

# Qi-full Living

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG

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May 2020



***I Just Can't Bring Myself to Do It***



MAY 2020

# TABLE OF CONTENTS

I Just Can't Bring Myself to Do It...	2
Inspiration & Healing Stories	5
Balancing Our Emotions in the Face of the Overwhelming Times	6
Ask Master Lin	8
Recipe of the Month	9
Featured CPGL	10
Membership Events	11
Upcoming Training Events	12



# I Just Can't Bring Myself to Do It...

**Not too long ago, we got an email – not even from a Spring Forest Qigong practitioner, but a potential practitioner. She was thinking about it.**

Without sharing anything too specific, we want to tell you her story. It's such a perfect example of something we encounter at our Healing Center every day. This person's example opens the door to a conversation that we think almost all our readers will find helpful.

It was clear this person was intelligent – you could see it in what she wrote about and how she wrote it. She knew a lot about Qigong, meditation, Chinese medicine, and even other kinds of healing. She had read a lot of books.

But do you know what her question was?

It was basically this:

*I have this health challenge and these symptoms, I know this about this from the Qigong perspective, and I know if only this could happen, I would get better. But no matter what I do, I can't find the will to practice. Is there a way Master Lin can make a simpler Qigong practice that can help create that will for me?*

Ah.

So there it was. All that knowledge, all that intelligence, but she just couldn't find the will to actually... do Qigong.

Isn't there a saying – "An ounce of practice is worth a pound of theory"? There you go. It's almost

funny – not because this person's struggles were something to laugh at, but because... everyone goes through this same thing!

Every single person who has found the will to make Qigong a daily practice has had this struggle. That includes Master Lin! He jokes about his failures, his pains, and even the clever mind-games he's played with himself to avoid doing what he knew he should be doing. It's normal.

But despite all that, every day, every single person who's made Spring Forest Qigong a part of their daily life faces the same decision: to do Qigong, or not to do it.

Where do I find the will?

You know by now that Spring Forest Qigong keeps things simple. That is exactly the secret to finding the will to do Qigong every day... but maybe you didn't realize just how simple "simple" is.

First things first.

Remember what Master Lin says. Qigong-learning is only 30 or 20 or even 10% about the information you know; "learning" Qigong is actually 70 or 80 or even 90% practice. So, learn from our friend who wrote in: you don't need to know more about Qigong to do it or to enjoy its benefits. You don't even need to understand it. You just have to do it. Most of us are raised to think the opposite. "Once I know everything there is to know about this thing, then I can do it really, really well." Not with Qigong. Only by doing it do you learn it, and the more and more you do it, the more you understand it.

So – you already know what you need to know. Just start!

Another... “impediment to the action of the will” (that’s a fancy way of saying “reason people don’t do their Qigong”) is something very common among our Healing Center clients.

They have their initial consultation and healing, then their healer gives them some recommendations. And, since very often the client has some big health challenges, the recommendations seem like a lot. “Practice the Five Element Qigong Healing Movements twice a day, the Small Universe Meditation twice a day, and ‘dolphin’ the neck for 15 minutes a day.”

You can almost hear the wheels spinning in their mind. Two sets of movements a day... that’s an hour and a half. Two meditations a day... that’s another hour. Doing that thing with my neck... fifteen minutes. That’s almost three hours! I don’t have that kind of time!

