Six Major Cause Of Energy Blockage Transcript

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Introduction and Previous Interview

Welcome to my second interview with my dear friend Shani Lynn. You hopefully you saw the first interview that was about remote energy healing, and if you didn't watch that, make sure you watch it.

Because Chun Yi, who is a revered qigong master, showed everybody how to do remote energy healing so you can heal your family. You can heal your friends.

He gave some techniques in that first interview. So make sure if you didn't watch that after this, make sure you watch that it's very, very powerful and you can use those techniques he shared on you too.

So I'm excited to be back with my dear friend. Shani has been a great friend of mine now for many years. I think I first met Shani in 2008. We were part of a group called the Transformational Leadership Council, and Chinese stood out right from that very first meeting when I met him, he led our entire group through some qigong exercises, and I didn't really know what she going was.

I had heard about, you know, tai chi and things like that. But now, ever since that time and learning from China, I've developed, my own qigong practice using Spring Force Qigong.

And it's been fantastic for me. On top of that, Jenny has been such a dear friend. And when I do have things that I'm concerned about in my body, I'll contact him.

And he's always so, so loving and caring and kind and has just enlightened me so much. He's been such a big influence in my life, so I'm excited to have him back.

Now, in this interview, what we're going to focus in on is energy blockages. In the first interview, we talked a little bit about energy blockages and some clearing techniques, but we're going to go into the six causes of energy blockages.

But before we do that, let's just people that maybe didn't watch the first one or maybe you can expand upon it. Jenny, first of all, great to have you here.

Okay. What is an energy blockage? What is an energy blockage? Well, first of all, let's talk about energy. So yeah. Thank you so much. Time for inviting me.

And it's always, always great to talk to you. So thank you. So, first of all, a bit of Bob energy, you know, and Einstein said energy cannot be created, cannot be destroyed, but energy can be transformed.

Right. So when we talk about energy in the body, we that is to G and we have in a body and this energy in a body has intelligence. And this is the, this intelligence. No.

So what is our need to do for your body. So this is like what energy is in our body now. Energy blockages now the energy blockages actually it is also from energy right.

So you need to now know that it is not a bad thing. And lots of people, talk about the blockages in the body. Well, that of no thing. No, it is not. It is also energy.

But is this over too much in that part of the body? It's so, intense when it is so intense. It's just like you have a dam in the river. Yeah. Upstream of the river, you have, more water.

What Energy Blockages Are

And downstream of the wave a I mean, this the river, you have less water than both sides, or it's going to have a problem. Right? So. And the less water, as you know. Right.

So and then, you know, there's a lot of, and plantations and, the species of life might be in suffer, and, then you, you have more water. That's what it's going to come.

So in order to help get things back to normal, what do you do? You just remove the dam and then the water can flow and then everything is back to normal.

So this this is exactly what is happening in our body too. That's really interesting what you said. I love the analogy of the river. So. But, but what you said and this is something that I wasn't even aware of before you said that the blockage is energy too.

Yeah, yeah. It's just like condensed energy. Yeah. And I like the analogy of the river, like, you know, when there's so when there's a dam blocking the natural flow of energy in the body, which is ideally what's happening in our bodies when there's a dam there, one side gets too much water.

Well, we know what happens. We get too much water. Yeah. If it rains too much, there's it floods and people suffer. But then the other side, there's a drought of energy.

There's not enough energy. And so we know what happens there too, right? Things can grow and flourish. That's a great that's a great metaphor that you just shared with us I love that I well so thank you.

Yeah. That's exactly what is happening in the body now here is and and what kind of things could cost this dam in the sea, in the energy flow in our body?

Yeah. So, causing discomfort, causing a disease. They do. And then stronger, a bigger disease in the body. And they'll remember any disease, any discomfort, any, illnesses.

