



THE WORLD
CONSCIOUSNESS
COMMUNITY

COMPANION GUIDE TO

Healing **Cancer**
with Pure Consciousness



As taught by Teacher Wei Qifeng

www.theworldconsciousnesscommunity.com

SEVEN DAY COURSE, SEPTEMBER 2022

Editor's Note

This e-booklet serves as a supplement to the direct teachings and practices by Teacher Wei and the World Consciousness Community. To deepen your healing, you are encouraged to listen to the recordings and join one of our global (virtual) practice groups.

For more information, please contact an organizer in your time zone and preferred language by clicking here:

[Healing Cancer and Tumors Seven-Day Course](#)

Zhineng Qigong is a complete, integrated system that aims to heal and awaken the mind, body, and spirit. The information provided is not intended to be a substitute for medical advice and should not be used for diagnosing or treating a health problem. Always seek the advice of your doctor or other qualified healthcare provider regarding a medical condition.

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Introduction: the Root Causes

In Zhineng Qigong, the practices and theories focus on the root causes of cancer, not just the phenomenon level (of symptoms and diagnoses). This course focuses primarily on the consciousness and information state (which includes emotions), because it is both the deepest root as well as the source of the most powerful healing information.

Three Causes of Cancer

1. **Physical factors** — when the information and energy from something in the external world merges with the information and energy of our bodies, they can transform together and create blockages that harm our bodies. Cancers caused by purely physical causes are easier to heal because they were not influenced by the state of our consciousness. Usually, a change of place and a healthy lifestyle can quickly resolve these cancers and tumors.

Examples:

- Radiation goes into the body and transforms the energy patterns. It has its own information that works on the level of qi.
- Poison works in the same way. Our consciousness is not aware of it, and cancer thereby forms.

2. **Consciousness state and information** — when our minds become fixated or attached to events and experiences in the material / physical world, this kind of reference framework (a mental framework or mindset) becomes limited and blocked. Strong emotions follow, and these emotions can be further triggered by external information. This cycle of triggering emotions can create toxins that affect the central nervous system and other cells. Gradually, our bodies' cells cannot grow and function optimally. Then cancer can appear.

- If someone starts with a cancer that is simply caused by a physical cause, but becomes fixated on the cancer through fear, it can become more difficult to heal.
 - For cancers in which the reference framework is blocked, we have to resolve the emotions. When negative emotions are transformed, healing can happen much more easily.
 - Cancer tells us two things:
 - We need to have inner love — a big heart — and unconditional love.
 - There is too much negativity inside — rubbish and toxins. Our focus, however, is not on cleaning the toxins. We focus on love. And gradually, the toxins disappear.
3. **Genetic predisposition** — when the information for cancer is encoded in the DNA, this genetic information works on energy and creates cancer. For this kind of cause, we can also change the information. How? Through love. Always give love information. In this way, we can gradually recover.

So there are three general causes. Once we see through them and practice, we can heal the cancer.

Three Levels of Healing Cancer

When we approach cancer from the following three levels, the cancer will have nowhere to hide. It is very important, however, that we trust this information and trust ourselves.

1. **At the consciousness level** — we can change the information in our consciousness and emotions to have a free, loving, and happy life.
2. **At the qi level** — we can make qi abundant and flowing, and bring balance to our inner and outer qi.
3. **At the level of lifestyle choices** — we can choose what and how we eat, sleep, move, and more. If we make our choices from

unconditional love, these choices can have greater healing potential.

Healing Cancer at the Consciousness Level

For many people with cancer, the cancer is made or influenced by consciousness blockages, or fixations in thinking.

Perhaps years ago, there was a very big emotion or trauma that created energy blockages. Some people can remember that, after a strong emotional experience, their health began to decline. After some time, a tumor was found during a medical checkup.

Most cancers come from emotional stresses. It is important for everyone to find their personal reason.

Information and qi connect. If we can change the information, we change the qi, which informs the cells of our bodies.

THE ROOT OF CANCER IS NOT
THE CANCER CELLS THEMSELVES,
BUT THE INFORMATION
IN OUR CONSCIOUSNESS.

Self-reflection practice: Continuously observe, how did the emotion happen? How did it escalate? Observe the events, the inner experiences. Maybe you fought with someone. Maybe someone triggered you or abused you. Maybe a family member hurt you. Sometimes it's something you did, something you got attached to, like money or someone you love. Sometimes someone you love died or left you.

Healing the “Cancer Heart”

To heal cancer, we must heal the cancer heart. If the cancer heart is healed of worries and fear, the cancer can heal easily. If the cancer heart remains, our consciousness will feed the cancer by constantly thinking about it. In these cases, it can be very difficult to change the information and qi states, and therefore difficult to heal the cancer at its root.

For those of us who don't have cancer, we can also have a cancer heart. For example, if we see people in our family who have cancer, or who have had cancer and died, we can fixate on the worry and fear and develop a cancer heart. Or sometimes, the cancer heart manifests as anxiety at hospital checkups; even though there is no sign of cancer, we can constantly worry about it. A cancer heart can increase the risks of developing cancer.

