

Darius Barazandeh presents,

You Wealth Revolution 2012

Interview with Master Chunyi Lin

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**Topic: Awakening the Master within
for 2012 and Beyond**

Darius: Hello and welcome, this is Darius Barazandeh. I am so excited to have everybody here. This is the You Wealth Revolution and we are tuning in to day four of the You Wealth Revolution.

Today we have a very special guest; we are going to do some very amazing things. We're going to do some energy reading. You're also going to learn about a method of increasing your health and vitality that I think everybody will be very excited to find out about.

I want to just leave everybody with this thought. There is a natural state of abundance that I believe is out there, and it's like a frequency. A body, in my opinion, wants to be tuned to this frequency of abundance. There are things that hold us back, they could be blocks, they could be limitations, they could be things that we're not even aware of right now that are keeping us from that.

I remember one of the guest said, "It's kind of like if you've been living next to a factory and you've grown up with the smoke all around you, that you never really smelled the fresh, clean air. But then once you go out and you actually do smell the fresh, clean air, you're amazingly surprised that the air is so amazing and fresh.

That is really what it is about here on the You Wealth Revolution; it's bringing you into a higher state, a state of more possibility and then you realize, wow, things could be much better than they are. Our guest here today is somebody that I've been following for awhile. I'm very excited because of the nature of what we're going to cover and what we're going to do.

Our guest is Chunyi Lin. Chunyi Lin is a certified international Qigong master with a master's degree in holistic healing. He is fluent in numerous Chinese dialects that have afforded him the rare opportunity to study with many of the most respected Qigong

masters in his native China. He is the founder of the Spring Forest Qigong Center, the co-author of the number one bestselling book *Born a Healer*. He's also a co-author with Dr. Nisha Manek of the Mayo Clinic of a chapter on Qigong in a medical school textbook, the *Textbook of Complimentary and Alternative Medicine*.

In addition, Master Lin has created a series of home-learning Materials for students including amazing videos, guided audio meditations and reference manuals. What's pretty exciting is he's taught his techniques to over 120,000 people through classes, home-study learning courses and through live techniques. He also provides healing assistance and education to more than 7,000 people from all over the world each year.

In April Of 2010, Master Lin was honored as Qigong Master of the Year by the 12th World Congress of Qigong meeting in San Francisco. He's also a member of the Transformational and Leadership Council founded by Mr. Jack Canfield. Lin's mission is to empower each and every person with the ability to experience our optimal health, wellness and happiness. Master Lin's vision is "a healer in every family and a world without pain." I think that's an amazing vision.

I want to read one comment from Dr. Greg Gerber from Southwest Medical Memorial Hospital in Houston, Texas who spent 20 years studying energy medicine says, "Master Lin has done what many considered impossible. He's taken 5,000 years of intricate, complex teachings, synthesized them into a system that anyone can learn and benefit from immediately." I want to welcome Master Lin to the You Wealth Revolution 2012.

Master Lin: Thank you so much, Darius. It such a great honor to be invited on your show.

Darius: The honor is mine. I'm very excited about really connecting people to their optimal state of wellness, their optimal state that I

believe everybody has a right to live without pain and to live in health.

Master Lin: Absolutely. That's why after I healed my pain in my body, I develop Spring Forest Qigong. Just like what you already announced, the vision that I share with people is a healer in every family and a world without pain. I have taught now thousands and thousands of people; thousands of people got the benefits of what I shared with them, and hear my teaching that I am telling everyone that everybody was born a healer. Everybody was born with this beautiful gift, you can help yourself to heal and you can help others to heal.

Darius: So you believe that everybody has this gift of healing. Is it just a matter of unlocking it or understanding how to unlock it? Or is it something that people need to spend many years and just a lot of study trying to learn how to unlock it?

Master Lin: If you work in a traditional ways, yes, you have to spend years to study, to practice and to meditate before you can do something with Qigong, especially the external Qigong, to help others to heal. Through my experiences, my discoveries and practice, I found out that you don't need to do that. Either you don't know Qigong at all, and with the information I share with you, you are able to use those techniques. By opening your heart, you can help others to heal, and of course you can help yourself to heal too.

In Spring Forest Qigong, I share with people that everybody was born a healer, and the most powerful healing energy is love, unconditional love from your heart. As long as you can activate that energy from your heart, with compassion, and you bring it out then you can do so many amazing things. So, healing is one of them.

Darius: I'm very excited about that because in my mind's eye, I saw everybody kind of tuning in, their heart opening, and the potential

for everybody to unlock this amazing power they have. I guess that first question for people that maybe are not familiar with Qigong or have not really had a lot of exposure to it, what is Qigong exactly?

Master Lin: Aha. Qigong, this word, first of all is Chinese. “Qi” means energy, and “gong” mean work. Working with the body’s energy is what all Qigong is all about. Everything is energy, we know that based on what Einstein showed us. And the universe is built up by energy. Energy cannot be created; it has always been. Energy cannot be destroyed; it will always be. But energy can be transformed. From the star to the rock to a tree to every cell in your body, even every thought; they are just all energy in different forms.

