



# SPRING FOREST QIGONG

## HEALING CENTER

*A World  
Without Pain  
and Suffering*

7520 Market Place Drive, Eden Prairie, MN 55344  
(952) 593-5555 • [www.springforestqigong.com](http://www.springforestqigong.com)

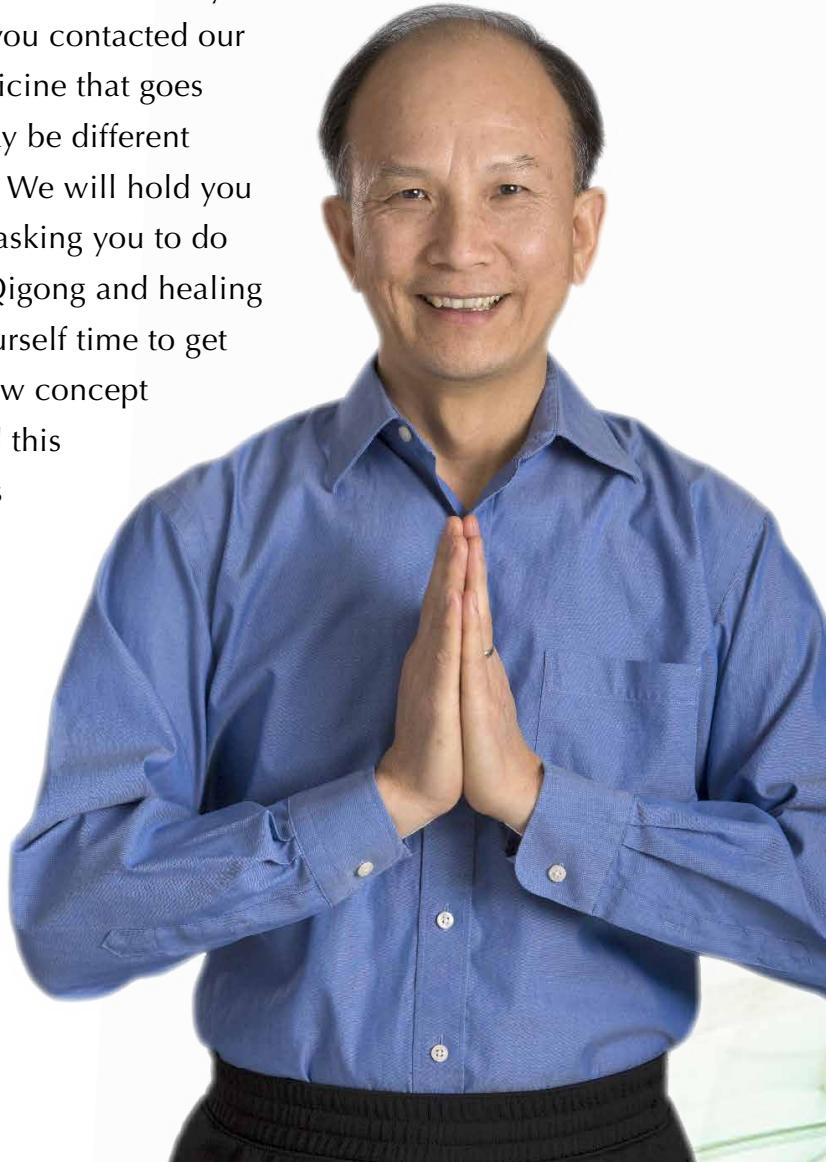
My Dear Friends,

Welcome to Spring Forest Qigong Healing Center and to the heart of pure transformation. For many years, our expert healers and I have practiced this profound energy medicine that only Qigong can bring. Our Center glows with the highest energy vibration and we are so very grateful for each day that we can raise it higher by healing and loving our clients. This center is a space for transformation and healing – physically, emotionally, and spiritually. There are countless miraculous stories that our clients have shared that occurred in our healing center. I encourage you to find inspiration throughout the center. In fact, another miracle has just begun now that you have come to our healing center and committed to your own well-being.

Spring Forest Qigong is a practice of heart. We believe the greatest healing power comes from unconditional love, and unconditional love is demonstrated not only by love, but also through forgiveness and kindness. The deeper you connect with Spring Forest Qigong, the more you will realize that you are deeply valued and loved unconditionally.

My dear friend, your healing began the moment you contacted our healing center. Qigong healing is the energy medicine that goes straight to the root cause of the ailment which may be different than where you are experiencing your symptoms. We will hold you in our heart for your healing; however, I am also asking you to do your part. You will be guided and coached with Qigong and healing instructions by our expert healers. Please give yourself time to get familiar with us, as Qigong healing might be a new concept for you. Finally, please take a few minutes to read this booklet carefully so you can find the best benefits from our healing energy to create your very own personalized transformation.

With much love,  
Chunyi Lin, Grand Qigong Master  
The founder and creator of Spring Forest



# WHAT OUR CLIENTS ARE SAYING

## II ARTHRITIS

Several years ago, Norman developed severe pain in his right shoulder. The doctor told him, "You have arthritis in your shoulder, and you have no cartilage."

The doctor didn't offer any hope, so he looked into alternatives. He heard about Chunyi Lin, ordered the Spring Forest Qigong home study courses, and started doing the exercises and healing techniques for his shoulder. He went back to the doctor months later and showed him the improvement. The doctor said, "There is no way you should be able to do what you're doing. You should be in excruciating pain. I can't explain how you can do it, but whatever you're doing, don't stop." Norman is 76 years old and thanks Qigong and Master Chunyi Lin.

– Norman Axe, Wynnewood, PA



## BRAIN STEM BLEEDING

Chunyi Lin and Spring Forest have had an amazing impact on my life. It's given me a way to live life more fully, happier. To me it's a God-send. The practice of Qigong is something everyone can benefit from. Once you have had an experience with Qigong you want to keep it a part of your life. – Sue Sivula, Maple Grove, MN



## CANCER

Kathy Beltrame was diagnosed with Stage 4 melanoma four years ago in 2007. Her doctor told her they needed to operate and scheduled the surgery. Shortly after that, one of Kathy's clients came to her and gave Kathy the Level 1 SFQ video, and she started doing the Active Exercises. She went ahead with the surgery as planned and went on to study Level 1 and Level 2 Spring Forest Qigong and practiced daily. Kathy says she healed very quickly and has been cancer free for four years now. Kathy says she has been blessed to find Spring Forest Qigong and Master Chunyi Lin.

