



MINGJUE GONGFU FOUNDATION COURSE

How the power of
Body, Qi & Consciousness
can transform your life

WEI QIFENG

THE WORLD
CONSCIOUSNESS
COMMUNITY

INTRODUCTION

Thank you for downloading the Awakening Freedom ebook.

This ebook book is based on the lectures given in module 1 of the Mingjue Gongfu Training course. Of which there are 8 modules. Each module guiding the student into progressively deeper levels of practice and theory.

The aim of the book is to give the important key points of the foundation training. How body, qi and consciousness can be effectively mobilised to transform and empower our life.

At the end of the book you can follow the first guided meditation practice taught on the course.

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EDITOR PREFACE

When I first started my training with teacher Wei I had no idea of what a revolutionary journey I was about to embark. It has brought big shifts not only to my practice, but life and relationships too.

Many fellow practitioners from different backgrounds qigong, yoga, meditation, Buddhism and so on told me this was the course they had been searching for many years. Here we found a course and community ready for deeper levels of consciousness training.

But you do not have to have previously practiced qigong, yoga, meditation, or anything else to benefit. This is a modern approach rooted in ancient wisdom, grounded in a new life science. It is not religious or superstitions. Yet open to everyone regardless of religion or nationality. Meeting you wherever you are in this present moment.

It is a new life science for a new human culture.

Sara Quinn (editor)

ABOUT MASTER WEI

I USE WHAT I
HAVE LEARNT
OVER 30
YEARS TO
HELP PEOPLE
RECOVER
FROM ALL
KINDS OF
ILLNESS IN
BODY AND
MIND.

Wei Qifeng



My name is Wei Qifeng. Qifeng is my given name. Wei is my family name.

It has been my life purpose to form a Harmonious Big Family, to bring benefit and healing to the world. I founded Daohearts with my teaching group & The World Consciousness Community.

I am a Qigong teacher, healer and TCM practitioner. Teaching the healing wisdom of ancient Chinese culture in a new life science for the modern world.

I use what I learned to help people recover from all kinds of illnesses in body and mind all over the world.

“WE ARE TRAINING
THE ABILITY
OF THE
INNER MASTER.”

Wei Qijeng

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Mingjue Gongfu Course Module 1

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FINDING TRUE SELF

I REALISED OUR HUMAN SOCIETY HAS A BIG PROBLEM BECAUSE
HUMANS LOSE THEMSELVES. LOSE THEIR
PURE BABY HEARTS.

In 30 years of Qigong, teaching many thousands of students around the world, I realised our human society has a big problem. Because humans lose themselves, lose their pure baby hearts.

We do not know who we are. Then our consciousness attaches and fixes on the material world. Fixes on other people. Fixes on many external world things, including fixing on the physical body feelings. Consciousness has lost itself. Becomes separated from the body. Does not know what true self is. Inside we are afraid and because we are afraid, we always fight. We make inner conflict and outer conflict. Within ourselves and with others.

That is why today people have mental problems. Have a lot of emotions. Pressure creates much fighting and war all over the world. It also creates many problems in the body.

Consciousness blockages block energy. Energy blockages become physical blockages and destroy the body inside. The immune system and other functions. So, it seems each individual problem is the problem of the whole human society.

During these years I started to teach many people how we can go beyond these problems. Resolve these problems. Bring our consciousness back from external world attachments and come back to true self. The observer starts to observe itself. Not outside on other things. No fixation. Just pure awareness. Suddenly your consciousness comes back home.

WHAT DO I TEACH?

I TEACH PEOPLE HOW TO AWAKEN THROUGH BODY, ENERGY, AND CONSCIOUSNESS WORK.

I teach people how to awaken through body, energy, and consciousness work. Through developing consciousness, we can change the whole-body energy we call qi. We also practice making the body energy abundant and flowing freely without blockages. Then the physical body and consciousness functions will improve, and the body will become healthy and strong. Body, qi, and consciousness work interdependently to support each other.

During practice we combine body, qi, and consciousness together. Think these three are a unity. We have consciousness meditation that only focuses on consciousness. As consciousness becomes relaxed and focused, we start to cultivate the powerful potential of consciousness.