So energy cannot be created, cannot be destroyed, but energy can be transformed. Literally, your body’s energy is constantly under process of transformation. So the question is, is it transformed for better or for worst?

In Spring Forest Qigong system, we share this message with everyone that you can help yourself transform anything already good into something better. You can transform any aches and pains, any energy blockages in the body into something beautiful and healing.

Darius: Wow. That’s really transformation, it’s transmutation. It’s the alchemy of changing this energy. I’ve got to ask the question, it’s sounds very beautiful and exiting but how does that actually work? What is happening when somebody transfers or changes, let’s say a pain in their neck, into wellness or vitality? What is going on that’s causing that pain and then what’s going on to cause the change?

Master Lin: The body has a system. I believe many of you know the acupuncture system. And body has many meridians. The

meridian is just like the river. If in the middle of the river you got a blockage there, the upstream of the river, you got too much water and the downstream of the water you got little water, so both sides of the river will get into trouble. If through some way you can help to unplug that channel, unplug that blockage and the the water can flow and the energy can flow in the body, and everything will be back to normal again.

Acupuncture is a way to help yourself to stimulate the flow of the energy. But Qigong is such a simple way, everybody can do it. Not like acupuncture - you have to spend years of practice. You have to get good experience on it before you can do very good thing. But here, Qigong, you don't need to spend that much time, and it's all about you, all about putting your mind, your body, and your heart together.

Qigong has four parts. The first part is your mind; the second part is you breathing; and the third part is your movements with your hands and your body; and the fourth part is the sound, the vibration of the sound of your voice, of the music can also help you to balance the energy too. When you open your heart and you allow this energy to flow in your body, everything will get transformed according to what you want, what you wish.

Darius: That's beautiful. I've spent seven days at a Qigong workshop practicing Qigong. And when I did Qigong, I had never become so focused in on my energy and aware of my body's energy. I really began to experience it. I could see how it would flow and I could see how I would get this burst of energy and creativity, and I would see just the world very differently. So I know that it's very powerful.

Master Lin: Yes. Qigong is very powerful because it's all about you, especially in Spring Forest Qigong. Spring Forest Qigong is not about anyone specifically, not only about Chunyi Lin, not only about Darius, it's about you. It's about everyone. Everybody was born a healer;

everybody was born with this gift. For instance, just now I talk about the mind. Here, I want you to do a game with me. Would you like to do a game?

Darius: Sure. Everybody, if you're on the call, if you're on a safe place to do this – can everybody on the call do this, too?

Master Lin: Yes, everybody can do it.

Darius: Okay, then everybody do this.

Master Lin: Open your left hand palm facing up, and you find your first line under the palm on the wrist. The first line. Then open your right hand and find the same line in the bottom of your palm on your wrist. Put these two lines together, stretch open your fingers then put your hands together just like you make a prayer, and then you compare the finger and see which hand your fingers are a little bit longer than the other.

Generally speaking, in one hand the fingers will be a little bit longer than the other side. If that happens to you – just like my right hand is a little bit shorter – put up the right hand and put the left hand down on your belly button area. If they're the same length, you put up either of your hand. That will do

Darius: Which one do we put on the bellybutton, the shorter hand or the longer hand?

Master Lin: The longer hand.

Darius: The longer hand we put on the bellybutton. Okay.

Master Lin: Then the shorter hand, just put your hand up, just like you want to ask a question where you put your hand up. Then you focus on the hand you put up, and repeat in your mind saying, “my fingers are becoming longer, longer, longer, longer.” You feel your fingers are becoming longer, longer, longer, longer. You really feel your fingers are becoming longer, longer, longer, longer, longer.

So now you compare your hands just like what we just did, put the two lines together, stretch your fingers open and compare your hands.

Darius: Now I'm seeing it a little bit longer, the one that's stretched is longer. What happened there?

Master Lin: So when your mind focuses on the hand, on that part of the body, you send a message there where you want that part of the body, the fingers growing longer. You actually derive a lot more energy running towards that direction. The joints are more open, your fingers feel happy, and then when you compare them they become longer. So, that is the power of the mind.

Of course you know Dr. Emoto's study, the message from the water. Just by putting the positive message into the water you can help to purify the water. If you put a negative message into the water, the water shows that you got a negative message there and you can't find the clear water crystal. So, that's the power of your mind.

If every day you have aches and pains, for instance you have a shoulder pain and you say, "I hate this pain, I don't like it at all. You kill me, so I hate you. You need to go away. I'm going to get rid of you." If you constantly repeat something like that, actually the pain is going to stay longer in your body. Instead of saying those negative words you say something like this, "My shoulder, my pain, I love you. You are my friend. I thank you so much for helping me to understand who I am. Now, I invite you to go away. If you go away, I love you even more."

Darius: If somebody can reproduce that on the Facebook sharing application and share that with the world because it's directly the opposite how us in the west are taught very much to deal with pain, and try to fight it off or work against it versus working with it.

Master Lin: If you talk like that then the pain will go away much faster and more completely because you bring joy, you bring healing energy there. Like what I said, the most powerful healing energy in the entire universe is unconditional love. Jesus said that the most important thing in your life is to love God, love yourself and then love your neighbors, and then you love your enemies. By loving your enemies you can change your enemies into friends.