– Kathy Beltrame, Hammond, WI



## BREAST CANCER STAGE 4

I rejected conventional cancer treatments from your classically trained oncologists because they didn't work the first time. This time it was my life that hung in the balance and I was resolved to find alternative measures to find healing. And, fast forward, after six, seven months of both medical treatments and visiting with Master Lin in the Spring Forest Qigong Center, I am completely healed. My cancer's gone. My doctors call me a "walking miracle."

– Karyn Huemoeller, Hastings, MN



## LYMPHOMA - STAGE 4

I was very ill. The last two hospitalizations I didn't think I was going to live. [Chunyi's] imagery of the butterflies was the first time I could actually see the cancer cells leave my body. I let go of my cancer cells. So much so that I had a

Pet scan a week ago, and all the cancer is gone.  
– Jacqueline Valone, College Park, MD

## CHRONIC PAIN – NECK INJURY

I was in a lot of pain. I had a very serious neck injury. It was impacting my life very severely. Doctors wanted to do a four-level fusion on my neck. I started going to the SFQ Center...and practicing every day. I never did end up having the surgery. Qigong really has been a miracle cure for me. – Nicole Robbins, W. Lakeland, MN



## FIBROMYALGIA – DELTA WAVE SLEEP

Ruth Staus, RN, PhD, is a nurse practitioner.

Ruth has fibromyalgia and one of the challenges that come with that disease is difficulty sleeping. "Fibromyalgia patients are missing delta wave sleep. That's the sleep that makes you feel restored in the morning, and we don't have that. I actually sleep quite well on Wednesday nights after I've had Qigong. It's my little treat for myself." – Ruth Staus, Maplewood, MN



## MULTIPLE SCLEROSIS

It [Spring Forest Qigong] gave me my life back. It's been everything for me. So impactful and so important. I didn't know anything about energy healing at all. I would certainly say that it's worth checking out.

– Betsy Burns, San Diego, CA



## MACULAR DEGENERATION

I had macular degeneration and it looked like I was going to lose my vision. I practiced a Qigong exercise and used visualization. In 3 months all the macular degeneration was gone. – Mary Grayson, Pickford, MI



## PAIN – FROM ACCIDENT

Four years ago I fell off a log and shattered my leg in lots of places and it broke in the knee joint, too. The osteo doctor I went to said, "Oh, you're going to have debilitating arthritis. You're going to need a knee replacement within five years." I ordered the [SFQ] CDs, Level One and Two, and I did those. The qigong helped me tremendously and it turns out that my leg healed perfectly.

– Carol Stotts, Santa Barbara, CA



## PARKINSON'S DISEASE

Charlie was suffering from Parkinson's disease when he first learned of Chunyi Lin and Spring Forest Qigong. Through Chunyi and Spring Forest Charlie found new hope. His body began to heal and he opened his heart and mind to all the possibilities the universe holds. Then, he found a new doctor with a new plan. Charlie credits all three: Chunyi, SFQ, and his new doctor for transforming his health and life. – Charlie Blanchard, Minneapolis, MN



# WHAT DOCTORS ARE SAYING

**Master Chunyi Lin has developed an easy-to-follow program.**

DEEPAK CHOPRA, M.D., best-selling author of *Ageless Body, Timeless Mind* and *Quantum Healing*.

**Spring Forest Qigong is going to revolutionize the manner in which we look at healing.**

BILL MANAHAN, M.D., Assistant Professor of Family Practice and Community Health,  
University of Minnesota Medical School

**Absolutely remarkable.**

GREG GERBER, MD, Chief of Internal Medicine at SW Memorial Hospital, Houston, Texas

**Extremely effective in the treatment of depression, including bipolar subjects.**

FRANCES GAIK, Psy. D., Psychologist, Oak Brook, Illinois, Author of *A Preliminary Study Applying Spring Forest Qigong to Depression as an Alternative and Complementary Treatment*

**A very powerful approach to human health.**

NEIL KAY, M.D., Prof. of Medicine, Mayo Clinic College of Medicine, Rochester, Minnesota. Specialties in hematology and internal medicine. Research Affiliate with the Cancer Immunology and Immunotherapy Program, Mayo Clinic.  
Published author of numerous articles on cancer research.

**Highest medical ethics.**

BART MAIN, M.D., Chief of Psychiatry, Human Services, Washington County, Minnesota

**Outstanding reputation.**

HENRY C. EMMONS, M.D. Dr. Emmons is a psychiatrist in private practice in Northfield, MN. He consults with colleges, businesses, and integrative health programs. He received a Bush Fellowship to study alternative and complementary care therapies, a topic on which he lectures widely.

**Master Lin is at the top of his field.**

MICHAEL ZENG, M.D., President Emeritus of the International Institute of Chinese Medicine, Santa Fe, New Mexico, and former Commissioner of the National Certification Commission for Acupuncturists and Oriental Medicine

**Strongly recommend Master Lin and Spring Forest Qigong.**

KENNETH S. COHEN, M.A., M.S.TH., China Scholar, Adjunct Professor at Union Institute Graduate School. Author of *The Way of Qigong: The Art and Science of Chinese Energy Healing* (Random House) and more than 150 journal articles.

**Spring Forest Qigong is the most remarkable and profound experience of health and healing I have ever discovered.**

PATRICK DOUGHERTY, MA, L.P., Licensed Psychologist, St. Paul, Minnesota.

**Extremely important to the health care community.**

MARCIAN ZIMMERMAN, C.N., CEO, The Zimmerman Group. Author, published in professional journals including *The Townsend Letter for Doctors* and *The American Journal of Natural Medicine*. Author of *The A.D.D. Nutrition Solution*, published by Henry Holt and Company, New York.



