



**Ling Wang(Ling) & Zhengdao Lu (Lu): Crossing Through from Pain to Joy- Return to the Real You**



Master Lu and Master Ling are experienced practitioners of Zhineng Qigong and Founders of Dao Chi World, who share their gems of wisdom worldwide; China, UK, Canada, NZ and Europe. With insight and clarity, they teach Zhineng Qigong to rebalancing mind and body, even in modern life with pressures of work and relationships. Explore how Zhineng Qigong theory and practice can lead you through the fog of everyday life and guide you back to your natural balanced state where you are already healthy and rich, free and happy. Learn how our innate state of rebalance can calm, relax and rebalance your body and mind and heal you.

**TOP EMBODIMENT TIP:** Allow yourself to journey with inner work for more space to open to true self and freedom.

**Relaxing and calming the body: Beginning Practice with a Body Meditation for Relaxation.**

- Relax your posture, find a centre of light within you, illuminate your whole body with this light.
- Combine breath and shoulder movement in rotation, deepening the breath, connecting with the lower back, spine.

**Zhineng Qigong: A Simple Way of Practicing for Connection of Body, Mind, Human Beings and Nature and Oneness.**

- In our everyday life we can be captured in our thoughts, feel alone and stressed, disconnected from our true self and from one another in our common scientific culture and ego based cultural system.
- Peace, purpose, health, freedom from ego and fear in everyday life can be influenced by connecting to our true self.
- Human New Culture comes from the true self system; sees everything totally different from the old societal system.

**True Self: When You Become Free From Identifying with Your Ego, Your True Self Emerges.**

- Most people identify with ego; mind thoughts, subconscious where there is no light, blocks us from true self.
- True self is always present; experiences happiness, joy; as well, very deep emotions of love and fear touch true self.
- Most people won't meet their true self because they identify with their ego self, their personality self, their morals.
- True self is like the blue sky above the clouds; our ego system takes on handling life and like clouds, makes the true self disappear - cloudy becomes normal for most ordinary people.

**Everything is Chi: By Guiding Chi Through Our Bodies We Can Heal Ourselves.**

- Regular physical practice gives very good effect, yet inner practice of the mind connected with the inner body of feelings can transform the physical - can directly open our meridians - true self transforms our body everyday.
- Chi is a safe, clean energy - creates expansion, openness, lightness, super state of a new body.
- True self has its own layer of chi/energy. High level fine chi like our mind chi or nature chi can directly transform lower level rough chi. If you are interested; the true self will come. Chi can open the body space layer by layer.

**Resources:**

- ❖ **Courses:** [Dao Qi World Courses.](#)
- ❖ **Website:** [Dao Qi World.](#)
- ❖ **Social:** [Facebook Dao Qi World.](#)



❖ **References:** Dr Wang & True Self System; Qigong; Zhineng Qigong.

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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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