

QI~氣FULL LIVING

Ancient Teachings . . . Modern Wisdom



SPRING FOREST QIGONG
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SEPTEMBER 2020

Autumn Equinox:

A Time of Celebration and Contemplation

THE LIVE QIGONG LEARNING EXPERIENCE

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The Live Qigong Learning Experience

It goes without saying (wouldn't you say?) that the last few months have been some of the strangest times many of us have lived through. Not only were we driven inside, into our houses, but in our houses we turned inward, into ourselves.

Some might say... "every cloud has a silver lining."

This strange state of things – locked inside, isolated, with no sense of when it might end or where it might end up – became fertile ground for "burgeoning questions"; seeds sprout when they are buried in darkness.

Many people started to ask questions about health. "Will I get sick? If I get sick, what can I do? How do I keep healthy? Can I raise my immunity?" Naturally – with lots of time on their hands, many of them started looking for answers.

Do you know how we know that?

Because in the last few months, the Spring Forest Qigong Healing Center has had a flood of calls and emails – many of them from people who had never heard of Spring Forest Qigong before, but who had just discovered it and were amazed by what they felt

when they practiced it.

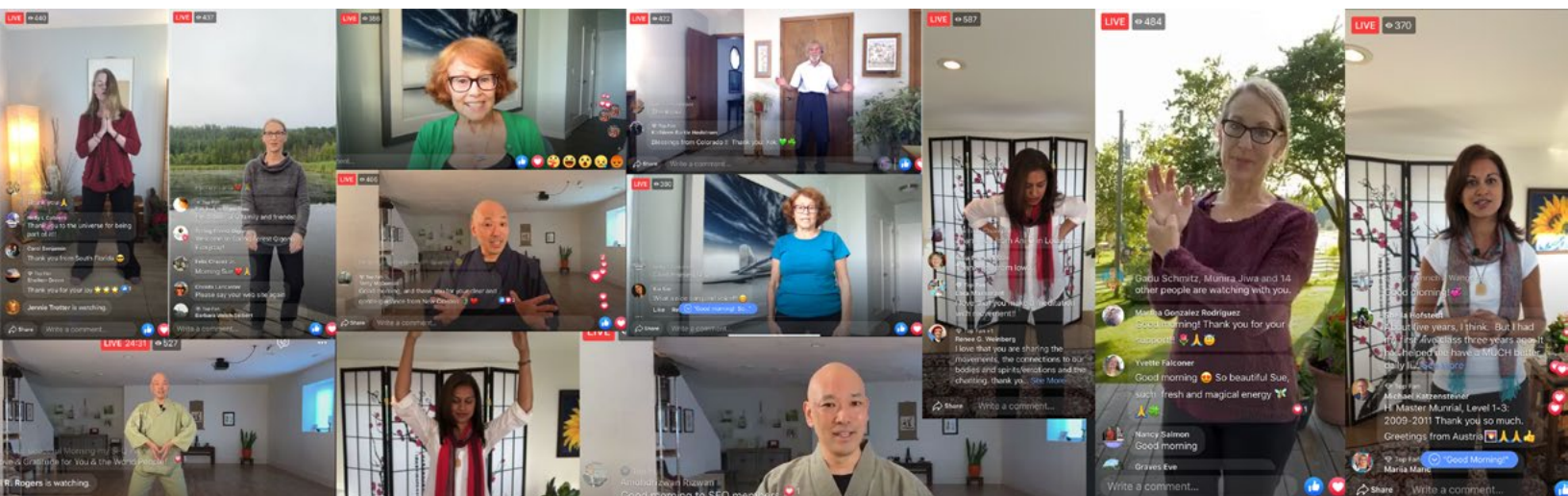
If you didn't know, in March, Master Lin started a free daily Qigong practice on Facebook, and it hasn't stopped since. Now, many of our most experienced Qigong Masters and Instructors are still leading the Qigong practice every weekday, and thousands of people worldwide are tuning in to share in the wealth of healing wisdom and healing energy that we're just – giving away!

Since more and more people are tuning in and feeling the energy (and its healing benefits – you should hear the stories we're getting!), more and more people want... well, more.

So, they are looking at classes, looking at home-study courses, looking at other live events like the Healing Circle and wondering – "Which should I pick?"

