Introduction to Master Chunyi Lin

– It is a huge privilege for me right now because I get to introduce you to one of my favorite people on the planet. He is an amazing human being. He's an amazing friend. He is a Qi Gong master and so much more.

And also we're partners in a business called Life Force blessings. But he truly is one of my favorite people. He's got this amazing heart. His name is Master Chunyi Lin.

And since 1995, his personal study, Qi Gong programs have transformed the lives of over 750,000 people around the globe. And actually probably more than that, I'm sure it's probably up around a million people or more now.

And he also is Qi Gong teacher that is teaching other teachers how to be Qi Gong masters and teaching tons of students including me. I'm a student of his and I'm just so grateful that I got a chance to meet him.

I think back about 2008, about 14 years ago, I got the chance to meet him through a group we're in called the Transformational Leadership Council. And I started learning Qi Gong through him and his unique style of qigong, which we're gonna explore today, which is called Spring Forest Qi Gong.

His mission in life is to have a healer in every home. So he teaches Qi Gong, not just as an exercise that you can do, but as a way to heal yourself and maintain wellness and create longevity.

So I'm so excited to have him here in 2010. He was selected as Qi Gong master of the year by the National Association and we have the pleasure of being able to talk with him now. Thanks so much for being here with us.

It really is amazing to have you on today. – Thank you, Tom. Thank you so very much to know, to know you as a friend. And so you are just so helpful in the passage is helping me in so many ways.

You are to retuning my great friends. Thank you so very much to have this opportunity to work with you. Thank you. – Yeah. No, no, my pleasure. So take us on a little bit of your journey.

How did you discovered Qi Gong? So you grew up in China? But you weren't practicing Qi Gong with your parents? I don't think right away. You have to discover it a little bit through your discovery. As, as people listen, right?

You all of you listening now are discovering, gone through Master Lin. But how did you discover and the power of Qi Gong? – So I grew up in Chinese culture and I was born in China, as you know, then um there's a lot of things going on in my life.

Discovering Qi Gong Through Healing

And now finally, I had a chance to know deeper about because of my own health challenge and of course, emotional challenge too, but mainly when I came to because of my physical challenge.

So at the time when I was late twenties and early thirties, I had tremendous pain in my joints, especially my knees and my back and it's up to playing a lot of basketball.

I love basketball. And in that time I know your son also playing basketball too, right? So, yeah, so I a lot of injuries and plus at that time when I was working on the farm as a peasant's, after my graduation from high school, I worked in a farm for five years. I had a lot of injuries in my back, you know, carrying like a £150 to £200 on my shoulders and walk and 10 miles. Can you imagine?

You know, so that's the labor and I was doing everyday, almost everyday. So, there was a lot of injuries in my back

and my knees and especially up to the last basketball game I play and my knees completely destroyed. Went to the doctor, the doctor said, well, when your surgery and I said, well, at that time, I was young. I didn't want surgery.

So I tried everything I could puncture, hit healing injection and you just name anything I could find on earth. But nothing really helped me, maybe help me a little bit for a few days.

And when the pain came back, it was just like a knife stuck in, into the joints of the knees. So then later on, it became like arthritis. I lived in southern part of China. The humility was very, very bad, especially in the springtime. So the became just so unbearable. And in the worst day, I really want to cut my legs off then. So one day when my colleagues told me that there was a master coming to town and people just by attending his workshop, some, you know, tough challenges, even like tumors could go the way. And then I said, well, I have been trying everything and it doesn't matter to try one more thing, right? So I went to his workshop, I knew about the words of Qi Gong practice Tai Chi. And I also did a big minute meditation here and there trying to calm my emotions.

And then of course, and I knew about, but was it that powerful? I always have a question, you know, until I had my first hand experience with that. So I went to this workshop was like a few 1000 people sitting on the dirt ground and listening to this master and this master was amazing. Talked from 12 30 to 7 30 in the evening, nonstop. No break time, no bathroom time.

So we are such a good obedience. So you know, I was sitting on the ground in the second field and no chairs. Remember this? Okay, everybody sit on the ground in a soccer field. The Chinese called football, football.

And then up to listening to him meditating following his guidance, I have lots of achieved movements in my body. Then Seven hours later, I picked myself up from the ground and I found the swollen in my knees completely went away and the pain in my knees, my back and 80% gone. And I was so happy I was able to jump and ran again. So, you know, then I continue to practice what he taught me in two months. Then I discovered something is even more amazing happened. My suicidal depression went away.