Consciousness as the Master Doctor

When we can see through this pattern and laugh at it — “Oh, my consciousness state created this negative state and I can change it. I will not fixate on the cancer any more. I liberate myself.” — this is the first step for healing cancer.

In qigong, healing cancer can be easy because it works at the information and energy levels. We see that life is nothing but the movement of consciousness and the movement of qi. We can see through the material / physical reality and become liberated from the cancer. We become our own masters. We become our own healers. Our consciousness takes this position of self-empowerment.

**WE ARE NOT THE SLAVES
OF CANCER.
WE ARE THE MASTER.**

Similarly, we are not our bodies. We are consciousness.

Our consciousness merges with (inhabits) our bodies to do different things. It is important for us to experience our independent consciousness, supported by the collective consciousness field as one. This comes from the “entanglement of the quantum” theory of physics. If we cannot make this first step to become the master — our own master doctor — the progress of healing can be very difficult.

We can think of healing cancer in terms of a garden. If we want to remove the weeds, they must be addressed at their roots. Then the vegetables can grow. But if they are only addressed at the surface level, the weeds return.

By contrast, modern medicine focuses on the phenomenon (the diagnosis and symptoms) of cancer, but not on its roots of consciousness information and energy; this focus can create its own strong kind of information for the human mind to become attached to. In modern medicine, doctors do also the treating with surgery, chemotherapy, and radiation; they are the masters. If we only heal at this surface level, the healing is not complete.

We cannot do our own healing until we realize we are our own masters.

The Right Attitude

If we can come to the place free of worry or fear, we can come to a new attitude toward life and death. Our energies can open very quickly, and this big change can have a big effect on the cancer.

We must begin with this attitude: “Cancer is just qi. It is just energy that has been blocked.”

Consciousness is free and independent from the body, free from cancer. We have a choice. We can practice coming to a free state

within our consciousness. In this state, healing cancer can be easy, “a piece of cake!”

THE MOST IMPORTANT
ATTITUDE:
HAPPINESS.

The attitude we have is very important. By giving positive information to ourselves (to balance out the negative pattern that has been there for a long time), we can liberate ourselves from all kinds of problems. If we only practice at the qi level but we have worry, fear, complaints about people, the energy works under a negative state, which is not beneficial.

Important: we choose light and love, but we do not fixate or become attached to them. If we fixate on them, the love becomes conditional and the light becomes a blockage. We are the pure, free baby heart.

Recognizing Old Conditioned Patterns

Normally, our ego fixates on the ideas of right and wrong. Sometimes we attach on the good and bad feelings of the body. When we fixate on these feelings, we block our energy and make our lives difficult. There is no playfulness any more. These fixations create problems for us — our bodies, lives, and families — and society by consuming energy, creating toxins, and hurting our lives.

These negative patterns can become automatic, always circulating, such that we are always operating in this negative pattern. When something makes us unhappy or unsafe, we may resist or complain. But even if there is no significant triggering event, we may still resist

or complain. There are a lot of small triggers. We consume a lot of energy trying to control and occupy things external to us.

This is like the story of the frog that is immersed in cold water. The stove is turned on and the water becomes gradually warmer, warmer, even hot. But the frog isn't aware. Similarly, our internal states can be changed by continual negative patterns, often without our awareness. The blockages and toxins are there, and it becomes quite late when we finally realize the water we're swimming in is dangerously hot.

This makes life very hard, especially in the relationships that are closest to us — life partners, parents and children, siblings. Inside the controlled and judgmental mind, we judge each other and drop into negative emotional states for many years. Even so, partners do not separate because of moral reasons, difficulty of emotions, or money. They stay in this negative cycle.

Maybe some people might think, "Okay, I will just get a divorce and find another person, someone better." But if they divorce and find someone else, what will happen? Their internal programming is still the same, based on fear and negative patterns (even if initially self-protective). If their solution is to choose a partner who is a "high-level practitioner" who lives in a free state, they can still hold onto the same internal patterns of attachment and control and therefore not be free inside.

Two Kinds of Fixation

Generally speaking there are two kinds of fixations:

1. Fixation on the body — this includes the many sensations from our sensory organs, the instinctual reactions to always protect our bodies, and to focus on what is wrong.
2. Fixation on knowledge — we accumulate knowledge and become fixated on being right. This includes our beliefs and morals.

If we have these two fixations, we can have strong emotional reactions when the world or the body changes.

When something triggers our bodies or our thoughts / beliefs, we can feel unhappy or frustrated or angry. These emotions block our energy. Over time, blocked energy can lead to cancer.

The diagnosis of cancer itself can also become a trigger.

The Deeper Root: the Ego

Everybody has an ego. Those who are enlightened know their True Self and remain at the level of True Self. Those who do not know their True Self stay at the ego level, and at this level, attachments become the root of many conditions:

- If we attach on body, death becomes a problem.
- If we attach on health, illness becomes a problem.
- If we attach on feelings, pain becomes a problem.
- If we attach on medicine, all kinds of phenomena of illness become a problem.
- If we attach on affection, conditional love becomes a problem.
- If we attach on fame, ideas of the self become a problem.
- If we attach on money and material things, loss become a problem.