Specifically, a lot of people are asking, "What's the difference between a live class and a home-study course?" Like with Spring Forest Qigong Level One for Health. Aren't they the same thing?

Here, we want to help you understand the



difference between live classes and home-study courses so you can make the best decision for you and get the most benefit no matter what your goal is, whether it's healing yourself, helping others to heal, or even becoming a Qigong professional.

We'll say it simply and directly.

The home-study courses are an excellent way to learn Spring Forest Qigong. One of our Masters, Gadu, even started out that way! Everything you would want in order to learn this Qigong to help yourself and others is right there in those courses. And, if you want something you can review again and again in detail, the home-study courses are priceless – a resource for a lifetime.

But if you can take a live class, there really is nothing better – for learning Qigong, for really feeling the healing energy, and for making a lasting, heart-to-heart connection with an authentic teacher of an ancient tradition (and an amazing community of love-radiators).

Another “silver lining”?

There are more live classes now than ever, more accessible than ever. But we'll come back to that.

What makes the live Qigong learning experience so special, so valuable, so unique?

Well, from the teacher's perspective, it's obvious. When our Masters and Trainers and Instructors talk among themselves about it, the first thing that they usually mention is the change they see come



“
When the energies
of many students
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”

over their students. Many students come into the class with a story, a narrative, a set of beliefs based in fear and doubt. The Qigong teacher can see the body-language and feel the energy – tension, anxiety, fear, these things. And by the end of the class, the students have a twinkle in their eyes. They walk and talk and stand with a sense of ease. They project confidence. There is excitement and contentment and wonder in their faces. Their hearts have opened.

It's not just the deeply empowering and liberating message and information of Spring Forest Qigong. That comes through even in the home-study courses.

No, it's the energy of the group. It's the energy transmission from the teacher. Quite simply, a transformation can happen when the energies of many students come together in the presence of a Master or experienced teacher – something shifts and accelerates. A certain understanding is passed on that can only come about through being around a Qigong teacher. It is something to be felt.

Beyond that, there are some more obvious things that make a live class so much more desirable, compared to a home-study course.

For one, you get individual, individualized guidance. You get to interact with your teacher and

The Live Qigong Learning Experience



other students – asking questions, sharing stories, and practicing healing on each other. You also tap into something in your teacher beyond knowledge and information: their wisdom and energy.

Not only that, but so many students – and not just new students! – have so many doubts about their ability to learn or do Qigong healing. The support of the group is so vital in helping people to realize, “Hey! I’m not alone,” and “Wow – I didn’t realize I could do that!”

But the home-study courses? For all the treasures that are in them... they just don’t give you all those things we just mentioned.

(And as a side-note, if you ever want to become a Certified Spring Forest Qigong teacher yourself, you would need to take live classes, so there is that benefit to them, too.)

Earlier we said that there were more live classes than ever. As you might guess, so far, we have not resumed holding live, in-person classes – there are still so many concerns about public health right now. So, now we are holding Level One for Health, Level Two for Healing, and Level Three for Advanced Energy Development and Healing online; in the

future, maybe we will hold other classes online, too.

Many people have asked us if all those things that make live in-person classes so special are true of live online classes, too.

The answer?

Yes!

Of course, you don’t get all the hugs you do in a live in-person class, but our students and our teachers alike have been just amazed by how strong the energy has been in the online classes. And if you have already taken a Level Three class, had a distance healing with one of the healers, or joined the monthly Free Global Phone Healing, then you know – with Spring Forest Qigong’s healing energy, there are no limits of time or space.

What did they say in the ‘60s? “Are you... experienced?”

Let us ask you – have you had the live Spring Forest Qigong experience?

Like we said, there are more classes for you than ever, more convenient than ever... and there’s no better time to be making time for your own health and healing than NOW. 氣



ASK MASTER LIN

Q What do you do with all of the negative information that pours in daily through the news and through daily conversations with people?

