

## PRACTICE OF TONG YUAN

### FIRST STAGE COMBINED

#### TRUST

This guided meditation is to help you connect with your heart and direct you to the areas where you can manifest trust in life. Listen and feel with your heart.

#### (PREPARATION)

Now let's get ready for the practice.

Gently close your eyes. Adjust your body and posture so you can relax comfortably. Relax the whole body. Relax from head to toe. Relax from inside out.

Now use the Six Verses to build a nourishing Qifield and get into a good state for your practice.

*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 reverence and 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 calmness and harmony within. Feel your connection with the universe and the love and support from the Qifield.

Now experience the Kaixin Verse with your open heart.

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

## T O N G Y U A N - F I R S T S T A G E C O M B I N E D

*I open my Xin Men 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.*

Feel your heart. Feel the indescribable vitality and creativity there. Feel what it is to be totally unified with everything. Tell yourself: I am ready. I am ready to welcome a different "me" every day.

### **(MAIN PRACTICE)**

You are ready to open your heart and cultivate trust.

Enjoy the vast space and beautiful bright light in your heart. In this space, you feel very safe and relaxed. You feel calm.

Your heart is opening up. It is vibrant and bright like a flower in full bloom. It is ready to receive trust. Imagine how inspired and empowered you are when you are trusted. Your creativity is being activated. Feel the strength and confidence coming from deep within. Feel your heart being nourished. Feel the wonderful sense of wellbeing. Feel the harmony within.

Your heart holds the power of trust as well. Feel your heart in this present moment. You no longer need to be controlled by the past. Those experiences have served their purpose. You have grown. Trust has never been lost. You do not need to control the future. With trust in your heart, you feel a deep sense of assurance and ease. You feel relaxed. Let your heart take charge. Now you are free.

Your heart is nourished by trust. With trust in your heart, you feel completely safe to connect. You feel energised and full of life. Feel your deep connection with yourself.

Connect with your body. Feel unconditional trust in your body and Qi. Feel the nourishment your body and Qi have received from your heart. Feel how they are inspired and invigorated by your trust. The power and creativity of your body and Qi are activated. They aspire to keep you healthy and support your growth.

Connect with your Shen. Feel unconditional trust in your Shen. With this trust, your heart can access the boundless wisdom of your Shen. Trust that this wisdom will help you overcome challenges and live a happy and fulfilling life. Trust can manifest your infinite potential at any time. Trust in your ability to develop realization and wisdom.

Feel your trust in the members of your family. Trust is the bridge connecting your heart with their hearts. Notice how encouraged and touched they are by your trust. What an opportunity for growth for all. Feel the sweetness and warmth that love bestows upon them. You choose to trust despite knowing that no one is perfect. What a meaningful choice. Feel how wonderful it is to take the initiative to trust. Feel the connection that trust has built between you and them.

Connect your heart with humanity. Feel your trust in humanity, in the goodness and beauty of human nature. Feel how different the world is when you start looking at the world with trust. How beautiful the world has become! Go deep into your heart. Access the inexhaustible trust there. Feel how amazing it is that you can share it with the whole world! The world needs more trust. Feel the power you hold to move the world forward.

Connect your heart with the universe. Feel pure trust in the universe. You are unified with it. Allow its infinite wisdom to reside in your heart. Feel the powerful Qifield around you. Feel its nourishment and support. Trust that the wisdom of the universe will guide you forward and will always be there for you.

Feel the present moment. Feel the choice you have in this moment to access the trust in your heart. Trust is growing stronger and stronger in your heart. Your heart is now shining bright and is uplifted because of trust.

### **(ENDING)**

Focus on the changes inside your heart. Feel the Qifield, the uplifting Qi and information of trust in the Qifield. Open your arms, open out, draw the precious Qi and information back to your heart. Let trust continue to grow inside you and make your life better and brighter. Open your arms again and draw Qi back to Lower Dantian. Quietly nourish Qi.

When you are ready, you can gently open your eyes.

## OPENNESS

This guided meditation is to help you connect with your heart and direct you to the areas where you can manifest openness in life. Listen and feel with your heart.

### (PREPARATION)

Now let's get ready for the practice.

Gently close your eyes. Adjust your body and posture so you can relax comfortably. Relax the whole body. Relax from head to toe. Relax from inside out.

Now use the Six Verses to build a nourishing Qifield and get into a good state for your practice.

*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 reverence and 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 calmness and harmony within. Feel your connection with the universe and the love and support from the Qifield.

Now experience the Kaixin Verse with your open heart.

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

*I open my Xin Men 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.*

Feel your heart. Feel the indescribable vitality and creativity there. Feel what it is to be totally unified with everything. Tell yourself: I am ready. I am ready to welcome a different "me" every day.