When we have a fixed ego mind, we judge all the time: “This is right, that is wrong, I accept this, I don’t accept that.” If we don’t have this ego framework, nothing can hurt us because everything is naturally flowing. If we are like an empty space when others do something, they cannot hurt us. But because there is an ego (the reference framework), the ego judges, “I don’t like this” and “I don’t like that.” The ego has a lot of ideas that are very fixed.

BEHIND ANY EMOTIONAL BLOCKAGE IS THE EGO MIND.

Everybody's ego is different. Some have more powerful egos than others. Different people fixate on different things with varying degrees. For example, some fixate more strongly on fame. Others, morality. Others, physical strength, or money, or the arts, or sciences. If we trigger the specific fixation(s) of someone's ego, that ego experiences pain. That is the source of strong emotions.

Some people are less susceptible to chronic emotional blockages. Here are a couple of explanations why:

- Their egos don't get triggered by something strong enough to create the deep emotional blockages.
- They are able to more readily release emotional blockages that occur in the short-term. This means that, after a strong trigger, some people can quickly transform and release the emotional blockages in their hearts. They can find other, more beautiful and harmonizing information in their lives and prevent the fixation from taking hold.

Finding the Inner Source of Your Cancer

We are each called to see through our ego minds. They are useful tools for us to navigate the world. But they are not the master doctor / healer inside of us, which is our pure consciousness.

How do we open the hidden blockages of the ego?

1. We can begin by asking ourselves: What created these energy blockages? These energy blockages create discomfort. What created them?
2. We can also return to a time before we became blocked in our consciousness, or before we were exposed to radiation or other external poisons. When we can see through these external triggers to their qi essence, we can say, “No problem. There is no need to fear.” Consciousness sends good information to us deep inside: change, repair, reorganize our internal information and energy.

Consciousness is a very high-level, very fine, very pure, very powerful form of energy. This high-level energy can send information to change all the other levels of energy. It can change the energy of radiation, magnetism, electronic webs; consciousness can even change the effects of gravity. In China, teachers read a lot of scientific experiments. People used consciousness to directly change nuclear energy. Consciousness information can change quanta — this breaks the quantum physics theory.

We must learn to trust our consciousness.

If the cancer comes from an external source like nuclear radiation, consciousness can go into that place in the body and send good information to transform it at the root level. The information transforms, and the energy transforms. The energy blockages directly disappear. The problem is not made by you. Give the information to make it directly disappear.

Healing Relationships

It is important in healing cancer that we each see our own hearts, observing our own hearts in our daily lives. Really observe. Really face our own hearts. This is necessary to change our heart states and

our conditioned ways of thinking. The decision to change needs to come from the bottom of our hearts.

THE MOST IMPORTANT STEP
IS FOR CONSCIOUSNESS
TO COME BACK TO ITSELF.

If consciousness returns to itself, we find our True Self within. The True Self doesn't ask for love from others; True Self feels that we *are* love. This is our True Love — unconditional love and universal love. It has no entanglements. It is free, like sunshine. In these relationships, each person has beautiful light that merges with the other; they illuminate and nourish each other.

Once we experience this, the fear will naturally disappear. We will also give love to everyone else. To heal cancer at its deepest roots, we need to arrive here.

Changing to a Positive Life State

Usually, we have a passive kind of happiness. That is, we wait for external events or other people to make us happy. This is conditional happiness.

But we do not need a reason to smile. Even if we don't feel happy, we can play-laugh a while, force ourselves to laugh. After a while, we can feel our hearts opening. Scientists have found that if we play-laugh, the brain cannot discern if this is true or fake laughter. After practicing a while, true happiness appears.

Everyone's consciousness needs to make this decision — to produce happiness from the inside-out. The universe gives everyone this function, this potential. It is a gift.

If we learn to laugh at our attachments, to not attach to anything, to just be in the present moment, our consciousness can be free and enjoy life in the present moment. Our hearts then become strong and independent. We become our own masters.

**LAUGHTER CAN SOFTEN THE
HARD REFERENCE FRAMEWORK
OF THE EGO MIND.**

We can put a smile on our faces — laugh! There is saying, that “when people think, God laughs.” We can follow this laughter. Life is funny! The ego can laugh at itself: “I am so funny! I made a lot of stories with my life. Some of these are stupid, others are interesting. All of these stories are gifts. And all of the problems of the body are just phenomena. No problem!” We can feel that everything is nothing, especially the problems of the body.

We can enjoy beautiful things or spend time in nature. Everybody has beautiful life experiences and in this present moment, anybody can enjoy many beautiful things. We can think of some beautiful things, or smell or listen to or feel beautiful things. All of our sensory organs can experience some beautiful things in this present moment.

Teacher Wei's Personal Story: Transforming a Past Fear

I remember I had a change. I had a strong fear of dogs because many dogs bit me when I was a small child. Even small dogs caused a lot of fear in me. I wanted to go beyond this fear.