Then we use this high-level consciousness to go throughout the whole body. Think the qi of the body, nature and the universe are all connected. Then use this high-level consciousness to mobilise internal qi to merge and transform with the natural world and universal qi. This way we can make internal body energy -qi – purer, more abundant, and flowing freely. The immune system will improve, and the body becomes healthier.

We practice both static and dynamic meditation. In dynamic meditation we have different movements to mobilise qi.

I can help, people feel qi, experience energy amazingly fast. In five minutes, 95 percent of people can experience what is energy, what's qi. In the beginning people cannot see it but they can feel it quickly. Then in their consciousness they will quickly have a qi or energy life view.

MANY STARS

PEOPLE TOGETHER LIKE MANY STARS.
EACH STAR ILLUMINATES THE OTHER.

When many people come to this state and practice together there will be a consciousness field. My pure level consciousness connects with yours and with others. Many people together like many stars. Each star illuminates each other. A powerful consciousness field is formed. In this consciousness field all the problems disappear. Because when we come to this consciousness field level - come to the observer- you do not attach on the body and you do not attach on the conflicts of the world. You do not attach. You do not get lost in obsessive negative thinking. So, there in your consciousness the problem has already disappeared.

This brings benefit to the individual and collective consciousness as well as to the natural world. This is the work my community and I do.

Humans must change the conflict state from inside and build a beautiful life state within. Build a beautiful world from inside. We call it awakening pure love or mingjue universal love. Always use this awakening peaceful love to connect with the world. The world will become harmonious, and humans will quickly evolve to a higher level, consciously. This is especially important.

When we practice from this level, naturally, we will prevent all kinds of problems from happening. Emotions will not make new problems again. Your consciousness will become wiser. You will know the best way to manage life and the world, and you will have good abilities.

You feel centred and peaceful. Because you do not attach or fix on anything. So, no fear. No conflict. No fighting. Through this way we find inner peace. Then we go deeper and find unconditional love. Consciousness becomes awakening unconditional love.

A REVOLUTION FOR LIFE

IN THE BEGINNING MANY PEOPLE HAVE NO IDEA HOW
IMPORTANT THIS IS FOR THEIR LIFE AND HUMANITY.
IT IS A REVOLUTION OF LIFE.

MASTER MINGJUE

When consciousness observes itself, it becomes awakening, this self-aware state is called mingjue. Ming jue is a Chinese word found in classical Confucius and Buddhist texts. Dr Pang used the same word and explained it in the context of modern theory known as yiyuanti, together with simple and effective training methods.

Ming means clear. Jue means observer or observation. Mingjue merges with the qi body and universe forming an awakening entirety. This is called mingjue entirety. Mingjue is the consciousness training level of Zhineng Qigong

We can maintain a mingjue entirety state and practice all movements in this state. Practicing in the mingjue entirety will be deeper and the benefit more effective.

When I teach mingjue many people in the beginning have no idea how important this is for their life and humanity. It is a revolution for life. When awakening consciousness merges with the whole universe it becomes an entire awakening harmonious state. Then the natural world will also become harmonious. Our conscious awakening is important for our life and our world. Let us together improve our consciousness, to build a beautiful life and world.

TWO WAYS TO USE CONSCIOUSNESS

CONSCIOUSNESS HAS TWO BASIC FUNCTIONS WHICH CAN WORK TOGETHER TO CREATE A BEAUTIFUL LIFE.

The first way to develop consciousness is through OBSERVATION. Receive information, know the laws of life and the universe. When we have this knowledge, we can create a beautiful life and a beautiful world. We evolve to a high-level consciousness.

The second way to develop consciousness is through RECEIVING AND SENDING INFORMATION. When the level of consciousness deepens, sending information and receiving information will become one. So, we can transform any information or situation directly in our consciousness because there is no separation between the observer and observed.

To make transformations in consciousness you need to have an intention. We need to give the information to transform into what we want.

Training your pure awareness is also good healing. If you want to heal some problems in your body, you just need to observe through that place, deeper and relax! Your consciousness has the information to transform that place into a perfect state.