The thing about that, when you live in a world with no enemies, any place you go you'll have friends, and what a peaceful life you're going to have. For the inner body it's the same. If you can consider all these aches and pains, tumors and whatever, as your friend, and you invite them to go away in this love then they're going to listen to you.

Darius: This idea of the body being connected in some way to the thoughts, and our thoughts influencing our body, in the world of personal development and healing so many people focus just solely on – I almost want to say just the brain and their thoughts. And I have to change my thinking. Nobody says I have to change my movement or I have to change how I flow my energy around my body. Most people believe “Well, I need to think positive.”

This is very different than just using the mind because this is using the body as well, correct?

Master Lin: Absolutely. You have a physical body moving around. Actually, this physical body has three parts: your physical body and your mind and your heart. Generally speaking, the physical body doesn't have too much energy, the mind has 10% of energy, the heart has 90% of energy.

In Qigong, in eastern philosophy, we talk about the heart. As we talk about the mind we talk about the heart. We talk about the power from your heart, and that energy is just so powerful. The heart helps to connect yourself to the universe and to all the

sources around you. In Qigong the second part we talk about there is the breathing, so the breathing is a key to connect your body, your mind and your heart together.

Think about this, everyday you are so busy, your mind is receiving information and making decisions. Your body is so busy trying so hard to cope with all the decisions the mind makes, and usually the heart is ignored. What that happens, your body is separated and you're not nearly as powerful. So, breathing is a key to connect yourself back to your heart.

Just now we mentioned the most powerful healing energy is unconditional love. For unconditional love says in your heart, that energy can only be found when your heart is in peace. So, how are you going to bring your heart in peace? Slow down your breathing. When you slow down your breathing, you have more oxygen, the basic energy fuel in the body; if every cell in your body has enough energy, then the body quiets down.

Now the way we breathe everyday, we breathe 17-20 times a minute. With that kind of rhythm of breathing you only change 60% of the air in the lungs. 40% of the air in the lungs are stale air. A study was done where if you slow your breathing from 17-20 times a minute down to 10 times a minute, 15 minutes a day, no matter you know Qigong, know breathing or not, you just slow down. 15 minutes a day, and give yourself six weeks to a month, and dramatically, it helps you reduce your stress. Very often, dramatically, it can help you to bring your high blood pressure down if your blood pressure is high.

Stress is the number one cause of energy blockages in the body and any major problems in the body. So, when you slow down your breathing, it can help to reduce that stress, and what an amazing thing can happen to you. In Spring Forest Qigong we have a technique for you to bring your breathing rhythm down to

six times a minute. So that's why many people when they practice in Spring Forest Qigong they feel the benefit is so immediate.

Darius: I love that. Do you think we can take a minute, is this something we can do on the call, if we can have a minute to show people slow breathing? If everybody would like to do that and if you're in a safe place to do it and you're not driving or in a place where you maybe would lose concentration, you're welcome. Lead us through Master Lin.

Master Lin: What you do is this breathing is you focus on your skin. When you inhale, breathe in through your skin, through your visualization let the energy come in from the universe through all the pores in the body, and then let the energy collect in the belly button. We call it the lower dan t'ian. When you exhale, visualize all the stress, the tiredness, any negative emotion changing to smoke, shooting out from every part of the body to the ends of the universe.

Then inhale again, and as it comes in through all the pores and gathers together in the lower dan t'ian, which is behind the navel, exhale visualizing the extra energy you don't need in your body changing into smoke and shooting out from every part of the body to the ends of the universe. Then inhale again; it feels so good, the energy coming in through all the pores, gathered together in the bellybutton, and exhale visualizing the extra energy you don't need in your body anymore changing into smoke and shooting out from every part of the body to the ends of the universe.

Take another one. Inhale. Energy comes in through all the pores and gathered together in the navel; exhale, seeing all the extra energy changing to smoke and shooting from every part of the body to the ends of the universe. Alright.

Darius: Wow, I tell you, I feel very awake and refreshed and I feel kind of like any negative that I was kind of holding on to just dissolved.

We just got a question come in, Master Lin, from Lynne, it looks like in I think Minnesota. She said, "Can Qigong be used to help transform not just your body, but emotions that are trapped in your body to be released?"

Master Lin: Yes, absolutely. Anything from the physical perspective and also from emotional perspective, they are only a form of energy. Energy cannot be created, cannot be destroyed, but energy as a form can be transformed. So anger, frustration, sadness, anything like this, they are also energy in different forms. By opening your heart, bringing this light to come in, use the love in your heart, you can of course transform anything you don't need in your body into something beautiful and healing.

I had a depression long time ago when I was in China. I grew up in China, and had during the Cultural Revolution I suffered a lot, and my family too. I developed a very severe depression, a suicidal depression, and quite a few times I wanted to kill myself. But I wanted to find out why this world was so bad, so crazy, before I ended my life. So I walked around and I studied many different things, and finally I came to Qigong, Aha!, in a meditation.

