

## THE KAIXIN VERSE

**KAI – opening    XIN – the heart**

Heaven, Earth and Human are all teachers with infinite wisdom.

I open my Xinmen to trust and love them unconditionally.

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.

The six sentence Kaixin Verse is a *Xin Fa* (internal method) that can help us open the door of the heart (*Xinmen*). When Xinmen is open, the five essential qualities of the heart (*Wu Xin*) will be fully present constantly. These qualities are - trust, openness, love, gratitude and Gongjing (true respect).

As the Kaixin Verse is for changing your heart and Shen (True Self), it is very useful for life cultivation and can be used anytime as a practical way of applying the heart qualities in everyday life.

The Kaixin Verse is used in the preparation for the practice of Shang Yuan, Tong Yuan and Ling Yuan - the sixth, seventh and eighth methods of Yuan Gong, and it can also be used before any Yuan Gong method to increase the depth of the practice

## HOW TO APPLY THE KAIXIN VERSE

The best way to learn the verse is to practice it with a sincere heart. In Chinese, sincere consists of two words:

- 1) **Zhen** - true
- 2) **Cheng** – sincerity, no hiding, no reservation, no barrier

This is the state we should be in for the power of the Kaixin verse to manifest.

- 1. Heaven, Earth and Human are all teachers with infinite wisdom.**
- 2. I open my Xinmen to trust and love them unconditionally.**

Be completely open and have unconditional trust and love to heaven, Earth and humans.

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

With deep gratitude, wholeheartedly receive and embrace the light that comes from the unconditional love, trust and infinite wisdom of heaven, Earth and humans. Be fully open to this light and really feel and be moved by it as you receive and unify with it.

- 4. My Shen, Yi and Xin are fully aligned with the light of Dao.**

The light of Dao represents the upright path - going with the Dao of the universe, the Dao of nature. One way the right path manifests is bright light, so unify your Shen (True Self), Yi (consciousness) and Xin (heart) with this bright light of the universe.

- 5. With Gongjing, realization and wisdom are arising.**

The presence of Gongjing serves as a strong foundation for realization and wisdom to manifest.

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

You are completely one with the light and wisdom of the universe - there is no distinction between you and the universe.