

2020-2021 ONE YEAR COURSE TESTIMONIALS



HEALING AND TRANSFORMATION

Experiences with Mingjue that changed
patterns, healed relationships and improved
physical and emotional conditions

Edited by Loren King

THE WORLD
CONSCIOUSNESS
COMMUNITY

INTRODUCTION

These are some personal experiences of healing, transformation and rejuvenation of self and others shared by participants in Teacher Wei Qifeng's Mingjue Training from September 2020 to April 2021.

Approximately 400 students from countries all over the world participated in this program. Throughout the course, they shared experiences, observations, reflections, and results ranging from physical and emotional transformation to healing of relationships and an improved sense of well-being.

Using excerpts from the summaries that students composed at the end of each course section, this collection provides an overview about the understanding, content, path and transformation experienced during this eight-month journey.

"Mingjue is a bridge from ordinary consciousness state
to enlightenment."

— course participant

ABOUT TEACHER WEI

Wei Qifeng is a Zhineng Qigong teacher, trainer, and healer. It has been his life purpose to form a Harmonious Big Family, to bring benefit and healing to the world. Teaching the healing wisdom of ancient Chinese culture in a new life science for the modern world.



Teacher Wei co-founded the World Consciousness Community to build a worldwide consciousness field — “to connect practitioners heart to heart in the Mingjue state, to support each other and to enhance a higher consciousness for peace, freedom, healing, love, happiness, and harmony for each individual as well as the whole world.”

He is the founder and organizer of Harmonious Big Family, and he has also translated several of Grandmaster Pang's books into English.

ABOUT MINGJUE

Mingjue means: consciousness knows itself clearly. It's like the awakening state of consciousness. Mingjue can be described as awakening consciousness, pure consciousness or the pure observer.

This centred, mingjue level, independent consciousness state naturally, transcends the limitations of the material world. This means that the changing material conditions cannot destabilise our pure consciousness, But our pure consciousness can go through, transform and harmonize our life.

In Mingjue practice, we mainly focus on improving a high-level quality of a life. Once a person's consciousness and qi improve to a high level, physical and psychological problems as well as problems in society can transform and disappear naturally. Our life will be healthier, freer and happier.

MINGJUE HEALING: EXPERIENCES WITH IMPROVED HEALTH CONDITIONS OF MIND AND BODY

"I went for a walk in the woods. It was very slippery and I felt down in my sacrum. When I arrived home, I had pain so I remembered teacher Wei's teachings: 'I am one with the universe, I am Qi, everything is perfect.' The following day was beautiful so I lay down in the grass, feeling I am the universe and listening to the sounds of nature. Suddenly I felt a 'click' in my sacrum, no more pain, everything was perfect, magic was there. Haola!"

"Last week, I burned my little finger severely in a hot oven. It started to burn and hurt badly. I sat down, stayed silent and peaceful inside, merging, observing, relaxing, concentrating. The wound burned severely. I started to do La Qi, an effective but powerful zhineng qigong exercise. Gradually I felt silent and quiet inside. I was totally aware of the strong Qi feeling inside and outside. It was a tremendous feeling. I did La Qi for 45 minutes and 15 minutes after that the burning and hurting stopped. I was and still am in great wonder and gratitude."

"Yesterday again I had a strong pain in my gallbladder and stomach and when I went to bed, I had still pain. I slept, woke up, then I went into a state between sleep and not sleep and into inner space of my inner organs, very deep, no intention at all. And all the pain disappeared. I don't know how long I stayed there, but as in former times, I know that this was a deep healing."

明觉

The power of HYL T

"I had an accident a year ago. I fell off a roof and broke two vertebrae on my neck. I passed through a glass roof on my way down and had cuts along my body, one of them on my ribs, a piece of glass was stuck in there and bleeding badly. My second thought after realizing I was on the floor and couldn't move was HYL T. My son and a friend of mine came to help. I just said, 'Everything is HYL T, I am fine, I just need to close my eyes and focus on HYL T, please don't move me.' My friend says the bleeding from my cuts stopped as I closed my eyes. I never felt pain, and that is something I'd never experienced before in my life. They took me to hospital two hours away and I just kept meditating with HYL T and looking at the blue sky. When I got there, I walked in by myself. Doctors said it was a miracle I was walking. I took painkillers just in the hospital, and stopped taking them three days after surgery. A year later, I am good as new."