You just call it in from, a paper card to, common cold or, a tumor, a storm in the body that just energy in different forms. Yeah. So remember, energy cannot be created, cannot be destroyed, but energy can be transformed as a form of energy is always in the process of a transformation.

Yeah. I want to say something there too, because that's something, when I've called you and I say, hey, I've got this ache or or something like that, you don't even necessarily you're not that concerned with that ache.

You're like, oh, well, you've got a blockage here. And I'm like, why is he not talking about this ache? Because you look at it very differently. You look at it, you look at not the tumor or the whatever.

You know, you see, just see the blockage. Yeah. And, and you know that if you, if the blockage is clear, then things start to go back to the normal, healthy way, right?

Exactly, exactly. Yeah. Because, we need in qigong healing in, spring Forest qigong healing, let me say it specifically. We focus on the course or the root of the the symptoms.

When not looking at the symptoms, we're looking at the root of the symptoms. What caused the that syndrome. And so even a tumor is just a symptom. Yeah. It's not the tumor is not the cause.

The tumor is a symptom. Yeah. Which is really really interesting. Yeah. Yeah. So exactly. So now here comes the next question is in and what what cause the symptoms.

All right. So now and these are the six major, energy blockages could cause the symptoms in the body. The first is emotion. Cause our emotion is very powerful.

And when the our emotion actually it's in a level you call it. This is a bit intense. So we have in the body, if you are

happy every day and they that will affect the energy flow and transform in a happy way that will help to enhance the river flow and that will help to unblock that them.

And so you might have created a little bit here, a little bit there in the, in the body. You know, anybody. We have so many streams and rivers. So like from Chinese medicine perspective and we have a major, 12 major energy meridians in the body.

The Six Causes of Blockages

And so each meridian works two hours a day, and then so it passes the body to the next one, to the next one, and then so, 24 hours a day, so 20 there's a million small rivers and a streams of, connecting to this 12 major meridians.

Right. So and, if the for instance, if you have, anger, you get so angry at this moment with something, you know what? The transformation in the body with the energy is happening.

It transform the energy into something so that you can feel angry at this moment. That's great. Well, but you know what? The when the body is doing so and it makes your liver work so hard and, it will, and that acidic energy can damage the function of the of the root, the liver.

Right. So anger Chinese, ancestors and masters, long, long time ago in the history already discover that anger makes damage to the liver. Right? And, sadness.

Grief will make damage to the lungs fierce and make damage to the kidneys. Yeah. Worries over thinking. Make damage to the stomach, to the sprint, to the pancreas.

Yeah. And and, and then, just hatred and mixed damage to the heart. So, the recent studies show that, lots of people who have, 90% of the people who had a heart attack had, a relation, connection to anger because anger and many, many anger's put together will become the equivalence of hatred so that make damage to the heart.

And so this is how it happens. And also anger with tribe, that these emotions that, will also trigger the energy to flow up to the brain to cause a stroke.

A lot of people who had a stroke and have a, something to do in the with the anger. Yeah. So and this it that's bad news, right then now here's good news is.

Yeah. In order to balance this emotion in time, you know, happiness can help heal anger. Yeah. Joy can help heal hatred. Yeah. And fees can help heal the stomach.

The Spain and the the pancreas. And, I then so contentment, feeling so satisfied with yourself. And you can help to heal your lungs and then so, a gratitude can help you to heal your kidneys.

Now, when I say kidneys, when I say lungs, I'm talking about the systems. Yes. Can is, includes that. That's the vitality system in the acoustic kidneys or the productive organs.

Yeah. Brain. Spine, a nose, bladder, these other organs to get involved. And lungs, the breathing system, including the lungs in the skin, large intestines and sinuses.

And then, a delivery system that, the ligaments and tendons and the liver of itself. And the stomach system is a spleen, stomach and muscles and joints.

And now these are included. And then, and the heart's in the small intestines, and, the blood could be part of it. And then, of course, I know the circulation in the heart.