My energy got transformed. My anger, my hatred, they all turned around, going into a beautiful transformation direction. And now every day I live in joy, I live I love, my life just feels so fulfilled. That is why I'm here. I want you to feel the same as what I feel.

Darius: Yes, and I want to ask you about that because I know there are people – at all levels people are going through maybe many different things, some people have great things going on and other people may have challenges.

When you began to really get deep in this work, let's say you now see an injustice or you see a situation that maybe in the past you wouldn't have liked, how do you feel now? What sort of

perspective do you see when you look at that situation now after doing this work?

Master Lin: When I look back in my life, I appreciate what I experienced. All those experiences, you might call it negative or suffering experiences, they became such solid step-stones helping me to become who I am. Of course I won't encourage people to walk through what I did. The past, what I walked through, it helped me to empower myself. It helped me to really deeply understand the power of love, the power of your heart.

So in the meditation, for instance, when I came out, instead of hating those people who hurt my family so badly at that time, I forgive them. I was able to think in this way: During the Cultural Revolution if they did not do that because they were so close to us, maybe they would be put in jail by the government, too. So, we took all the pain away from this people, so I think that is something very nice we did. I was able to think in that way.

It felt just felt so amazing after I came out from the long meditation. In that meditation, when I practice the exercises and rhythm movement, physically, my arthritis in my knees went away completely, the bone spurs in my lower back went away completely. I got a bonus: my depression also got healed too. That's why I wanted to get people into Qigong, to study what is going on with this body. It is that powerful. That's why I discovered something which is so simple, the love energy. The love energy in your heart; that is the most powerful.

Just like what Gandhi said, love is the most powerful but the simplest force the world possesses, and it is just so real. This is not only about a teaching. It is so real in your physical healing, in your spiritual growth, in any aspect of your life. Just now we talked about the heart, we talked about the breathing. Now, the third element in Qigong practice is the movements. The way you move your hands, the way you move your body will conduct the

different flow of energy in your body. It can help you to balance your energy in another amazing way.

I want you to do another game with me, an exercise. If you are driving, now please don't do this. Otherwise, it's very safe to do it when you are sitting or standing. What I want you to do, I want you to take two deep breaths, and not a quick one. You do it through your nose, if that's possible, and see how much sinuses open when you take that two deep breaths. One, inhale and exhale through your nose, and then second one. So, now you remember how much your sinus is open.

Here is what I want you to do: I want you to stretch your left hand forward. Have your palm facing up, and put your hand like in horizon. Then use your right hand, use the palm of your right hand to pat your left hand from the shoulder down to the wrist. I want you to pat it for five seconds. Now change with your hand, you use the left hand to pat your right arm from the shoulder down the wrist, five seconds. When you pat, you pat the forearm.

Darius: Just the forearm, okay.

Master Lin: Good. Now I want you to take another two deep breaths and see how much your sinus is open.

Darius: Wow.

Master Lin: Can you feel that.

Darius: I can feel it all the way down, like my lungs feel more open. I thought it was open before, but now I feel like sort of the pathway going all the way down is completely open. I feel my chest like I'm taking in more oxygen.

Master Lin: Yes. You believe it, it works. You don't believe it, it still works because this is your body. Now here is the explanation. Yes, the skin belongs to the breathing system. So when you massage the skin, actually you can help yourself to breathe better. But here

from the inside of the arm, the lung meridian, the heart meridian, going through all over connecting with the chest or with the lungs. When you cup your arm like that, you help to stimulate the energy flow in these channels. The energy channels in the arms open and your lungs and your chest open more. That's why you have more room for fresh air.

A long time ago when I first came to United States and I did a Qigong class, in my class there was a lady named Esther Trejo. She had been on oxygen for six and a half years, 24 hours a day. She was diagnosed in the Mayo Clinic with a rare lung disease, and the Mayo Clinic doctors wanted to do a lung transplant for her. She didn't want to do it. Because her lungs were full of scar tissues and she just couldn't breath naturally.

So she came to my class and practiced the exercise. In eight weeks she went back to the Mayo Clinic, all the scar tissues in her lungs disappeared and she didn't use oxygen since then. This was documented in the Mayo Clinic; I had quite a few stories of healing with the patients from the Mayo Clinic; that's why I caught the attention of the Mayo Clinic doctors.

Later on, they invited me back to teach classes, and try to do studies and research. I was also invited to be a co-author, to write a chapter on Qigong for a textbook in the Mayo Clinic. Also, I did a study there, too, on pain management, or external Qigong, and it was very successful.

Darius: I'm so amazed and actually very glad that we're seeing some portions of the mainstream opening up very importantly to this incredible work. What were some of the results from that Mayo study? What were some of the things that people were benefited by the Qigong?

What were some of the diseases that were aided? What were some of the results that were your favorite?

Master Lin: I help people with brain surgery, help people with cancer, help people with arthritis. But the study I did with the Mayo Clinic and the University of Minnesota was on chronic pain management. These people, they had five years plus, a long history of chronic pain and have tried many different things, but they did not work well. So here's Qigong, this then people came, we have a control groups. I send out energy that's called external Qigong by opening up my heart, so my love energy comes out through these techniques to help them to clear the energy channels, and people got a great benefit from that.