I remember during the meditation, he was guiding us. He said well, if you want to heal yourself faster and more completely and you open your heart to forgive those people once upon a time to hurt you and your family so bad is you still hold their stories in your height?

And immediately I said, no way I could get those people, you know. So there's some, there's another, another story happened in my life and just make it short uh during Cultural Revolution. You know, it's my parents devoted friends and that's what they call them. When they were in difficulties before Cultural Revolution, my parents gave everything every planet to help them to, to heal, to survive. But Cultural Revolution came and no, they want to, they wanted to amuse that government.

So they came against us and they wanted to put our parents have two brothers and my sister put my parents to jail, capture them.

Cave Meditation and Spiritual Tests

And they, you know, so in the wintertime they drove us out of our house and still get lock it behind us. And we were wondering in the streets for three days, no food, no anything. – You and your brothers and sisters were wandering as little Children for everybody. If you don't know the Cultural Revolution was when certain people, the Chinese government put them in jail.

So parents were put in jail and they were Children wandering the streets and his parents friends were the ones that turned them in which was why, you know, he had that anger he had. Yeah – Just so much, so much, you know. So and even at the time, we tried to escape out from the town and this so called devoted friends or parents and chasers and use the rifle, rifle guns and pointed to my, to my temple and wanted to pretend to shoot me and he already had the bullet in position, you know.

And so the other person took his movies, gone away. And they said, well, we, you know, we were looking for their,

for their parents and let the kid go. So my sister and I ran for life at that time. I remember, I wish I had four legs to run away this. So of course, all these things happened.

How could I forgive those people? Right. No way. But this master said, you know, if you had a hard time to really forgive them, you can pretend to forgive them by pretending you can also help yourself to heal faster too. I said, wait a minute, wait a minute, pretending I can also get a good healing. You know, that's a good deal. Alright. So I trust the master, right? Then I let's do my visualization.

I visualized all these people who hurt me and my parents and my brothers and sisters and I lined them up in this guy. I said to that guy's at this moment, I just wanted to hear myself completely and faster.

So I pretend, make sure you know this okay. Pretend I forgive you. I pretend I love you, forgive, I pretend I pretend up to move during that same language for 10,000 times. I got so tired of the language.

And also then I my sound changed into like a chanting like a memory, you know, and then up to like a good half an hour, one hour, I don't know how long it was.

Then I started feeling that vibration. So with so much heat running through my entire body, and then I went through so many different kinds of phenomenons of the reaction from the practice.

So up to a practice, you get two more months and all suddenly realized myself, sight of depression went away. And it was after I practice what I learned from this workshop for two months, one sudden one day I discovered that my suicidal depression went away. I was able to think in this way at that time, these people who were so close to us, if they did not go against up to us, the government would go up to them too.

And then we have more people suffered in on the, on the planet. So we took all the pain and suffering and then we saved their life. And I think that might not be a bad thing. You know, I was able to think in that way. I was so surprised that my heart really opened up. – That's amazing.

Yeah, your journey to become a master from there. And how long did it take for you to become a Qi Gong master? – So after this, I know I practice daily. And then some people said, when you believe it, it worked when you don't believe it, it doesn't work. But to me, no matter you believe it or don't believe it. And it works because at the very beginning when I came to, I knew you know. So, but I didn't have a really deep experience with and I was not a form believer.

I had lots of doubts in my heart. But after practicing what I learned from this master, and I completely changed my life emotionally, physically and spiritually. So and I there was a voice telling me that there was something so powerful about qigong and you need to learn.

What Spring Forest Qi Gong Is

So I tried to get as much as my free time to study, traveling around the country, following different masters to learn their techniques. And so up to Eilon from so many different masters, I found some some masters and they're all good. But the techniques is someone just so complicated. Some wanted to just keep this secrets to, to themselves, only teach to uh selected small group of people.

So then I found these things, you know, this is a treasure of our human. And so everybody in the world should know about it. Then I developed my own spin forest form and a form of and I believe it's very simple, very powerful and it really, really takes the essence of the wisdom of and presenting to people in such such a simple and convenient way. So everybody anyplace.

– Yeah, I love Spring Forest Qi Gong. And we're gonna talk about that in just a minute. The journey to become a Qi Gong master though is not an easy one. So it's become a master.