### **(MAIN PRACTICE)**

You are ready to cultivate openness.

Your heart is completely at peace. It is shining bright. Expand this bright light. Let it radiate from your chest out to your body, to all the people around you, and the universe. Feel the openness inside your chest and relish the total ease and freedom. Everything lights up as your heart expands.

Imagine how wonderful life will be when your heart stays open. Endless opportunities await. You learn more about yourself and about life. You feel more confident and positive, and are successful in everything you strive to achieve. You are able to touch the hearts of many people and connect with them. Imagine the intimacy and peace we will all enjoy in a world where everyone's heart is open.

Continue to explore the essence of openness with your heart. Open your heart and allow your Xin Ling to be free and natural. Connect with the wonderful Qifield that is always there to support you. It nourishes you and keeps you strong. Connect with the universe so its infinite wisdom can continue to open your heart.

You are eager to open your heart. Deep down, everyone is eager to open their heart. The world needs more open hearts.

Choose to first open your heart to yourself.

Open your heart to your body, your Qi, your consciousness and your Shen. Whole-heartedly accept and embrace all of them. It is safe to be open and honest with yourself. It is no longer daunting to identify things that need to change. Accept yourself unconditionally with love. Feel at peace with yourself.

Open your heart to your family and friends. Accept them for who they are. Listen to them without judgement. Open your heart to feel their hearts, their pain, their sorrow, their joy. Touch their hearts with your heart. Open your heart to the opportunity to learn and grow.

Open your heart to everyone. They are part of the human family. Share your inner peace with the world. Always look at the bright side

of everything. Let your open heart make the world brighter. Open your heart to the universe. Your heart is as expansive as the universe. Feel your determination to take good care of your heart, to keep it whole and open. Whenever your heart shows signs of closing, you are ready to nurture openness and give it strength. And the day will come that your heart will never close again.

**(ENDING)**

Focus on the changes inside your heart. Feel the Qifield, the uplifting Qi and information of openness in the Qifield. Open your arms, open out, draw the precious Qi and information back to your heart. Let openness continue to grow inside you and make your life better and brighter. Open your arms again and draw Qi back to Lower Dantian. Quietly nourish Qi.

When you are ready, you can gently open your eyes.

## LOVE

This guided meditation is to help you connect with your heart and direct you to the areas where you can manifest love in life. Listen and feel with your heart.

### (PREPARATION)

Now let's get ready for the practice.

Gently close your eyes. Adjust your body and posture so you can relax comfortably. Relax the whole body. Relax from head to toe. Relax from inside out.

Now use the Six Verses to build a nourishing Qifield and get into a good state for your practice.

*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 reverence and 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 calmness and harmony within. Feel your connection with the universe and the love and support from the Qifield.

Now experience the Kaixin Verse with your open heart.

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

*I open my Xin Men 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.*

Feel your heart. Feel the indescribable vitality and creativity there. Feel what it is to be totally unified with everything. Tell yourself: I am ready. I am ready to welcome a different "me" every day.

### **(MAIN PRACTICE)**

You are ready to open your heart and cultivate love.

Love is the sunshine in the depths of winter. It is the first breath of spring in the desert. It can warm a frozen heart. Love is the lighthouse that guides a lost boat back to a safe harbour. Love is the rainbow in the sky. It lifts the spirits of the disheartened. Love has such immense magical power; it can create miracles.

Your heart is the source of endless love, always shining its light. Feel love in your heart. Love is food for your heart. Your heart needs love to stay alive and healthy.

Love is natural. It's your right to love infinitely, and to delight in the love you receive. Your life is the embodiment of love. Love is expressed through every word you say and everything you do.

Love is an uplifting power. True love always leads to positive change. Is your love leading to more happiness and freedom, to a stronger sense of wellbeing and growth?

The best place to start is with yourself. Feel unconditional love for yourself. Your life is the creation of the all-encompassing love of the universe. It's a miracle. Feel full acceptance of yourself. You deserve all of your love, no matter what. No one needs to be perfect to be loved.

Feel your love for your body. Every cell in your body needs your love. Since the beginning of this life, your body has worked unceasingly for you. It has made it possible for you to experience life, to hear, smell, taste, and feel, and to enjoy. Your body allows your life to become a great opportunity to learn and grow.

Feel your love for every part of your body, in sickness and in health, when you feel happy and when you feel sad. Your body is perfect as it is. There is nothing to complain about. All it needs is your love.

Feel love for your Qi, your life force. It keeps you alive and healthy. It nourishes your body and your Shen so they can function properly.



Feel love for your Shen, the real you. With love in your heart, you are closer to your Shen. Its wisdom will manifest and guide you to develop your potential and uplift yourself.