We say 'WHAT YOU WANT YOU WILL GET!'

Focus on transformation, what kind of life do you want to have? You have this intention during your practice. This information will guide your energy and transform to that direction when you observe. For example, when I observe my qi body and consciousness state the transformation immediately happens there. This is transformation through observation.

In some practices and traditions, the instruction is just to observe, that is you are told not have any wish, just pure observation. That is good, but your pure consciousness can also send information and create what you want. This is another function of consciousness.

WHAT IS QIGONG?

UNDERSTAND THE LAWS OF LIFE AND THE UNIVERSE

In Qigong we cultivate body, qi, and consciousness to improve our life. This is Qigong. When we practice, we will develop ability and wisdom. Then we use this ability and wisdom in daily life. This is also Qigong. When we talk about Qigong, it includes four main parts.

THEORY: You understand the laws of life and the universe. You understand the universe is qi. You know how to use qi to transform life.

METHODS: Practice static and dynamic methods to cultivate body, qi and consciousness.

PRACTICE: Use these methods to practice. Practice is very important. If you only know lots of theory and methods, but you do not practice, that is not Qigong.

APPLICATION: When you practice you get abilities, you need to use these abilities to change your life, improve the world. Ultimately all the practices focus on this aspect.

Zhineng Qigong

Zhi = WISDOM

WHAT IS WISDOM?

Receiving information, inside the observer is very pure and clear, then you can see everything clearly, you can see through everything. If the observer is very stable and powerful, then you also will have the ability to change things.

neng = ABILITY

Zhineng Qigong = Qigong needs to improve wisdom and ability, through training the observer, through the process of observation you get wisdom and abilities.

TRAINING ABILITIES

THE INNER MASTER

GONGFU means deeply training your abilities. Through Mingjue Gongfu consciousness becomes more stable, purer, wiser and you have more potential.

Gongfu manifests on qi, your body will have abundant qi, and qi becomes powerful. Gongfu manifest on the physical body, your body become strong, flexible and powerful, like Bruce Lee. Gongfu can manifest on your work and skills. After a long time training you become skilful and experienced.

In the Mingjue Gongfu Level I course we deeply practice the power of observation, to build a good foundation.

CONCENTRATION RELAXATION OBSERVATION

These three are basic gongfu. If you improve these three aspects, naturally you will have good abilities. From the beginning of practice to high level practice we all need these three aspects of gongfu. If you do not have these three aspects of gongfu or not enough, you cannot know who you are. You cannot transform your qi body very well, even you cannot heal your problems.

THE INFORMATION OF THE UNIVERSE IS QI

MODERN SCIENCE THINKS
THE UNIVERSE IS 99.99% INVISIBLE SUBSTANCE

WHAT IS QI?

Everything is qi. In Zhineng Qigong science the whole world, the whole universe is made up by qi. Qi is the basic substance in the universe. Qi includes visible and invisible qi. Invisible qi is all kinds of energy, we cannot see, but fills up the whole universe everywhere and goes through all kinds of physical material.

There are many levels of invisible qi in the universe. Everything has its invisible qi. For example, you have invisible qi around you and in your body, we call it your qi field. A tree also has invisible qi inside and around it. We can also call it formless qi.

In the whole universe there are many levels of invisible qi, like electricity waves, magnetism, radiation, and quantum's, all those are different energy levels of invisible qi. In the universe there is also primordial qi, we call it original hun yuan qi. This qi is very pure and fine. This qi is everywhere in the universe. It is also in our body, mountains, earth, moon, sun, and the whole empty space.



CONSCIOUSNESS CAN MOBILISE QI

CONSCIOUSNESS AND ENERGY WORKING TOGETHER
CAN MAKE A VERY FAST TRANSFORMATION.

Consciousness and energy working together can make a fast transformation. When energy changes, physical body problems will change and disappear. Even something like a tumour or cancer because they are also very concentrated energy. Consciousness can change this energy. All kinds of tumours can be transformed and disappear. Broken bones can grow together faster. Your consciousness can mobilise qi. Gather and grow together. This unity is supported by consciousness through the nervous system. Consciousness and qi go through the whole body. When we only focus on the physical level, like western medicine, we just see the body as anatomy.