For the detailed information, you can visit my website, www.springforestqigong.com and you'll find more information about that.

Darius: Fascinating stuff. I wanted to see if we could read some energy, I know we talked about this. Let's do this: if anybody would like Master Lin to read your energy and perhaps maybe give some suggestions or at least look at where they maybe blocks or things, submit on the question form at www.youwealthrevolution.com/now; there's a Q&A form.

A lot of people have been submitting, we've probably gotten over 30-40 questions, so I'm trying to get to these. But I really want to have some energy readings. So if you like that, just maybe put your name and also – should they mention, Master Lin, what challenges they have?

Master Lin: Not necessarily. They just need to give me the full name, let me know where they have energy blockages, and then I will read their energy blockages.

Darius: Okay. So all you need to do is include your name and just say "I want to know where I have energy blockages."

Master Lin: If you feel comfortable to give me your age, that will be great. Also where, Los Angeles, and like that because there are many people

called Judy Smith in the country. So if you don't mind, just give me where you are, what is your age, the accuracy will be even better.

Darius: We have a bunch of people coming in. They are flying in now, so I'm going to take the ones that are most complete. So, name, age and location.

We've got Brent from Fresno, California, 27 years old, has chronic fatigue, sometimes really severe. He wants to know if there's a blockage and what might help him.

Master Lin: Brent, you have a blockage in the neck area; the C7, that area you got blocked. Then the right side of the kidney and also your liver is very congested. Because of that, it affects your pancreas. But your main blockage is in the neck area, the C7, number six and number seven, that area. So if you can unblock that area and have the energy to flow; your liver, your pancreas and your kidney the energy will pick up.

So do a little bit more massage to the neck area, and that will be very helpful. Of course, once in awhile you have some blockage in the lower back too, but your main blockage is in the neck. It sounds like you had an injury there before.

Darius: We'd love to hear back from him, if he can write back and just give some comments. We literally have about 50 people write in just now, it's unbelievable. So I got lost as to where he was, he's kind of buried. But write back and let us know.

Now, would there be some suggested Qigong exercises for him to do, knowing that he has a block in that area?

Master Lin: In the level one, the fundamental package, the dolphin of the neck, and that exercise will be helpful.

Darius: Let's maybe do a few more, we have so many here. I am going to go with Lynne. She is actually in Minnesota, Cokato. She's 56. She says she lives 50 miles from your college. She wanted to know

where she has energy blockages. Her name is Lynne, Cokato, Minnesota, 56 years old.

Master Lin: You have a blockage in the chest area, especially in the breast area. Your digestive system is off. Because of the hormone in the chest area doesn't flow well, that affects your reproductive organs too. In the sacrum area, in the bottom of the tailbone, it sounds like you had an injury there before. Number three, number four, in that area, so you've got a blockage over there.

I would recommend you to find a time and very gently cupping the area, get that channels open. That will help you tremendously heal the blockages in your breast area and the lower back, and the female organs.

Darius: Wow, amazing. Alright, we have a bunch more, I'm sorry, guys, if I can't get everybody here. We've got so many.

Michael, he's from the Republic of Singapore. He's 69 years old. He just said "I've been suffering from high blood pressure for many years," and he wanted to know is there a block. Michael, from Singapore, 69 years old.

Master Lin: Michael, you have a blockage in the chest, in around the heart, the right side of your heart. The right side of your heart is a little bit bigger than the normal size. In the C7, in the neck, you got a blockage right in between the shoulder blades and relative to the heart level. This comes down the number six and number seven in the vertebrae in the upper back, in that area, you have a curve over there.

I would recommend you find a chiropractor or anyone that can help you to adjust your spine, that would be very, very helpful. Your liver, your liver is congested, and the pancreas is a little bit off. Please, stay away from something very sweet – in Singapore, like a lychee and mango and all those sorts of things. I would

highly recommend for you to stay away from them, and have more green vegetables. That would be wonderful.

Darius: Can we do a few more?

Master Lin: Sure.

Darius: I don't want to wear you out, I don't know how much energy...

Master Lin: No, every day I see 50 and sometimes up to 100 people. So, that's alright.

Darius: We're getting so many that I just want to try to be fair and get as many as I can.

Elizabeth from Folsom, California, and she's 55 years old. She says, "I'd love to know where the blockages are and what I should concentrate on to release them?" Elizabeth, Folsom, California, 55.

Master Lin: Elizabeth, you have blockages in the thyroid and the neck area. So mainly the blockage is in the right in the middle of the chest. If you massage the chest right in the middle from the bottom of the ribcage up, about two inches between the breasts, right in the middle. Massage the area so then you feel a pain spot right there. So massage that sore spot a little bit more open to get that channel open. That will help your thyroid tremendously.

When your thyroid is off, that affects your hormone, it affects your organ and other things. It sounds like you have eye problems too. That is also because of that blockage right there, unblock that. The Qigong movement in the Small Universe meditation in fundamental package will be very helpful to you. Also, I have Head-to-Toe Healing, the Qi~ssage healing, there are tips over there that will be very helpful to you too.