Thyroid function improved

"At the age of 18 I had thyroid surgery and the thyroid was completely removed. I have been taking a large dose of thyroid hormones for about 20 years. Every 6 months, I have to take blood tests to control the dose of the hormones. Recently I took the blood test and for the first time my doctor, who has known me for a long time, told me that I must be doing something wonderful for myself and for others, loving myself and others consciously, because my thyroid is working and I don't need to take the dose that I've been taking. I am going to lower the dose little by little and I should keep doing what I'm doing."

"In mingjue healing, we don't focus on problems. Instead we go to the no-problem situation by reaching an internal state of quietness and harmony that resonates with the universal harmony and brings back health inside the body and also the mind."

"My health has improved, my mingjue state is far more stable. I feel a flow of energy through mingmen that propels me slightly upwards and forward, making me feel lighter. My singing voice is returning. I am more relaxed, my qigong practice is more fun. I am happier and even the machines that I use are working better and even fixing themselves!"

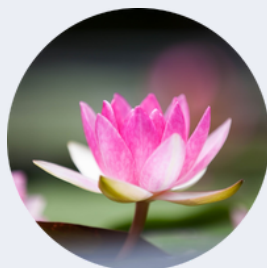
Mingjue creates more harmony

"I can heal most of my bodily problems easily - I don't fix - I trust in the harmony of universe which harmonizes this little disharmony or blockage. It disappears often during N meditation when I am able to go deep enough. And I merge in mingjue state with my relationships and there it creates more harmony, too and problems become less."

"However, the ultimate goal of mingjue is not healing but to be awake in the present moment. Mingjue goes beyond all attachments and fixations and is free."

"My healing work is shifting more, again; this time clearly responding to mingjue state. Several of my patients this week came in with intractable pain that I had only temporarily relieved before. I massage the area briefly with aromatic anti- inflammatory pain reducing herbal ointment. While I am massaging I am expanding, opening mingjue inside the painful place, then I go work someplace else. When I come back to do the more intensive work, the pain is already almost gone."

"This month my practice has increased to 3 to 5 hours per day. I also started guiding practice. I have felt very good and the experience of guiding has deepened my own practice and my own experience. I broke my foot and the healing was very fast and very efficient. In under three weeks, I was walking freely and the recovery was amazing. After a couple of months struggling with the practice, I feel more confident every day. What I have been doing is personalizing my own experience and understanding the state, the practice and life from this mingjue point of view."



Freeing oneself from old reference framework

"With mingjue healing there is no need to go back to the past, or clean and work on blockages and trauma with intention. Instead we stay in mingjue state in the present moment. We surrender into the mingjue consciousness field, we enjoy the harmonious entirety and experience positive information, universal love, happiness, joy, gratitude and inner peace in mingjue. With continuous practice, this changes our reference framework and our thinking into a more positive way and manifests a new, happier and healthier life. The more we practice, the stronger our mingjue state will get. We become more kind, harmonious and our heart opens. It is a very pure and fine but big change."

"During a healing, I was working on myself ... I was filled with light and at the same time I found myself in my mother's body, in her shoulders full of pain and the light had risen upwards. After the practice, I thought wow, I did a healing to my mom!" Ego time. A few hours later, an old shoulder inflammation returned to me. This pain woke me up during the night, so I started saying N and in my consciousness the triggering emotional pain processed my mother's pain with compassion. I observed my heart open like a flower and all relationships blossomed. Since that time the old pain has disappeared and I find myself observing without judgment in all situations... Freeing oneself from the old reference framework is a great gift for everyone. Who is healed? Me or my mom? Healing begins with me!"

"In the healing practice, I relax and I connect with consciousness and universal love field. The connection helps me to go in a open and serene state, despite pain. I relax and open. I open and relax and in the connection with nature and universe, mingjue focus in a specific place or in all qi body. Sometimes the pain dissolves and sometimes it does not but it gets better anyway. The state is good and smiling."

Blockages lifted

"At some point, I did self healing meditation lying in my bed without focusing at all on my right sciatic area (lumbar vertebrae + sacrum + lower dantian in general). In this session that was pure mingjue practice with N as I was 'listening without listening,' one of the course sessions. I really entered a deep state. I let go my healing intention and became very peaceful, one with the whole. Suddenly I felt a sharp pain inside the curve of the colon right near the liver that immediately disappeared. I felt as if some blockage was lifted."

"This is a very direct way of healing. Through mingjue and N practice on a high level, we come to the source of the universe and merge with the source to get into our original perfect state, to our true potential and power. This will be an entirety state of happiness and health naturally."

