

Table of Contents

About Yuan Tze.....	15
Yuan Tze's Note	16
Preface	17
The Origin and Meaning of the Name 'Yuan Tze Ren Xue'	19
Yuan Tze Ren Xue 12345	21
Ten Features of Yuan Tze Ren Xue --- brief introduction.....	22
Yuan Tze Ren Xue --- Ownership and Related Statement.....	27
REN XUE RETREAT 2007	28
Day 2	28
Opening Remarks	28
Bi Guan Practice	29
Mouth Qigong.....	33
Day 3	34
Ground Rules for Questions & Answers.....	34
Q: You said you never reached the stage of Stretching Qi where there was no physical discomfort. Is the benefit to be derived from being at that stage not worth the time and effort?	35
Q: Do you know people who can disappear and appear?	35
Q: When you are trying to be calm and relaxed, how can you deal with strong emotions? Or, when you have strong emotions, how can you become calmer?	37
Push the Mountain and Training the Mind	38
Sleeping.....	40
Day 4	42
Q: There are three stages of practice in Zhineng Qigong, first 'external', second 'internal' and third 'centre'. What does the 'centre' stage refer to?	42
Q: Is the mantra 'Hun Yuan Ling Tong' important in Zhineng Qigong?	43
Q: How can one warm up the body from inside when sitting still for a long time?.....	44
Q: It has to be more beneficial to eat a vegetarian diet. Less Qi is required for digestion and there is less violence on animals slaughtered unnecessarily.	46
Review of Bi Guan Practice	47
Day 5	50
Q: Does Qigong affect the 'prenatal jing' that is supposed to be in a fixed quantity at birth? Or does it just affect the 'postnatal Qi'?	50
Day 6	54
Q: I am sleeping right next to the buzzing of the meter box. Is that bad for the Qi and qifield in our room? It's annoying. ☺☺.....	54
Q: Is it possible to describe the state of being within? Or is it something which we have to find out for ourselves and which varies from individual to individual?	57
Day 7	60
Qi Reactions	60
Consciousness and Higher Realization	61
Day 8	65
Q: What can we as Qigong practitioners do to help our communities prepare for the difficult times not far ahead due to climate change and oil shortages?	65
Q: What is sound and silence (no sound) in reality?.....	67
Q: When you say that time is a totality, do you mean that we people create the	

concepts of past, present and future because we ourselves are temporal beings? Does time itself have past, present and future?.....	68
Day 9	70
Q: Do you believe there will be an increase in consciousness in humanity soon, leading to a more balanced and fair life for all on earth?	70
Q: Thank you.....	70
Day 10	76
Q: If you feel sadness and need to cry, are you already depleting your Qi? Is it just part of being human and a kind of release? Can you take on sadness or other negative emotions from members of your family or ancestors? Can you still have negative emotions from your past life?.....	76
Spleen Qi	81
Advice on Bi Guan Practice	84
Day 11	87
Snow Talk: The Patterns of the Consciousness	87
Q: What is the beginning level of seeing Qi? Could you please describe what you see when you see Qi?.....	89
Liver Qi	93
Day 12	96
Good Deed: Helping Yourself and Helping Others	96
Q: Could you speak about skin and teeth and their connection to the organs and to overall health?.....	99
Day 13	102
Missing Home?	102
Q: Could you tell us your thoughts on the crucifixion of Jesus Christ?.....	103
Q: When in a deep state and the Qi is strong, how should we look at that? Should we be aware of it or just let it go? Or both?	104
Training of Shen	107
Day 14	111
Concluding Remarks	111
REN XUE RETREAT 2008	115
Day 1	115
Opening Remarks	115
Day 2	116
Introduction	116
ALL IS GOOD	119
Q: How can I use Qi for plant and soil health, increased growth and vitality?	120
Q: What happens to one's qifield after death?	121