A NEW BODY ENTIRETY

WHAT DO WE MEAN BY A NEW BODY ENTIRETY?

Body entirety means good body connections in the nervous system. When you have good control of the whole body everywhere it can work well like one unit.

Generally, our consciousness is separated from the body. In daily life we do not think of our body inner space. We are separated. Many body problems, emotional problems and mental problems are created by the separation of body and consciousness

So, we need to start by returning consciousness back to its true home. Training consciousness to come back from the outside world and merge with the body as one. Starting by opening the inner space to form a harmonious and happy experience. We do not usually think of the body as inner space. But when your inner space is opened you will feel incredibly good.

QI FIELD

WHEN YOUR CONSCIOUSNESS STAYS CENTRED, STAYS INSIDE YOUR BODY, THIS QI FIELD INSIDE AND AROUND THE BODY CAN BE MAINTAINED AND BECOMES STRONGER.

Today we simply know that everything in the universe is qi. Different levels of qi merge together to form an infinite entirety. Form and formless qi always transform together in each second. So do not think your physical body is hard, in each second your physical body changes. Today and tomorrow, you become different. Remember this, it is particularly important for our practice.

WHAT IS A QI FIELD?

Everything is qi. The earth and body are a qi space. We need to repeat this information. Recently a scientist gave a lecture and said the earth is a transparent big space. A small particle can easily go through the earth inner space, because earth is formed by exceptionally fine small particles, like a transparent space. The light can easily go through. We need to change our world view. Today science has already become very developed. We need to use the knowledge of science to help our consciousness go beyond the limitations of the five senses, mind and physical body feeling. Everything is a qi space.

To summarise each form has its own qi in and around it. This qi contains the information for the form. Qi forms the form and keeps staying with the form. It can become less, and it can disappear and merge into the universe, but it is relatively stable. We have the qi field in the body and around the body, the qi field follows us.

If the qi field does not follow us our qi can quickly become less and disappear. Consciousness can maintain this qi field. When your consciousness stays centred, stays inside your body, this qi field inside and around the body can be maintained and becomes stronger. Because your consciousness naturally gathers universal qi to your body and becomes a part of your qi. This invisible qi can change into your physical form and physical form also changes into invisible qi. This happens in each second of our life.

STRONG INNER QI

THROUGH THE MINGJUE GONGFU TRAINING
WE NEED TO IMPROVE THE WHOLE LIFE.

In the foundation module I training we mainly focus on the body inside. The reason is, when consciousness has a strong connection with the body inner qi space, this can help maintain qi inside. In the beginning we mainly observe inside. We create a strong qi centre inside the body. Internal qi contains powerful information to support your entire life. It is not so easy to lose out.

Certain Daoist practitioners just observe lower dantian space and after a few years internal qi becomes extraordinarily strong. When our internal qi becomes more harmonious and stronger, more centred, then we connect with universal qi. This not only maintains internal qi but also gathers more universal qi inside to improve the whole life.

Many people always want to help others; they have a good heart. But you lose yourself, your observation and power are not enough, and you consume self. You separate your consciousness, think too much, attach onto many things. Inside is not the simple and stable observer.

The third important thing is, when we observe body inside, when we focus and go through, gradually the observer becomes more stable and powerful, also becomes purer.

Remember these important points when you experience inside will improve.

DEEP UNIVERSAL SPACE

WHEN YOUR INNER SPACE IS OPENED
YOU WILL FEEL INCREDIBLY GOOD.

OPENING BODY

The whole body inside is very deep universal space. Inside is like a quiet night. We train consciousness to merge with the qi body inner space deeply. Consciousness merges with the body as one. This is the foundation for practicing all the other levels

Open the inner space to form a harmonious and happy experience. Open the body structure and build a new body entirety. Improve body flexibility and the ability of consciousness to co-ordinate movement. Improve health so that internal qi is abundant and flowing freely and functions are wonderful.