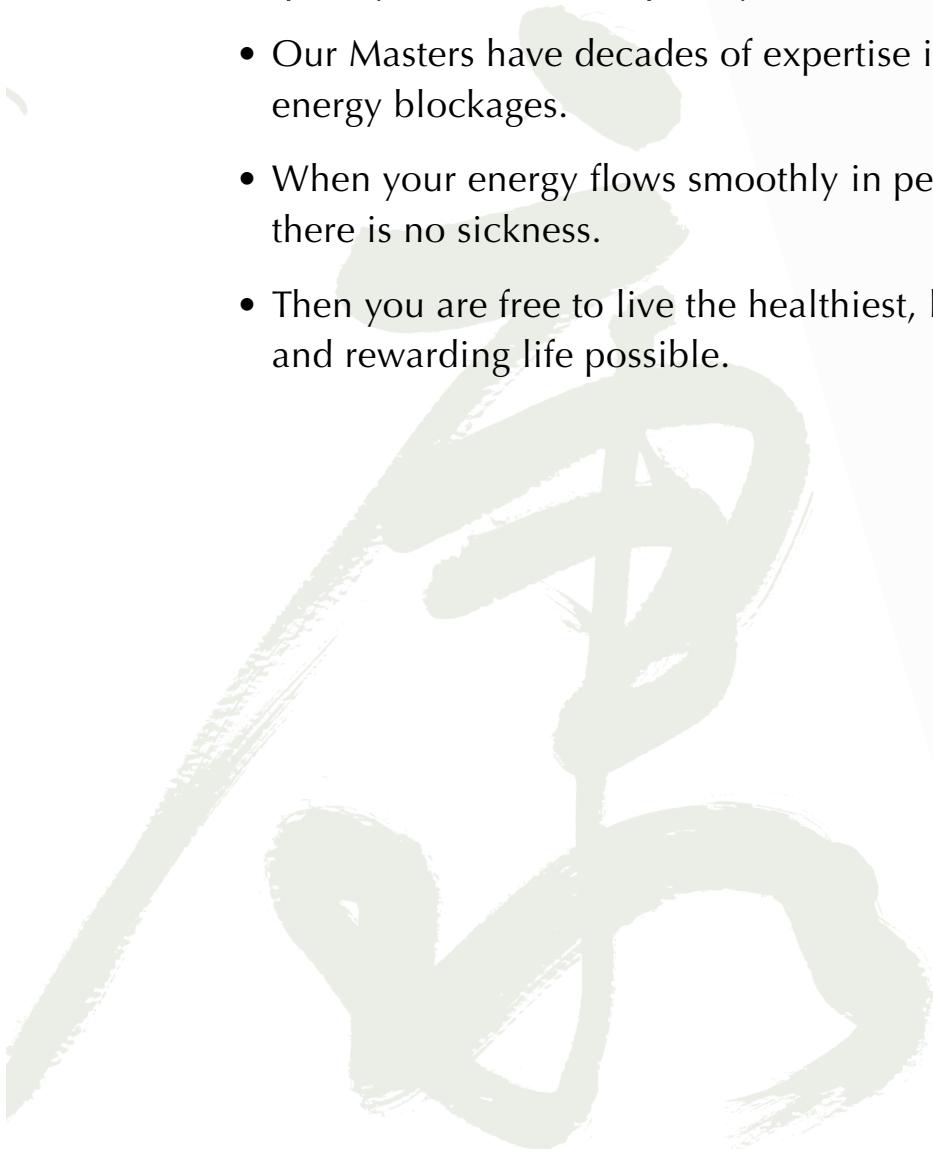


# HOW SPRING FOREST QIGONG CAN HELP YOU

## Transforming Your Energy and Your Health

Every cell in your body is a form of energy. Sickness is also a form of energy, whether it manifests physically, mentally, or emotionally.

- Together, we can transform this energy to help you heal more quickly and more completely.
- Our Masters have decades of expertise in detecting and removing energy blockages.
- When your energy flows smoothly in perfect balance, there is no sickness.
- Then you are free to live the healthiest, happiest, most productive and rewarding life possible.



## OUR SERVICES

# In-Person Healing

### INITIAL APPOINTMENTS

#### FIRST APPOINTMENT FOR NEW IN-PERSON HEALING CLIENTS

We ask all new clients at our healing center to have a 90-minute Initial Appointment before starting their Qigong or Qi~ssage healing session.

The Initial Appointment session has multiple functions; it helps our healers to understand you and your body's energy. It is also a healing session where you will experience an Ultimate Healing session. The Initial Appointment session also includes a coaching session where you will learn Spring Forest Qigong healing movements and healing meditation to help you take control of your healing journey.

### ULTIMATE HEALING SESSIONS

Ultimate Healing Session is a combination of Qigong Healing and Qi~ssage Healing. Qi~ssage is a revolutionary approach to the ancient Chinese healing practice of Qigong.

Like Qigong, Qi~ssage focuses on balancing and enhancing the flow of energy through the body's energy channels. During your Qi~ssage healing session, you will sit comfortably with a Healer who will use light pressure, along with the power of the mind and heart, to gently and firmly stimulate key energy points on your head, shoulders, back, arms, hands, hips, legs, and feet in a specific order. You will remove your shoes and remain fully clothed and seated for the treatment. The session is approximately 50 minutes long.

## **QIGONG HEALING SESSIONS**

During your Qigong Healing Session, a Spring Forest Qigong Healer moves their hand several inches from your body to detect energy blockages and then works to help remove those blockages so that your Qi can flow smoothly throughout your body. Energy blockages are the root cause of sickness, while symptoms are the result of what energy blockages can manifest.

This is a non-physical/non-touch session, but with a deep connection on an energetic level.

### **Master Chunyi Lin**

Qigong Healing Session	\$180
Deep Healing Session	\$360

### **Qigong Masters and Certified Healers**

Initial Appointment	\$155
Ultimate Healing Session	\$145



## OUR SERVICES

# Distance Healing

### PHONE HEALING CONSULTATION SESSIONS

#### FIRST APPOINTMENT FOR NEW DISTANCE HEALING CLIENTS

We ask all new distance clients to have a phone healing consultation before starting their phone Qigong healing session.

The healing consultation session is designed to help our healers to understand you, your body's energy, and your healing goal. The easiest way to understand this session is to think of it as a combination session of energy detection, Qigong healing, and a coaching consultation.

During your phone healing consultation session, please have a glass of drinking water with you that is not carbonated or icy-cold. Your healer will answer the phone when you call and begin the session with you. All you need to do is follow

their instructions and guidance as they go through the session. At some point, they will ask you to drink the water.

Please note that there may be a short period of silence during the session as they work to detect any energy blockages in the body, remove them, and send healing energy to you and to the glass of water. People who have a first-time phone Qigong healing consultation will be provided with specific energy readings and recommendations by their healer.