"I experience healing being the perfect way to go deeper in mingjue state. Being in mingjue state brings the best results if we recognize the unbalance but don't focus on the problems or if we try to see through and go beyond. Simply trust and melt with universal love. Healing is not merely an individual process, but a global one. Seeing everybody like a cell of a 'humanity body' in harmony with the dao, fed with the purest qi of the source and consciousness of universal love."

"Don't focus on the problems/illness. Accept the problem with love and go beyond! Don't worry, be happy... there is no problem! Use mingjue to observe what is going on, inside peaceful and centered."

"Universal love is the source of harmonious entirety state as it allows us to simply apply the three steps of mingjue healing. These are going beyond attachments and fixations that are the causes of the unhealthy state; seeing through attachments and fixations as the mingjue observer; and creating a new lifestyle with an open heart by sending positive information to build new harmonious reference framework."

"In healing, it is fundamental not to attach to healing itself or to the problem but to open the heart and mind to mingjue entirety state. Less is more."

EXPERIENCES WITH SHENJI, XU AND THE N SOUND

The use of the sound shenji is very effective. It brings us to a pure and stable consciousness. We follow a process of observation: vibration, sounds, thoughts, information, intention, emptiness, observer."

"The practice of saying shenji is very useful for training concentration and relaxation, with a small inner smile. From the shenji palace, which is the home of awareness, gradually the awareness expands to the rest of the body. Shenji palace and the other parts of the body become one."

"Today during my shenji palace meditation it felt so much easier to access and maintain focus and concentration. As soon as I started saying shenji, the area was open and lighted as if awaiting me to connect with it, or maybe unknowingly I am staying connected. I experienced a sense of welcoming!"

"Shenji repetition — I go very easily into shenji palace, more every time. At first, I needed to say shenji out loud and after some practices I only repeat it inside and feel the vibration, very clearly, and the space. It is not unusual for me to feel congestion inside the head; with shenji practice I open and relax and the congestion immediately decreases. It is very soothing. Inside the neck I usually feel blockages which are dissolving more with time and practice."

Connecting to consciousness

"Throughout my days I'm feeling more and more connected to my consciousness. Usually I move fast when I walk; I rush to finish things quickly and I respond quickly when asked something, many times without thinking, and I get bored easily. Things have changed for me in this regard. Now, I take my time when walking and I am also taking more time to react to a conversation and to give a response. My reactions are getting more and more thoughtful and gradual. Now, when I'm getting anxious, I immediately start saying shenji in a very gentle way."

"During the shenji meditation practice I was able to visualize shenji palace (the pineal gland) and stay focussed for some time before I merged the middle of my head with heaven's gate and gathered qi to bring to whole body. I was able to stay focussed for about 10 minutes and felt a sense of security. Then I gradually observed and guided it through the subtle spaces from head to feet. ... I observed other areas of the body as well. After this 40 minute meditation my body felt lighter and relaxed."

"Since I started this mingjue course I mainly focused on concentration and relaxation. I concentrated on shenji palace and throat breathing to improve my observation power. For me it is most difficult to concentrate while saying shenji loud, so I am practicing this over and over as my mind is still so active. I have the impression that my concentration has slightly improved but still not very much yet. So I will keep on practicing saying shenji."

"When practicing shenji and xu, I feel only pure emptiness. I focus more on merging my independent consciousness and whole body qi space with universe space. It is all a very subtle feeling, not comparable to anything else. In that space I can feel being one with space."

Feeling supported in the universe qi field

"I have been continuing to practice shenji quite often. It feels very nice in the brain, a subtle harmonious coherent expanding feeling, and then into the qi body and the universe. I notice that I am very often connecting with the qi field, feeling supported in the universe qi field."

"I saw clearly many reference frameworks. I managed (most of the time) to observe many things and situations without reacting or judging which led me to deeper insights. My practice was good and stable. I managed to wake up early to practice and I have established a good routine which works well for me All in all I feel like I'm awakening to myself. I am aware and I observe without judgment. I say a lot of shenji and xu, during the day to keep me quiet."

"I observed the consciousness movement, creating distance from thought flow and emotions. I used shenji to quiet the mind and to concentrate. And I experienced that I can follow subtle movements. There were feelings of quiet and openness and I felt them on a non personal level. That their origin was deeper and universal. I was aware of the information of being in the present moment. To divert thoughts to a positive mode and to repeat inside that everything is one, flowing and changing. I feel this information is bringing a change. I feel my face is softer and more relaxed, my legs also feel more open, and more of a feeling of body entirety."