Darius: Here's another one from Jeremiah from Prospect, Connecticut, aged 51, "Where is my energy blocked." He says he's HIV positive for 21 years. Jeremiah, Prospect, Connecticut, aged 51.

Master Lin: The blockage is in the kidneys, is in the liver, and your immune system is weak. That's because of this one area that's very important, that is that the sacrum area in your body is not open. Find a time to gently cup that area, the sacrum area between the tailbone and the lower back, not the lower back but it's between. Between the lower back and the tailbone area, gently pat the area and cup the tailbone; it will strengthen your kidney energy, your vitality, and that will help you strengthen your immune system and lymph system.

I helped a few people with HIV, they got very good results. But this is the basic exercise you can do, this exercise in the fundamental package; the Small Universe meditation will be very good for you.

Darius: I have Richard from Clear Lake, Iowa, "I've had strokes and cannot think very quickly. What exercises should be doing? I'm 74 years old." Richard from Clear Lake – I think it's Iowa.

Master Lin: Richard, so you have a blockage in the chest area, now that is the cause of the stroke. You have a very intense emotional activity that went on in your past life, so that created a strong blockage right in the chest. Actually, it's the right side of your chest. So when that energy doesn't flow well, it makes a blockage in the brain.

So what you need to do is do more cupping at the top of the head. The Small Universe exercise will be very good for you or the moving of yin and yang, that active exercise will be very good for you. The other thing that's very handy for you is you press the tips of the fingers regularly, starting from the left hand; anyone

who has a heart problem, Alzheimer's, MS, Parkinson disease, stroke, heart attack, this exercise will be very good for you.

What you do is you start from your left hand, use your right hand, let's say your thumb fingernail, press the tip of the fingers starting from the middle finger. You do the middle finger first, you press it deep until you feel a little pain, and then you release it. Then you do the tips of index finger, press it deep until you feel a little bit of pain, and then you release it. Then you do the ring finger and do it the same way, until you feel a little pain and then you release it. Then you do the tip of the thumb, press it deep, feel a little pain and release it. Then do the tip of the little finger until you feel a little pain and then release it.

Then you change to do the right hand, start from the left hand and then do you right hand. Your stroke, the blockage in the brain area is a little bit towards to the right side of the brain. So do a little bit of cupping to the base of the head, very gently cupping, and also to the top of the head. That can help to revive a lot of energy going through that area and help to generate new nerve in that area that can help you to heal faster.

Darius: Fantastic. We did hear back from Brent in Fresno. He says, "Thanks, this seems to be a very accurate diagnosis with the neck." I know you mentioned something about Brent, he's 27 in Fresno. You said something about this his neck. He said, "With the neck I experience a lot of tension there. I haven't had any injury but I might have an emotional anger or rage. Thank you so very much."

I thought maybe we can do one more. I want to ask you a few more questions. Someone just said, "Your diagnosis on my health was spot on." There's a ton of coming in here. Somebody that we had just done said it was spot on, so that's very cool.

Let me ask this question, this is kind of interesting. Sherrie from Regina, Canada. She says, "I recently lost my pet cat." I'm so sorry

to hear that Sherrie. In my family we have a little cocker spaniel who's been ill. We've been keeping her and hopefully getting better, and it's been very difficult on my wife and I. She asks, "Is there a technique that can help me through this sad time? I'm aged 52."

Master Lin: I'm sorry that happened to you. If you love your cat, just send your love energy to your cat. Life has a beginning as a body and it has an ending. But as the life itself, actually there is no beginning and no ending. You're going to connect with your cat, what you do is remember the beautiful time you shared with each other and continue with this love in your life and carry that on. With this love energy, that can help you to enjoy your life even better.

Let me tell you, three years ago, I lost my father. Of course that was a very sad thing to many people. But you know what? Up until now I haven't cried a tear. I haven't cried one tear. Not that I wasn't close to my father, my father and I were very, very close. I always feel his presence with me. In my meditation I can see him. Everyday his wisdom is in my body, is in my blood. I just see another one of him staying with me and enjoying life; life comes and goes and anyways, we're going to connect.

Don't focus on the concept "I lost a property." No, you don't own anything. What you have in your life is a share your love with each other. This is just one of the many ways to share the love. Coming and going, that's another way to share the love, and it's only a process. Open your mind, allow this unconditional love to come out from your heart, to bless your soul and to bless your cat. Maybe in the near future you can find a new kitty, so that this kitty will carry that love from your cat now. Then you continue your life from there and you enjoy your life even better.

Darius: That's beautiful. Can we do one more quick reading? I have one person and I feel so strongly to call her. If she's still around she's going to be very surprised. Andrea, she's in England and she's 31

years old. Andrea, she wants to know what her block is. She sent me another message, "I stayed up and it's 1:41 AM, please pick me." Andrea, 31 in England.