Right. But these are the systems, so. And I just feel so in all to the, to the, to the creator and creating this system

for us. We, Well, anger, depression.

No, don't mistaken me. And the sun is grief, and they are not the bad things or survival level. They are helping us like angry. That's the energy we need to trigger our, to boost our energy.

Okay, quickly, so that we can protect ourself. Yeah. Not not long term, though. Not. Yeah. Yeah, exactly. Not long term, you know, so if you allow the energy to stay in your body for a long term and that much.

Yeah. Then we have a happiness when you, when you have for instance, you get so upset at work. Right. And so with a something, you know, and at work in the, in the tree, you feel so upset and the when you get home, you have your family, your care to come.

Hey, daddy. Mommy, how are ya? You know, give you a big hug immediately. You feel just so happy, you know, that happiness from that moment generated from your family, from your kids, from your dog, from your pets?

Yeah. Balance out that anger and energy. You create it. Yeah. Half an hour ago, and then you are healed. You are healed. You unclog the dam of the river.

So what you're saying, what you're saying is that literally by creating these emotions, you talked about peace, contentment, gratitude, joy, happiness.

That's healing that can even break up blockages. Just by creating those emotions. Exactly, exactly. When you when you when you coordinate this wisdom into your qigong practice, you can help us self to heal even faster.

We can talk about that later. Yeah. And then the second thing. Yeah, well, you know that you said you said that. You said the emotion. You're listing at number one.

One thing I think I've heard you say is that even in the qigong practice, the most important thing is, is, often these emotions that you're feeling while you're doing the, the qigong exercises, right?

Yeah. So we have the five elements healing qigong movement. Yeah. And you coordinate, happiness into the movement and joy, peace, contentment and gratitude and with the movements of the body, you can help to direct the achieve the energy flow in the body and for each transformation, you know, help to transform the energy blockages in the body even faster.

So that's why spring for qigong is so powerful. Yeah, absolutely. Big comment. Yeah. So the number one, the number one cause is is emotion. What's number two.

Yeah. The second one is the, the diet. You know, you know and that, that and what you eat makes it who you are, right. Just, people said that, you know, I, in some degree, I agree with that.

So, for instance, if you eat too much with, deep fried food. Yeah, you know, very short period of time and, so you can create a lot of a congestion in the liver.

Yeah, yeah. So, causing the, like, the pimples in the face. So I have, liver. Anything can have has something to do with the liver thing. Right. So if you eat too much of raw food, for instance, in the, in this day, in people.

Yeah. You know, she said, some people said no, raw food is good. You know, every day everything is a raw aurora. Actually, you know what? In some circumstances, in raw food can also create blockages in your digestive system.

Yeah. You know, so you have to everything has to be, has has to be balanced. You need to have a variety of, food. Right. Like the Chinese ancestors. And for longevity, you need to have a five different kinds of the food in, every day and five different kinds of meat.

And, a week. Right? Is not you are eating a chicken and potato every day, you know, so people think that easily can create, you know, problems in the body. Yes.

It is not balance. And, yeah. So and if some kind of food is good for the heart, some, some kind of food is good for the, liver, some good for the, pancreas sake alone.

You know, so get the other parts of the organs so it balance. That is very, very important. Okay, so that's it? Yeah. So, I always believe, you know, eating is healing.

And every everything that you put into your mouth actually is a medicine. Yeah, yeah, yeah. Okay. So as you term and as you don't, rely this is my philosophy in, health doesn't depend on medication, health insurance on your lifestyle.

Right. So you have a a good, happy lifestyle. Yeah. Good balance. And keep always keep a smile on your face. Be happy. Don't worry, don't worry. Be happy and love this. All you love.

You have, you know. Yeah. I love that song too. Yeah. So. And so. That is the way. And. Yeah. Then life should be. So then what's number three? What's the third, source of blockages?