One spring day, when I was in New Zealand, I sat down on top of a hill. The energy field was very good from all the flowers, trees, and butterflies. I came into mingjue state [pure consciousness], but then heard a sound from the forest coming toward me — like a big animal. I felt fear in my heart. Then I saw a big dog coming directly at me.

In mingjue state, I came to see through the fear. I could observe it. Suddenly, I felt a big energy wave and felt very peaceful, very quiet. The dog came to me and was very friendly. I gave my hand to the dog and it licked my hand.

So when you face your fears, you can see through them. You do not know how much fear has blocked your energy.

For cancer, many people have fear — a fear of death. If this feels painful to you, you can practice observing your body from afar. From a distance, it is easier to say, “I accept this and accept death. I am the observer. I am not the body.” You can sit or lie down and feel that you have already become free.

Going Beyond the Cancer

One approach to cancer is to go to the roots. But another approach is to go beyond it. This means we go beyond the fear and the cancer, directly to the essence: pure energy, and pure consciousness. If our consciousness opens and we can learn to accept our fears around death — “I am pure consciousness, I accept death.” — we become free. “I have great potential. Everything is possible.”

Even if the doctor says something negative, we can think, “Anything is possible. The doctor is not God. I decide my life from my consciousness state. I experience the peaceful state. I choose universal love. I choose gratitude.”

So deep inside our pure consciousness there is universal love. In China there is a saying: “When love appears, cancer disappears.” Do you feel you love yourself? Do you receive love from others?

LET LOVE APPEAR
AND CANCER DISAPPEAR.

Awakening the Pure Baby Heart

Q: Who or what were we before our egos developed so strongly?

A: We were pure baby hearts. The baby heart has no fixations. The baby heart is the inner observer, or pure consciousness. We all have this inside of us — everyone of us.

When we come to the pure observer, two things happen:

1. We go beyond all the ego blockages, suddenly and completely. This means going beyond our body fixations, understanding that the body is not a problem, the body is not us. We are the pure observer.
2. We go beyond what we know. We recognize that knowledge is information inside our reference framework — it’s simply a tool. We realize we are not what we know, that the reference framework is not us. The reference framework is just a lens, a

filter created by social conditioning. All of that information is received and used by the inner observer, the pure baby heart.

The observer receives all kinds of information to form the reference framework. In the process, the observer can forget itself, losing itself and becoming fixated on the reference framework, on external information, on all the sensory experiences. This forms the ego.

Now our hearts can be totally open. We can allow anger and hatred to disappear, as well as worry, fear, and pressure. Totally open, like a baby. When we feel that we have opened and opened and opened enough, we will feel ourselves becoming more internally harmonious.

Triggering Event as a Gift

The inner observer can see any trigger in our lives as a gift because these triggers reveal to us where our fixed egos need to become more flexible and open.

The development of cancer causes us to pause, reflect, and really examine and understand our lives better. This is how cancer helps us wake up.

We can say, “Thank you, trigger. Thank you, emotional blockages. Thank you, cancer. Thank you, I love you. I love everything.”

Those of us who don’t have cancer can learn similarly, because we all have our own unique challenges. We can learn and practice together in the same qi and consciousness field. We can thank each other that we have this chance to awaken together.

Four Levels of Transformation

1. Physical — pain or other symptoms can disappear
2. Energetic — the internal energy state or pattern has changed
3. Emotional — emotions improve, become more positive

4. Mental (reference framework) — the reaction patterns can change from anger or fear to love and gratitude

Healing Cancer at the Qi Level

Approaching cancer from the qi level is easier than the consciousness level, but this still requires that we have a good consciousness state. As we practice increasing or changing our qi / energy, strong emotions like fear or worry can protect the cancer and even worsen it. To heal cancer, we must release these emotions as we practice at the qi level.

With the open heart space, it is easy to change qi at the root.

Opening the Heart Space

The True Self accepts everything as a state of “no problem!” The True Self does not mind the body and does not even mind death. If we can connect to our True Self, we can liberate ourselves from the problem and the suffering of cancer, and our heart spaces can relax and be more open. With an open heart space, we open to the whole body, to nature, to the universe, and to the peaceful, happy, free state of being.

If it feels difficult to open the heart space, one way to easily change our attitudes and inner state is by “qi laughing.”

When we practice qi, we focus on the entirety — the universe and our bodies merged as one qi existence. The more readily we can do this, the more easily we can heal and transform the cancer.

***TIAN REN HE YI:
HUMANS AND THE UNIVERSE
ARE ONE.***

Tian ren he yi means humans and the universe are one. This is the fundamental principle of Traditional Chinese Medicine (TCM) and Confucianism.

This entirety state is universal love.

In practice, this means we experience our bodies as pure qi, and also the whole universe as pure qi. In this state, qi flows easily between our qi bodies and the qi universe.

Using a Positive Consciousness to Practice Qi

There are two ways that consciousness can influence qi:

1. **Consciousness sends good information to qi.** When we come to a beautiful consciousness state, this information merges with the qi body and brings positive information to our internal energy, changing qi in a positive way. This can make our bodies bright and improve all the functions of the body.
2. **Consciousness uses its function of super abilities.** Another way to work on qi in a positive state is to use the super abilities of consciousness — paranormal abilities or extrasensory perceptions — to make the tumor disappear. The tumor is concentrated or blocked qi. Consciousness has the potential to make it disappear, instantaneously. The most effective way is to use the collective consciousness field to guide the qi field to make the tumor change and disappear.