And you told me some of the stories but when you, when you practice Qi Gong, it really does allow you to take your

energy and do amazing things with it, healing the body longevity. But some of the, some of the tests that you had to go through to become a Qi Gong master, I think how many days in a cave were you all by yourself in a dark cave with, with not much water? And what was that again? – So I was in a cave meditation quite many times and I studied from like one day. And then so when I did well with one day and then extended to three days and three days a few times.

And you know, you have to psychologically ready for that deep penetration of deep meditation because when you go very deep implementation, especially in the quietness, doneness in a cave. So sometimes, you know, it's like if you see some visions psychologically, you might not be ready for it, especially when your, which includes the thought.

I, You know, when you thought I open and the 10 will open and you are able to receive a lot of information from the universe. Yeah, they're able to see a lot of different beings in different dimensions and when you were not ready.

And so you can do it, I tell you, it could be even also, for instance, one day, sorry. And for instance, like one day and in my deep meditation. I saw a green dragon they're coming and this green dragon just twist me.

I mean, just like a snake right around my body and twist it tighter. I can really feel that tightness in my body. It was, it was a huge green dragon. And then all of a sudden I saw the other, the other one of me was moving by the, the green dragon to the next cave and I saw, I felt the one body of me staying in one in one spot and the other part of me staying in other parts of the, of the cave and you know, so like this kind of thing.

So if you are not ready, you really got scared, you know. So yeah, so at the longest time was 28 days, – 28 days in the cave and then with not much food or water, right?

– With five little bottled waters and five apples, – Five apples and five bottles of water for 28. It just shows the power of what we can access when we do Qi Gong and maximize ourselves, it almost is like we're unlimited but have these limits we put on ourselves by, by just buying into, you know, we're only a physical body but you know, better than that. Talk to us about Spring Forest Qi Gong because I love what you've done gone can be in many ways overly complicated for a lot of people, what you wanted to do is make it accessible to everybody.

So without losing any of the power of Qi Gong, you've simplified it. So talk to us about Spring Forest Qigong, your methodology of. – Also before I share the Spring Forest Qigong with you.

Also let me ask you a question. This is a very important. That's why I found out I most of the forms I learned before we're not, did not satisfy me and okay is powerful. Why it is powerful, right? It helps people to clear the suicidal depression. They help people with arthritis and help people with migraine headaches and diabetes, high problems and trans post healing and of any kind and transform stones and tumors and it's too good to be true, right? And so one thing kills everything and you're not kidding me. And in the Western mind, even in the Chinese mind, this looks like impossible.

You know what? Obviously it is possible through thousands years ago has been practiced in China for over 7000 years. People use it to do a lot of amazing things.

And from different levels, physical level, you can help yourself to heal the body, accepting emotional level. You have to help people to bring in happiness, bring back happiness and joy and to help to transform anger frustration fields and turn that into Yeah. Yeah. Traumas like traumas and that's the 2nd and 3rd level and the spiritual help people transform their commas and traumas, clear any wrong information in the body, you know, so the smallest from healing, the paper cut in the finger and the biggest tumors HIV positive and these kind of things. So how could this one practice and helped with all these levels of healing and life transformation and spiritual growth. So this is one thing, people pay very little attention to the uniqueness of practice. It focused on.

Keep the body has five different parts and the physical structure, our our bone structure, lungs and high level, you know the physical systems, right? And then the second is the energetic system, the energetic system is the the water, the heat, electricity in the body, etcetera.

And the third, that's the key system. The key is intelligence in the body. And it has the ability to connect with the soul and the physical body and make that transition, make that communication. And then the fourth level, the fourth part, I mean is the spirit. We all have a spirit.

And then the fifth level that is the soul and the soul is the divine within us.

How Qi Gong Works With Qi

The spirit sends message to the physical body to order the body to move in different ways. And it's just like what I'm doing at this moment with my hands and my spirit does that work. And then the soul has the vitality code in the body and this the soul has to go through the spirit and to work with the key through the key, the intelligence, to work with the physical body.

These are the relationships so that people said, and I am working with the energy, I love the energy work and energy medicine. Now, here I have a question for you.

What kind of energy you're talking about? You're talking about water in the body. What you're talking about the electricity of the body. How do you know how much water exactly you need in the liver, in the lungs, in the spring and in the kidneys in the bladder, in the brain, you know, there's something there precisely directs or divide how much water go to different parts of the body.