Voyage to the Shore Part 3

Day 3	123
ALL IS GOOD in Real Life	123
Day 4	125
Q: My question is about pain in the joints during Stretching Qi. I have sustained physical damage working physically gardening. I have had enough of joint pain, so I try to relax around the pain and push through gently and relax, staying soft and open in the area of the damaged tissue. I put my arms down if the pain sensation is very strong. I use my consciousness to feel and sense the Qi flowing through, pushing through like a young male warrior. Pushing it through like this doesn't seem right and irritates me further. Age is a factor. Do you have any comment?	125
Q: Yuan Tze, can you tell us some more stories based on your life experiences? Also,	

can you please tell us more of the stories from Chinese/Qigong/Buddhism/Daoist tradition which explain or illustrate your teaching? Thank you.....	125
Q: Can you tell us a little about Wei Qi, protective Qi?.....	126
Q: What does 'help' mean as in 'help others'?	127
Q: It's about hugging. Yuan Tze doesn't hug. I am finding that when I hug some people, I take on some of their not---so---good Qi. Is this because I have something to work on that is also theirs? Or is there a law operating where this type of Qi is attaching to my Qi as a Qigong practitioner? Is it time to stop hugging?	127
Day 5	130
Q: Can one's personal qifield hold negative information from the past, including past lives? If so, how can one transform that information into positive information?	130
Q: How can you actively benefit from a qifield?	131
Being Punctual	132
Day 6	136
Q: Can you please talk about how we are God and how we can come to this realization on the deepest level?	136
Q: Is the way we are bringing up our children healthy? Is it the right way?.....	137
Q: Just out of curiosity, why do you always turn the lights on when you walk into the room, even though it does not appear to make a difference? This could be viewed as a waste of energy. Or could this be a habit? (A healthy habit, of course.).....	138
Q: Is there is a cure for post---traumatic stress disorder? How can Qigong help people with this condition?.....	139
Day 7	142
Review of Bi Guan Practice	142
Q: I understand that our main focus should be working on ourselves, but I am confused as to when, if ever, one should tell others that their thoughts and actions are not benefitting their own or others' health and life. If it is clear that a person's state of mind, as reflected in their thoughts and actions, is resulting in serious harm to that person or others, what is the best way to help, given that using words will inevitably result in an angry or defensive response?	144
Day 8	148
Q: When drawing Qi from the universe, is it important to use the logical mind to reach out, visualization to connect with Qi and physical sensing when drawing back as described in the book? I find it much easier to use mainly physical visualization. I find it hard to visualize the Void and my mind cramps up when reaching out.....	148

Q: In the Daoist tradition there is often no written record so that knowledge doesn't get into the wrong hands. Why don't you do the same thing? How can Zhineng Qigong survive in the 21st century?	148
More on Being Punctual	152
Day 9	154
Working on Patterns – The Financial Crisis as an Example	154
Day 10	159
Q: A big issue between myself and my partner is that he has a bad habit of driving over the limit intoxicated when he has been out at a pub. I have tried every angle on this one, sharing how it frightens me because I do not want to lose him due to an accident--- my father died in an accident when I was little --- trying to explain to him the danger he puts himself and other people in, silent treatment, angry treatment etc. I do recognize that you cannot change others and they have to recognize their problems first before they can change. I have stopped acknowledging it when it happens and have tried to stay calm, relaxed and joyful. But when I know he is out socializing and it starts getting late my heart begins to beat out of my chest with worry, fear and anger. When he arrives home sober, I am happy to see he is ok and I think, 'Man, I sure did waste a lot of energy	

worrying'. When he walks in wasted, the destructive thought patterns continue, and I wonder how much longer I can take it. The next morning we continue on as though nothing happened, until the next time.159

Q: My head and eyes are hyper---alert as if I am constantly looking for bad people and sabre---toothed tigers. I am sitting further back in the hall and find it harder to go within under my own power. I do but something restless pops my eyes open. What about my using a blind---fold?.....163

Day 12167

The Maths of Life167

Photo Opportunity171

Day 13174

Review & Future Direction174

Day 14180

Concluding Remarks180

REN XUE RETREAT 2009183

Day 2183

Opening Remarks183

Day 3189

Q: You have previously talked about past, present and future lives. What happened to (the historical) Buddha's Shen after his death? What is his present life? Are there many people who have reached a similar level of self---realization? How many are there? A hundred? Ten thousand?189

Day 4195

Q: Is it more likely that humanity will destroy most of the natural world and our planetary eco---system, climate system etc and then experience greater evolution of consciousness or that humanity will consciously evolve just in time to save the day as in Hollywood movies?.....196

Voyage to the Shore Part 3

Day 5201

Q: When was Qi created? Was it before the 'Big Bang' when the universe was created? Did Qi catalyse the 'Big Bang'? Or was it formed after the 'Big Bang'? Or only when human consciousness came into existence? Did dinosaurs have Qi?.....201

Q: Can you get much Qi from hugging trees?202

Q: Can Qi activated during Qigong practice affect electrical or electronic equipment?203

Q: I am new to Ren Xue and want to understand more fully about working with negative emotions. I aspire to be calm, relaxed, natural and joyful in every moment but I am not there yet. Given that life presents many difficulties and I sometimes experience negative emotions, do I acknowledge them honestly without getting caught in the story? Is that where the calmness, relaxation, naturalness and joyfulness lie? I doubt that you are suggesting we overlay despair with false cheerfulness, for instance.