MASTER LIN: Newspapers and television carry a lot of negative information. However, they also cover good information. I listen to WCCO radio every morning when I'm driving to work or home. They have a segment called "Good Neighbor for the Day." That is good news, so I focus on those things. It's a matter of your focus. First of all, the negativity of the situation is up to how you look at it. For instance, on the news you may see there is a bomb here and there is an accident there. It just reminds you this world is not that peaceful, and you need to send more love to these people. Breathe deeply and know these things are happening every day. That's why this world needs more peace and more love and needs more Qigong. If you think that way, immediately you turn the negative energy into something positive and healing. You send a lot of love and healing. Think of the recent tornado in Carolinas. When you learn of

news like this, just open your heart. Send your love over there to help balance the energy. People focus more on the negative things that they fear deep in their hearts. If you let go of fear and focus on the good things you have, you actually have more protection. You have more security. If you constantly think about those negative things—the fears in your heart—your Qi will attract that kind of energy towards you, and it's not healthy. Focus on the good things and smile, smile, smile.

Q Could you speak of the power of chanting? Why should we do that instead of the Small Universe?

MASTER LIN: First of all, all the meditations, no matter what kind, exercises, movements, the same purpose, to help to move the Qi, to get your health in a good balance, so you can stay happy and healthy. In order to achieve this, there are many different techniques. Chanting, you use the vibration to help to open up the channels. It is very powerful. It can help you to open the third eye. When you chant, you use the vibration to help you to go through, to awaken the messages in every cell in the body. But chanting doesn't work directly with the channels. The

Small Universe works with the governing channel and the Ren channel which are the two most important channels in the body to help you to strengthen the lower dantian and the spine. It can help you to awaken the healing power in your body much faster. When you practice deeper, it can help you to open your third eye to see the skeletons of the body, the structure of the body. It has its very powerful value. So they cannot replace each other. I do chanting and I do Small Universe everyday. That's why I use the Om and Muah in the Small Universe. You have the vibration of the sounds and the focus on the specific energy channels together to help to open up the energy channels to heal the body faster. That's the unique thing of the Small Universe.





Autumn Equinox:

A Time of Celebration and Contemplation

Have you ever noticed that the leaves of autumn turn into the colors of the sun? As you see the life force drawn back into the roots of Mother Nature's creations, so does your vital energy draw inward as you prepare for winter. Your body follows a rhythm that mirrors Mother Nature.

The equinox is the perfect reflection of the Yin and Yang energies and their harmony. The almost equal balance of light and dark allows time for contemplating your life. It is a wonderful time for you to ask yourself, "What is working for me and what is not? How might I create a more perfect balance of Yin and Yang in my world? What is it important for me to change to find greater health and happiness?"

For those in the northern hemisphere, ever since the winter solstice Yang energy had been growing. It peaked at the summer solstice. Now, during the autumn equinox, the Yin and Yang energies move back into balance for a brief moment before Yin energy becomes stronger and stronger.

Now is the time to go deeper into the supporting system of your body (your own Mother Earth) as you prepare for the harvesting of all the ideas and heart's desires you have planted. This is a wonderful time to gather what you have sown in the garden of your life. If there is energy that needs adjusting, this is the time to add to or let go of so you can have the best harvest of your life.

With the energies more balanced, your mind

is clearer and your spirit falls into alignment with the universe. As autumn's powerful Metal energy is getting ready to enter, remember that now is the time to refine, modify, and alter your garden of goals and dreams so you harvest more joy and freedom than ever before. When you do, the Metal energy becomes a great carrier of your messages to the universe. You can be just like a mountain, reaching up to the heavens while also being rooted in the earth.

For those in the southern parts of our planet, the Yang energy is emerging much more strongly now and preparing everything for the vigor and activity of summer. This is the time to act, bringing all the plans and thoughts that you stored up during the winter to their fruition. This is also when you want to move your body, engaging in nature and the life that is springing up around you!

Wherever you are in this Yin-Yang cycle, remember to make time to be in your master's energy and focus on keeping yourself healthy and in balance by honoring your body, mind, and spirit.

I invite those of you who can to join me on Tuesday, September 22nd for this year's Autumn Equinox Meditation, because the energy is so much stronger when we all meditate together.

Love and blessings,

Chunyi Lin 氣

HEALING CIRCLE

WITH HEALING MOVEMENTS

A Healing Circle is an hour-long group session designed to empower you with Qigong. Our Qigong Healer will guide you in practicing Spring Forest Qigong healing movements, followed by a guided healing meditation. While you are deep in the stillness of meditation, our healer will work on removing energy blockages and balance your Qi, sending healing energy to everyone in the circle.

Two weekly sessions on Tuesdays and Thursdays 12:00 - 1:00 p.m. US Central Time



One Month Unlimited Pass

Access to entire month of Healing Circle.