Yeah. Number three, that is the, Okay. The living environment. Okay. So you're like your hormones, your hormones and the pollution. So this thing that people know, that you know, the the design of your home and the, the layout, the arrangement of the furniture and of your home, because each part of, any objects has energy. Our.

This is the intelligence of the energy. They can communicate with each other. They can interact with each other. And you need to live in an environment which all the forms of energy can interact with it with each other in harmony.

Okay. And so this is the case, you know, and so if the energy is not in harmony and you are living in a location and then your neighbors and your house, your office and all the energy is in not in sync with your energy, then they put your energy got affected now, which will, affects the clarity of your mind.

You'll make good decision or make great decision, right? Right. You know, affects your the energy flow in your body. It could cause, them they look them in job blockage in the river or helps you to open up a blockage in the level.

So that, the energy can flow. So, and, I in my book, Born a Healer, I, a long time ago, I saw a person in my office, and he came here. He said, I just don't know what the what is happening in my life since I moved into this house, I, I my mind just couldn't think straight anymore, that I make the wrong decision one after another. So.

And then I said, well, do you have a big, huge tree in front of your house? He said, yeah, so there's a big, big tree. Is it going or take in those, 2 or 3 people to hold the hands together and, to gather around the tree?

I say, well, yeah, I think that tree that that's how you know, the tree is a tree, right? It's a beautiful tree. How could the tree becomes a blockage?

I say, well, because it's right in front of your house and it's not far away and a very, very short distance away from right in the middle of the house, it blocking the flow.

It's just like, you know, you you want to get in out of your house or there's something blocked right in front of your face. What do you what do how do you feel?

You feel very uncomfortable, right? This is like, you know, and, you know, at this moment, you're talking to each other. Somebody is holding a mark and the in front of you.

Yeah. Not be able to see across to the other space. So you just feel so uncomfortable. And you constantly move

your head from side to side and try to see.

So this is what is, is only happening in the body to. So then he asked me, you know, what should I do? You have to transform that tree. And so. Oh, wow, that that tree is such a lovely tree.

Spring Forest Qigong and Healing Practice

Then I say, well, then you need to reopen, an entry, you know, move your front door to that. That. Well, that would cost even more. What should I do? Well, then, I already gave you all of my.

My thought. So I said, okay, I think, and I would do that. Then he transformed that old tree. Actually, the tree, there's a little bit kind of, half dying, you know.

Yeah, yeah. And he cut down the tree. He said, oh, my God, you know, as soon as I cut down the tree, I feel much better. Yeah. I can't think straight.

So that's like, just give me. Yeah. About the environment, you know. Yeah. So everything in or around you in your house, outside of your house, in the backyard, the front door.

Besides, you know, left side, right side. All this energy must be in a harmony. If the tree is not right in the middle is on the side. Yeah. So on the sides of the front door, it will become a support energy for you.

Oh interesting. Yeah, yeah. And then you are going to have a even an even better energy. Right. So, so this is so this is the wisdom our ancestors has to.

Oh, this is awesome. Yeah. Yeah, this is awesome. We have three so far. Yeah. We have a motion. Yeah, yeah. What? We. Yeah, yeah, we have our living environment.

What's the fourth cause. Yeah, the fourth cause is like the, medication. Wrong medication. Even the right medication and with the side effects could affect our body, too, right?

For instance, people, taking chemotherapy and then they have, neuropathy in the hands. In their feet. That's the same effect. That's the new energy blockages, you know?

Okay, now I'm here, I'm not talking about, you know, so that chemo is a bad thing and. Yes. No, no, no, that's not my intent. So sometimes in my healing, you know, so I will encourage people to do that too.

So when you take a chemo, it will help you to buy some time so that you can do more work and to help to clear the energy blockages, you have to do more qigong to help you open up those little blockages, throughout the entire body.

So here I'm talking about any any medications can create even like, a Tylenol, like people over take Tylenol that can create a blockage. Oh yeah. Sure.