You know, it's not like you drink two gallons of water, then you're done for the rest of the mouth, right? That's not the case, how much electricity we need in the body and how much need heat we need in the body. You know.

So that's a one thing is so important that is cheap. So you need to work on the cheap. And because the key is intelligence, the has the ability to transform the message from the, the divine so that the I mean the soul and then the spirit and going through the intelligence system then directs it to the energetic system and then the physical structure and to work together as a whole and to make things go.

– So with we're working on the Qi – Exactly. So now here here comes to the question, Qi Gong works on the Qi how you work on the other exercises, do not work with the Qi to work with the energy.

They work with the physical structure and the psychologist to work with the spirit, emotions, right? And that they're all separated here, you put it in whole and so work how to work with the key.

This is the key thing. If you want to live longer, healthier you have to work with. For instance, do you recognize this through my Boys? Almost 40, 30 years in the United States working.

And so where there's so many people, thousands of thousands of people, you know, in this year's at work, I found out there's something very interesting.

Some people we're dying but they're energetic systems still good, you know, their lungs, they had good energy, their liver has had good energy, the kidneys had good energy, but they simply just died.

Why? So because of the key system doesn't work, you have the energy just like you have a car, you have gas in your, in your tank and the body is still good, but computer intelligent chip didn't work, you know, you have to replace that chip, right? And also that similarly works like that you have to and fine, fine turn that chip, fine turn the intelligence so that the driver you and I can control it, you know, through that chip and directs the message to different parts of the, car can move, right?

– So how does Qi Gong do that? How does Qi Gong work with the Qi? What's the, a little bit of an explanation of how that? Because I know there's different movements, there's different thoughts we have our feelings we have. How is it, how does all that work?

– Bravo bravo, you asked the perfect question and also how to make it work, how to activate the and how to make

the key to work well with the energy, with the spirit. Now, the first thing is you need to have the relaxation, we call it song, you hold your body.

And now this is in the Yellow Emperor, the Chinese Medicine Classic. This is the book uh in the Chinese Medicine Community World. It was considered, it has been considered as the Bible of Chinese medicine.

And it says the first thing is you need to hold the universe in your heart. That's the first thing you open yourself to the universe to. We are an energy being. We are also a universal being, right? Being of the universe.

And we are also at the same time, it's a spiritual being. We came from the emptiness, from the university will go back to the universe. We all always have that connection. So open yourself to hold the universe in the height. Number two, balance, master the Yin and Yang.

Our body mainly has two kinds of energy. Yin and Yang in this feminine young male, right? And so when these two kinds of energy join together and work together in a good balance, health can come back to normal again and we get sick because in young out of balance.

So we need to balance the Yin Yang. That's the number two, number three years you focus now you breathe, breathe in the essence of one of the ways we connect with the universe is through our breathing.

We breathe in the air, the areas the and the universal energy, right? You collect to help you, I know how to breathe. And this is there's a lot of techniques out there but one simple techniques and I can share with you just in a few minutes. And then the number four is a focus on one.

Focus on 11 focus internally in one important energy center in the body. You can focus on any part of the body. Good, better best. What is the best so that you can store more energy, you can activate your key system faster and you can nurture your body well and it's a an energy button in the body. It's just like, you know, when you come into the house and the electricity and you have so many switch.

But the most important speeches what it's in the basement somewhere, right? – Lower. – Yeah, the lower right. So you know, so and then number, that's number four, number five, they say put your physical body in a state between being and not being a feeling between being and not being.

So these are the five golden rules of Qi Gong practice. – Now, what do you mean by put your body in a state of being and not being? What would describe that really quick?

– So very good. So I was just about to share with you.

Five Golden Rules of Practice

That means they, when you work with you have to have some postures, standing postures. And you need to, you need to know this the energy channels, the meridians, the main energy channels, the main meridians running through the gaps between the muscles.

OK. So now if you, if you just like, you know, most of the mindfulness meditations techniques and I know about it and say, well, relax yourself, okay, drop your shoulders, you know, then just sinking into the ground, you know, so you're taking a nap and you completely relax the muscle and you have no muscle in your arms in your body.

And now there's two words about the muscles and the fresh. All right, we have a fresh, we have the meat in the body. And when you give a little tension a little bit strength to the arms, to the, to the legs and then the fresh will become muscle.

If you completely relax and melt to the to your bed, then the muscles turn into fresh that say get the relationship. So and in a best way, best condition, you can make that key flow well in the body.