When internal qi is better, life becomes more balanced, then emotions become more positive. Many people find their relationships become more harmonious. This is an entirety, when your consciousness state becomes better, your life becomes better, naturally you have more good information, you have good qi, and consciousness. Naturally, your relationships also become good, because when your life inside is good others connect with your good information and energy. They will feel comfortable and become positive.

This will also help you to work well. Work becomes better. Why? If life is better and consciousness is better of course your work will become better. You become wiser, consciousness is clearer, you become more creative, and you have more energy to work. Also, because your relationships and emotions become positive, other people like to support you.

THREE LEVELS ENTIRETY

DR. PANG ALWAYS MENTIONED,
YOUR CONSCIOUSNESS MAY NOT BE FIXED ON BODY.
YOUR CONSCIOUSNESS MAY NOT BE FIXED ON QI.

QI LIFE VIEW

From the qi life view, we are qi. We need to practice the ability of relaxation, concentration, observation, and transformation. In the foundation level we need to practice the qi state and then in the qi state we experience relaxation.

Many people practice many years, but their meditation or qigong level has not improved very well, because consciousness cannot concentrate well. Does not have enough power to go through the body.

Therefore, we consciously train observation. First train consciousness to merge with the body's deep inner space in both static and dynamic meditation practice.

Through the mingjue gongfu training we need to improve the whole life. Complete life does not just mean body level or energy level, it includes body level, qi-level, consciousness level, relationships, family. Our whole life.

CONSCIOUSNESS LIFE VIEW

Many practitioners practice many years, but their practice is limited by body feeling, fixed by body feeling and by the feeling of qi. At the Huaxia Centre Dr. Pang always mentioned, your consciousness may not be fixed on body, if so, this is called died on body, your consciousness may not be fixed on qi, if so, this is called died on qi. Body and qi feeling are dependent on sensory organs functions. When consciousness is limited by the functions of sensory organs, consciousness will be put in prison, it cannot move, and it cannot work flexibly.

In the mingjue gongfu training course pure consciousness (mingjue) is the master. We continue to integrate and practice all three levels of body, qi and consciousness. They are all important, but mingjue stays at the centre. Consciousness is the master and not the slave to body and qi. Body and qi serve consciousness. Consciousness does not serve body or qi. Gradually we go beyond the fixation and limitations of body and qi.

CONSCIOUS EVOLUTION

THROUGH PRACTICING MINGJUE
CONSCIOUSNESS WAKES UP TO INNER
PEACE, FREEDOM, AND UNIVERSAL LOVE.

WHY PRACTICE MINGJUE?

We practice mingjue for conscious evolution. Through practicing mingjue consciousness begins to awaken to inner peace, freedom, and universal love. High level consciousness transforms the physical body and the material world, to create a beautiful life.

When you feel your consciousness is very peaceful, the whole qi body will change and become more harmonious. Qi and blood will flow better. The entire life will be optimized. Consciousness and the whole qi body, qi field and universe qi merge together. This is an entirety life state, embracing the whole of life. Always come to this state and improve it. This is a way of loving self.

When you are in the best state you spread harmonious information to the environment. You bring the best gift to the environment, including humans, animals, and plants. You see, practice is quite simple, you just need to stay in the best life state. Then you love self, and the world. It is good for your life, all beings, and the natural world. The question is, there are so many attachments that keep us away from our best state. What to do? We need to change our mind state. We need to practice and come to the best entirety state.

When we observe consciousness starts to experience itself. The observer comes back to itself. This is important because when the observer starts to observe itself the fighting stops. If you observe deep inside all the fear and negative emotions will stop. Your inside becomes peaceful and free.

When you stay in this state life is nourished. It is the most harmonious state. Humans always want to attach on the external world which breaks the entirety. Now we focus on building this entirety and make a complete life state. Maintain this state, just maintain this state.

THE WORLD CONSCIOUSNESS FIELD

MANY PEOPLE HEART TO HEART
GO IN THE SAME DIRECTION.

HOW CAN WE WAKE UP CONSCIOUSNESS AND EXPERIENCE FREEDOM?