\$69

Three Month Unlimited Pass

Access to entire month of Healing Circle.

\$149



Spring Forest Qigong Healing Movements

Guided Meditation

Master's Skill



Powerful Healing

INSPIRATION FROM MASTER LIN



S.M.I.L.E. means: Start My Internal Love Engine. By smiling you open your connection to the unconditional love in your heart.

THIS IS HOW SPRING FOREST QIGONG CHANGE LIVES.

HEALING STORIES

My name is Sandra. I've been working with Master Gadu since the end of April with great results. I wanted to share a short testimonial about my experience, so here it is!

A friend told me about Spring Forest Qigong at an all-time low in my life. I was suffering from severe food allergies combined with menopausal symptoms and a very high-stress job – I was a mess, both emotionally and physically. I had tried a whole bunch of meditation and exercise techniques, gone to doctors and naturopaths, but nothing seemed to work. I was becoming more and more depressed and hopeless that I would ever get better.

I wasn't sure what to expect during my first healing session with Master Gadu. I was somewhat skeptical of the impact it would have but was desperate enough to try! What could really be accomplished in 20 minutes of silent "distant healing"?!

After the session, Master Gadu told me he detected very low kidney energy and worked on replenishing it. I remember questioning him on his "detections," thinking, "That's nice, but my issue is food allergies – I'm not sure what kidneys have got to do with it." Master Gadu instructed me to start practicing the Five Element Qigong Healing Movements and we scheduled a few consecutive appointments.

Shortly after the first session, I became incredibly tired. So tired, in fact, that I could barely keep my eyes open and went to bed at 7 p.m.

that night. But then, for the first time in a long time, I had a REALLY good night's sleep and woke up refreshed the next morning.

I started doing the healing movements every morning. At first it was hard, with some poses harder to do than others. But for the first time in a very long time, I started to feel more peaceful. I would finish the exercises and fall into meditation without even trying!

My days became more easeful, my usual racing mind became more silent, and with it came a more relaxed attitude towards myself, my body, my issues, my emotions. This attitude slowly turned into more self-love, self-acceptance, acceptance of my situation, acceptance of others. I became more aware of the patterns that were holding me back – my anger, in particular, and my resentment. I became more able to witness my thoughts, which allowed for some deep-rooted behaviors to start shifting. I can only explain it as a deep, deep, deep inner massage where my organs and my mind started to finally breathe, shift, expand – and my energy started to finally move.

Many times during my practice, I would start to cry spontaneously – but it was a "healing cry," like my body was speaking, with me witnessing. And then, a blockage would be gone and I'd feel immense relief and peace. One day I had terrible heartburn, which completely disappeared after my practice. Another day, I had terrible PMS symptoms, which also

Share Your Story and Inspire Your Community!

Do you practice Spring Forest Qigong? Do you have an exciting Spring Forest Qigong healing story to share?

Is your story about your own healing or one you've facilitated? Maybe even more than one? If you have verifying data such as x-rays, medical or lab reports, medical diagnoses, etc., please submit it with your healing story.

We will select the most touching stories and they might show up on our new website, in an upcoming blog . . . or, who knows, it might even end up in Master Chunyi Lin's new book!

Please go to this link to submit your healing story:

<https://www.springforestqigong.com/share-your-story>

disappeared after my practice. My body was talking to me — and I was finally listening! Many times during practice, I feel the joy bubbling inside in recognition!

I've just hit my 100 days of practice. In the last 100 days, my asthma has gone, I sleep through the night, I've started eating and tolerating many more foods, I've learned how to breathe, I have more energy, I laugh more often, I'm more peaceful, I'm more positive about life and – I'm knowledgeable. This knowledge has given me confidence. This confidence has given me peace. This peace is healing me.

HEALING STORIES

My Healing Story

Misa Tsuyoshi, Certified Qigong Instructor

Hello dear Spring Forest Qigong family and friends!

My name is Misa Tsuyoshi. I am a Certified Spring Forest Qigong Instructor. For years, I have loved teaching and sharing Qigong. But this year brought me a new and important role: being a healer in my own home.

Please allow me to share my story.

In January, I almost lost my husband, Masahiro.

He had massive blood clots in his lungs, which caused a cardiac arrest. He had been unwell since December, but had not wanted to go to the doctor. On January 10th, he stayed home from work. I told him I was going to take him to the ER. He said, "NO." I started preparing to take him anyway, when suddenly he said, "Call 911."