It's, you know, our our Chinese Qi Gong masters in the past to discover this, you give a little tension to your fingers, give a little tension to your arms, to your shoulders, to your, to your back, to your legs.

And then you put the body of the physical body in between the muscle just right before the muscle becomes fresh and before the flesh become muscle, right in between that's what it means to get yourself into between being and not being.

And so in that place, now Chinese has a word to describe it, it's called so you put yourself into that moment and you extend this concept to your mindset when you think about something you, I mean, when you focus on your lower Dan Tian, for instance, your energy center and you, I like, you know, you are half asleep and but you're still awake, you know, in that missed time and between falling asleep and not sleep, you know, that is the best time you can help to activate the cheap in the body. – Yeah, I love it.

And one of the things that, you know, I'll be listening are probably thinking like, all right, well, how do I learn Qi Gong? There's lots of ways to learn it.

My favorite is Spring Forest Qi Gong because you have simplified it and you really made it about healing. So we can heal our bodies. And then you even teach people how to help family members heal by transmitting energy, removing blockages in ourselves. But also in other people, I love the whole process. I do it virtually every day.

Spring Forest Qi Gong. How can people and you coach me through it, right? Actually, I did some live sessions with you but the way I learned a lot of it was through your videos that I had access to through Spring Forest Qi Gong. So how do people that want to learn Spring Forest Qi Gong? How can they access your courses and videos and everything you have to offer?

– Yes, absolutely. And while I have a website you can visit springforestqigong.com – The Qi Gong Everybody is, is Q I G O N G. So springforestqigong.com.

– Yeah. And so in my website and you're gonna see a lot of testimonials and then you're gonna find different programs. And they say we also have the teachers all over the world teaching.

You might be able to find the teacher close by you to learn from that.

Learning Spring Forest Qi Gong

And others say, and if you're a beginner and you can go to level one, if you want to learn to become a healer and you can go to level two. So if you want to go to higher level to experience the higher vibration of the universe, opening up more channels and grow your spirituality, then you go to level three, level four and even level five.

And they say so you will find a lot of detailed information, amazing courses for you. – Yeah, I can't recommend it highly enough and also follow a master Chunyi Lin on Instagram.

Join his mailing list to give out lots of great tips throughout the year where you learn how to get rid of headaches and constipation, just everything.

I mean, he's just such a giver. I know all of you can tell he's got the, he's got one of the purest hugest hearts. He's one of the most unconditionally loving human beings on the planet.

And I'm not just saying this because he's a friend of mine and this is why he's such a great friend of mine. I just love being around him and I know all of you will too. So make sure you go to Spring Forest Qi Gong check out the offerings there because once you learn Spring Forest Gigong, you know, have a tool to use the rest of your life to make sure that you stay healthy. If for some reason you have an illness, you can recover from it much quicker. And also I think, you know, there's probably a good chance you're gonna live quite a bit longer if you're practicing Qi Gong. So I think that's an amazing tool and so good having you on Chunyi. I always love being with you and I love everybody getting to learn more about you and, and the wonderful work you do.

You truly are of service and you are a gift to the world. Do you have any final words you want to share with everybody that's listening? – Oh, so thank you so very much, Tom. And it's my great honor to work with the goal to share the power of the government in the world.

And I was talking about healing, talking about balancing the body or grow your spirituality. Always remember the most powerful energy. Yes, unconditional love.

Unconditional Love as the Highest Healing Energy

And as you open your head with your unconditional love that you use unconditional love to condition your body when you have that unconditional love to condition your body and then you achieve can work many times better than you use any other types of energy.

That's why confirm this perspective. Unconditional love is the most powerful healing energy in the world. So especially in nowadays, and we really, really need that unconditional love, not only for healing but for living a peaceful life. So – Yeah, that's amazing. You're such a beautiful example of unconditional love. Also during the summit, stay tuned. Master Chunyi Lin and also his friends, the Tibetan Monks will be doing sessions each day where they will be chanting and sending you energy, healing energy, all sorts of great energy.

And in a, you know, 10 or 15 minutes, you can enjoy that every day throughout the summit. And this is another gift that Master Chunyi Lin wanted to provide for all of you.

I can't tell you how much I love you. And I'm just so grateful that you're on with us today because I know what you talked about today is gonna help so many people.

Thank you so much and keep doing your amazing work. You are a gift to the world. – So thank you, Tom. Thank you so very much for everyone and many blessings.