

ZhiNeng QiGong



The Longing for Space

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Hui Yu



FROM CHINA



ZHINENG QIGONG • OFFICIAL MASTER TEACHING

## SESSION 10: FLOWING IN STILLNESS AND ABUNDANCE

**Original Teaching:** Teacher Hui Yu

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## CHAPTER 1: WELCOME FROM LAO TZU TEMPLE AND CHINA JOURNEY

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Today we arrived in another historical city in our journey across China: we left Wolong Bay, visited the sacred Shaolin Temple, and today we arrived at the Lao Tzu Temple. It has been a very exciting journey with rich experiences for everyone in our group.

Teacher Hui will share photographs in the group so that all practitioners can feel part of this journey.

This time we have been traveling by bus, which has offered a wonderful opportunity to contemplate the landscapes, take in the views, and enjoy a fresh and deeply flexible experience. It is a living way to learn how to flow with our energy, reminding us that the journey itself is the practice.

## CHAPTER 2: SESSION 10: COURSE ROADMAP AND UPCOMING ONLINE PROGRAM

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Today we are in **Session 10**. Several students have asked how many sessions remain and when this cycle concludes: we have two more sessions ahead before finishing on October 3, by which time we will already be back in Mexico.

Furthermore, Teacher Hui is actively designing the upcoming online deepening program, which will be announced next week so that our community can seamlessly continue practicing and cultivating this state together.

## CHAPTER 3: THE NATURE OF ABUNDANCE: FLOWING IN EFFORTLESS STILLNESS

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If you are enjoying this path and this way of practice, limitless potential opens up before you. When energy begins to flow freely, that flow naturally expands into every dimension of your life: it manifests in physical health and vitality, but equally in family harmony, in relationships, in connections, and in the flourishing of creativity.

This abundance you experience is not something you must manufacture, force, or control with the analytical mind:

- It operates exactly as nature does: nature is always intrinsically abundant.
- We reach this state only when we return to our natural state, to our primordial essence.

Here at the Lao Tzu Temple, we directly experience this high-level transmission: everything must flow naturally, following nature and universal laws. We must remember that we are universal energy, and this energy naturally obeys universal law. Human beings have created laws at another level, but when you return to the natural laws of the universe, abundance, vibrant health, and wholeness return automatically.

## CHAPTER 4: SETTLING INTO POSTURE, CLOSING EYES AND INWARD AWARENESS

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Today we will enter a deep meditation to experience this state directly. We will feel how, even in complete physical stillness and without external movement, energy continues to flow vigorously.

Abundance is not an external theory or something given to you from outside: when you experience it directly within your inner space, it belongs to you, you integrate it, and it becomes your own living reality.

Find a comfortable, relaxed posture; you may even lie down if your body needs rest:

- When you are ready, gently close your eyes.
- Guide all your attention inward.
- Feel the space inside.
- Connect with the invisible space, which is infinitely vaster than your visible physical body.
- Feel that this space has no boundaries and no limits.

And feel how, in a completely natural and spontaneous way, **Qi** begins to expand in all directions.

Support yourself with your mind and imagination by contemplating infinity: feel that you are actively exchanging information with the environment and nature surrounding you. Feel how you merge and dissolve into nature. Everything returns to its primordial essence; everything unifies in this same pure frequency.

## CHAPTER 5: CONNECTING WITH INVISIBLE SPACE AND **QI** WISDOM

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Feel the inexhaustible Source that connects all life:

- Allow yourself to be the space.
- Allow the space to expand.
- Allow **Qi** to flow naturally.
- Allow everything to transform completely naturally, without resistance.

There is no process you need to force or manipulate. Simply feel that you are here and now.

By feeling with total presence, you create this very moment; you create a new reality from the level of wholeness. From now on, whatever sensation or emotion arises, simply observe it, simply perceive it, and trust completely in the wisdom of **Qi**, because **Qi** already knows how to flow and heal.

**Qi** is the invisible dimension of your being, and within this space lies boundless potential.

## CHAPTER 6: EMBODYING ABUNDANCE AND VIBRANT HEALTH AS LIVING REALITY

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Set aside analytical and logical thinking. You already possess everything you need within:

- Flowing means remembering: remembering that you are already healthy and whole.
- Remembering that your inner space is already intrinsically abundant.
- This is not mere mental fantasy: by feeling it with living certainty, you turn it into biological and energetic reality.

Feel how abundant **Qi** flows freely and harmoniously. Your mind simply scans freely through space.

Remember with serenity that no matter what you feel or perceive at this moment, it is solely an aspect of **Qi**.

## CHAPTER 7: DEEP RELAXATION OF MEMBRANES, FASCIA AND INTERNAL ORGANS

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Feel all your muscles relaxing deeply:

- Feel your nervous system completely tranquil and calm.
- Feel all internal membranes and connective fascia relaxing entirely, opening and softening.
- Feel all blood vessels, arteries, and veins open, smooth, and unobstructed.
- Feel your blood circulation flowing gently through this space, like the serene currents of a clear river.
- Feel all bodily liquids in the digestive and reproductive systems flowing with perfect harmony and balance.
- Feel your breath soft, relaxed, and slow, without hurry.

