

Table of Contents

About Yuan Tze	15
The Origin and Meaning of the Name 'Yuan Tze Ren Xue'	16
Yuan Tze Ren Xue 12345	18
Ten Features of Yuan Tze Ren Xue ---- brief introduction	19
Yuan Tze Ren Xue – Ownership and Related Statement	24
Yuan Tze's Note	25
Foreword .	26
Note from Co-translator	31

LEVEL FIVE 32

- Opening Remarks 32
- Dao De, Consciousness and Hunyuan Qi 36
- Everyday Life Qigong Techniques 45
 - Introduction 45
 - Sitting Form 45
 - Seated Form 46
 - Press Point Form 47
 - Comfortable Cross----legged Sitting Form 47
 - Comfortable Loose Sitting Form 47
 - Heshi Sitting Form 48
 - Half Lotus Sitting Form 48
 - Zhen Wu Sitting Form 49
 - Full Lotus Sitting Form 49
 - Hand Form 50
 - Ding Yin Hands 50
 - Zi Wu Interlock Hands 51
 - Taiji (or Tai Chi) Hands 51
 - Heshi Hands 51
 - Wuxiang Hands 52
 - Power Diamond Hands 52
 - Lying Form 52
 - Natural Lying Form 52
 - Return Yang Lying Form 53
 - Lying on the Side 56
 - Kneeling Form 56
 - Heel Sitting Form 56
 - One Leg Kneeling Form 57
 - Kneeling with Two Knees Down 57
 - Walking Techniques 57
 - Standing Form 58
 - *Maintaining Health Hands* 58
 - *Embrace the Moon* 58
 - Lesser Horse Stance 59
 - Feet in a Line Stance 59
 - The Greater Horse Stance 59
 - Young Boy Worshipping Guanyin Stance 60
 - Nourishing Qi Stance 60
 - Pour Qi Stance 61

- Press Down Stance 61
- Push the Cloud Stance 61
- Push the Mountain Stance ---- lateral 61
- Holding Heaven Stance 62
- Buddha Stance (Holding Heaven and Pushing Earth Stance) 62
- Key Aspects of Qigong Practice 63
- Four Levels of the Unification of Shen and Qi 66
- Shen Thinking Qi 66
- Shen Observing Qi 66
- Shen Being Inside Qi (Shen Entering Qi) 68
- Shen and Qi Being One 70
- Tiao Xi 72
 - Xi Word Song (the Song of Xi) 73
 - The Purposes of Tiao Xi 80
 - Types of Tiao Xi 84
 - Five Essential Elements of Tiao Xi 87
 - The Passage Way (Gateways) 87
 - The Depth of Breathing 88
 - The Rhythm and the Pause 89
 - The Intensity of Inhalation and Exhalation 89
 - The Intake and Exchange of Qi 90
 - Tiao Xi Techniques 93
 - Everyday Life Tiao Xi Techniques 93
 - Energy Increase Breathing 93
 - Brain Improvement Breathing 94
 - Courage Strengthening Breathing 94
 - Breathing for Overcoming Timidity or Shyness 94
 - Breathing for Overcoming Arrogance 94
 - Breathing for Going to Sleep 95
 - Breathing for Getting out of Bed Easily 96
 - Breathing for Overcoming the Feeling of Hunger 96
 - Breathing for Lack of Physical Strength 97
 - Breathing for Improving the Digestion 97
 - Voyage to the Shore Part 2 8
 - Tiao Xi Techniques for Qigong Practice 97
 - Unifying Shen with Xi (Breathing) 98
 - Counting Xi 98
 - Following Xi 98
 - Observing Xi 98
 - Listening Xi 99
 - Balancing Yin and Yang Tiao Xi 100
 - Balancing Yin and Yang through the Nose 100
 - Vertical Qi Flow Tiao Xi 101
 - Shen and Qi Tiao Xi 102
 - Dantian Open----Close Tiao Xi 102
 - Hunyuan Middle Dantian Tiao Xi 103
 - Rounded Wind Tiao Xi 103
 - Strengthen Source Qi Tiao Xi 104
 - Seven Gates in the Central Path Tiao Xi Technique 105
 - Heavenly Gate (Tianmen) Tiao Xi Technique 106
 - Lian Dan Tiao Xi 107
 - Guan Xiang Tiao Xi (Visualization and Thinking Tiao Xi) 108