It seems this is difficult but if you know the way it is possible. If you join the world consciousness field the high-level resonance will support you, and the journey will become much easier.

Our powerful consciousness field supports everybody. This is an invisible and infinite pure power. You will feel your consciousness become purer and more stable. Our hearts support each other in the world consciousness field. Many people heart to heart go in the same direction.

When we practice mingjue gongfu we need to always contribute the best consciousness state to the whole world. The more we give our best state to the world, the more we get good information. From the very pure, consciousness state, share this beautiful experience to all humans and the whole world.

This consciousness is very harmonious and full of universal love. This consciousness purifies the human consciousness field and the world qi field. It is pure, clear, and beautiful.

This beautiful consciousness is growing. We support each other growing together. In our training we always need this kind of intention and experience. We not only heal and improve our individual life, we also heart to heart heal and improve the whole world, because we are one. At the same time the whole consciousness field heals us.

DEEP WELL

IT IS LIKE MAKING A WELL TO FIND WATER UNDER THE EARTH,
YOU NEED TO FOCUS ON ONE PLACE.

Some people still practice too many methods but are not deeply focused. Consciousness gets separated by lots of different methods. The purpose is not practicing many methods. Our purpose should be improving the ability of consciousness and body internal qi for deep transformation.

I tell you, instead of practicing many methods, it is better to just practice a few methods, even just one or two methods, deeper.

I practiced Qigong 30 years, learned many methods and I found that when you practice just a few simple methods over a longer period you will have good improvement. It is like making a well to find water under the earth, you need to focus on one place, dig, dig, go deeper, deeper and the water will come out. If you always change the place, you can never find the water inside. We must realize this point; it is important.

Mingjue is at the heart of static and dynamic practice. We train mingjue through the body, but do not become fixed by the body and transform into a qi-body. We train mingjue to merge with universal qi, through mobilizing universal qi, but are not fixed by qi.

We train mingjue for healing, healing for self or for others. We train mingjue on subtle energy, like electricity and magnetism. We train mingjue in family relationships, we call this family entirety. You and your family are an entirety. But your mingjue does not fix on a person. But instead loves them unconditionally and creates harmony.

TRANSFORM REFERENCE FRAMEWORK

WHEN YOUR CONSCIOUSNESS KEEPS IN A CLEAR,
CENTRED, AWAKENING STATE,
YOU FEEL NOTHING CAN CATCH YOU ANYMORE.

At consciousness level practice we start to go through our old reference framework. Our reference framework has a lot of old habits and fixed ideas. The old patterns will be activated when you meet triggers in daily life. This is a big and important practice to change our life.

How much change happens is decided by how powerful and pure your observer is. So, many people want to do healing. Improve the ability of observation, this is the way to train healing power.

Many people try to do self-healing for many years, but their health situation is difficult to improve, because consciousness is fixed by problems. Consciousness, the observer has not improved enough.

When you focus on inside to create the harmonious state, you change your life consciously from inside. But this is not enough. We share this wonderful experience from inside with others, this is a process to benefit the world, to love others. This is the bigger practice. The practice is quite simple. Make inside harmonious and then make the world harmonious through sharing your inside.

When your consciousness keeps in a clear, centred, awakening state, you feel nothing can catch you anymore. Very peaceful, relaxed, and beautiful. Heart inside is free. You hold nothing. You experience the wonderful free state. The universal love experience. Draw the support from this beautiful consciousness field, realize this beautiful harmonious state in your consciousness. In this state you do not attach on the material world and physical body qi.

PRACTICE IN DAILY LIFE

AWAKENING CONSCIOUSNESS IN THE ENTIRETY

We train mingjue in the community entirety. In the community everybody has different thinking and ideas. We stay in the mingjue state, and we use the reference framework to communicate with each other. We need to come to the realisation that our mingjue can merge with each other and love each other. But does not need to be blocked by the reference framework in the community.

In the community many people have a similar reference framework. Therefore, we train mingjue in the community entirety and the whole society. Through awareness we start to go through strong identification with fixed reference framework. Like the waves and the ocean. We start to realise we are the ocean and not the waves.