While I was talking with the dispatcher, Masa's face turned dark blue. I knew it was serious. The dispatcher asked, "Is he breathing?" NO. I was told to start doing CPR. Luckily, I was trained to perform CPR... I just never thought I would actually need to do it.

Once I started, I had no fear and just did what I needed to do. Then the paramedic team arrived and took over. The police arrived. Our small living room was full of people in uniforms. I could not even see Masa.

At some point, one of the paramedics approached and told me it did not look good. I said Masa would come back – please continue. I called his father in Japan and my sister in France, though. I also left a message for my dear Spring Forest Qigong sister, Rong Li, for help.

Then I used the technique I learned from Master Lin and Master Jaci for keeping someone's spirit in the body in critical moments. Visualizing my hand over Masa's lower dantian and the other hand on top of his head, I said to him, "If this is not your time yet, please stay."

Then the paramedic told me it had been 20 minutes already and I should prepare for the worst. I said, "No, he

will come back. Please continue."

Then I said this out loud to Masa: "You are going to see our son graduate from high school. You are going to see him go off to his dream college." I said, "We will do more fun things together. I have ingredients for your favorite coconut flan – you have to stay to eat it." I said, "I will be a better wife. You just stay here."

"I learned that Masa had massive blood clots in his lungs, which had strained his heart and caused the cardiac arrest"

Five minutes passed and the paramedic said something like, "It has been 25 minutes. He is not back yet, but we see a very slight signal. We will take him to the hospital."

I got my son from school and we went to the waiting room. We prayed, holding our hands together. I told him his dad would come back, and asked him to visualize his father smiling and alive. I did that, too. I do not remember how long we waited.

Then someone came and took us to the ICU. Masa had survived, but there were many tubes in him and he was on a ventilator.



THIS IS HOW SPRING FOREST QIGONG CHANGE LIVES.

HEALING STORIES

I thanked the Universe, my ancestors, my family, and my masters.

I had to cancel my attendance at the upcoming Level Five retreat. Going there had been my dream, but I knew I could not leave Masa for a whole week. I am glad I stayed, because that is when our healing journey began.

I learned that Masa had massive blood clots in his lungs, which had strained his heart and caused the cardiac arrest. The doctors had to work a lot to revive his heart. His oxygen level was so low that he had to receive a blood transfusion.

As soon as I was allowed into Masa's room, I started pressing my fingernails into the tips of his fingers while chanting the Six Word Chant into his ears. When I could not do that, I played the chant from my i-Pod. I kept removing blockages and sending healing energy.

The next day, Masa opened his eyes. When I asked him if he could hear me, he nodded. He whispered for me to take him off the ventilator. The ICU nurse said Masa's quick recovery from near-death to being able to talk was a miracle.

Later, the doctors told me they feared Masa would end up in a vegetative state. Then he had a stroke. I just

kept sending healing energy, chanting, and pressing my fingernails into his fingertips. I also got a lot of help from Master Lin and everyone else at the healing center. They were sending their love and healing energy.

From there, things got dramatic.

Masa started moving restlessly, trying to remove the ventilator. He did not sleep. He kept asking for something to drink. He said he felt hot, even though the ICU room temperature was extremely low.

Doctors and nurses continued to check on Masa and said his recovery was a miracle, yet they did not know how the stroke would affect him in the long term.

"Doctors and nurses continued to check on Masa and said his recovery was a miracle"

When Masa finally moved to a regular room and had most of the tubes taken out, I started giving him Qi~ssage. By then, he was able to understand things that were said to him. I told Masa he had made a miraculous comeback from death and that so many people – our family, his friends, co-workers, and our SFQ family – were sending thoughts, prayers, and healing energy to him. When I added that Master Lin was send his healing energy, too, he cried. He said he was feeling overwhelmingly grateful and would do his part to get well.

I could feel his intention to heal himself was activated.

After this, Masa had many ups and downs (including





a mini heart attack), but in time he was allowed to drink normally again and started eating food with restrictions. Various therapies began.

I was so relieved to see Masa moving from surviving to healing, but I noticed his short-term memory was affected, his legs were very weak, and he could barely move his left leg. Still, every day I gave him Qi~ssage and played games with him to stimulate his brain.