"During practice, it is easier now to stay for a longer time in a present light and empty state without distractions and to observe the movement of qi inside and outside the body. I learned how to have a light intention but still can't stay the whole time in this state. The lighter the intention, the more relaxed is the mind thus more presence in deeper observation."

"When doing throat breathing, it is a wonderful feeling to observe how the whole body fills up with air/qi from deep inside towards the skin and going beyond, and with each out- breathing the observation goes into smaller and smaller place far inside deep lower dantian and vice-versa."

Xu sweeps away negativity, cleaning inside

"When doing universe breathing I feel that there is nothing; no inside, no outside, only the present and emptiness. When I start to feel some tension, I say shenji (if the tension is in my head/mind) or whisper xu into that place to swipe away the tension or blocks. While whispering xu I feel like a cosmic flow/wind sweeps away negativity, cleaning inside."

"I find that the practice of breathing including throat breathing, silent breathing, being in the silence between inspiration and expiration, is very efficient for me in stabilizing and purifying consciousness."

"It has become more and more easy to connect quickly saying shenji, and I find myself in deep meditation much faster each time, making the meditations even longer and deeper than at the beginning of the course. The feeling of "merging" which was unknown and strange at the beginning of the course is very familiar and easy to reach now."

"N-chanting as a tool is the most direct way to open yiyuanti. N has a special vibration but no special meaning. N is the tone of yiyuanti, the true self. N is the self-confirmation of true self. In order to open up the unity of space and time, perform every N-tone and every pause completely, consciously, easily, naturally. The process is pure and clear."

"With the focus on n we can improve our mingjue state and experience it on a deeper level to the point of yiyuanti. This independence merges with everything; it is an entirety state without any conflict. It is harmonious. The confidence within mingjue is unconditional, very safe and stable. The inside is pure and confident, nothing to compare, nothing to feel, nothing to have."

N can dissolve blockages in our consciousness

"N directly brings us in mingjue pure consciousness state and develops pure yiyuanti. N can dissolve blockages in our consciousness. N is in our consciousness. Saying N in different ways has different effects. N makes mingjue independent and confident, transforming qi at a deeper level."

"Practicing the N sound in daily life and in meditation allows me to stay in a clear, peaceful state. When I walk in the countryside, the N effect and fusion with nature is easier. Static meditation is, currently, the best way to go in the deep of this clear, peaceful state. In static meditation N is like a continuous opening vibration that involves all body and expands all around. There are different states in N meditation; it can be the observation of N, it is me who is saying and observing N and it becomes a N full state in which N is in shenji palace and everywhere and there is no more observation."

"N is a simple, single information with no meaning and no time structure. N becomes one with yiyuanti as the movement of yiyuanti."

"In daily life, I am using N more and more to break negative logical thinking. It immediately brings me back to self. It's more effective than shenji to connect to the yiyuanti field. I felt more stable emotionally during this month and wonder if it's because of this practice."

"If I use the sound N when I'm in a not good mental state it brings me calm. It doesn't hook to the old thoughts. If I use it during an exercise, it works like a bell of awareness. If I use it during meditation, it brings a great and beautiful silence."

A truly healing journey

"This past month has been a truly healing journey. I was so surprised to learn just how much the connection to my body was heightened while training with the N vocalization. Many times, I would simply start saying N while sitting in a chair, waiting in line for my groceries at the market, anywhere that I could take a few minutes to myself. It has been a very effective experience."

"We say N to access the mingjue space and go through reference framework. The sound N is important and powerful because it has no (complex) meaning; it is a single information that is infinite and can exist both within and beneath the reference framework. We use the N state to cultivate and purify consciousness and also to transform the body and raise the consciousness of the body."

"Two nights ago, when I did lying N meditation, I really felt what mingjue love is. I felt the difference between sending love with an open heart and sending love from the heart in the mingjue state which automatically spreads out from the heart and the whole body's center. I was so happy. I was just lying there, so happy and blissful, completely open to universe. From my heart I felt such a bright, unconditional flow of love spreading out, just coming from deep inside without any information, just with N, in continuous flow."

“Trying in my day-to-day life to be in mingjue and to say N, unfortunately I forget very quickly, but feel it is present, in the background. Mingjue and N have a deepening influence of quiet and loss of form and time. The movement sometimes becomes slow like a turtle, like a movement without movement.”