.....204

Q: If 'everyday is a good day; every place is a good place; every thing is a good thing', how can you ever make change for the better? You have to know there is a problem to want to change it.206

Day 6209

Weather and More209

Q: Can you please speak a bit about how best to navigate the time between becoming aware of negative emotions or patterns and making the necessary changes to replace them with positive ones?.....211

What?	258
Q: I don't know what to do without emotions. I feel like I have lost something, and I am not sure what to replace it with (if anything). Joy?.....	261
Day 13	266
Review	266
REN XUE RETREAT 2010	271
Day 2	271
Opening Remarks	271
Day 3	276
Q: Westerners often identify problems and then 'process' them for years. We've been asked to identify our problems, where do we go now beyond identifying them and observing them?	276
Day 4	282
Unexpected Occurrence	282
Day 5	288
Q: If aging is a natural part of the law of life and human life and there is possible wearing away of bone and tissue, e.g., arthritis, Alzheimer's, how is restoration of lost tissue possible?	288

Voyage to the Shore Part 3

Q: I often go to bed in a good Qigong state but wake up in the morning after a good night's sleep feeling like my Qi is scattered and my Shen disturbed. Is there something I can do to affect the sub---conscious during sleep?	290
Day 6	294
Q: In Voyage to the Shore Part 2, Yuan Tze talked a lot about some very advanced techniques. Some are mentioned just to better explain a concept. But he seems to suggest that some of them can be learned by regular practitioners. Are we ever going to get enough gongfu to do some of them? Or are they just explained because they are really interesting to read? In other words, does Yuan Tze seriously expect us to, for example, breathe through our pores and points at some stage?	296
Day 7	300
Q: Yuan Tze, I am aware of how much value you place on Three Centres Merge Standing Form. I am also aware that for Qi to flow one needs to be calm, relaxed, natural and joyful. While participating in Standing Form, I feel anything but these qualities. Does this not go against the law of life? While it seems to me that standing in this posture for up to one or two hours a day changes the correct physiological curves of the spine and turns us into a lot of flat---backed, long---bottomed practitioners, I realize I also have a pattern to alter here. I've been overly concerned with physical looks and the body instead of focussing on being calm, relaxed, natural and joyful.	300
Q: Mental reactions. What happens in a mental reaction? How are mental reactions different from emotional and physical reactions? What are the potential consequences and benefits?	304
Day 8	307
More Unexpected Occurrences	307
Q: Cell phones are with us for now. How do they affect our Qi, our minds and our bodies?.....	310
Day 9	313
Q: Now that I realize how damaging my past thoughts and actions have been to people, how can I best rectify these past ignorant thoughts and words?	313
Day 10	320
Grow Your Own Tree	320

Q: The law of life from my understanding is one's destiny – things we need to learn in this lifetime based on past lifetimes. So, if everything is a good thing, i.e. things manifesting on the external help clear internal problems, when do we want to change it?.....323

Seminar with Jackie326

Day 11341

Q: When you spoke of Three Centres Merge and not getting disturbed by external noise, I had to acknowledge how a door shutting loudly or a sneeze can jolt me. Then I thought of home, of how I can feel like an unsheathed nerve with the chaos in life and kids. Granted, a health condition and some of the drugs I have been on for it have played a large part in that. Well, they've probably just helped me to see this part of myself better. But this is no excuse, and this is not how I want to be. How can I change/transform this situation? Stop it? Practise?????.....342

Q: How do you direct yourself inward and face everyday situations? It is easier on a retreat than in real life. For example, you are at a dinner party or out to dinner with a group of people and you don't want to talk about subjects that are not important to

you, but if you are quiet then people say you are too quiet, not sociable. Everyone is directing their energy outward. I wish to maintain a calm and natural state. How can I interact with society without appearing rude or uninterested?.....342

