

# The Essence of Life

By Li Jun Feng

In this world, no matter what religion you follow, what race you are, what culture you come from, or what beliefs you hold, health and happiness are very important. In general, health and happiness are the essence of life.

But, how can a person have a life full of health and happiness? This is the most important question. In our world today, information changes and grows very fast. Science and technology advance. Transportation becomes more and more convenient. On the surface this looks very good for life, but this also can cause problems and create a crisis. Because people are very busy, each person becomes like a machine. The mind is always busy working, running, always in action. The outside world occupies our inner minds. Each person gradually becomes like an empty shell which cannot integrate our physical body, mind, heart and spirit. The Qi in our body and the Qi in nature cannot exchange very well. When this exchange is not good our bodies, our inner minds and emotions develop problems.

Emotional problems are the main cause of physical disease because emotions can affect the quality of Qi in our bodies, either from murky or pure Qi. Emotional problems are usually more difficult to cure than a purely physical one.

Now people need Qigong. Everybody needs to practice Qigong. What is Qigong? Qigong is the exchange of Qi between people and the Universe. Real Qigong is good for both physical and emotional health.

Why is Qigong good for physical health? Qigong movements can stimulate Qi to flow in our body, to help the exchange of Qi become better between us and the Universe. Traditional Chinese medicine believes Qi is the commander

of blood. When Qi flow becomes better and the blood circulation becomes better, of course you become healthier.

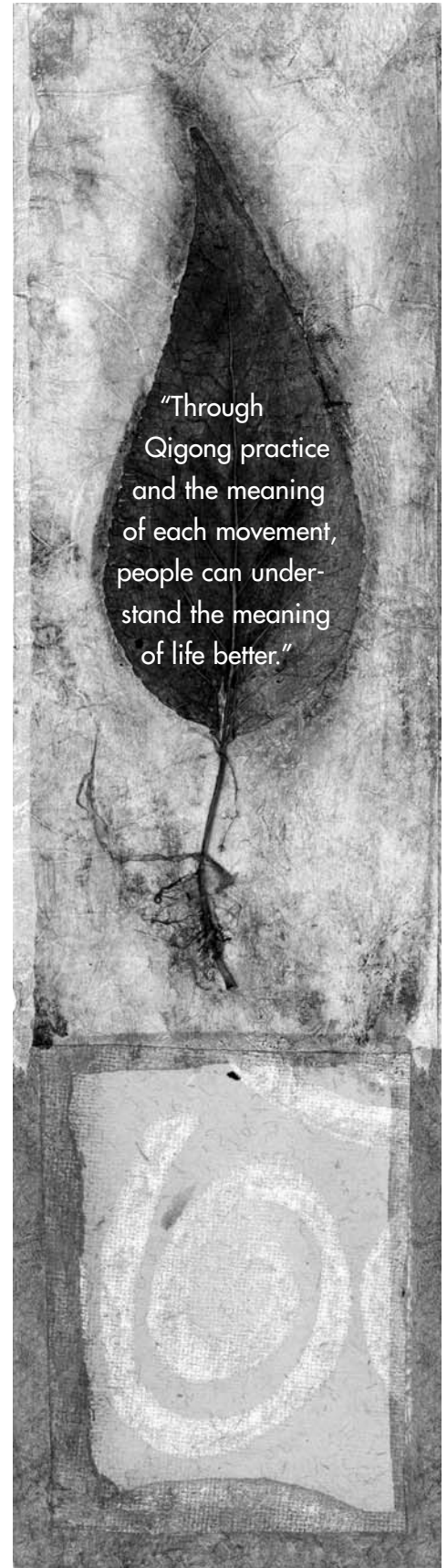
Why is Qigong good for emotional health? Through Qigong practice and the meaning of each movement, people can understand the meaning of life better. This makes it easier to remove anger, stress, nervousness, sadness, etc. Then your life becomes natural and happy.

Why are so many people not happy in their hearts? The inner heart, one's attitude of life is very important. If it is not right, the attitude of life should be adjusted. Qigong can help people change their lives and have a better attitude in life. Now, most people like modern models of health—this is good, but models do not account for individual conditions. For example, Qigong is different as there are only positive side effects from its practice in one's life. Some medications may be good to cure a particular symptom, but they are not individualized, and so cause side effects.

On a higher level, the main purpose of life is to learn what unconditional love is, to give more love to the world. Each person can affect the environment and the environment can affect the person. Each individual can positively affect the Universe as a whole by sending unconditional love everywhere and to all beings. We hope unconditional love goes everywhere to everyone—we hope this world becomes a paradise.

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Master Li Jung Feng will teach the Qi Gong in Motion workshop on October 22 and the Qi Gong for Healing Heart and Mind workshop on October 23.



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