It helps your headache. It mask the pain right? Because it's working on the symptom. But it can create something that creates something. You know, another I know a lot of people, when they overtake those, they have liver damage. Right?

Because it's got to get cleared. They get a blockage in their liver and trying to clear the medication. Yeah. Yeah. Exactly, exactly. So now they the next one is the, changes of the seasons and the weather.

Okay. And they we know that. Right. So what if you get getting so hot outside you, you don't cover yourself with a blanket or you get dehydrated and so, and you get a heat stroke, if it's too cold outside, it's icy, and you don't, you know, so just put on a T-shirt and, stand outside for two hours, right?

Yeah. And so, and what changes of the seasons can and weather can create energy blockages in the body, especially when our body's energy cannot catch up to with the changes of the seasons.

So the body the body gets used to one season, and then all of a sudden the season changes and the body's energy. If it doesn't catch up, we can create blockages.

Exactly. Oh yeah. And by the way, people listening to this, you're thinking, oh my God, I gotta worry about my emotions, what I eat, my environment seasons.

Hey, look, it's it's natural. And you're going to have we all have energy blockages. Shiny also shows you how to to move through those blockages too. So don't be too afraid or alarmed right now.

Absolutely. So yeah. Yeah. We first of all, we want to find out what kind of things could cause energy blockages in our body. Then we will find the answer to them. Right.

So no big deal. So let's number six. What's number six? The six. Cause yeah, that is you know, and that the number six one. Let me see. We have the emotion.

We have the the diet. Yeah. I have the changes of the seasons. We have, the, living environment, the living environment. And then also we have, the injuries.

Injuries. Yeah. And, it's also another major, major, good cause of even major energy blockages in the body. So in my, healing life, I now pay more and more attention now to this area.

And let me tell you a story. A while ago, I was in a new Jersey teaching, and a lady came to me, and she had canker sores in the mouth for 40 years. Let me say, for 40 years, I'm sorry, 40 years.

Canker sores in the mouth. No matter what kind of medication, she she was taking, nothing happened. These are all the time heart competition and lots of pain in the spine.

And then. So, digestion completely off. She was in numbness. Tried anything? Anything? Nothing work. So she came to see me, and, she practices qigong and then in a conversation, I said, well, the major cost of this problem is from your injury.

Your head, your hurts, your tailbone and your tailbone, your lower back. And there's a major injury. Yeah. And she said, how do you know? I said, well, I read the energy.

I detected energy blockages over there and and tell me yes or no. Yeah. She said no more than 40 years ago, she fell down from the roof and, and she had cracked the tailbone.

And then so not not long after that, and, she rode the horse and she fell from the horseback, and she hurt her lower back and the tailbone again, and the hip took.

Then after that, little by little, she had cut her palpitation. She had, this problem with all these problems, including then killing us all, started.

And I said, well, that's the major cost of them, all these symptoms in the body. So as long as you and unblock this energy blockages in the tailbone and lower back, then you'll be okay.

Then she said, well, how could the tailbone crack could cause heart cavitation and they can get sores in the mouth. And I said, well, this is the the way when you hit the tailbone, the vibration of the energy traveling along the spine at the moment, your heart energy was weak.

Then it make damage to that energetic system in the chest. And then this attack with the diaphragm over here. They, the king I saw had lot to do with, diaphragm, with the pancreas, with the screen.

So your the middle section of your body also got traumatized. Yeah. That energy also out of balance too. And ended up you had canker sores in your mouth.

You don't feel the cause of the symptoms in time. Of course, you're going to continue to have this when you put more medication, into it and you create more side effect.

And right, make it even worse, she said. That's exactly what is happening in me. So I did a healing on her, and the next day she came back. She said, oh my gosh.

And, the cancer almost overnight, 80% gone and the heart competition stopped. And that was the first time for 30 years, if that's what she said, she was going to sleep through the night.