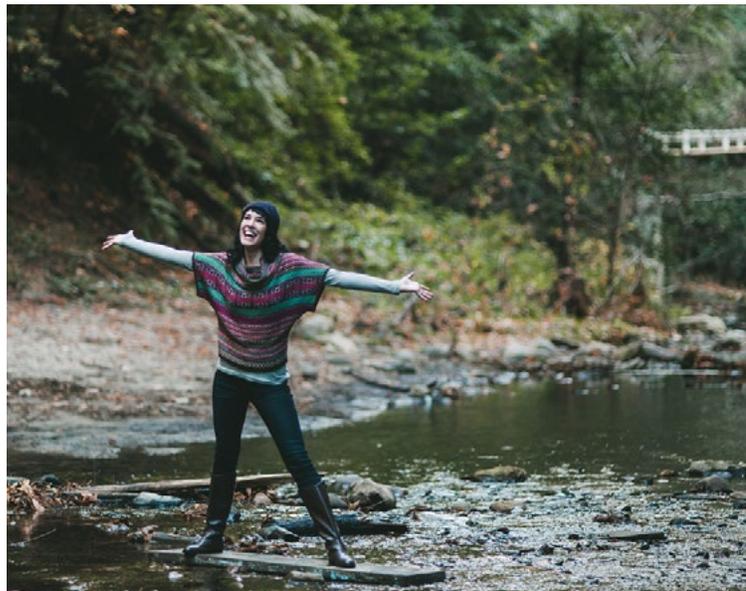
Don’t you? What do you have time for? But leaving that aside, people then usually think like this. Well, if I can’t do three hours a day, then there’s no point to practicing, because I won’t heal otherwise. So, then they don’t practice.

We’re here to tell you: it’s right there in Level One, at the start. “There is no right or wrong in Spring Forest Qigong, only Good, Better, Best.” People sometimes don’t believe it, but it’s true.

Can’t do three hours, or one hour, or twenty minutes of Qigong a day? Can’t do ten minutes? Do three minutes. Bounce your body with your arms over your head for three minutes. Tap your tailbone for three minutes. Do “Moving of Yin and Yang” for three minutes. Maybe we’ll believe you don’t have three hours to spare, but you definitely have three minutes to spare.

If you remember that every little bit of Qigong you do counts, if you realize and experience that, in just one minute, you can enter the Emptiness and emerge fully refreshed, you’ll never doubt that three minutes can change your life.

And just as important, if you realize that even three minutes of Qigong a day is still good, you will be able to be consistent. Consistency is a key to success in Spring Forest Qigong. And, if you can



just be consistent long enough – even promising yourself to do three minutes a day for 100 days, whether you think it will “do” anything or not – not only will you be amazed by what you start to feel, but those amazing changes will themselves create the desire in you to do more and more.

The other thing people forget is Qigong means “working with energy.” It does not mean “doing Chunyi’s exercises and meditations.” So, yes, it is best if you make time to do Small Universe or the Butterfly Meditation and the healing movements. But that’s a limited view of Qigong. You can do Qigong anywhere, anytime, all day long.

How about this? When you go grocery shopping, try to smile with love every time someone makes eye contact with you. Smiling opens your heart, and it helps to open the heart of the other person. The love you share this way is the most powerful healing energy there is, and smiling releases endorphins in your own body – which help you to heal. What do you think happens when you keep doing that?

When you are standing in line, sitting in traffic, or sitting at home, practice energy breathing. That means visualizing healing energy entering every pore of your skin, running between all your cells, and gathering deep behind your navel when you breathe in, then visualizing any pain or sickness leaving the body as smoke – out through the pores, going to the ends of the sky. This breathing



is a foundation of Spring Forest Qigong, and you can do it anytime, anywhere, with no physical effort.

Before you leave the house every morning or before you go to bed every night, take a few seconds to close your eyes and give thanks for ten things in your life. They can be as simple as, "I am thankful

I have food today" or "I am thankful for a chance to have a better day today." Gratitude helps the kidney energy, and kidney energy is the body's vitality. The more you can support the kidney energy, the faster you can heal and the more energy you will have to do everything you like.

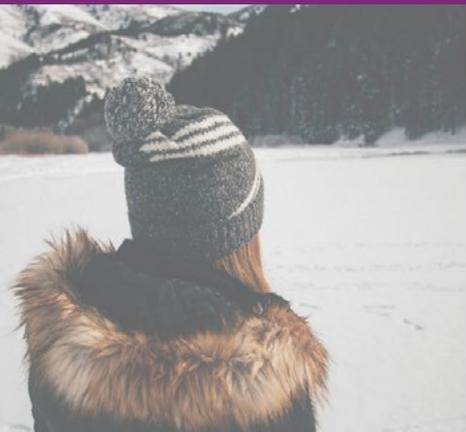
So, you see, the way to find the will is to realize even a little Qigong counts, and anyone can do a little. And once you can do a little, you will be able to do a lot.