- Qilun Tiao Xi 108
- Open----Close Tiao Xi on the Surface 109
- Internal Cross Tiao Xi 110
- Xuan Guan Tiao Xi 111
- Points to be Aware of in Tiao Xi Practice 113
- The Unification between Shen and Xing 118
 - Shen Thinking Xing 118
 - Shen Observing Xing 119
 - Shen Being Inside Xing (Shen Entering Xing) 120
 - Shen and Xing Being One 120
 - Shen and the Xing in a 'Miao' State 121
- Other Ways of Taking in Qi 124
- Eating Qi 124
- The Benefit of Eating Qi 124
- Fu Qi 126
- Essential Qi of the Sun 126
- Essential Qi of the Moon 127
- Qi from Five Directions 128
- Water Qi 128
- The Importance of Still Qigong Practice 129
- Pure Yang Big Dan 133
- Questions and Answers 135
- Concluding Remarks 140

LEVEL SIX 145

- Opening Remarks 145
- Introduction to Level Six 147
- Introduction to External Qi Therapy 150
 - External Qi Therapy from the Perspective of Modern Science 154
 - The Material Property of External Qi 154
 - Effect of External Qi on the Body 155
 - The Mechanism of External Qi Therapy 157
 - Essential Guiding Principles of External Qi Therapy 159
 - The Special Features of External Qi Therapy 164
 - The Benefits of Practising External Qi Therapy 166
 - Different Types of Qi for External Qi Therapy 167
 - Different Forms of External Qi Therapy 169
 - Special Abilities and External Qi Therapy 171
 - External Qi Therapy Techniques ---- Traditional 174
- Xing----Qi----Shen Technique 175
- Vibration Technique 175
- Fine Vibration Technique 176
- Yi----Qi Technique 178
- Mind Leading Qi 178
- Circular Flow 182
- Mirroring 183
- Absorbing Sick Qi 183
- Yi Technique 184
- Using Yi Alone Technique 184
- Shen Light Technique 188
- Zhineng Qigong External Qi Therapy 190

- Introduction 190
- Theoretical Base 190
- Techniques for Individual Qi Therapy 196
- Pulling Qi 196
- Five Points to be Aware of in Using Pulling Qi Therapy 200
- Circular Flow 206
- Gathering Qi for Qi Transmission 207
- Yi---Qi (Visualization) Technique 208
- Information Water 209
- Distant Qi Therapy 212
- Group Qi Therapy 215
- Introduction to Use of the Qifield 215
 - Three Major Elements of a Qifield 217
 - Techniques of Qifield Building 219
 - Gathering Qi 219
 - Unifying Qi in the qifield to create a harmonized movement of Qi 220
 - Giving instructions regarding the purposes or goals of the qifield 220
 - Zhineng Qigong for Qifield Building 221
 - Maintaining a Good State of Mind in the Qifield 222
 - Focus on Qifield for Group Therapy 223
 - Reflections on Effective Group Therapy 224
 - Flexible Approach for Optimal Healing Effects 224
 - Involvement of Participants in the Therapy 227
 - The Qifield and its Application 229
 - Application in Teaching and Practice 229
 - Visualizing and Mind Activity for Reinforcing the Information of the Qifield 229
 - Helping Others in the Qifield 230
 - Maintaining a Good State and Using the Consciousness Positively 231
 - Application in Other Areas of Life 232
 - Scientific Research and the Qifield 232
 - Food Production and the Qifield 235
- External Qi Therapy: Treatment Issues 238
- Questions and Answers 247
- Concluding Remarks 252