Together, your body, Qi and Shen have given you an amazing life and deserve all your love. Every part of your life feels and responds positively to your love. **True love always leads to positive change.**

Feel your love for your family and friends. Feel the joy, fondness and connection. Feel the softness and kindness of your heart. Send your unconditional good wishes to them. You know they love you dearly. Feel love for everyone you encounter each day. A friendly look or a smile on your face can convey love and warm their hearts. Feel the beauty in their hearts. How amazing that these feelings appear so naturally. Your heart is the source of love.

Feel your love for every one of mother nature's gifts: the beautiful sunshine softly filtering through the leaves, the scent of flowers wafting on a breeze, the river carrying pristine water down the hill, and the many lives flourishing in the forests. All are miracles of mother nature's love. You, too, are part of nature. Loving nature means loving yourself. Feel your connection with each and every part of this totality.

Feel your strong desire to explore love – you are ready to devote your life to it. Love is life itself. Everyone needs love. The world needs love. Every bit of your love adds to the love in the world. Love brightens the world and makes it a better place. You are fully committed to loving yourself and loving the world.

Your heart is filled with love. You feel complete. You feel free, like a bird flying without a care in the sky. The love in your heart is growing stronger. Your heart is radiating with love.

### **(ENDING)**

Focus on the changes inside your heart. Feel the Qifield, the uplifting Qi and information of love in the Qifield. Open your arms, open out, draw the precious Qi and information back to your heart. Let love continue to grow inside you and make your life better and brighter. Open your arms again and draw Qi back to Lower Dantian. Quietly nourish Qi.

When you are ready, you can gently open your eyes.

## GRATITUDE

This guided meditation is to help you connect with your heart and direct you to the areas where you can manifest gratitude in life. Listen and feel with your heart.

### (PREPARATION)

Now let's get ready for the practice.

Gently close your eyes. Adjust your body and posture so you can relax comfortably. Relax the whole body. Relax from head to toe. Relax from inside out.

Now use the Six Verses to build a nourishing Qifield and get into a good state for your practice.

*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 reverence and 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 calmness and harmony within. Feel your connection with the universe and the love and support from the Qifield.

Now experience the Kaixin Verse with your open heart.

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

*I open my Xin Men 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.*

Feel your heart. Feel the indescribable vitality and creativity there. Feel what it is to be totally unified with everything. Tell yourself: I am ready. I am ready to welcome a different "me" every day.

### **(MAIN PRACTICE)**

You are ready to open your heart and cultivate gratitude.

Think of the moment you receive a gift. Feel your heart being touched. It feels warm and full. Feel your heart singing with joy. Feel how your life is nourished by the gift. Feel the love and support you have received. You feel valued. Feel the heart of the giver, kind, generous and loving. Every moment you enjoy the gift, the giver is in your heart. Feel the enrichment and harmony that gratitude brings.

Feel your desire to be grateful no matter what. Whether you own a little or a lot, whether life is easy or difficult, gratitude opens the opportunity to create a vibrant and inspirational life.

Feel how soft and pure your heart is. With gratitude in your heart, you see people in a different light. Resentments dissolve, hatred transforms into love, indifference into care and kindness, and relationships are restored. Gratitude can truly work magic.

Feel contentment in your heart. With gratitude in your heart, there is no desire for more. Your heart cherishes the abundance you have. In return, you naturally have the desire to give.

Gratitude starts with yourself. Feel gratitude for all the elements of your life, your body, Qi and Shen. They come together to create a complete life. They offer you the chance to live a happy and healthy life. Feel gratitude for the opportunity to grow, to develop realization and wisdom.

Feel gratitude to your parents. They brought you into this world and raised you with all the love and care they could. Without them, you would not be the person you are. Feel grateful for what they have given you.

Feel gratitude for your family and friends. Cherish their love, care, support and presence. They enrich your life and enable you to experience how wonderful life is. You feel loved and valued. Allow yourself to release any unpleasant memories and focus on

strengthening these relationships. Your gratitude for them is always in your heart.

Feel gratitude to those who have lent a helping hand. Thank them for relieving your hardships. Feel gratitude for the guidance you received. They carried you forward when you were stuck. With their love and support, you have overcome challenges and taken up your life anew. Feel gratitude for what they have done. In return, dedicate your sincere-intention to contribute to humanity.

Feel gratitude for the whole human family. Together, we have achieved a great deal. Feel gratitude for the progress we have made together.

Feel gratitude for everything in your daily life. Include the house you live in, all its amenities, and everything that provides you with comfort, ease, and serenity. Your heart is filled with appreciation, nothing is taken for granted.