That's. Yeah. You know, so but so enjoys it. My dear friends, you really, really need to pay attention to. Especially those cigars, certain unexpected injuries and happen in your in your life like a car accidents and and certain falls.

Take a hit in the tail bones in the spine, the head and traumatize the body. And then you need to clear that vibration as soon as possible. Have, high level qigong master or energy healer to help you to create that, vibration balance, that vibration as soon as possible so that you allow these energy blockages set to deep, deep in your internal organs to occult major, major, and, disease in the life.

Yeah. So those are the six causes. Thanks for sharing that with everybody. China. So what are some ways to work to to unblock like heart to heal? I know one of them.

And this is one that you are a master of and and I is practicing qigong and and the thing I love about your methodology of qigong is you took something that can be very, very complicated.

Qigong, you know, lots of, qigong masters will teach practices that are so hard for people to keep up with. You have simplified it and yet not lost the power of it, which I really, really love.

Can you talk about Spring Forest Qigong and, and and how you came up with that and the power of it and, and, and just the, you know, the reason why you decided to simplify it.

Sure, sure. Yeah. Absolutely. Absolutely. Well, so and we already talk and the six causes of energy blockages in the body and, what when you hear this information, you might feel kind of, overwhelming and you feel sick, you know, a little bit scared.

And so. Wow. So again, what what should I do? Well. And hear what I, share with you, and then, no worry, be happy. Because what? Today was born a gift.

And, that everybody could help yourself to heal. And what you need to do is just activate the intelligence of the energy in the body to help you to heal.

Now, how to activate the intelligence in the body. So generally speaking, you have so many ways right. You can have the people who have, like, higher, pure vibration to bless you and, like the masters, like a Tibetan monks and, they're changing, their vibration, you know, the chanting, the blessing.

It's, though, and and not only focus on healing, but they have the, the effect and help you to transform the energy. Then in qigong practice, you have a techniques.

You can help yourself every day. Now you. So it depends on your self. You know your self is the number one doctor in your life. Yeah, yeah. And so now what do you do.

Monks, Blessings, and Closing Remarks

And so these are three things I mean the two things you you, you need to keep in mind. Number one you how the

movements you do to help yourself to transform the energy blockages.

And number two, see your mind, you use your mind and the mind includes your emotions to help yourself to to bring the harmony back to your life. You know, it's all about harmonize your your system.

So in we I create a spring forest gong I the first level is second. The qigong for health. The third is a five movements, very simple movements. The first one is warming up.

Yang and I will slowly and gently like that standing, sitting right in the second movement and move your hands from side to side. And detailed explanation and guided practice in my course and you know.

Yeah, I'm just give a little bit demonstration to you. Yes. So and so this is simple movements you can harmonize all this energy flow in your body to unblock.

No matter. This blockage is created by your emotion by your tired or by your, by accidents, changes and seasons and blah, blah, blah. Right. So you just you just take that half an hour of your time every day and or even ten minutes every day to practice this simple movements.

Yeah. Put a smile on your face. Breathe slowly, gently and deeply and repeat the movements and feel that moment while you are doing so. And you can harmonize your flow.

And then the energy can coordinate and can cooperate together with you within your body. And also the environment, the energy, the feng shui of your, of your house and it and all this energy around you.

The objects can be also harmonized to, and then the energy can flow in your body and then blockages. 24 and no matter, no matter what, what kind of energy blockages you have in your body in terms of symptoms, like a tumor or a stone, like we had a, ad ADHD, right?

Yeah. And it's all about they are all energy. So definitely cannot be created. Energy cannot be destroyed, but energy can be transformed. And when you open your heart and when you do this movement, it already help you to get the, the the energy and the river flow.

Now as you add emotion, you are happy and the unconditional love you put in your love, your body. And now when you talk about unconditional love, when you give yourself that moment standing over there doing this movement, actually you are loving yourself.