The last thing to consider is... you have a Spring Forest Qigong family! If you have a practice group near you, go! If you don't... maybe you should start one! When you have a community, a group of people who help and support each other in their goals, there's no more question of "will" and effort – the whole thing becomes a joy.

If you just can't do either of those things, then join one of our memberships. The Deep Transformation membership features a guided healing meditation with either Master Jaci or Master Gadu every week. That's just one feature of a membership. But having a live healing community you can connect with, something to look forward to, prepare for, and practice (you get recordings of those meditations) gives you a goal, a direction, and a structure, so all the "burden" of doing Qigong isn't on your shoulders.

We could go on and on. But you have what you need now. Do your Qigong. Three minutes is still good. And if you need something more... then... YOU CAN DO IT!

## SHARE YOUR STORY WITH THE QI-GONG COMMUNITY!



### *It's winter!*

That's old news by now, especially if you live in Minnesota.

So, unless you live somewhere without the

## Kidneys? They're (Five-) Elementary, My Dear Friend!

working with the body's energy to help it to heal. As we also say in Level One, many things can create the energy blockages within us that lead to health challenges. One of them is the weather and seasons.

Do you have an article you have written that you would like to share in our Qi~Full Living newsletter?

You don't need to be a professional writer, just be you! We will select the most touching and informative articles to include in future issues of Qi~Full Living!

**SUBMIT YOUR ARTICLE**

# Inspiration *from* Master Lin

“ *When practicing the Healing Movements move your hands and legs as slowly as possible. The slower, the better. This will allow you to feel the energy better and more easily experience the emptiness.* ”

## HEALING STORIES

### 2020 Pandemic Facebook Live Series:

Dear Master Lin, I wanted to thank you for all the support, generosity, love and kindness you are sharing with the world. Its has been beautiful to see my friends and family who are all over the world come together to practice with you every morning. I am deeply grateful for all the healing this has created for them. Thank you Master Lin, may the merits of spring forest qigong benefit all beings!

– **Siu-ling B.**

Thank you so much for the blessing of your 30-day online teaching during this time of coronavirus illness and stress. I'm greatly enjoying exercising with you each morning and would like to be able to do this with you daily beyond the 30 days. In January an old injury from falling from a ladder in 2015 flared up and I was in pain and misery for 2 months until your daily online exercise. Now, I can walk, exercise, and sleep through the night with ease.

Considering that I was in so much pain that I couldn't sleep in bed and had great difficulty walking across the street to my mailbox, this is great progress. I thank you for all of the healing. Love and many, many blessings to you

– **Christine F.**

The morning qigong is such a joy. I've practiced qigong for 20 years and, through your guidance, my practice has reached greater depth. When we begin to bounce, the tingling energy reaches from my fingers to my toes. Listening to the recordings of the 2020 Springforest Cruise, my body heats up and energy pulses. To imagine that you are giving such a generous gift of the daily meetings, reinforces the goodness and hope in the world. You are a good man. Blessings from Iowa.

– **Becky G.**

The few days I spend with you really improve my life. I . 72 yrs old, retired. This will give me something to do. Thank you. – **Lita B.**

**SUBMIT YOUR STORY**

*Share how Qigong has helped heal you!*



# Balancing Our Emotions in the Face of the Overwhelming

**It seems that everything has suddenly taken on** a very negative energy. The Covid-19 virus has taken over the media. Restaurant, church, and mall closings have become the leading topics of conversation. Hoarding food and water and other supplies has become many people's primary concern. This has saddened many other people.

This situation looks very different to Qigong practitioners than it does to many other people, because we understand energy. We know that if the kinds of negative energies going around are left unmanaged, they can become a source of energy blockages in our minds, bodies, and spirits. We know this is how sickness and disease begin.

However, as a likeminded community of Qigong practitioners, we can come together in spirit (if not always in person) to help our communities to heal and to balance their energy. We can send more love and healing each and every day. We may have been asked to stay home and stay physically apart, so we need to expand our view of what it means to "do Qigong together."

In Level One for Health, we learned that there are six main causes of energy blockages: unbalanced emotion, nutrition, weather and seasons, environment, wrong medication, and injury.