As Masa slowly improved, all his doctors said his survival and recovery was truly miraculous. I had faith in his healing. I kept telling him that he had experienced a miracle and would continue to make miracles happen. I also told him there was a reason he was brought back to life: he had a mission.

Masa stayed in the hospital until mid-March and finally came home just before everything shut down due to Covid-19. And since now no in-person therapies were available, we started doing things at home every day: Spring Forest Qigong, tai chi, physical training, and games. This (on top of taking care of everything else in my family's life) became my full-time job.

Masa started to love Qigong.

Before all this, he had been curious about Qigong and did practice occasionally when I invited him to, but he never seemed enthusiastic. Now he asks me to teach and practice Qigong with him every day, morning and evening. He started reading *Born a Healer* and other

books he had never had time to read. He even said he would love to visit Minnesota to meet Master Lin and the rest of the Spring Forest Qigong family himself.

The strange thing is, I feel Masa had unknowingly prepared me to be his helper.

He was always supportive about my learning Qigong and other things I wanted to pursue. He encouraged me to attend training and seminars in Minnesota and was so happy when I became a Certified SFQ Professional. I could not have done all that without his support.

So, I told Masa that all his support had come back to help him – now he had a Certified Spring Forest Qigong Healer, Trainer, and Instructor living with him! Not only that, but a certified personal trainer and tai chi instructor who is certified to perform CPR.

I feel we have been guided by the Universe.

Masa is a Japanese man. He thinks people simply do things for each other and that these things do not need to be said, recognized, or overly thanked. But recently, he has started to express gratitude very naturally. One day he even said, "You have saved my life. Thank you."

Of course, he still has big challenges every day. He gets anxious and frustrated because the healing seems to be slower than he wants. But he has been improving. I always remind Masa that he was able to

come back from near-death. I tell him I am sure he came back because the Universe has a purpose for him.

Now he can walk quite a distance in the park with the help of the walker. He can fold laundry and do the dishes. His short-term memory is improving little by little. He is feeling joy and gratitude. I believe he will become the best version of himself, living just as his "blueprint" was created. Nothing less. And I believe my job is to support him, which will help me to be a better human and healer.

I am forever grateful for Master Lin for creating, sharing, and allowing me to learn Spring Forest Qigong so that I can help others. I cannot thank my Spring Forest Qigong family enough – the masters, staff, brothers, and sisters – for the support and help.

I have learned a lot about my husband and myself. Although we did not choose or want his illness, I am grateful that it gave us the opportunity to live our lives together consciously.

Our healing journey continues.



Misa Tsuyoshi
Certified Qigong Instructor

QI~TALK

AT THE OPEN COMMUNITY MEETING



SPRING FOREST QIGONG

Moving of Yin and Yang Explained

Join Debra on Saturday, September 12 at 9am CST, as she explains the ins and outs of the legendary Spring Forest Qigong healing movements, Moving of Yin and Yang.

If you practice Spring Forest Qigong, you know "Moving of Yin and Yang". It is one of the most recognized SFQ movements.

You know Spring Forest Qigong healing movements are designed for healing, but why this movement is so powerful that it becomes the most recommended movement by all SFQ healers? What is the reason that Master Lin include this time-tested healing movement in his Qigong course?

The secret reveals in this free Qi-Talk session.



MISSION OF SPRING FOREST QIGONG

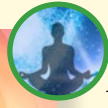
Give people the knowledge and tools to experience that every one of us is born a healer with a natural ability to help ourselves and others to heal.

Debra Lin, CEO of Spring Forest Qigong

Saturday, September 12, 2020
9:00 am CST

FREE LIVE ONLINE

FOR DIVINE CONNECTION MEMBERS



HEALING CONNECTION

with Master Chunyi Lin

SEPTEMBER 2020:

QIGONG AND SEXUALITY

Qigong says, everything is energy, and there is no good energy or bad energy – energy is just energy! Energy is also always transforming. So the question for us (who do Qigong and who are concerned with how energy can help us with our healing and spiritual goals) is: how can we understand, use, and transform the energy available to us to support those goals?

You know that. You do Qigong.

But did you know that one of the most powerful energies available to us, both for healing and spiritual growth, is our sexual energy? We all know the power of that urge; what we may not know is, Qigong practitioners have combined their understanding of energy and its transformation with their understanding of sexuality and the human body to cultivate happiness, longevity, and even high spiritual development. It's true! And in this month's Healing Connection, Master Lin will explain how.