Master Lin: So the left side of the chest and the shoulder, you got a blockage over there. It sounds like you are going through some emotional time with a male energy. If there's anything you're going through now emotionally, just take some deep breaths and relax. Think deep in your heart and find what is the best way to cope with the situation. Instead of sitting over there, crying and feeling sad about what is going on, take action with your love.

Take action with your heart and see what you can do to help to cope with the situation better; then blockage in the left side of the chest and the breast and the left shoulder will get resolved.

Darius: Wow, fantastic. I have two really quick questions and then I want to talk about how people can begin to experience this, so these maybe we can very quick. How long generally does it take for someone to experience differences when they begin practicing Qigong?

Master Lin: That varies. It depends on several situations. Number one, how strong the blockage you have in your body. Number two, how relaxed you become when you do the exercise. Number three is how long, how much time you put into it. Generally speaking, if you spend half an hour a day and the blockage is just medium – it is not very, very strong, but kind of strong, and then you can quiet your mind down, focus and feel the flow of energy, I think within one week you should feel a good difference.

Darius: I want to talk about some of what you've put together through the Spring Forest Qigong. You have some very unique information and techniques here. Maybe one way to start talking about that is how Spring Forest Qigong different than other style of Qigong? I mean there are thousands of different styles of Qigong.

Master Lin: We focus on the healing. We focus on your heart. Many other Qigong forms, they focus on different things. Here we focus on the most powerful healing energy in the entire universe which is unconditional love. Through this practice, you unlock this love from your heart to help you with healing, with the guidance in your life, to make life feel good and productive from every aspect of your life. That's what we focus on. We also focus on everybody was born a healer. You were born with this gift so you can help yourself to heal and you can help others to heal too.

I share with people the internal and external Qigong. But I would say 99% of the Qigong forms out there focus on the internal Qigong practice, they practice within themselves but no focus on the external Qigong. Here we focus from the very beginning on the external Qigong, that you were born a healer. You were born a healer, you were born with this gift so that you can help yourself to heal and you can help others to heal too. You can use this energy to detect energy blockages just like what I did.

Reading your energy, where there's energy blockage, I share this techniques with people. You can do it face-to-face with a person, and when you practice more you can do it long distance. In level three class I share long distance healing and long distance detecting. In level two I share the healing techniques, the face-to-face healing. It's just like putting your hand up and within a couple of minutes you were able to understand where this energy blockage is in the body.

Darius: So you have ways that you can teach people to be able to read the energy of other people.

Master Lin: Yes, absolutely.

Darius: I want to ask you about that because I think that's very exciting in addition to our own energy. Because people are calling from everywhere and they're not going to make it to Spring Forest

Minnesota, to the Center, just like the people in England, we wanted to have something that people can take advantage of no matter where they are in the world.

Everyone, if you're interested in this and you want to get this type of knowledge and wisdom, which I think is priceless, go to www.youwealthrevolution.com/chunyi. I want to ask you Master Lin some of these, in this package you've got a lot of different things here, this is a pretty comprehensive thing. Tell me a little bit about each of these elements. One of the ones that struck my curiosity was the six-word chant which is an ancient Buddhist healing chant. Tell me a little bit about that.

Master Lin: That's the fourth part of Qigong, the vibration of the chant, the vibration of the voice, especially your voice. When you chant in a low tone – in your mouth, do you know how many energy point spots there are in your mouth? It's more than 80 energy spots, energy points in your mouth. These energy points are connected to all the internal organs.

So just by chanting, "Ong, Ma, Nee, Bae, Mae, Hong," you chant and you repeat the same frequency, this frequency and vibration can help to activate these energy points. If these energy points get actuated, it helps to stimulate the energy flow in the internal organs. That's why people, by chanting this chant they can heal themselves.

Darius: That's incredible, and that's one of the things that you're including. Now there's also this SFQ Fundamental which is about unlocking your natural healing energy, balancing and enhancing your body's energy flow. Is this something they can follow along with you and you show them these techniques?

Master Lin: Yes, that's why when I said everybody was born a healer. You don't need to travel to Minnesota to take my classes from here. You can simply plug in the DVD and listen to the perfect Chinese-

English and learn it from there (laughs). Those techniques, they're very simple. I understand that some people may have concerns, and many masters say the same thing, that you need to learn from a real person on Qigong.

Actually, you don't need to. Follow the guides in the video tape, in the manual, in the meditation tape and you will be in good shape. We have thousands of people doing that and they got so much benefit from doing it.

Darius: You also have in here 20 minutes of bonus energy of tips; how your energy system works and the breathing, the points where you toxify the body, and also the power of the mind, plus much, much more. Tell me about that.

Master Lin: I already shared quite a bit in this talk, and in those materials and programs I share even more with you, like the energy points in the body. For instance, if you get a muscle cramp in your body or a muscle spasm, you massage the middle of your palm and that can help you to balance the energy, the pain will go away. It just takes a couple of minutes. If you're swimming and you get a muscle cramp or somebody got a muscle cramp, massage the middle of the palm for a couple of minutes and that will ease the pain and balance the energy there.

Darius: This is something I saw that was also included, Head-To-Toe Healing: Your Body's Repair Manual. People may want to follow along, you can go to www.youwealthrevolution.com/chunyi. If you're on the www.youwealthrevolution.com/now page, there should be a link there.