Let's focus for a minute on unbalanced emotions. Qigong and Chinese medicine tell us that overexcitement and excessive emotions can cause blockages in the body's flow of energy. For example, too much fear can cause blockages in the kidney system. Too much sadness can cause blockages

in the lung system. To be healthy, we need all our organ-systems to work well. So, in these times, balancing the Yin and Yang energies within us has become more critical than ever.

Qigong is a way to transform energy – to transform it for our health and our benefit. When we practice Qigong, we can do more than keep our energy more balanced; we can actually transform fear and worry into positive emotions, like gratitude and groundedness. Doing this, we allow our mind, body, and spirit to come into balance. In this state, we can heal and stay healthy.

So you see, Spring Forest Qigong has become more important than ever in keeping our energy more balanced, so we can heal ourselves, our families, our friends, our communities, and even our world.

To help us with this, to help us succeed in our practice and our healing, Level One gives us Six Keys. They are faith, confidence, calling upon our Master's energy, visualization, focus, and consistency.

Faith as we practice is trusting our soul and the universal energy of unconditional love. It is trusting that the unconditional love energy will always be there and always go where it is needed. It is trusting our body's innate healing intelligence.

Confidence reminds us that if we look at our current environment as a teacher, we need not be fearful. As we practice, we hold in our hearts the knowledge that we will heal and find balance. Then, we can let go of any negative emotions like fear or worry.

By calling on our Master's energy or calling on the universal unconditional love energy, we are empowered to pass powerful healing energy to others. This creates a ripple-effect that reaches around the earth. Remember: when you call on your Master's energy, this energy has no limits.

With visualization, you can use your mind to direct healing energy to anyone and anything in the world – even to the whole world. Since visualization is energy, it can be moved. You can picture a wave of healing golden light moving across the earth, enveloping everything in its path. This will help to heal the world and can help you to balance any negative thoughts or fears. Try it!

Focus. One thing you can do is bring your focus to your lower dantian (the energy center deep in behind your navel), relax yourself, and practice Qigong breathing and visualization. This calms the mind, the body, and the spirit. Imagine you can see a medicine cabinet in your stomach. See yourself open the door and send the healing gifts it has to everyone and everything around you.

Consistency means practicing every day (and at the same time of day, if possible). This is a great way to help regulate the body, your emotions, and your energy. For example, if every day you listen to the news at a certain time, you may want to practice Qigong instead. Just catch highlights later in the day. This way, your practice takes precedence and you can heal faster and more completely. This will also help calm any anxious thoughts that may surface later – you have been training yourself to manage and transform energy within you. As you become more and more consistent, releasing energy that you no longer need or that no longer serves you becomes second nature. Even when everything around you seems like chaos, it no longer overwhelms you. You can let it go.

In Level Three for Advanced Healing and Energy Development, we learn about building a strong foundation. Practicing your Qigong daily is like



building a foundation. The more unconditional love, kindness, forgiveness, and compassion you put into your foundation, the more you are strengthening your own energy and increasing the amount and quality of energy you can pass to others to help them to balance and heal.

In the Level Four: Higher Vibration retreat, we learn even more powerful ways to detect and balance energy – not just in our bodies, but in our homes, communities, and even in the world. We learn even more advanced ways to clear the energy in our homes and personal items, and ways to protect our friends and families (like visualizing putting them in the sun).

There are so many things we can do to help! Remember: practicing Spring Forest Qigong will help you balance your emotions and help others to balance their emotions in the days ahead.

Remember: emotions are good things, so using them in the right way is what is most important. Positive emotions heal!

Love to all beings,  
Annabelle Thelemann



# Ask Master Lin

Master Lin's answers to important questions asked by dear friends



## Question:

How do I relieve vertigo?

## Master Lin's Answer:

Vertigo—when a person has high blood pressure, that could create vertigo, and when people have blockages in their inner ears and at the base of the head that could create vertigo, too.