Healing Cancer at the Lifestyle Level

Our lifestyles are the result of the information in our consciousness. If we don't eat right or sleep with a regular schedule or choose habits that support healthy emotions, these lifestyle choices manifest on the information in our consciousness and also on our energy. While

lifestyle factors can have a big effect on cancer, the root of these choices is the information in our consciousness.

We can change this information and therefore also change our lifestyle.

Recommendations on Diet

As a general rule, it's optimal if we do not eat too much, that we always feel there is still space. If we eat too much, the over-fullness can block the circulation of qi and this information can go to the consciousness level.

A good rule of thumb: we eat until there is no more hunger, but there is still a sense of spaciousness. Fasting once a week with warm water or broth is a good suggestion. Or once a month, fasting two or three days in a row. Fasting can help our consciousness go to a peaceful state and help the body get rid of toxins.

Methods for Healing Cancer

There are many choices we must make. Can you make these choices?
Can you trust the information we just reviewed?

Our consciousness field supports you in this change.

During the seven-day course, we reviewed these methods for healing:

At the Qi Level

1. Light rotation healing meditation

2. Visible body and invisible qi change into each other; tumor directly disappears. This is the *tian ren he yi* state mentioned above.
3. Open-Close and Big Circulation
4. Sounds
5. Qi field healing

At the Consciousness Level

1. Change emotional trauma, transform consciousness blockages
2. Confession
3. Release
4. Go beyond — unconditional love

Healing Cancer Through Sounds

1. Sounds of laughter — laughing can open the heart, change the information in our consciousness, open emotional and energetic blockages.
2. *Tong...tong...tong....* This means open, transform, flow. [see Practices below]
3. *Heng, ha!* These are two legendary generals, who were very powerful in the army. These two sounds can suddenly cheer up your consciousness. Say them strongly and feel the energy go up through the heavenly gate on the top of the head. This sound connects with laughing information in your consciousness and can also open up energy inside the body. Happiness memory will also be activated.
4. *Xu...xu...xu....* This sound turns the form (physical body) into qi, and also make qi finer and finer. It helps you arrive at a state of emptiness. When consciousness merges with the empty qi body, transformation naturally happens.

Two ways to change the roots of cancer

To heal cancer at the root, it is important to face the roots. It can be hard, uncomfortable, or painful. But the World Consciousness field supports you. You are not facing this alone.

1. **Crying, releasing.** While facing your roots, if you feel the old emotions are very strong, you can cry. Crying is a way to release these emotional blockages. Cry from deep inside. Do not hold this emotion inside. When you cry, it means your rational thinking doesn't have control. You are like a small baby. When a small baby feels pain, the baby will cry without thinking; no rational mind is trying to control or block it. The baby can quickly balance their energies because the baby is in a natural state. When they feel uncomfortable, they cry. After they cry, no emotions. After a while, they become happy again. For adults, the rational mind will come out to judge, then suppress the emotions. This is why many people have hidden emotions. They cannot be released because the rational mind is too developed. It tells you, "Don't show your emotions. If you show emotion, if you cry, you look like a child, others will laugh at you. When you are angry, hide your anger. When you are jealous, hide your jealousy. When you have fear, hide your fear. Deep inside." Suppressed emotions create strong blockages.
2. **Confessing.** Confessing means you must face what you did wrong in the past, but it does not mean fixating on it and resisting or fighting with it. This may feel difficult or painful, but it is a strong and important turning point. You can say something like this: "Before, I had a fixed ego, I hurt myself and others," or "I did something wrong, but now I can change this." Say goodbye to the past and not repeat the patterns.

Open emotional blockages: open, release, open

When you open your emotional blockages, your internal energy blockages will open, too. If you release these emotions very well, the tumor changes, sometimes quickly, because the root of the cancer is changing.

Once the root of the blockages open, the root starts to disappear. When the phenomenon of the tumor disappears, you need to continue working on the root(s).

As emotional blockages open and release, practice observing the events. Practice observing the things that trigger you. Practice observing how you can hold onto strong emotions.

A deeper level is after you release the old emotions and emotional patterns. You can observe this: you are not your emotions. You come to the state of the “consciousness doctor,” the inner observer.

So first, practice releasing. Second, you go beyond the emotions.



**YOU ARE NOT
YOUR EMOTIONS.**

There is a saying, “If you are ready, the whole world comes to you.”

Are you ready?

On Practicing with Severe Pain

How can someone have confidence as the master when suffering from severe pain?

If the pain is there, it can be really difficult to liberate the consciousness.