LEVEL SEVEN 256

- Opening Remarks 256
- Special Abilities 256
- Qi Therapy in More Depth 256
- Answering of Questions and Problem---Solving 257
- Special Abilities 258
 - Introduction 258
 - Four Major Types of Special Abilities 259
 - Special Receiving 259
 - Special Transmission 259
 - Special Thinking 259
 - Special Ability State 259
 - Natural Special Abilities and Acquired Special Abilities 262
 - Natural Special Abilities 262
 - Special Visual Perception 262

- Direct Visualization 262
- Remote Vision, Underground Vision and Microscopic Vision 262
- Direct Sensing 262
- Movement Caused by the Consciousness 262
- Moving Objects – Invisible 262
- Moving Objects – Visible 263
- Physical Change 263
- Chemical Change 263
- Creating from Nothing 263
- Appearing and Disappearing at Will 263
- Acquired Special Abilities 264
- Transmission 264
- Structural or Functional Change in Living Beings or Organisms 264
- Movement Caused by the Consciousness 264
- Creating from Nothing and Vice Versa 264
- Appear and Disappear at Will 265
- Receiving 265
- Receiving of Qi 265
- Receiving of the Information of Physical Objects 265
- Receiving of ‘Subtle’ Information or Energy 265
- The Sense and Awareness of Yiyuanti or Primordial Hunyuan Qi 266
- Special Thinking 266
- Special Physical Ability 266
- Hard Qigong 266
- ‘Lightness or Weightless Gong’ 266
- Unharmed by Water or Fire 266
- Appearing and Disappearing at Will 266
- The Mechanism of Special Abilities 267
 - Manifesting Special Abilities 270
 - Natural Manifestation 270
 - Manifestation of Special Abilities Acquired through Qigong Practice 270
 - By Accident 275
 - Basic Requirements for the Application of Special Abilities 277
 - Abundant Qi 277
 - ·· Heavenly Sword Hand 277
 - Xin Being Focussed 280
 - ·· One Focus Technique 282
 - Xin Xu Shen Jing 283
 - ·· Xu----Yin Technique 283
 - Unification of the Internal and the External 284
- Using Special Abilities for Diagnosis 287
 - Penetrative Vision 288
- Techniques 289
 - Open Tianmu – Outward 289
 - Open Tianmu – Inward 290
 - Open Tianmu – Turning 290
 - Open Tianmu – Mind & Sounds 291
 - Gathering Light 291
 - Direct Sensing 292
- ·· Technique ---- Opening Tianmen 293

- Body Sensing 294
 - Techniques 296
 - Empty Person Body or Mirror Sensing Technique 296
 - Feeling Qi Body Sensing 296
 - Circular Flow Body Sensing 297
 - Body Sensing by Sequence 297
 - Body Sensing by the Hand 298
- Overview on the Use of Special Abilities 300
- Discussion of Different Medical Systems 304
- Conventional Medicine 304
- Traditional Chinese Medicine (TCM) 305
- Qigong Medicine 307
- Zhineng Qigong Medicine 310
- Hunyuan Medicine 311
- Physiology 311
- Pathology 313
- External Factors 313
- *The Internal Approach to Life Cultivation* 318
- Internal Factors 321
- Treatment 325
- Buddhism ---- 326
- Daoism ---- 326
- Questions and Answers 329
- Concluding Remarks 346

LEVEL EIGHT 350

- Opening Remarks 350
- Fengshui 353
 - Introduction 353
 - What is Fengshui? 353
 - The Origin of Fengshui 354
 - Theoretical Foundation of Fengshui 355
 - 'He Tu Luo Shu' and Yi 355
- Total Information Theory 356
 - Qi – the Fundamental Nature of Fengshui 356
 - 4. Yin----Yang 358
 - 5. Five Elements 359
 - Traditional Fengshui 360
 - Traditional Fengshui Lore 360
 - Traditional Fengshui Examples 362
- Fengshui Principles 365
 - Xing and Shi are well combined; heaven and humans are unified as one 365
 - Symmetry should be applied in Fengshui design 365
 - Clear differentiation is necessary to create a harmonious order 365
 - Change and variety should be accommodated in Fengshui design 366
 - The spiral pattern and the curve are integral elements of a balanced and harmonious
 - Fengshui environment 366
 - Five Plus One Major Elements for Fengshui 369
- Commonly used terms in Fengshui practice 369