Perceive your entire inner space continuing to expand gently into the boundless sky.

## CHAPTER 8: RELEASING TENSION: SPACE EXPANDING LIKE INFINITE GALAXIES

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If while scanning your inner space you notice tension, discomfort, or blockage anywhere, do not fight against it:

- Envision that area as an immense space expanding outward.
- Visualize it dissolving and opening like a galaxy of light across all directions.

## CHAPTER 9: THE BREATHING COSMIC FLOWER MEDITATION

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Visualize a beautiful flower blooming in the center of your chest, opening its petals and leaves:

- Feel that this flower possesses the living capacity to open and close in serene rhythm, exactly as if it were breathing.
- With each cosmic breath, it expands further, becoming brighter, more radiant, and vast.
- Guide your mind and awareness into the interior of this flower, exploring all its subtle structures.
- Perceive boundless space from within its center, where everything exists in continuous and harmonious transformation.

## CHAPTER 10: TRANSCENDING EGO IDENTITY: IN THIS MOMENT, YOU ARE ONLY SPACE

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Release any personal identification, roles, labels, or stories of who you think you are:

- In this sacred moment, **you are only the invisible space.**

- You are pure **Qi** flowing completely naturally.
- Feel how all existence in the cosmos is breathing as one.
- Each of your cells is also breathing: opening and closing in rhythm with the entire universe.

## **CHAPTER 11: PURE FEELING WITHOUT THINKING, ANALYZING OR MENTAL INTENTION**

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Simply feel. Feel purely without thinking:

- Without forcing anything or projecting expectations with mental intentions.
- Allow everything to flow naturally in space.

## **CHAPTER 12: RETURNING TO THE SOURCE OF ALL ABUNDANCE**

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Feel each of your cells beginning to remember:

- Remember that you are the space.
- Remember that **Qi** is infinite and that it is always flowing.
- Remember that you are returning to your primordial essence: to being the Source of all abundance.

Feel how your mind and consciousness observe with crystalline stillness: a level of knowing everything without the need to think.

Simply feel. Simply be. Do not try to be anyone else: simply be the truth of yourself. Return to being abundance; return to flowing with **Qi** in a space filled with light.

## **CHAPTER 13: LISTENING TO THE SILENCE AND VIBRATION OF INFINITE SPACE**

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Listen attentively to the silence of infinite space, with the same crispness as breathing fresh mountain air:

- Perceive the fine, subtle vibration animating all things.
- Recognize that everything that exists is part of you, and remember that you are an indivisible part of the whole.
- Without separation, without distance.

## **CHAPTER 14: WITNESS CONSCIOUSNESS: THE UNIVERSE AWARE OF ITSELF**

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If phenomena arise in this state—sensations, emotions, images, words, sounds, or flashes of light—simply observe:

- Feel how you are a clear and independent consciousness witnessing the unfolding of the present moment.
- Simply observe without evaluating and without analyzing.

- Feel with profound certainty that you are not having an isolated experience from the outside: **you are the experience itself**, the living point where the entire universe awakens to its own existence.

## CHAPTER 15: PRACTICE CLOSURE: HANDS ON NAVEL AND CENTERING LOWER DĀNTIÁN

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Gently bring your hands back toward you and place them softly over your navel:

- Feel your **Lower Dāntián** centered in the depth of your abdomen.
- Allow all cultivated energy to rest and settle in the center of your belly.

## CHAPTER 16: ORIGINAL INFORMATION: SENDING YOUR TRUE NAME TO THE SPACE

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Connect now with one single, pure piece of information: your full name:

- Silently repeat your name and send it repeatedly into infinite space in your mind.
- Your name represents your original information blueprint in the universe.

## CHAPTER 17: RECLAIMING CONSUMED QÌ AND NOURISHING YOUR LIFE PURPOSE

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By sending your name into space, all **Qì** connected to your original blueprint returns directly to your space:

- All the **Qì** you have lost, scattered, or consumed over time returns cleansed and renewed to your space.
- All the **Qì** that nourishes, supports, and sustains this information returns to your being.
- All the **Qì** that supports and sustains your life projects and purposes returns enriched to space.
- All the **Qì** that nourishes and sustains your relationships and connections returns in fullness to your space.

## CHAPTER 18: FEELING INTEGRATION AND GROUNDED FULLNESS IN THE PHYSICAL BODY

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Feel the tangible result of this unconditional harvest in the physical plane of your being:

- Feel solidity, warmth, and vitality nourishing every cell, every organ, and every tissue in your body.
- Rest in this sensation of total integration and grounded fullness.

## CHAPTER 19: GRATITUDE AND FAREWELL (TEACHER HUI, SANDRA, FELIPE)

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Teacher Hui expresses his heartfelt wish that everyone enjoyed this inner journey:

- Thank you very much to the entire team for all your dedicated support: to Reina, to Felipe, and to Instructor Sandra Ramos.
- Thank you very much to all practitioners for being a living part of and enriching this beautiful **Qì Field**.

- Remember carefully how to stay after the session: remember to maintain and sustain this state of peace, lightness, and abundance throughout your daily life, remaining constantly connected to it.

Haola! Have a wonderful day. Thank you everyone. Haola!

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