are gaining a greater awareness of who you really are and what you are ~ a unique, infinite presence of Soul and Purpose raising your life and the world to a more enlightened way of living.
CD 4

Track 1: Master Chunyi Lin’s Meditation Introduction
Track 2: Soul Purpose Guided Meditation
Track 3: Master Chunyi Lin’s Gratitude

Now that you have journeyed through the entire Soul Purpose Course, write below, the shifts and changes you feel are taking place within you now.

How do you feel you have transformed, changed?

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