- 1) ji (吉) 369
- 2) xiong (凶) 369
- 3) sha (煞) 369
- 1. Long (龍, Chinese dragon) 369
- 2. Sha (砂) 370
- 3. Shui (水, water) 370
- 4. Xue (穴) 371
- Xiang (向, direction) 372
- Shi or Diyun (時 or 地運, time) 373
- Unfavourable Fengshui Situations 374
 - Land 374
 - Water 375
 - 'Arrows' to be Avoided 375
 - Wind Arrow 375
 - Earth Arrows to be avoided 375
 - Water Arrow 376
 - Wood Arrows 376
 - Other Unfavourable Fengshui Situations 376
 - sha – These are xiong–causing situations, for example water sha, road sha etc 376
 - 'Unclean' situations 376
- Main factors to Consider in Assessing or Designing a Fengshui Environment 378
 - History 378
 - Cultural background 378
 - Geographical 'xing shi' 379
 - Transportation and information 379
 - Geology and water 380
 - Resources 380
 - Ecological aspects 380
 - Climate and weather 380
 - Development prospects 381
 - Ideal situation 381
- Factors to Consider in the Immediate Environment 382
 - Trees and Plants 382
 - Location and Design of Buildings 384
 - Fengshui Considerations for Residential Properties 393
 - Walls and Fences 394
 - Property Shape 394
 - House Size 394
 - Entrance and Doors 395
 - The Lounge 395
 - Bedrooms 395
 - Kitchen 396
 - Windows 397
 - Area for Spiritual Practice 397
- Fengshui Conclusion 398
- Reactions 399
- On A Side Note ---- Food 400
- Life Improvement at Every Stage 401

○ Introduction	401	
○ Nature vs Nurture – a Ren Xue Perspective		401
○ Life Improvement at Each Stage of Life	406	
○ Conception Stage	406	
○ Foetal Stage	409	
○ Infancy and Early Childhood Stage		411
○ Childhood	413	
○ Young Adulthood	416	
○ Middle Age Stage	417	
○ Old Age Stage	418	
○ Stage of Death and Post---death Transition		419
● Questions and Answers	426	
● Concluding Remarks	435	
● References & sources of images of Qigong techniques		441
Appendices	442	
Appendix 1 – Preparation of the Mind for Qigong Practice		442
Appendix 2 – Traditional Chinese Zones		443

About Yuan Tze

Yuan Tze is the Dao---hao, the name for cultivation, of Liu Bin, who was born in 1962 in an old town near the estuary of a river in Jiangsu province on the east coast of China. Yuan Tze has been exposed to, and influenced by traditional Chinese culture since childhood. In his teenage years he began serious training which has continued throughout his life under the influence of many teachers. He has reached a deep level of understanding and practice in a range of traditions, especially Daoism, Confucianism and Buddhism. Other areas of Yuan Tze's expertise include Qigong, Traditional Chinese Medicine, martial arts, Taichi, Xiang Xue (the art of knowing a person's life by visual evaluation), I Ching and Feng Shui.

Yuan Tze is truly one of the few people in this era who are able to separate treasure from trash and reach a comprehensive and deep understanding of the essence of traditional Chinese culture and wisdom. Using this as a solid base and drawing on a multiplicity of experiences in human society across time and space, Yuan Tze has gone on to explore the fundamental laws of the objective universe, especially the law of human life. This has enabled him to create a comprehensive system which can help humans to understand, change and elevate their lives and to understand society and nature as a whole. By developing understanding on the fundamental level, we will be able to see problems clearly and solve them effectively. In this way, we will be able to take care of the development of life both internally and externally in society. The system of knowledge which Yuan Tze teaches encompasses the law of life, the law of nature and the law of the relationship between life and nature. It is a system we call 'Yuan Tze Ren Xue'.