Human connections start from the small family field and expand out to the community, society and the world consciousness field. Relationships mainly manifest in our consciousness, my consciousness and other's consciousness. This is a consciousness relationship.

When you communicate with each other, your reference framework is relaxed and harmonious or you fight with each other, in ego's fight. When we stay in mingjue state gradually we will resolve these problems. We train mingjue in the world entirety. Human society, natural world, including plants, animals, everything, to create a harmonious world. We train mingjue to focus on purifying itself through meditation and daily life practice.

Your consciousness becomes independent, becomes a kind of invisible power. In your consciousness you confirm the infinite emptiness.



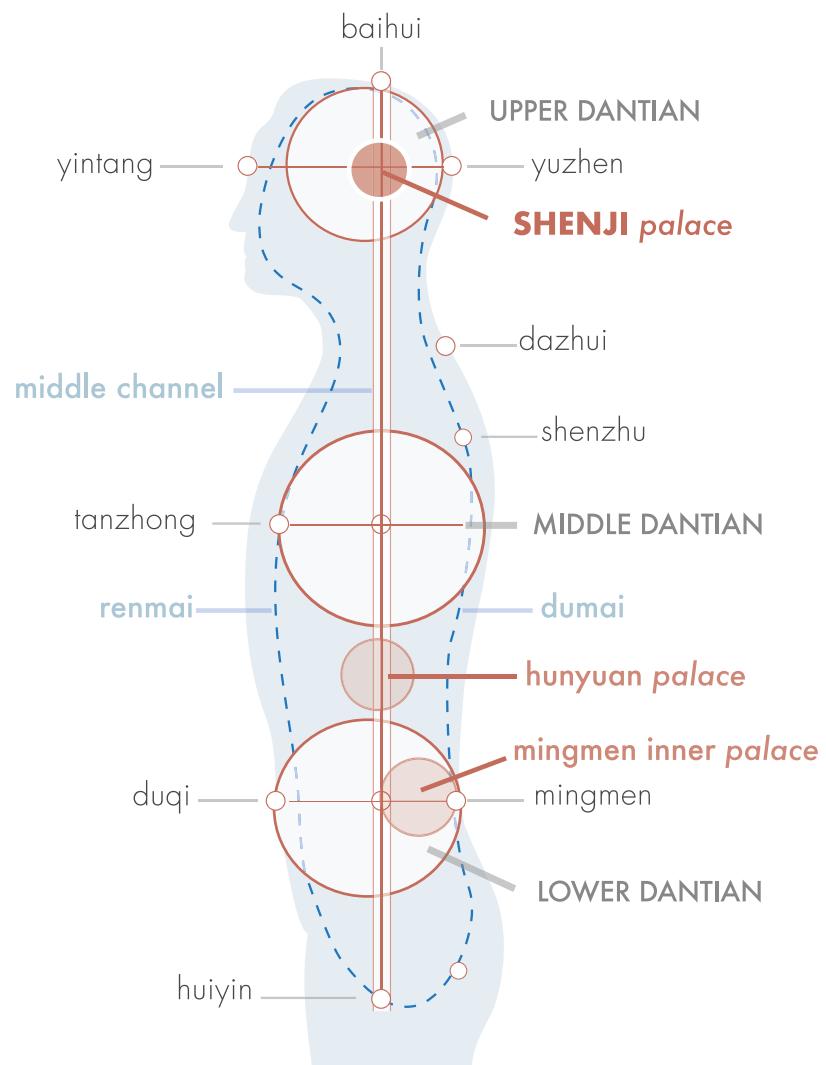
HEAVENLY GATE

SHENJI PALACE IS AN EXTREMELY IMPORTANT PLACE
IN ZHINENG QIGONG PRACTICE.

When we practice shenji we need to know the location. **WHERE IS IT?**

Horizontal line from yintang to yuzhen + vertical line from bahui (and heavenly gate) downwards = the area where these two lines cross each other.

It is the space around the pineal gland.



SUPER ABILITIES

FROM SHENJI PALACE YOU CAN GO IN TWO DIRECTIONS AND DEVELOP TWO DIFFERENT KINDS OF SUPER ABILITIES.