A Spring Forest Qigong support staff will send the recommendations via email within 3 business days following your appointment.

#### **Master Chunyi Lin**

Phone Healing Consultation Session (20 min) \$180

#### **Qigong Masters and Certified Healers**

Phone Healing Consultation Session (30 min) \$155

# Distance Healing

## PHONE QIGONG HEALING SESSIONS

Our center offers distance healing by telephone, and they are just as amazing as the healings that you receive in person! If Qigong healing is new to you, this might sound strange, but energy is not limited by time or space; the energy that Master Lin and the other healers work with is the same whether you receive it in person or from a distance.

During your phone healing session, please have a glass of drinking water with you that is not carbonated or icy-cold. Your healer will answer the phone when you call and may ask if you need to tell them anything. Then there will be a period of silence, during which they will work to detect any energy blockages in the body, remove them, and send healing energy to you and to the glass of water. At some point, they will ask you to drink the water (you may drink as much as you like). When

the energy feels right, they will tell you they are going to hang up. At this point, you should meditate or simply rest for the next 30 minutes, or else follow any other instructions you may be given.

People who have a first-time phone Qigong healing will be provided specific energy readings and recommendations by their healer. A Spring Forest Qigong support staff will send the recommendations via email within 3 business days following your appointment.

If a child is receiving the healing energy, the appointment is done with the parent. The parent makes the call and has the glass of water on hand, which the child may drink as much as he or she would like, later in the day or even the following day. It is ok if the child is asleep during the call.

### Master Chunyi Lin

Phone Qigong Healing Session	\$145
Phone Deep Healing Session	\$290

### Qigong Masters and Certified Healers

Phone Qigong Healing Session	\$120
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# Distance Healing

## MEDITATION HEALING

This healing is done remotely with no physical or verbal contact. The Healers bring you into their private or public meditations and then send you healing energy. As the nature of a healer, they are constantly in the meditative state. They will remove energy blockages in the meditation for you throughout the day and into the evening.

Recommended for people in these conditions:

- **Those who are unfamiliar or uncomfortable with Qigong, but whose loved one wants them to receive the benefits of Qigong healing**
- **Those who have physical and emotional challenges**
- **Those who are in comas**
- **Those in the process of life transition (terminally ill or in hospice)**
- **Those who are unable to travel for any reason**
- **Those who have time constraints and scheduling difficulties**

\*Phone Healing Consultation session is not required to receiving a Meditation Healing.

### **Master Chunyi Lin**

Meditation Healing (Per day) \$95

### **Qigong Masters and Certified Healers**

Meditation Healing (per day) \$45

## OUR SERVICES

# Expert Qigong Coaching

### ONE-ON-ONE COACHING

FOR THOSE WHO ARE FEELING STUCK IN THEIR QIGONG PRACTICE

This private coaching session is best suited for one-time or short-term coaching needs. Spring Forest Qigong Experts are at your fingertips so tap into their experiences and wisdom to help you unstuck or clarify your questions in practice Qigong. The Experts will listen to your practice experience and point out a clear direction for you to follow.

You can book a Qigong Expert Coaching session in-person or by phone or Skype.

One-on-One Private Qigong Coaching  
In-person, phone, or Skype                    \$399

#### APPOINTMENT CANCELLATION POLICY

The healing appointments at the Spring Forest Qigong Healing Center are extremely limited in quantity and are highly sought after. We request you to give advanced notice when you are unable to make your appointment for any reason, so that other clients may use that appointment time to receive healing energy they are looking for. We believe letting us know early that you cannot make your appointment, is also an act of love and kindness.

The appointment cancellation policy is:

- Full refund if you cancel 24 business hours or more before your appointment.
- 50% charge if you cancel in less than 24 hours or do not arrive to your appointment.

## OUR SERVICES

# In-Person Group Healing

### HEALING CIRCLE

#### MULTIPLY THE HEALING ENERGY

A Healing Circle is an hour-long group session designed to empower you with Qigong. Our healer will guide you and your group in practicing Spring Forest Qigong healing movements, followed by guided meditation. While you are deep in the stillness of meditation, our healer will work on removing energy blockages and balance your Qi, sending healing energy to everyone in the circle.

After this session, you will feel refreshed and rejuvenated. Awaken your amazing in-born healing power and combine it with the group leader's high vibration to create a healing power-hour!

As Master Chunyi Lin says it, "*Qigong is a practice to elevate the vibration level. When you practice Qigong with others, you are tapped into a bigger energy field. The more people you practice Qigong with, the higher the energy vibration there is.*"

Healing Circle meets every Tuesday and Thursday from 12:00 pm to 1:00 pm local time at the Healing Center.

#### HEALING CIRCLE

Single Pass	\$39
1 Month Unlimited Pass	\$69
3 Month Unlimited Pass	\$149
3 Month Unlimited Pass + Guest*	\$225

\*3 Month Pass holder are able to bring a guest of your choice to any session available (original pass holder must be present).

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## **OUR SERVICES**

# **Free Healing Resources**

### **FREE QIGONG PRACTICE GROUP**

We host a Qigong practice group every Wednesday from 12:30-1:00 pm at our Healing Center. Free practice groups are one of the ways that we give love back to our community.

In the practice group, you will be guided in Qigong healing movements and meditation by an advanced SFQ practitioner. The healing power is in your hands. Consistent practice will help remove energy blockages, increase vitality and enhance your body's Qi flow.

No registration needed. Feel free to stop by and raise the vibration with us!

### **FREE GROUP PHONE QIGONG HEALING**

### **GLOBAL PHONE HEALING**

We also want to help you keep your Qi flowing with a Free LIVE group phone healing every month. All beings are invited, wherever you are. People and animals join this global group phone healing session from all over the world. It is a great opportunity to experience healing waves on a grand scale level.

Visit Spring Forest Qigong website to join the FREE Vitality Membership.

### **OPEN COMMUNITY MEETING**

Every month in our Healing Center, a guest speaker will give a Qi~talk, sharing insights, tips, and applications for Spring Forest Qigong practice. Following immediately, a FREE Healing Circle group healing sessionn, guided by an advanced SFQ practitioner.

After the Healing Circle, you can sign up to receive private one-on-one Qigong Healing session individually, remove and re-balance the body's energy blockages.