“One of the most precious presents I've gotten from the course is the N practice. Such a simple practice, yet so deep. I can feel its affect on my mingjue — stabilizing, purifying. I use it in my regular practice but also in daily life, especially in 'stormy weather.' It helps me to be more aware of my inner thieves and catch them in advance, not losing myself to the drama. The N practice helps me awaken my mingjue compassionate love toward my experience as it is. It's a deep process that needs patience and practice, practice, practice but it goes very deep down to the roots. I can feel it.”

“Mingjue creates a beautiful healthy life through transformation and positive information, together with movements, sounds and breathing.”



RELATIONSHIPS — IMPACT OF MINGJUE ON DAILY LIFE; HEALING OF RELATIONSHIPS; RELATIONSHIPS THAT EXIST IN MINGJUE

"I have been able to say N during many daily life activities and have seen amazing changes with my personal relationships. I have always found it hard to get along with my father in law and was constantly judging him. Now I was able to find something in common and have a good time. I was also able to feel compassion for my mother who is recently complaining a lot about her life."

"The relationship with my mother changed as soon as I accepted her as she is and not as I would like her to be. Acceptance with an open heart changed our relationship and my mood. My mother has still the same behaviors; she is the same person but I'm not. We smile and laugh more."

"I enjoy relationships with others much more than I used to because of a new sort of freedom that is coming with mingjue. The focus on mingjue centered state helped me to detach and gave me freedom to enjoy."

"I experienced a significant change in the relationships with my old mother. After long years of resistance, conflicts and pain for both of us, I could open my heart to her but in a new way. I feel it could happen because of this mingjue practice. It is a deep change and I am thankful for that."

Gaining power, energy

"Every time I seemed to lose myself I used N to bring myself back. And very quickly I was able to leave ego and self importance and to act differently without judging my self as weak or as if I was losing power. I realized I wasn't losing power but gaining power. And most situations just fixed themselves when I let them be absorbed in my mingjue. So I feel more flexible, more flowing, merging and evolving in the sea of qi, not minding emotions, or body pain, not minding what people are doing or saying. Getting back my original power. And yes! I had more energy."

"I feel I am more stable in relationships with other people. I just enjoy the time with others. I feel very light love and my mind doesn't judge others. If somebody is negative or is in a bad mood, I try to stay in mingjue. But if emotions happens inside me, I try to catch it and go through. I feel my life more easy and light."

"During this mingjue course, relationships have become clearer. The main relationship that had changed is with myself. I am more conscious of what I say, when I say it, what my feelings are, and when to mute myself in order not to hurt other people. I am in mingjue clear state. I do not know how to explain it, but I know I am and I think this is a great advance."

"My relationship to myself has dramatically improved. I'm much more patient and love myself with everything that is going on. Then I am able to witness that there are things I'm thinking, feeling, and doing that are really not healthy for myself or others. I'm very curious why I'm doing things but meanwhile I'll love it without wanting to change anything. Before I didn't understand the driving frame behind it. I had made only partial frame work changes. But bringing love to it changes the whole experience."

"My partner, relatives, friends and others understand and respect me more than ever. It's love I send them and it's love they return. Beautiful information. It's positive, clear, and unconditional. I'm very happy that it gradually becomes easier to give without losing."

Better communication, 'I am peaceful'

"I can see a change in the way I react to different triggers... between myself and the outside. I feel myself as an expanding vessel. During our relationship modules, I felt like a house being cleaned at the time when one moves all the furniture and going deeper to the corners; everything is in a state of movement, nothing is in place. I am in the process. It is intensive, at times painful, but as I observe it quietly, I am peaceful in the world. My communication with my partner, my children and friends is flowing and peaceful."

"During this course I compare myself with an onion. Each skirt or layer that I peel off has its own beauty and obstacles and challenges me to go deeper to get closer to the core and closer to my true self."

"At the beginning of this section, I had many qi reactions. Suddenly the old ways of thinking towards my family members came back. I encountered judgment towards them or distance. Then the energy of pure affection made it all go away with a kind word or a gesture of affection, like putting gratitude in the water of the glass I am bringing them. I felt I was breaking a pattern by doing so."

"I enjoy being myself in relationships. I enjoy being in nature and feeling one with trees, birds, ponds, rivers, seas and mountains. I am happy to experience that the relationships with my son, with my mother, with my family, friends, colleagues and students are becoming better and better. I love to trust that all experiences I have in relationships are good. I love to trust that more and more all the relationships I experience are mingjue love relationships."

We would like to thank all participants of our Mingjue courses for sharing their beautiful healing stories and experiences with us.



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