September 1 - Sex as a Qigong Practice
September 8 - How to Support Kidney Energy after Sex
September 15 - Qigong for Enhanced Sexuality
September 29 - Qigong, Sexuality, Spiritual Development

Join the only community call where Qigong Master Chunyi Lin personally imparts his invaluable wisdom, guides you into a powerful meditation, and answers your deepest questions.

Once a week (4 times a month), the hour-long Healing Connection will reach into your life providing enrichment, healing energy, and knowledge for everyday use.

Participants regularly call this program "LIFE CHANGING".



SPRING FOREST
QIGONG

MEMBERSHIPS



VITALITY

FREE



HEART
WISDOM

\$20/MONTH



DEEP
TRANSFORMA-
TION

\$64/MONTH



DIVINE
CONNECTION

\$149/MONTH



Live Healing Sessions with Master Jaci Gran and Master Gadu Schmitz
 Remove Energy Blockages, Feel Cleansed, Energized, and Joyful
 September 14, & 28 – Master Jaci
 September 7 & 21 – Master Gadu



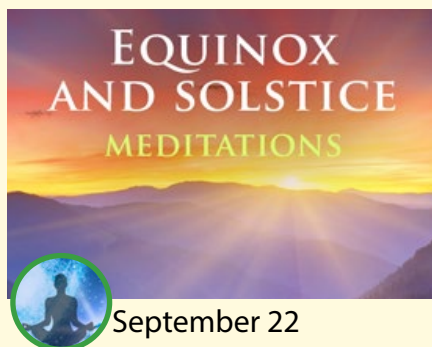
with Master Glenn Tobey and Advanced Qigong Practitioners
 September 24 – Nancy Havera, Certified Qigong Trainer
 Streaming Live Talk



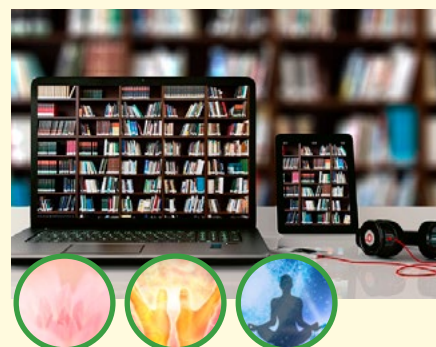
Live Distance Healing Access by Phone or Internet
 September 20 at 10:00 AM U.S. CENTRAL TIME



Current Month
 Qi~Talk Video Recording



September 22
 Equinox and Solstice Meditations with
 Master Chunyi Lin



Complete Library of All Qi~Talk Video
 Recordings & Newsletters


 SPRING FOREST
 QIGONG
MEMBERSHIPS



FREE



\$20/MONTH



\$64/MONTH



\$149/MONTH

Master Lin's Oyster Mushroom Stir Fry

BENEFITS:

Good for your kidneys, your pancreas, and for moving of energy. When we come to this transition to winter season it's important to pay more attention to kidney energy and this dish is great for kidney energy.

Very good for the season, for moving the energy, for earth energy, and for your pancreas and kidneys. This dish already has five colors of foods and is very balanced food energy.

Serves: 4

INGREDIENTS:

2 Oyster Mushrooms

1 Cup Wood Ear Mushrooms, soak in cold water for 2 hours, then cut into ½ inch size pieces

8 spears of asparagus

2 medium sized tomatoes

1 yellow pepper

2 medium sized potatoes (red is better)

A few pieces of garlic, chopped

2 TBS of ginger root

1 TBS of coconut oil

2 TBS of olive oil

1 TBS soy sauce

½ TBS cornstarch

Sea Salt to taste

PREPARATION:

1. Cut Oyster mushrooms – slice into fine pieces
2. Cut each spear of asparagus into 3 pieces
3. Cut each tomato into 8 pieces
4. Wash and core yellow pepper and slice into pieces about size of the asparagus.
5. Potatoes – don't peel, just wash clean and cut into same size pieces as asparagus.
6. Mix cornstarch with a little water

DIRECTIONS:

1. Heat pan add coconut oil.
2. Add garlic and ginger root, stir fry for about 30 seconds.
3. Then, add all the vegetables.
4. Add cornstarch mix.
5. Add ½ cup of water.
6. Cover and cook for about 3 minutes.
7. Add olive oil and sea salt to taste.