First, we need to find a way to change consciousness, to not focus on and attach to the pain, which makes the pain stronger. For example, you have pain, yes, but you can choose to focus on something else. Even with the pain there, you can enjoy some beautiful things around you. Maybe listening to beautiful music, taking a walk, going into nature where you will receive beautiful information, or smelling some nice scents. You need to activate your sensory organs and connect to some beautiful things, and at the same time, focus your consciousness on some beautiful things. If you practice this, gradually the fixation of the pain becomes less.

Trust yourself.

Another example: if somebody has pain in their legs, and an acupuncturist does acupuncture for this person with the needle in the hand, his consciousness suddenly focuses on the hand, and then his focus is no longer in his legs. Even if the pain is still in his legs, his attention gives less energy to it now.

You need to trust that you can change these patterns. This requires training, practice. But when you do this again and again, you will experience the change.

Gradually, you can cultivate an independent consciousness state. When the consciousness field has more power, you can keep this independent state. This means that, even while you experience pain inside your body, you can also observe it, keeping your consciousness independent. You know you are not the pain; you are the independent consciousness.

When you have this ability, your consciousness has become more powerful. The healing, then, becomes easier. So continue to train your power of observation. That is a higher level of healing.

Homework: Simple Methods to Change Old Patterns

1. Laughter — feel that you laugh enough to make your emotions totally open. Lie down on the grass, look at the blue sky, and laugh until you become immersed in the laughing happiness.
2. Journaling — write down your thinking and emotional patterns, old and new. It is important to write them down clearly. This is an important healing. Write also a few sentences to remind you of what you will do to keep your consciousness beautiful. Repeat this information many times. It will transform you.
3. Creating a personal mantra — write down your own mantra. If you repeat it a million times, your life will be transformed. This will make a new life for you. Create it from the bottom of your heart. “What you think, you will get.”

The mingjue mantra:

I am mingjue love.

I am mingjue peace.

I am mingjue happiness.

I am mingjue gratitude.

Consciousness and Dynamic Practices

Inner Smile, Connecting to Beautiful Things

Sit with a comfortable posture.

With an inner smile on your face, enjoy the present moment.

Observe that you have a beautiful life in the present moment. If you focus on the beautiful aspects, then you have a beautiful life. For example, “I am still alive! It is so precious!” Your eyes see beautiful

things, you hear beautiful sounds, feel the fresh air that you breathe, enjoy the delicious food.

Focus on the places in your body that feel comfortable. Even if only 50% is comfortable, then focus on these and it will become 100% in your consciousness.

If you focus on beautiful things, then these will fill your consciousness.

Open yourself to the beauty in nature. In the natural world there is so much beautiful information and energy.

Open yourself to the beauty in society.

Open yourself to the beauty in your family — a beautiful smile, or the warm heart of someone in your family.

This simple practice can make your heart more beautiful and your qi flow well. Your immune system will also improve.

Enjoy and love your beautiful heart. When you come to this beautiful entirety, you can use this harmonious state to transform your internal qi.

Observing the Tumor, Observing the Cancer

With an inner smile, feel your attitude is bright.

You are just the observer. Observe throughout the inner space of the tumor or the place that needs healing. See the tumor as qi.

The observer remains free, peaceful, and happy.

Observe the tumor.

At this present moment, the World Consciousness field supports you and supports your consciousness, so your consciousness can easily stay in the position of the master.

If you feel any pain, say this: “I am the observer, I am separate from the pain. I am not the pain. I only observe the painful feeling.”

Feel your inner blockages suddenly disappear.

Continue to observe throughout the cancer space: it is qi. It is just qi space. Qi space blocks there. At the qi level, you just need to open the qi blockages. Let the qi flow well now.

Now, observe that there was a time when the body didn't have cancer there and qi was flowing well. Then later, the energy became blocked. What created the energy block there? Just observe.

For example, if you have liver cancer, observe your liver as it was before, when energy was flowing well. Your consciousness — the inner doctor or healer — can go beyond time and space, observing many years ago because the information from many years ago is still in your consciousness. The information of the present moment is also in your consciousness. When you observe the information, the information can be a kind of experience.

So now, observe that there is a healthy, beautiful organ. You are the observer, the consciousness doctor, the doctor observing the phenomenon of cancer. When you see through the phenomenon, you find that cancer is energy. It is just blocked energy, and consciousness can go throughout these blockages.

Now let's find the cause. What created these energy blockages? If you want to find out the reason, you need to go back to the earlier healthier time. It is very important in your consciousness that you now remember and activate the healthy information. Focus on the healthy information, that before the cancer or tumor there was just beautiful, transparent qi space, energy space.

You have found your health in your memory. This information is still here in the present moment. The healthy information is in your consciousness.

Deep Mingjue Healing Practice (with Tong and Big Circulation)

Observe the head's inner space. With an inner smile, observe the neck's inner space. When you observe, feel inside is an empty qi space, very harmonious.

Observe the inner space of the shoulders and arms, then the chest and abdomen. Observe deeply and feel inside that everything is qi. Observe the spine's inner space, the legs, and the whole body as qi.

Hold a qi ball in front of your abdomen. Expand this qi ball. Open, expanding this qi ball. Then close.... In this big qi ball's inner space, feel your consciousness is very stable, very confident.