Day 12347

Development of Ren Xue347

Day 13352

After the Retreat352

REN XUE RETREAT 2011356

Day 2356

Opening Remarks356

'Bi guan' and Joy.....359

Day 3361

A Real---Life Lesson361

Q: I am pretty new to the Qigong practice. Are the bright white 'halos' around Yuan Tze and Melissa (a bit less strong) and the big white bright balls near their heads evidence of me seeing the qifield? Pretty powerful. Thanks.....363

Q: Regarding practice of 'bi guan' – drawing everything inward instead of focussing outward, what if what you are seeing or hearing is very discordant or violent, do you still take it in?364

Day 4366

Q: I have violent thoughts. I catch myself having them, and I think about something healthy. Is there anything else I can do?367

Day 5371

Q: I am eighty and have chronic fatigue syndrome, Epstein Barr virus and it is difficult to do the exercises. Can Qigong still help me?.....371

Day 6375

Q: Quantum entanglement: What is it and what is its significance in relation to human consciousness?375

Q: Can you give practical techniques for changing the thought process and the consciousness? For example, if you have chronic pain that is present all the time, how would you change your thinking process and the consciousness?377

Day 7380

Q: In natural conception (as opposed to in vitro fertilization), countless sperm compete aggressively to fertilize the egg. We could say that every human (or animal) is a winner since they gained life experience while thousands of other potential lives were

lost as they never made it to the egg. Since this competitiveness is so deeply ingrained in us, is it then unnatural to work so hard to undo our inherent drive to outdo each other?.....380

Day 8384

Bright Light Experience from Qigong Practice.....384

Q: I do not deal well with conflict or negativity. Ever since childhood, I have done whatever I could to avoid it. Then I was blessed with a child who is very pessimistic and pushes things to the point of conflict within the family. This poses big challenges for me and the rest of the family, within life and parenting. This has greatly affected my health. Any thoughts on how to better work with/learn from this life I am in?385

Voyage to the Shore Part 3

Day 9391

Q: Radioactive fallout is a real threat, especially on the west coast of the US. It could potentially get to higher and more dangerous levels. What effect do Qi and a strong qifield have on radiation? How can our practice help and protect us? (Note: The radioactive fallout referred to resulted from the damage to the Fukushima nuclear plant in Japan caused by a tsunami, March 2011.)391

Day 10397

Q: Does the subconscious have a qifield?397

Q: If I feel healthy, no problems. I can feel grounded and strong in the qifield. But, as soon as some pain or something happens in my body, like my stomach hurts, a headache etc, I quickly leave my body and cannot find the qifield, and I get all fearful. I know it is a pattern from childhood as it was a survival technique for me to leave my body as I was physically abused. How can I train myself to stay grounded in the body, no matter what happens with my body? Or, if I end up leaving my body, what is the fastest way to be grounded, to go back into the body?397

Seminar with Jackie403

Day 11419

Q: I live with someone who has very negative patterns in the way he speaks and thinks. He is very negative and judgmental about other people and about politics. He does this frequently. Is it unhealthy for me to live with him? Would it be better if I didn't live with him? Or should I just use this situation as practice and try not to cause myself stress by reacting negatively to his negativity?.....419

Q: Some primates naturally have a hierarchical order. For individuals low in this hierarchy, this causes significant stress/damage to a brain centre vital to consciousness (corticoid hormones damaging the hippocampus). Some other primates do not exhibit hierarchy but are primarily cooperative. Presumably this is all predisposed genetically and it seems that humans have inherited the same traits, proportioned differently in different individuals. Over the last century, humans have created structures (governments, corporations) which amplify the hierarchical traits by several orders of magnitude. This suggests that most humans on earth will suffer the same physical damage to brain centres of consciousness as the first primates mentioned. (Or already did?) What would be your thoughts on this?421

Q: What is the relationship between changing unhealthy habits, patterns and thoughts and doing Qigong practice?.....422

Day 12426

Vision on Yuan Tze Ren Xue Centre426

Appendices.....433

Appendix 1 – Pigs’ Trotter Broth433

Appendix 2 --- Chapter Li Yun Da Tong, Li Ji (禮記禮運大同篇)434

Appendix 3 – Qi Experiments on Fruit435