So dolphin the neck—that is in the level one course. Dolphin the neck gently and slowly and move it for a longer time like five to ten minutes a couple times a day. That will be very helpful. Vertigo can also be caused by anemia—when you don't have enough blood, you don't have enough energy to flow up to the head. So strengthen your liver energy, detoxify, and keep on a good diet to help strengthen your blood flow. For that part you might need to talk to your doctor, and then keep on a good diet. Try to help yourself generate new blood. That will be very helpful. Then massage the ears. Hold the ears and pull them down for about five seconds and then let go. Repeat this eight times. That exercise is very helpful, and also you can look at the book *Head to Toe Healing* for more very good information for helping you to heal vertigo.

## Question:

My daughter has a lump on her foot right near the Bubbling Spring point. She has started to do the Small Universe at her bedtime and dolphin her spine. Do you have any other recommendations?

## Master Lin's Answer:

First of all, you can bring her to see a doctor or any health provider to get some opinion. From the Qi perspective, she has some energy blockages in her tailbone, the bottom of the torso, and the sacrum, and also the lower back. She had some injuries in that area. You need to open up the channels in that area before you work on the little lump on the left foot. You can use half an pound of ginger cut into small pieces. Boil in a gallon of water for 10 minutes. When the water cool down but still warm, ask your daughter to put her feet into that ginger water. Soak it for about 20 minutes. Then you can help to gently massage it. That can help to release the blockage at the bottom of the foot.

## RECIPE OF THE MONTH

### **PINE NUT PESTO**

*Help strengthen your digestive & kidney system*

#### **BENEFITS:**

Pine nuts are good for the digestive system, kidney energy, and also help relieve coughing with mucus.

**Servings: 6**

#### **PINE NUT PREPARATION:**

Wash the nuts clean, about 1/4 to 1/2 lb. Stir-fry them in a pan until they become a light brown. Remove from heat. When cool, eat them like eating peanuts as a snack.

#### **PESTO INGREDIENTS:**

- 3 cups – packed fresh basil leaves (removed from stems)
- 2 – large cloves of fresh garlic
- 1/2 cup – pine nuts
- 3/4 cup – packed fresh chopped parsley
- 3/4 cup – fresh grated parmesan
- 1/2 cup – olive oil
- 1/4 cup – melted butter
- Salt to taste

#### **PESTO PREPARATION:**

Pesto is a potent green paste and is also rich in protein (nuts and cheese).

1. Combine everything in a blender on low, then medium speed. Thoroughly work everything into a smooth paste. Toss with hot, drained pasta or spoon onto hot gnocchi. Add the basil and brown sugar at the end.

*From The Moosewood Cookbook by Mollie Katzen*



# Featured Practice Group Leader



## Dawn Cormier Featured Practice Group Leader

Our SFQ practice group in a long-term residence was not permitted visitors during the social distancing mandate with Covid-19, so we got creative. 25 participants on the other side of the windows were practicing Qigong with us, opening our hearts and moving some Qi! Everyone loved it and benefited. We had music blue toothed into the activity room and we were microphones to communicate. It was awesome. The Stratford local paper is printing our story.

Blessings,  
Dawn Cormier, ND

### FEATURE YOUR PRACTICE GROUP

*Share how your practice group helps your community!  
Featured Group Leaders receive a **free Private  
Phone Healing** with one of our SFQ Center Healers!*

***Schedule Yourself a Phone Healing Session!***



**SCHEDULE NOW**

# Membership

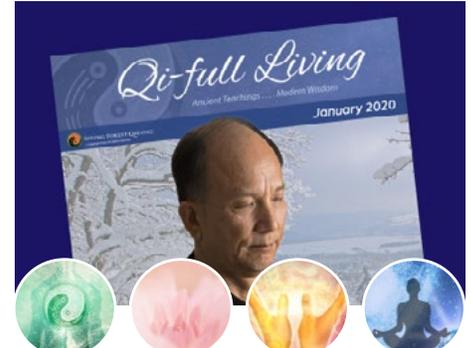


**Live Distance Healing Access by Phone or Internet**

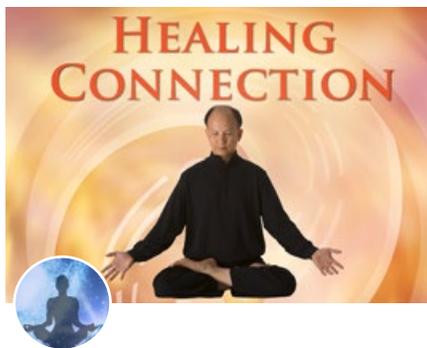
**Sunday, May 17**  
10:00 AM US Central Time