Don't you recognize that? Yeah, yeah, yeah. Giving yourself that moment to nurture yourself. You know, it's just like you're helping your dear, most devoted friend to.

Yeah. You know, so get rid of the pain. See. And beautiful. Yeah, yeah. And so when you, when you do. So you give that love to yourself. And then you, when you heal, when you balance.

And then you have more energy to help your family, to help your friends, to help your neighbors, to help the world. Right. Yeah. So you is good. Good deal.

That's great. And Jenny, where do you where do people, do your courses? They can find them at Spring Forest. Qigong and qigong is qigong. Spring forest.

She Gong ji.com. They can take, they can take the courses at their own pace. I know you've got them online where they can learn and if they want, they can progress up to levels and even eventually if they want become a qigong master through you, if they continue to to do that or become, someone who's, a healer.

So there's all sorts of cool things they can do. But this has been very powerful because you shared with them, look, everything's energy. If you're not feeling well or if you have a condition, it's because you've got a blockage you shared with them the six things that create blockages.

There's not 9000 things. There's six things that create blockages. And then also, started to share with them how to how to unblock, how to get rid of that blockage.

And when you do do that through qigong or changing your emotional state when the blockage goes away, the body knows how to heal. The body has the energy, has this, incredible intelligence.

The other thing I'm really excited about is the project that you and I are working on, because you mentioned the Tibetan monks, and you have a really wonderful relationship with these Tibetan monks who are enlightened masters and back in January, I was watching, you did, Seven Days of Blessings, and I tuned in, and you would teach in the morning, and then you would lead a meditation, and the monks would chant.

And that chant coming from these enlightened monks, that vibration just changes people and travels to wherever, they send that energy. And so I said, Tony, let's let's have a company where other people can access the monks.

Because I had several years ago, I told you, I had a guy that told me that his friend was incredibly successful. I think it was a billionaire. And one of the things he had done was made contributions to these Tibetan monks and had them bless his business for harmony and prosperity.

And he said it was the thing he thought, that made his business so successful. So I'm excited that we're doing that together. And if anybody wants to check that out, they can go to life force blessings.com.

So you have two great resources here Spring Forest Qigong and Life Force. Blessings.com and ten years been so amazing. Actually not just having you here.

You've made my life better by being in my life as a dear friend. You and your wife, Deborah. Dear friends of ours, for so many years now. And I'm just so glad that people have that are watching this, have an experience of who you are because you are the real deal.

You're just an incredibly loving, authentic human being who is committed to being of service to other human beings. And and that's one of the reasons, I want to be of service to you is because you've given so much to other people.

So I'm really glad that we were able to hear you today and hear your great wisdom. Thank you so much for sharing everything that you have with everybody.

Thank you Tom. Thank you. That's my honor. Thank you. You know, so, yeah, when I finish my training in a cave and before I came out from the cave and I was given this message.

Now, here is my mission. A healer in every home in the world without pain and suffering. Wow, I always stay. And with this mission. And this is my life.

And qigong is my life, and my life is qigong, so I love it. And one other thing too at spring for is qigong. There's a wonderful if you go and if you go to this site and you sign up for, there, there are emails you get every once or maybe every two weeks, some of the most incredible tips on how to create, how to unblock, you know, different little energy tips and strategies.

So I would highly recommend that it's free. And, they nurture you for a couple of years. And, and those tips are worth their gold because they really do.

Like if you have pain in different areas, then you have like the perfect one show up that shows you how to get rid of that. And they're all free. So I would take advantage of that.

Jenny, thank you so much. You are an amazing human being. Amazing. So I love you so much. Thank you for doing everything you do for everybody. And, everybody please go to Spring Force qigong.com and also lifeforce.

Blessings.com and we hope we can continue to serve you. Well thank you. Thank you Tom. Thank you so. And I wish everybody a wonderful journey of your life, happy and healthy.

Thank you. For.