

WELLBEING begins with YOU

Use Your Inner Resources to Heal Your Body and Your Life

Table of Content

PART I: BASIC UNDERSTANDING OF LIFE

Chapter 1: Human Life and the Concept of Total Reality

A. Everything Is a Total Reality

B. Humans as Part of the Total Reality of the Universe

- 1) Human Life as a Total Reality Itself
- 2) Jing
- 3) Qi
- 4) Shen
- 5) Human Life from a Broader Perspective of Qi
- 6) Jing (physical), Qi and Shen Working as One

Chapter 2: When Life is Off Track

A. Jing

B. Qi

- 1) Qi Deficiency
- 2) Qi Blockage
- 3) Qi Disturbance

C. Shen

- 1) Lack of Focus and Control
- 2) Emotions
- 3) Negative Thinking

Chapter 3: The Healthy Life

A. Jing

B. Qi

C. Shen

- 1) A Healthy State
 - a. Being Unified
 - b. Being Positive
 - c. Being Relaxed, Calm and Natural
- 2) Essential Qualities of Life
 - a. Trust
 - b. Openness
 - c. Love
 - d. Gratitude
 - e. Gongjing

Part II: FUNDAMENTAL PRINCIPLES OF HEALING

Chapter 4: Principles That Are Essential in the Healing Process

A. The Healthy State is Always Essential for Healing

B. Healing Means Healing the Whole Life, Not Just the Specific Problem Itself

C. Healing Requires an Internal Approach

D. Every Person has the Ability to Heal Herself

E. Healing Requires Taking Responsibility for Our Life

- 1) Being Responsible for Our Own Life
- 2) Implementing Our Responsibilities to Others

PART III: WORKING WITH QI

Introduction

Chapter 5: The Qifield

A. Introduction

B. Four Elements of the Qifield

- 1) Qi
- 2) Information
- 3) Qifield Builder
- 4) Qifield Users

Chapter 6: Qigong Practice

A. What is Qigong?

B. How Does it Work?

C. What Can Qigong Do for You?

- 1) Improving Health
- 2) Preventing Illness
- 3) Improving Shen/Consciousness
 - a. Improving the Normal Functions of the Consciousness
 - b. Helping with the Development of Special Abilities
 - c. Building the Foundation for Developing True Understanding and Wisdom

D. How Do We Get the Best from Qigong?

- 1) Choosing a Sound System or Method
- 2) Following Proper Guidance
- 3) Consistent and Regular Practice Is the Key
 - a. Why Daily Practice Is Highly Recommended
 - b. How to Overcome the Barriers to Daily Practice
- 4) Building the Practice Incrementally
- 5) Balance Between Moving Qigong (Working with Qi) and Still Qigong (Nourishing Qi)

E. Issues Related to Qigong Practice

- 1) Safety Concerns:
 - a. Injury
 - b. Pregnancy
- 2) Qi Reactions
- 3) Spontaneous Movement and Spontaneous Qigong
- 4) Confusion of Real and Unreal

F. Conclusion

Chapter 7: External Qi Therapy

A. Introduction

B. Accessibility of Ren Xue Qi Therapy

- 1) Ren Xue Qi Therapy Uses External Qi
- 2) Specific Diagnosis Is Not Necessary
- 3) External Qi Therapy Everyone Can Do

C. External Qi Therapy on a More Advanced Level – A More Comprehensive Approach for

Group Therapists and Professionals

- 1) Working with Qi and Information
 - a. Gathering Qi
 - b. Creating Information
 - c. Transmitting Qi and Information
- 2) Getting the Patient Involved
- 3) Using the Qifield

D. Receiving Qi in External Qi Therapy: How to Make It Work for You

- 1) Working with the Therapist
- 2) Being in the Healthy State for External Qi Therapy
- 3) Being Actively Involved

E. External Qi Therapy in Other Forms

- 1) Remote Qi Therapy
- 2) Qi Therapy via an Object

F. Transmission of Negative Qi & Information

Chapter 8: A Caution: Working on Qi Alone Is Not Enough

PART IV: USING THE CONSCIOUSNESS

Introduction

Chapter 9: Using the Consciousness for Healing

Chapter 10: A Comparison with Other Practices Using the Consciousness

A. The Placebo Effect

B. Positive Thinking – A Cautionary Note

1) On the Personal Level

2) On the Societal Level

C. Conclusion

PART V: HEALING LIFE ON A DEEP LEVEL

Chapter 11: Patterns – the Main Focus of the Work on the Consciousness

A. Introduction

B. Four Steps for Changing Patterns

Step 1: Good Understanding

Step 2: Identifying Problematic Patterns

Step 3: Facing the Problematic Patterns

Step 4: Replacing the Problematic Patterns

C. An Easier Way to Kickstart

D. Changing Patterns Is Not a Linear Process

E. Possible Challenges

F. Using ‘Worry about Health’ as an Example of the Process of Changing Patterns

G. Changing Patterns Is a Joyous Effort

H. Conclusion

Chapter 12: Values and the Laws of Life

A. Introduction

B. What Following the Laws of Life Brings to Human Life

C. Values – Their Influence on Our Patterns

1) Happiness and a Sense of Well-being Come from the External

2) Emotions Are Normal and Healthy

3) Helping Other People Must Come First

4) It's Best to be Busy

D. A Standard to Facilitate Alignment with the Laws of Life

CHAPTER 13: Harmony

A. Harmony is the Ultimate Goal for Society

B. Harmony is also the Ultimate Goal in the Relationship Between Humans and Nature

Chapter 14: Create Your Own Healing Miracles

A. When is Healing a Miracle

B. The Key – Following the Laws of Life

C. How to Overcome Disturbances to Allow Healing to Start

CONCLUSION