**Current Month Qi-Talk Video Recording**



**Current Issue Newsletter Subscription**



**with Master Chunyi Lin**

- May 5** – Why Entering the Emptiness is a Key to Success
- May 12** – Let's Get into the Emptiness
- May 19** – How Do You Know You Are in the Emptiness?
- May 26** – How Long Should You Stay in the Emptiness?



**with Master Jaci Gran and Master Gadu Schmitz**

- Remove Energy Blockages, Feel Cleansed, Energized, and Joyful**
- May 4, 18** – Master Gadu
- May 11, 25** – Master Jaci



**with Advanced Qigong Practitioners**  
**May 28** – Qigong Master Katrina Tobey



**Complete Library of All Qi-Talk Video Recordings & Newsletters**

## MEMBERSHIP TIERS

Vitality	Heart Wisdom	Deep Transformation <span style="background-color: red; color: white; padding: 2px;">Most Popular</span>	Divine Connection
			
FREE	\$20/MONTH	\$64/MONTH	\$149/MONTH

JOIN OR UPGRADE

# Upcoming Training Events

Find live Qigong training classes near you with a SFQ Certified Teacher

Please continue to pay close attention to your emails and continue to check the website for updates on in-person classes. They could potentially switch online or be post-poned.

LEVEL 1 | MAY 5 - 26



MUNIRA JIWA



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

LEVEL 3 | MAY 7 - JUNE 4



SUE CRITES



LEVEL 3 FOR ADVANCED HEALING

\* ONLINE CLASS

LEVEL 1 | MAY 15 - 17



GADU SCHMITZ



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

LEVEL 3 | MAY 16 & 17, JUNE 6 & 7



MARCELLE VISSER



LEVEL 3 FOR ADVANCED HEALING

\* ONLINE CLASS

LEVEL 3 | MAY 25 - JUNE 22



MUNIRA JIWA



LEVEL 3 FOR ADVANCED HEALING

\* ONLINE CLASS

LEVEL 1 | MAY 28 - JUNE 18



MISA TSUYOSHI



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

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LEVEL 1 | MAY 28 - JUNE 26



JAN TUCKER



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

LEVEL 2 | MAY 29 - 31



JACI GRAN



LEVEL 2 QIGONG FOR HEALING

\* ONLINE CLASS

LEVEL 2 | MAY 29 - 31



JERRY WELLIK



LEVEL 2 QIGONG FOR HEALING

\* ONLINE CLASS

LEVEL 2 | JUNE 3 - 24



SUE CRITES



LEVEL 3 FOR ADVANCED HEALING

\* ONLINE CLASS

LEVEL 2 | JUNE 5 - 12



MUNIRA JIWA



LEVEL 2 QIGONG FOR HEALING

\* ONLINE CLASS

LEVEL 3 | JUNE 6, 7, 13, 14



GADU SCHMITZ



LEVEL 3 FOR ADVANCED HEALING

\* ONLINE CLASS

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LEVEL 1 | JUNE 12



MARCELLE VISSER



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

LEVEL 2 | JUNE 13 - 14



MARCELLE VISSER



LEVEL 2 QIGONG FOR HEALING

\* ONLINE CLASS

LEVEL 1 | JUNE 20



ANN MINOFF



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

LEVEL 1 | JUNE 22 - JULY 13



CAROLYNNE MELNYK



LEVEL 1 QIGONG FOR HEALTH

\* ONLINE CLASS

LEVEL 3 | JUNE 25 - 28



JERRY WELLIK



LEVEL 3 FOR ADVANCED HEALING

\* ONLINE CLASS

LEVEL 2 | JUNE 27 - 28



HON LEE



LEVEL 2 QIGONG FOR HEALING

HERNDON, VIRGINIA