

## LING YUAN VERBAL INSTRUCTIONS

*words in () are not spoken*

### PRACTICE OF LING YUAN

#### (Preparation)

Ling Yuan is the method for changing patterns through the communion and dialogue between Xin and Shen.

Let's start with the preparation.

Relax your body as much as you can. Look straightforward and slowly draw the vision back. Gently close your eyes. You feel very relaxed, calm and natural.

Now use the Six Verses to adjust Shen. Use your heart to build and feel this nourishing Qifield.

*Awareness inside the body, feel the emptiness and spaciousness within.*

*Expand this awareness out, becoming one with the universe.*

*Draw the awareness back to the body, calm and peaceful.*

*Open to the universe with utmost Gongjing.*

*Let the bright universe nurture the heart with compassion and love.*

*Feel relaxed, free and joyful, Qi flowing harmoniously and smoothly.*

Feel the unification within. Feel the love and support of the Qifield. Feel your connection with the universe. Feel the peacefulness and serenity.

Now follow the Kaixin Verse with utmost sincerity in your heart.

*Heaven, Earth and Human are all teachers with infinite wisdom;*

*I open my Xin Men to trust and love them unconditionally;*

## L I N G Y U A N - V E R B A L I N S T R U C T I O N S

*With gratitude in my heart, I receive the bright light of their love and wisdom and unify with it;*

*My Shen, Yi and Xin are fully aligned with the light of Dao;*

*With Gongjing, realization and wisdom are arising;*

*I am one with the light of the wisdom of the universe.*

Feel your heart. Feel the unification between your Xin and Shen. Your Xin and Shen are completely immersed in this wonderful communion and are ready for an open and sincere dialogue. Go deep inside yourself and feel the indescribable vitality, creativity and desire to change yourself and grow. You are ready.

### **(Practice)**

With utmost trust, gently surrender your Xin to your Shen, your True Self. Your Xin will begin to query your True Self. Your True Self, with its infinite wisdom, is going to exercise all the freedom it has to respond. Your Xin is now completely open to your True Self and to what your True Self will reveal.

Your Xin is now asking your True Self:

### **(Repeat each question twice)**

1. Can you recognize the pattern? (1 min)
2. How does the pattern manifest in your life? (2 min)
3. What are the causes of the formation and development of the pattern? (3 min)
4. What are the reasons for the existence of the pattern? (2 min)
5. What are the negative effects of the pattern? (4 min)
6. Can you determine your intention as to what to do with the pattern? (1 min)
7. What is the new replacement pattern? (5 min)
8. Your Shen is now inviting your Xin to affirm and accept the new pattern with Five Xin – with trust, with openness, with love, with gratitude, with Gongjing. (long gap after each Xin quality) Together they embrace and welcome the new pattern into your life. (2 min)

**(Ending)**

Pay attention to the changes in your Xin and Shen. Feel the wonderful information around you. Open your arms and slowly draw the information back to your heart. Place your hands on your heart. Store the information in your Xin and Shen so the positive change will continue, making your life better and brighter. Once again open your arms and draw Qi back to Lower Dantian. Place your hands on Lower Dantian. Quietly nourish Qi.

When you are ready, gently open your eyes.

**(End of practice)**