With an inner smile, now we say *Tong...tong...tong....* "Tong" means open, transform, flow. When you say "tong," feel the whole body's inner space vibrating and transforming quickly.

Breathe in, saying "tong" as you exhale. *Tong....* Breathe in, then *tong....* Breathe in, then *tong....*

In this state, stand up and feel the big qi body. Raise the arms up in front of you, at any level that is lower than the shoulders and higher than duqi (the navel). The hands are holding a qi ball, and the arms are hugging a larger qi ball.

Breathe in, *tong....* When you say "tong," your powerful consciousness is like a bright light going throughout the whole body. Feel the vibration. Feel the body inside, all the energy blockages transforming and disappearing. Your insides become completely harmonious.

Breathe in, *tong....* The light of consciousness becomes bigger, going through all the cells' inner space. With inner smile, say "tong," feeling your insides growing bigger. Breathe in, *tong....* Breathe in, *tong....* When you say "tong," open your throat.

Now open your middle dantian space (in the center of the chest) and your lower dantian space (in the center of your abdomen). Relax. The sound vibrations merge together with your consciousness and become a bright light. This bright light vibration transforms the whole qi body. The whole body qi becomes positive, becomes healthy.

Breathe in, then exhale *tong*.... Breathe in, *tong*.... Breathe in, *tong*....

Feel your “consciousness doctor” like a bright light, observing the inner space of the cancer. With an inner smile, observe the inner space of the cancer inner space as empty — it is qi. That space inside — the blockages have already disappeared. The cancer information has disappeared and become healthy.

Focus in that space, saying *tong...tong...tong*.

When you say “tong,” feel that space open more, open to the whole qi body space, open to the universe. It becomes a bright light.

Breathe in, *tong*....Breathe in, light becomes bigger, stronger. *Tong...* Haola! “Haola” means all is well, it now becomes healthy and beautiful. Haola! Haola! With an inner smile, feel your gentle and deep breathing.

[Big Circulation begins]

Place the feet together.

Lift the qi up, to above the head. Straighten up, stretch and expand. Take a deep breathe in and hold the breath. Then breathe out and pour qi down as a pure qi light goes through the upper dantian (in the center of the head), goes through the neck, the chest — cleaning the inner space, transforming. Haola! Qi becomes healthy! The qi goes through the abdomen’s inner space. The inside becomes bright. Haola!

As the qi hands continue to draw qi down to the top of the thighs, begin to bow the body down, bending one vertebra at a time. The qi light goes through the legs' inner space. The inside becomes transparent and bright! Go through your feet, your toes. Haola!

With the body fully bowed down and hands toward the earth, turn palms to face each other and hold a big qi ball. Breathe into the lower dantain inner, as bright light expands the qi space. Then slowly raise up the qi spine, one vertebra at a time, focusing on mingmen palace (inside the lumbar spine, directly opposite the navel), hands holding a qi ball. Raise the qi ball to above the head.

Stretch up again, take in a deep breath, hold it, stretch up some more. Then breathe out, as pure qi light pours down, transforming, purifying, and cleaning the head's inner space, neck's inner space, chest, abdomen...everything becoming healthy. Haola!

Place palms on duqi (the navel).
The legs' inner space is bright.
Inner smile observe the whole body.
The whole body becomes bright light.
Breathe in, saying *tong...tong...tong....*

Relax. Feel the whole body is full of powerful, healthy qi, full of vitality. You have a new life. New consciousness is happy, full of universal love. You have bright qi, pure qi in your whole body. It is abundant. Your whole body becomes stronger — very healthy.

Separate your hands to the sides. Open the eyes slowly and gently move your whole body, feeling your inner qi space flowing well.

Starting now, when you walk, feel your qi legs walking. Take a step with the right leg, stepping forward and feeling the right qi leg going forward, qi moving through the legs, down to the tips of the toes.

Similarly, when you raise your arms, feel your qi arms raising, and qi is flowing throughout.

Hua San and Tong Practice (with Open-Close)

[Set the collective consciousness field, as above.]

Now feel the center of the place with cancer — it is open. Love light goes deeply into that space. From that place, open and close (place hands in front of that space and hold a qi ball, then very slowly open and close the hands, as if the qi ball is expanding and contracting between the palms).

Feel that the qi space is already harmonized with the universe. It is a healthy energy state, a bright healthy state. The love and brightness open and close this space. Open...close....

Feel that this light comes from the unconditional love of pure consciousness. Just harmonize the energy space through open-close. Breathe in deeply and say, *Tong...tong...tong....*

The World Consciousness field heals everyone at the same time. We are one, merged with the universe. The small self has already disappeared. You are energy and pure consciousness. At this point there is no time and no space. Super abilities are opened.

In this state, we learn two words: *Hua San*. *Hua* means “transform.” *San* means “disappear.” These two words are very powerful to dissipate tumors and all kinds of blockages. When we say *hua*, the place of cancer is transformed. When we say *san* the place immediately becomes healthy. After we say these words, we say *Haola!* *Haola* means “everything is already perfect.”