Open Community Meeting is open to everyone. No registration needed. Visit Spring Forest Qigong website for meeting schedules.

# Free Healing Resources

## **HEALING FOR CHILDREN WITH CANCER OR AUTISM**

### **HEALING OUR CHILDREN WITH HOPE AND LOVE**

When a child is diagnosed with a serious health challenge, not only can the parents find themselves overwhelmed by the physical and emotional demands of caring for their child, but very often, the care of their child also entails additional overwhelming financial demands. Together, these demands can sometimes seem like... too much.

That's why we want to help.

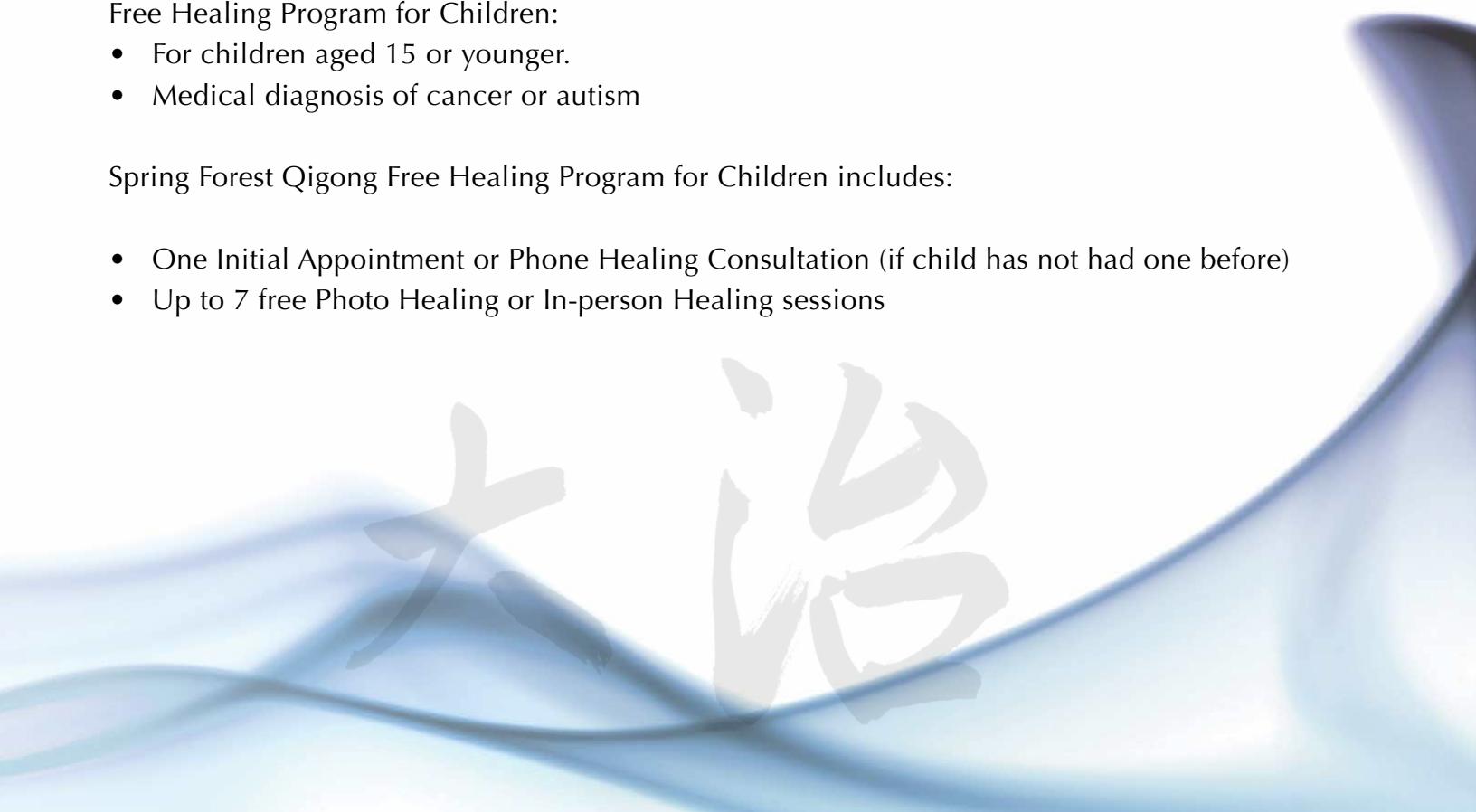
Master Lin and Spring Forest Qigong hold a deep love for children. Quite simply, we believe they are the future. Our healing mission is to give you and your child hope for a brighter future. And that is why we are providing FREE Qigong healing sessions for children who have been diagnosed with cancer or autism.

Free Healing Program for Children:

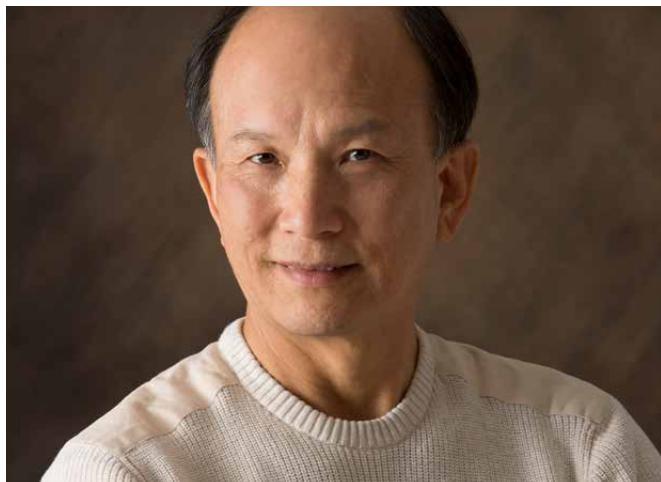
- For children aged 15 or younger.
- Medical diagnosis of cancer or autism

Spring Forest Qigong Free Healing Program for Children includes:

- One Initial Appointment or Phone Healing Consultation (if child has not had one before)
- Up to 7 free Photo Healing or In-person Healing sessions