The space of shenji palace covers the pineal gland. Just think of the centre of the head. This place is especially important, when we say shenji, the vibration will happen there. The PINEAL GLAND is where the THIRD EYE IS CENTRED.

Many people think the third eye is between the eyebrows, but it is the pineal gland area, this place has a lot of potential. Super abilities can be developed from this place.

From shenji palace you can go in two directions and develop two different kinds of super abilities. Going forward opens the third eye function, you can see through things. For example, see through other's body, diagnose other's body inside. When you see through other's body, it is transparent, you can see the level that you want to see.

When you go upward from shenji palace to heavenly gate, you can develop another more fundamental super ability, you can know things directly. For example, what will happen tomorrow or in a different part of the world. You know it directly. Not by logical thinking. You just receive information.

SHENJI MEDITATION

THE INTENTION SHOULD BECOME VERY LIGHT, WITH A LITTLE INNER SMILE YOUR INSIDE BECOMES RELAXED.

Relax your intention. The relaxation comes from two ways. When you relax your intention focus with a little inner smile, at the same time shenji palace is a pure space, then inside it becomes relaxed. Focus in that space and then relax your intention. I repeat this important point. When you feel your consciousness already goes to shenji palace, focus in that space. The intention should become very light. With a little inner smile your inside becomes relaxed. With a little inner smile, shenji palace begins to open, but you still focus in the centre saying shenji.

If you start to feel any pressure in the head, it is important to relax your intention and open your awareness. Bring your consciousness down, scanning through your whole-body inner space part by part. You can finish by observing the breath in the abdomen or the whole-body breathing. Relax and observe the breath for a while before closing.

This is the start of the first basic practice.

[FREE AUDIO MEDITATION CLICK HERE](#)



THE WORLD
CONSCIOUSNESS
COMMUNITY

IF YOU WOULD LIKE TO LEARN MORE ABOUT
THE MINGJUE GONGFU ACADEMY

Please follow the link below.

[CLICK HERE](#)



www.daohearts.com

PAST PARTICIPANTS FEEDBACK

I believe the information, understanding and application of the Mingjue Gongfu course can truly transform and empower.

Well organized, gradual, and full of love.

It has been a huge factor in my life progress and developing my consciousness!

Many fine exercises and theory.

The course has given me valuable tools and methods to move forward in personal growth.

The observation of reference framework, the awareness of my true self.

I can go inside, be aware of myself, relax, everything is ok, have confidence in me. The group is incredibly supportive.

Experiencing the information teacher Wei put in the qi field.

I liked the way theory and practice were all the time together.

Integrating different levels (qi, body, consciousness).

Awakening the universal Consciousness Field, how we can support and be supported by it. Understanding and experiencing that we can go beyond the reference framework.

A new understanding about entirety rises inside me. I better understand who I am, what I am, what is entirety and how beautiful and wonderful it is.

I can see deeper into the body and resolve blockages on an emotional and physical level.

The mingjue state is a very efficient and graceful way to shift paradigms to opening to the power of love in any circumstance.

Sharing the excitement of learning about our mind and awareness together in a group. I really liked the rich structure of the course and all the channels for participants to share.

Ability to open my heart and be able to love again

Having mingjue awareness as the key practice means I don't spend time worrying about what I should be 'doing'. My intuition has grown. I know how to effectively practice in a naturally balanced way. All grow out of cultivating my mingjue.

Ability to meditate on emptiness using consciousness, to be able, able to feel joy and love deeply.

The course has been uniquely valuable by offering a different way to look at our world from within ourselves. Instead of throwing ourselves against the wall of the ego, mingjue gongfu offers a way to get under the ego. I still need to do the practice, but I have an approach and the methods now.

It is a way to eradicate the negative roots from our self and leave the positive information inside.

Learning to be in a good state and create healing qifields is a great tool. In dealing with life from a mingjue state, problems become easier to deal with and positive and beautiful thoughts overcome the negative thoughts from the old reference framework.

To deepen the mingjue state and make movements in this state. To be in peace and harmony with myself. To explore my inside and outside universe.