Head-To-Toe Healing: Your Body's Repair Manual, 76 techniques are in this book designed to stimulate your body's natural healing ability. 76 techniques to heal your body, Master Lin?

Master Lin: Yes, different tips for different things. For instance, helping high blood pressure and high blood sugar, diabetes, headaches and

stress, helping babies to calm down while for unknown reason is crying so badly. It's a wide range.

Darius: Of different things. These techniques, are they sort of instant like techniques like pushing a pressing point or doing a certain exercise, or are they more in-depth?

Master Lin: It's more like pressure points.

Darius: So it's quick.

Master Lin: Yes, it's quick, it's very handy and it's very effective.

Darius: For pain, is there a lot in there for physical pain?

Master Lin: Right, the physical pain.

Darius: I want to let everybody know you've been pretty gracious with this. I know that your desire here, I can see and feel from your heart – really just pretty much give this to people almost at the cost and make sure that they get this. This \$371 of value, and it's \$97. Are they getting physical books as well?

Master Lin: I believe so. Whatever is in there I think you know it better than I do.

Darius: Yes, I believe that was what we did say, they are getting physical books. I mean really, I can tell you what books cost today in shipping, a lot of this is just that cost. So, for \$97 you're getting a lot.

I want to talk about this other thing that you have on the page as well, which is Working with the Masters Seminar. You also have something that is a follow-up teleseminar that is going to be available as well. Tell me about that because that's another part of this package, that's \$379 value all include for the \$97.

Master Lin: Yes. I have that program to guide you in your meditation, do the healing meditation together, go deeper in your meditation to help you fine tune the energy channels.

Darius: Fantastic. Now two more things, there's so much here. There's the Inner Beauty Meditation CD and the Butterfly Guided Healing Meditation.

Master Lin: Yes, a lot of people love that. Inner Beauty Meditation, that's the meditation music in my meditation. In my meditation, it came to me. So that's the first music I developed for meditation. You will find that as just so unique.

The Butterfly Meditation, it's a guided meditation to help you transform any negative energy in your body into something positive, to release back to the universe. It's just like a butterfly gets transformed back to the universe.

Darius: I could go on forever because there's so much here. If you want to take a look at it, go to www.youwealthrevolution.com/chunyi. If any of the speakers have something that connects with you – to be able to become a master of your own life, many times that means going deep into study, and that sometimes will come from one phone call and learning this. It may come from going deeper and taking your life's work Master Lin, and really immersing into this life work and into this new energy. Really going through these meditations and these exercises, being able to read other people's energy, your friends and family, and help them, help to change the planet and becoming a master at this in your own life.

I just want to say thank you for putting all of these together and giving it to us for \$97, which to me is simply astounding. So, thank you.

Master Lin: My heart is there, I want to help people. I want to see a healer in every family and a world without pain.

Darius: One final question. I always ask this of people who come one, especially the most enlightened, like you. Imagine there's somebody here today that has come to you and they're in front of you and before you, and they're maybe going through a really difficult time. Maybe they've had a catastrophic situation and maybe they've lost all hope. What words would you have for that person?

Master Lin: Talking about hope, you lost hope or you gain hope, that's all about you. You want to give it up, that's your choice. You want to have it, that's your choice too. Nobody can take that away from you. When you feel life is meaningful, you ask yourself I why to become a human being living on this planet? Just like when you want to take a trip to Africa. Do you want to take a trip to Africa to suffer there? No, nobody wants to do that, everybody wants to have a joyful life. Then if you want to have a joyful life, you choose to do things which will bring you joy and happiness, and you associate with those people who can help you to bring joy.

You might meet difficulties, you might meet challenges in your life, but that's with the package we have on this earth. Just like if you want to come to Minnesota to see me and you say, "I like to go to Minnesota to see the Chinese guy but I don't want to see any lakes in Minnesota." I tell you, my friend, that is impossible because Minnesota is a state of 15,000 lakes. As soon as you step on this land, you are going to see the lake first before you see me. So that comes with package.

What so you need to do is you ignore those things that you don't want to experience, let go with it. Once you get inside it, find a way to deal with it, and get it out from there as soon as possible. Get your life back to the freeway and drive directly to your life destination.

Darius: Yes. That's really what this is, is giving us the tools to do that because we're not of this. We don't hear about this everyday, we

don't see it necessarily all the time on TV. It's something that we have to really actively seek. For 74% off the price, for \$97, I think it's an incredible tool. I've worked with Qigong many times and I've been amazed at how I feel when I practice my Qigong. It's night and day different. Even just the work I've done just in the mental space, it's incredible. It's a whole body healing, a whole body stimulation; a whole, body, mind, heart activation.

Again, we're back to the heart, and that's what's so different about the Spring Forest Qigong and why we wanted to have Master Lin today. Master Lin, thank you so much for being on the You Wealth Revolution 2012. It's my honor to have you and get to share the space with you.

Master Lin: Thank you so much for having me, it's such a great honor. I had a very good time. Thank you so much.

End of Transcript