# MEET OUR HEALERS



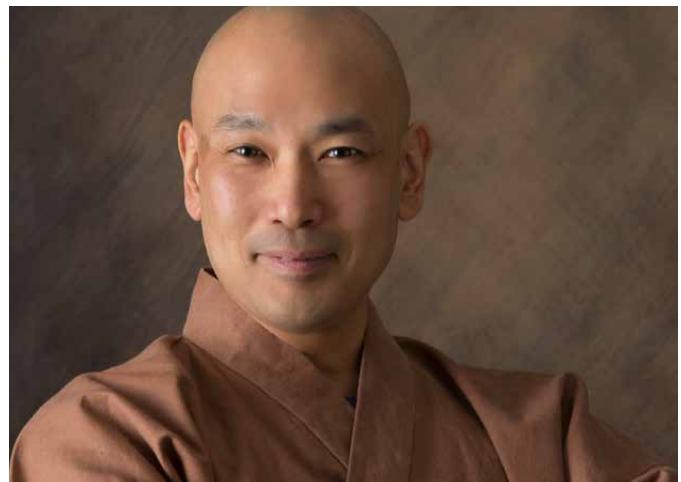
**International Qigong Master Chunyi Lin** is the creator and founder of Spring Forest Qigong and author of a #1 Amazon bestseller, *Born A Healer*. He is also coauthor (with Dr. Nisha Manek of the Mayo Clinic) of a chapter on Qigong in a medical school textbook. Master Chunyi Lin teaches and speaks worldwide and in the U.S. about how Qigong can help end suffering of all beings. Master Lin works with people from all over the world, helping them and empowering them to overcome serious health challenges and return to optimal health, wellness, and happiness.

**Qigong Master Jacqueline Gran** has been passionate about energy, energy transformation, and art for as long as she can remember. She has been practicing and studying Spring Forest Qigong since 1999. Jaci is continually called upon to speak about the power of Qigong in everyday living and illness-recovery, both with local groups and at conferences throughout the world. “My passion is to help people explore who they are with Spring Forest Qigong so they can peel back the layers to discover their creativity, their unbounded love of life.” — Jaci Gran

**Qigong Master Gadu** (Katsushi F. Schmitz) has been practicing Spring Forest Qigong since 2008. He resonates deeply with Master Lin's motto: "Everyone is born a healer," so he brings Spring Forest Qigong to communities where empowerment is needed. Master Gadu's favorite thing about the healing process is to see the beautiful hope and confidence that his clients leave with after a session.

"I am grateful for the understanding and energy of Qigong, which empowers others to heal and live full of hope and joy." — Gadu Schmitz

**Certified Healer Rong** (Rong Li) searched many years for a great Qigong master and found Master Chunyi Lin. His teachings changed her life forever. As a healer, she knows Master Lin's Spring Forest Qigong is so simple yet so powerful. Master Lin has said: "All we need is unconditional love with compassion. We are all born a healer." Certified Healer Rong has been personally trained and chosen by Master Lin as a healer and instructor.







# LEARNING & TEACHING SPRING FOREST QIGONG

## WHAT IS QIGONG?

Qigong is an ancient Chinese scientific study of the power of energy in the body and in the universe, and how to use this energy to benefit every aspect of life. "Qi" means "energy." It is a form of intelligence and a form of life-force. For example, in China, people call the energy in a person's body "Qi." "Gong" means "the work of" or "the practice of." Thus, Qigong is "the practice of vitality energy" or "working with the energy" in the body.

## WHAT IS SPRING FOREST QIGONG?

**Spring Forest Qigong** is a simple and highly effective system designed to help you awaken the healer within, to heal yourself and others—including animals. When you remove energy blockages and balance the body's energy, greater health and wellness are the natural result. Anyone, regardless of ability, age, or beliefs, can easily use the techniques of Spring Forest Qigong to become healthier and happier.

# QIGONG RESOURCES



## EMPOWER YOUR HEALING— LIVE CLASSES AND RETREATS

Qigong as an ancient Chinese science using the breath, mind, body movements, and meditation for health, healing, and spiritual enlightenment. Spring Forest Qigong is a simple but powerful form of Qigong incorporating all of these elements.

### SFQ LEVEL 1 QIGONG FOR HEALTH

This is the foundation of Spring Forest Qigong. This one-day class empowers you with:

- The principals of Qigong healing: How illnesses are formed and how Qigong works with them to promote healing.
- The practice of Spring Forest Qigong Healing Movements and specific Qigong meditations. You will learn how to use sound, breath, mind, body movements, and mental focus to maximize Qigong results and reach your practice goals.

Master Lin always says:  
“All you need for using Qigong to heal is

in *Spring Forest Qigong Level 1 Qigong for Health.*"

## SFQ LEVEL 2 QIGONG FOR HEALING

In this 1.5-day class, you are not only learning advanced Qigong techniques to heal yourself, you will also learn the principles for using Qigong to heal others. You will be taught the steps of the healing process, specific techniques for detecting and removing energy blockages, and the relationships between the organs' energetic systems and the physical manifestation of their imbalances as disease. Students also learn specific Qigong movements and meditations to build internal energy and healing power.

## SFQ LEVEL 3 ADVANCED ENERGY DEVELOPMENT AND HEALING

SFQ Level 3 for advanced energy development and healing is a 2-day class. Students learn the deeper, universal principles behind energy, healing, and the development of higher spiritual consciousness. Students are taught two new meditations to develop that spiritual consciousness (the Sun and Moon meditations). You will also learn about detecting and removing energy blockages at a distance, as well as group healing. More advanced healing techniques and principles such as third eye opening, color healing, and aura reading are shared. In this class more

significant and critical health challenges are addressed.

## QI~SSAGE

In the Chinese medical system, energy is understood to travel through many channels throughout the body; many energy points reside in these energy channels. Of these hundreds of points, a few have an absolute vital influence on the rest of the channels and the body. Qi~ssage is a simple healing system incorporating the physical stimulation and manipulation of key points in those vital channels, following Qigong principals. The result for the balancing and enhancement of energy flow throughout the body is fast and long lasting.

## FIVE ELEMENTS HEALING MOVEMENTS FOR SELF-HEALING

The Five Element Healing Movements class is designed for beginner level Qigong students, to unlock their healing intelligence in the body. This one-day class focuses on self-healing and the introduction of specific Qigong movements that are based on the medical application of the ancient Chinese Five-Element theory. This entire set of Qigong healing movements incorporates body movement, regulated breathing, visualization, and specific positive emotions which directly relate to the organs' five elements. This class is designed to teach you the quickest and

most effective techniques for restoring and maintaining health.