8. Remove from heat and add 1 TBS of soy sauce to taste.

*People who like chicken can add chicken breast. Slice chicken breast into pieces.

Mix corn starch with a little water as you did before and add to sliced chicken.

1. Remove vegetables from pan and clean the pan.
2. Place clean pan on heat and add coconut oil.
3. Add garlic and ginger root same as you did before, then stir fry garlic and ginger root for 30 seconds.
4. Then add the chicken and stir fry for 3 to 5 minutes, time depends on how hot the pan is.
5. Then add soy sauce if you want
6. Then add sea salt to taste
7. Put a teaspoon of sesame oil into pan and mix together, turn the heat off and put chicken on top of vegetables.
8. Garnish with green onion or cilantro



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LEVEL 3 | SEPT 14 | 5 SESSIONS



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LEVEL 3 | SEPT 19 | 3 SESSIONS



MASTER JACI GRAN



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
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ONLINE VIA ZOOM

LEVEL 1 | SEPT 21 | 4 SESSIONS



PAT SHEVELAND



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 2 | SEPT 22 | 4 SESSIONS



NISHA MITTAL



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | OCT 1ST | 4 SESSIONS



RONG LI



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ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

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LEVEL 1 | OCT 2 | 1-DAY SESSION



MASTER MARCELLE VISSER



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | OCT 2 | 3 SESSIONS



SUE CRITES



LEVEL 3 QIGONG FOR ADVANCED
ENERGY DEVELOPMENT AND
HEALING

ONLINE VIA ZOOM

LEVEL 2 | OCT 3 | 2-DAY SESSIONS



MASTER MARCELLE VISSER



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 1 | OCT 9 | 3 SESSIONS



MASTER JACI GRAN



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 1 | OCT 14 | 4 SESSIONS



CAROLYNNE MELNYK



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 2 | OCT 17 | 4 SESSIONS



MASTER MUNIRA JIWA



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

UPCOMING TRAINING CLASSES

FIND LIVE QIGONG TRAINING CLASSES NEAR YOU OR ONLINE
WITH A SFQ CERTIFIED TEACHER

LEVEL 2 | OCT 21 | 4 SESSIONS



SUE CRITES



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 2 | OCT 23 | 4 SESSIONS



MASTER GADU DOUSHIN



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 2 | OCT 23 | 3 SESSIONS



MASTER JERRY WELLIK



LEVEL 2 QIGONG FOR HEALING
ONLINE VIA ZOOM

LEVEL 3 | OCT 23 | 5 SESSIONS



NISHA MITTAL



LEVEL 3 QIGONG FOR ADVANCED HEAL-
ING
ONLINE VIA ZOOM

LEVEL 1 | OCT 24 | 4 SESSIONS



LORRIE FORMELLA



LEVEL 1 QIGONG FOR HEALTH
ONLINE VIA ZOOM

LEVEL 3 | OCT 24 | 2-DAY SESSIONS



MASTER MARCELLE VISSER



LEVEL 3 QIGONG FOR ADVANCED HEAL-
ING
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FOR QIGONG TRAINING CLASSES BEYOND OCTOBER

COMMUNITY EVENTS

UPCOMING LIVE OR ONLINE QIGONG COMMUNITY EVENTS



MASTER
CHUNYI LIN

SEPTEMBER 10
7:30PM US CENTRAL TIME



DEBRA LIN

SEPTEMBER 12
9AM US CENTRAL TIME

LIVE STREAMING ON:
SFQ WEBSITE
FACEBOOK
YOUTUBE

NEW
LIVE VIDEO
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MASTER
JACI GRAN

SEPTEMBER 13

GLOBAL HEALING FOR
ANIMALS

ONLINE OR BY PHONE



MASTER
JACI GRAN

SEPTEMBER 20

GLOBAL PHONE HEALING

ONLINE OR BY PHONE



MASTER
KATRINA TOBEY

OCTOBER 3
9AM US CENTRAL TIME

LIVE STREAMING ON:
SFQ WEBSITE
FACEBOOK
YOUTUBE

NEW
LIVE VIDEO
STREAM



MASTER
JACI GRAN

OCTOBER 18
GLOBAL PHONE HEALING

ONLINE OR BY PHONE