Observe the bright space expand. Give good information to the whole body and to everybody. *Hua san...hua san...hua san, haola!*

Blockages and problems disappear. We do this for everyone, including you.

Hua san, haola! You can say this silently or loudly, with forceful sounds.

Repeat these words many times, trusting their information and the power of the collective field. Your consciousness goes into the qi space of the tumor; deep inside that place, open to the infinite qi entirety. From that space, open and merge with the universe and transform. Feel deep inside is bright and transparent. Love and light is deep inside this space.

Feel gentle and deep breathing. When you breathe in and out, feel you are the bright harmonious qi entirety. Qi is flowing freely. All functions are healthy.

Now stand up and we practice big circulation. We use universal love and qi light to wash purify and improve the whole body.

End by placing palms on duqi (the navel).

Stay in the beautiful consciousness state, always!

Summary and recommendations of dynamic movements:

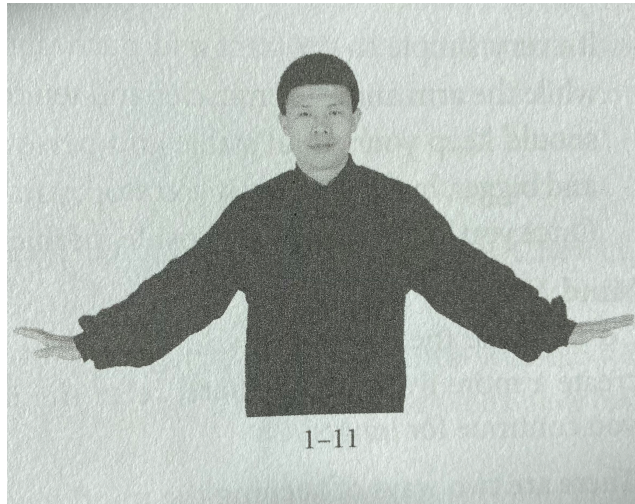
To generally purify, cleanse, and transform the body:

1. Big Circulation
2. Open-Close
3. Healing with the collective consciousness field

For blockages or cancers in the chest / neck / breast / lung:

Chen Qi, followed by Big Circulation, then Open-Close

Chen Qi brief overview:



In the standing position, with hands relaxed at your side, come to a good consciousness state. Slowly raise them up so they are at your side at the duqi (navel) level. Keeping the arms and elbows straight, raise the fingertips up, so the hands are at 90 degrees to the arms.

Now draw the shoulder blades back so they touch each other, pressing on the thoracic vertebrae between them. Then slowly extend the palms down back to the fully extended position. Draw in, push out, draw in, push out.

When you push, feel how energy goes out through the tips of the fingers. When you draw in feel the energy power go through lungs breasts, heart and neck. Then push out and draw in gently.

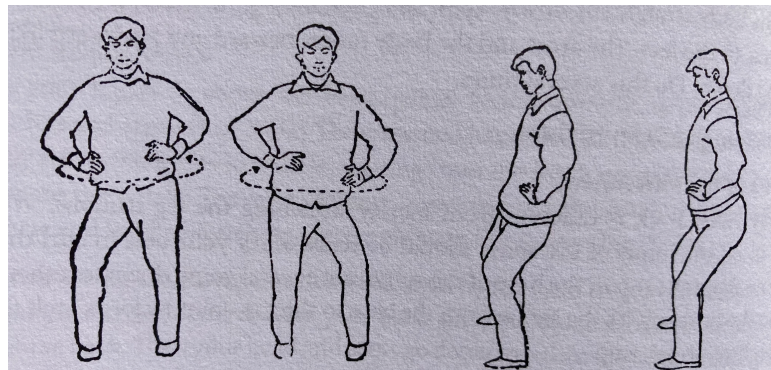
Whenever you feel pain or fatigue, release the tension by rotating the shoulders. Then slowly raise the arms up again,

raising fingers and always keeping the arms straight as you continue to practice.

Finish the practice with Big Circulation and Open-Close.

For abdominal or pelvic tumors: Hip Rotations

Hip Rotations brief overview:



Separate feet to shoulder width. Lift qi up and pour qi down to the abdomen. Place palms on the waist, and squat down a little. The coccyx leads the movement of the rotations of the sacroiliac joints and lumbar vertebrae. The whole lower dantian rotates with the movements. In the beginning, make the rotations bigger and faster, making them smooth and fast. Breathe into lower dantian as you rotate. Feel the energy ball of lower dantian rotating and circulating. Feel the energy space of the reproductive system rotating. Then the qi space of the kidneys and stomach opening and rotating.

After rotating in one direction for a while, reverse the direction. Practice the same time in each direction. When you are finished, come back to the center while still squatting. Then move the coccyx forward and backward, forward and backward, swinging back and forth, back and forth. Allow your breathing to lead the coccyx movement — when you inhale,

the tailbone goes forward, when you exhale, the coccyx goes backward. Do this many times.

Standing is more powerful, as it can activate the six meridian channels in the legs and enhance qi flow. But any of these dynamic practices can be done while sitting if standing is not possible or is limited.

These methods are simple but very powerful. Repeat them more often and continually go deeper to make them more effective.