## ANIMAL HEALING

From the Qigong perspective, the energy systems of humans and animals are fundamentally similar. The same kinds of things that can cause energy blockages in us can also cause blockages in an animal. Spring Forest Qigong can help animals heal, just as it helps us. The one-day Animal Healing class draws on the principles and healing techniques taught in SFQ Levels 1, 2, and 3, but teaches specific applications for pets and other animals



to help them to heal, live longer, and stay happy and active.

## RETREATS

Master Chunyi Lin regularly leads multi-day, off-site retreats. There are two types of retreats offered: Meditation Retreats and Intensive Healing Retreats.

**Meditation Retreats** are focused on practicing Qigong on the deepest level, where you can expect dramatic development and increased internal energy in just a few days with Master Lin. He will help you bring your energy vibration higher through lectures, meditating with you extensively, and initiating your third eye opening (making your third eye open in a deeper level).

**Intensive Healing Retreats** are designed for people who are experiencing challenges in their lives, physically, emotionally, or spiritually. Everything in the universe is energy, and energy can be transformed. Using Qigong, we can transform energy to benefit our lives. An Intensive Healing Retreat lead by Master Chunyi Lin provides an opportunity for people to transform their energy in 4-5 days. There are some lectures during the retreat, however the focus is on healing and balancing your energy, so the retreat is designed for you to experience healing all day long.

\*See [www.springforestqigong.com](http://www.springforestqigong.com) for detailed retreat information.

# OUR MEMBERSHIP PROGRAM

## ALWAYS STAY CONNECTED

You are never alone, and Spring Forest Qigong is always here to help you, no matter which part of the world you are in. Connect with the energy of the expert healers and the SFQ community. We have so many channels to receive powerful healing energy and knowledge to keep the inspirations going! Join our membership program to unlock your healing potential.

			
Vitality	Heart Wisdom	Deep Transformation	Divine Connection
Free	\$20/month	\$64/month	\$149/month
Qi-talk Recording	Qi-talk Recording	Qi-talk Recording	Qi-talk Recording
Global Phone Healing	Global Phone Healing	Global Phone Healing	Global Phone Healing
Qi~full Living Newsletter	Qi~full Living Newsletter	Qi~full Living Newsletter	Qi~full Living Newsletter
Heart Wisdom Teleseminar	Heart Wisdom Teleseminar	Heart Wisdom Teleseminar	Heart Wisdom Teleseminar
Qi-talk Recording Library	Qi-talk Recording Library	Qi-talk Recording Library	Qi-talk Recording Library
Qi~full Living Newsletter Library	Qi~full Living Newsletter Library	Qi~full Living Newsletter Library	Qi~full Living Newsletter Library
Deep Transformation Healing Meditation	Deep Transformation Healing Meditation	Deep Transformation Healing Meditation	Deep Transformation Healing Meditation
Healing Connection	Healing Connection	Healing Connection	Healing Connection
Equinox and Solstice Meditations	Equinox and Solstice Meditations	Equinox and Solstice Meditations	Equinox and Solstice Meditations
Annual Pricing Option	Annual Pricing Option	Annual Pricing Option	Annual Pricing Option

## **HEALING CONNECTION TELESEMINAR**



You will be part of Master Lin's Healing Connection teleseminar, which he holds on four (4) Tuesdays of every month. Each month he focuses on a main topic related to Qigong practice and Qigong healing and each week he shares information that relates to the monthly topic. He also takes the time to answer a few questions during the call before guiding everyone through a LIVE healing meditation. Master Lin will also charge your water with healing energy during the meditation. The recordings are available for download to your device to listen to again and again. The Healing Connection is one of our most popular programs. Please join Master Lin as he summarizes thousands of years of ancient teachings to make them applicable to modern day wisdom.

The live, hour-long teleseminar is easily accessible by phone or internet.

## **EQUINOX AND SOLSTICE MEDITATIONS**

The Solstices and Equinoxes are very powerful times of the year for the Earth's energy and for all living beings on the planet. We invite you to join Master Lin in his four (4) Solstice and Equinox healing meditations each year, as he helps us to harmonize with the changing energy and receive the most benefit from these powerful transition times of the year.

## **DEEP TRANSFORMATION HEALING MEDITATIONS**

Qigong Masters Jaci Gran and Gadu Schmitz lead a weekly, live Healing Meditation teleseminar on Mondays at 8:30 PM CST. As you follow the guidance of the Master into the deep emptiness, the Master will send you healing energy and remotely work on your challenges. This program is designed for people who are experiencing physical, mental, or spiritual challenges and are seeking healing from the energetic level. This weekly, live Healing Meditation program has become a part of the “regular” routine for many friends of Spring Forest Qigong.

The live, 30-minutes-long weekly teleseminar is easily accessible by phone or internet.

## **HEART WISDOM TELESEMINARS**

Join Spring Forest Qigong Master Glenn Tobey as he teams up with other Spring Forest Qigong Masters, Instructors, and Healers to share their insights on topics dealing with our day-to-day living, the ongoing practice of Spring Forest Qigong, leadership, and working with new students of SFQ. The records of these teleseminars are downloadable by members, available for future listening.

The live, hour-long monthly teleseminar is easily accessible by phone or internet.

## **QI-TALK VIDEO**

Once a month, Spring Forest Qigong hosts an open meeting for our local community to gather together and practice Spring Forest Qigong movements, meditations, and healings. Each month, a guest speaker will also share their insights, tips, and ideas on applying Spring Forest Qigong in our daily lives. For the Vitality members, you will have access to the latest of these community meeting videos, where our Qigong Masters share their wisdom and beautiful energy. For all other membership types, you will have the access to the entire library of Qi~talk videos.

## **GLOBAL PHONE HEALINGS**

We also want to help you keep your Qi flowing with a Free LIVE group phone healing every month. All beings are invited. People and animals join this global group phone healing session from all over the world. It is a great opportunity to experience healing waves on a grand scale level.

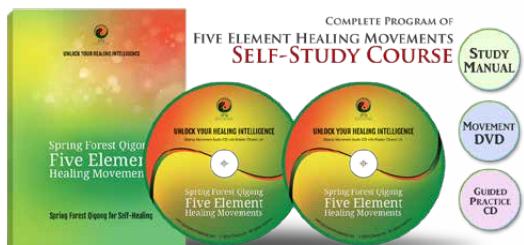
## **QI-FULL LIVING NEWSLETTERS**

This newsletter is not only a work of art, it is a work of heart. It is filled with educational articles, inspirational stories, Qigong tips, answers to your questions, energy recipes, and so much more.