Feel your gratitude for Mother Nature. Her selfless love and generosity created the human species and has been nurturing it ever since. Feel gratitude for Mother Nature's many gifts. The air, water and food that sustain your life. The light and warmth of the sun that uplifts you; the blue sky and the sense of freedom it awakens in you; the wide open plains that inspire you to be open and all-embracing, the expansiveness of the oceans and the humility and awe you feel in the abundance of life. Feel your gratitude for all the species Mother Nature has created; the rich flora and the vast array of animals – her magical ecosystem. Nothing would exist without her unconditional love and wisdom.

Feel gratitude for all the wonderful experiences you have had in life. They bring so much joy and happiness to your life. Feel gratitude for all the challenges you have had in life. They provided you with the opportunity to learn and grow.

Feel how grateful you are to wake up in the morning. You are given another day to live and enjoy life. You are able to do things that make life meaningful. With an open and grateful heart, you welcome and embrace whatever life offers.

Gratitude is growing stronger and stronger in your heart.

**(ENDING)**

Focus on the changes inside your heart. Feel the Qifield, the uplifting Qi and information of gratitude in the Qifield. Open your arms, open out, draw the precious Qi and information back to your heart. Let gratitude continue to grow inside you and make your life better and brighter. Open your arms again and draw Qi back to Lower Dantian. Quietly nourish Qi.

When you are ready, you can gently open your eyes.

## GONGJING

This guided meditation is to help you connect with your heart and direct you to the areas where you can manifest gongjing in life. Listen and feel with your heart.

### (PREPARATION)

Now let's get ready for the practice.

Gently close your eyes. Adjust your body and posture so you can relax comfortably. Relax the whole body. Relax from head to toe. Relax from inside out.

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Feel your heart. Feel the indescribable vitality and creativity there. Feel what it is to be totally unified with everything. Tell yourself: I am ready. I am ready to welcome a different "me" every day.

**(MAIN PRACTICE)**

You are ready to open your heart and cultivate gongjing.

Feel the unification with the universe. From your innermost being, feel your connection with the totality, with everything. Your heart is completely open. Feel trust, love and gratitude in your heart. Everything is so precious. You feel humbled to be part of the totality. Feel true respect arising from deep inside your heart.

Feel true respect for yourself. Go deep into your heart and feel how precious your life is. The whole of your life deserves your utmost respect. Feel deep respect for your body. Feel deep respect for your Qi. Feel deep respect for your Shen. They are all the amazing creations of the universe. Feel true respect for your heart. Go deep inside to connect with your heart's beautiful light. You are always ready to listen to its wisdom.

Feel deep respect for the infinite potential of your life. Feel respect for your right to live a healthy, happy and fulfilling life. Feel pure intention to treasure and honour this right. What a joy to take good care of your life and grow. Embrace your life fully and make the most of it. YOU make your life rich and meaningful.

Being treated with respect is a basic human need. Feel true respect for other people. Your respect helps to build a healthy and harmonious relationship with them. Feel true respect for your family, for who they are. Feel your heart-to-heart connection with them. You are ready to listen to them with your heart. Feel respect for their choices and decisions.

Feel true respect for humanity. Everyone has a true heart and true self. Every life is equally valuable. Each member in this big family is unique and different. Feel respect for the differences. Feel respect for everyone's right to make their own decisions and choices.

Feel trust, openness, love, gratitude, and true respect. With these qualities in your heart, it is only natural to behave in a courteous and considerate manner. Let true respect come through your actions and speech.

Feel true respect for people who don't meet with your expectations. Instead of being judgmental, you are moved to be understanding. Feel empathy and willingness to engage with others, especially when they need support. Feel your commitment to keeping your word and delivering on your promises as a way of showing respect for others.

Feel true respect for different ideas. Do you feel challenged by different views? Do you tend to think others' ideas are not as good as yours? Feel respect for different perspectives and the willingness to revise your own. What a way to grow and build constructive relationships!

Feel respect for every living being in nature. Every life deserves respect. All lives are part of the totality, including your own. Respecting the lives of others is respecting your own life.

Feel your true respect for Mother Earth, for her power and wisdom. Feel your genuine intention to understand how she works and what she needs in order to heal. Feel your desire to live in harmony with Mother Earth.

Feel true respect for the universe. You are in awe of its love and wisdom, which gives birth to everything in the universe. This is where you come from and where you belong. You are a part of this totality, and respecting the universe is respecting yourself.

True respect is growing stronger and stronger in your heart.

### **(ENDING)**

Focus on the changes inside your heart. Feel the Qifield, the uplifting Qi and information of gongjing in the Qifield. Open your arms, open out, draw the precious Qi and information back to your heart. Let gongjing continue to grow inside you and make your life better and brighter. Open your arms again and draw Qi back to Lower Dantian. Quietly nourish Qi.

When you are ready, you can gently open your eyes.