# QIGONG PRODUCTS

## SELF-CULTIVATION THROUGH QIGONG

### QIGONG COURSES FOR HOME STUDY



Five Elements Healing Movements



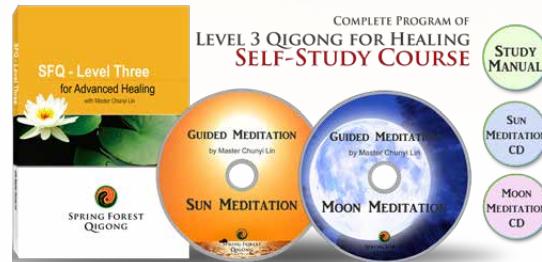
Qi~ssage



Level 1



Level 2



Level 3

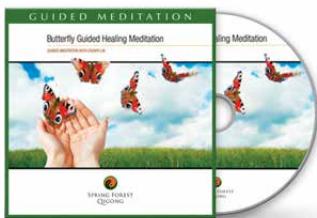


*Healing for Animals*—This step-by-step course for healing animals includes eBook, 12 videos, and a bonus meditation.



*Finding Your Soul Purpose*—This Soul Purpose course was designed to help you live a life with deep intuition, an open heart filled with compassion, superb health, freedom from fear, and filled with joy. 4 CDs + eWorkbook.

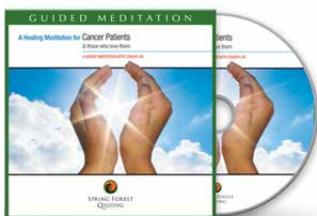
## QIGONG MEDITATIONS



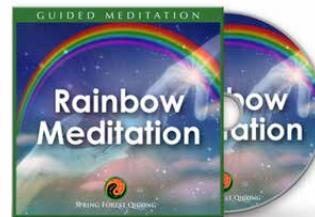
*Butterfly Guided Healing Meditation*—Training for visualization and transformation.



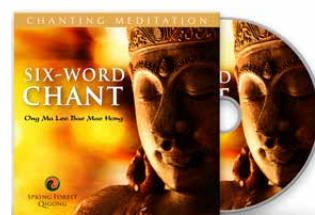
*Small Universe Meditation*—Ancient Qigong meditation for opening the front and back channels of the body.



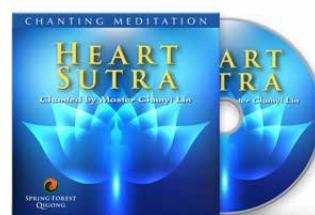
*Cancer Healing Meditation*—The energy of pure, unconditional love is the most powerful energy.



*Rainbow Meditation*—Ancient Qigong meditation for bone marrow cleansing.

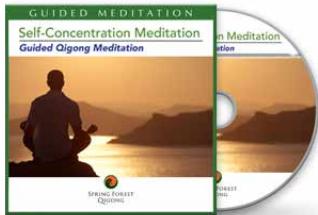


*Six Word Chant*—For healing, purity, wisdom, and enlightenment.

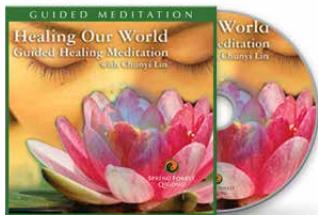


*Heart Sutra Chant*—The Heart Sutra is Buddha's perfect expression of unconditional love, compassion, and forgiveness.

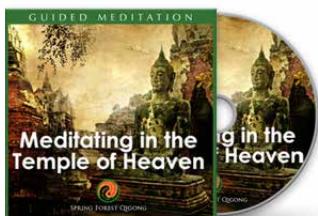
# QIGONG PRODUCTS (CONTINUED)



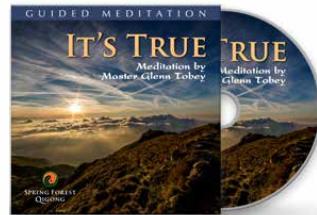
*Self-Concentration Meditation*—You will discover the inner beauty of your body, increase your energy, and strengthen your ability to help heal yourself and others.



*Healing Our World Meditation*—This guided meditation is for sharing our love and healing energy with the world at this critical time.



*Meditating in the Temple of Heaven* Meditation—A transcendent, meditative journey with Master Chunyi Lin to heal, to transform, to illumine, and to open to your limitless unconditional love.

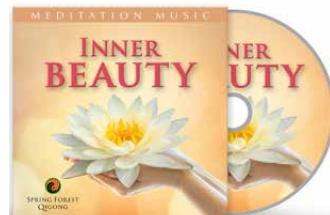


*It's True Meditation*—This beautiful guided meditation shows you the truth in your heart to awaken your awareness of who you are.

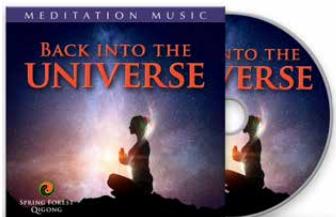


*Distance Healing Meditation for Animals*—Use ancient Qigong meditations to help animals heal, whether they are near or far.

## MEDITATION MUSIC

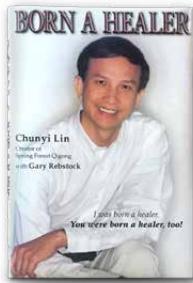


*Inner Beauty Meditation Music*—This original meditative music, designed by Master Lin, is a unique blending of traditional Chinese and contemporary music.

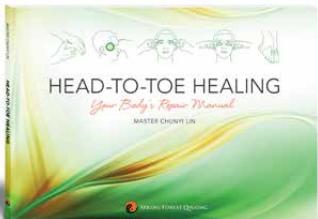


*Back into the Universe Meditation Music*—  
Master Lin designed this music to focus on  
helping you go even deeper into the meditative  
experience.

## BOOKS



*Born a Healer*—The Story  
of Chunyi Lin, informative,  
instructive, inspirational.



*Head-To-Toe Healing: Your Body's Repair  
Manual*—by Master Chunyi Lin





SPRING FOREST QIGONG

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