Introduction to Sunny Lin

I am so excited for my next guest. He's actually somebody that I love so much. He's been so helpful to me in my life, and he's one of the most unconditionally loving human beings on the planet.

He's a co-host of this summit, and actually the reason we're doing this summit is because he and I, along with his wife Deborah, are doing a company together.

So this is such a treat for me to introduce you to Sunny Lynn. He is a qigong master. He is the founder of Spring Forest Qigong, and he's trained over 700,000 people around the world in qigong and in healing.

He in 2010 was named the Qigong Master of the year. So sunny, I am really excited you and I have had so many conversations over the years, but I'm really excited to let everybody know who you are and and I know you're going to help a lot of people, so thanks for being here.

Well, so thank you, Tom. Thank you for your invite. And I'm just so, so happy to know you, my life and you all my dear, dear friends. And we have been together for so long.

I'm looking so forward to our time working together to help the world to become a better place for every species of life. To enjoy. So thank you, thank you. No.

Thank you. Chinese. So Chinese grew up in China before coming to the United States. And can you tell us a little bit about your journey, because you weren't a qigong master right at right from, you know, age 1 or 2, you had to go through a journey to find this passion of yours, this purpose of yours.

Give us a little glimpse into what that journey looks like. Oh, wow. So my journey is too long. And so I think it's impossible to tell you my journey in, ten minutes.

Yeah. But I anyway, I will give you a little bit background about how I became, qigong practitioner. Like, like who I am now.

Growing Up Through the Cultural Revolution

And I grew up in China, as you know, it is I, at the time in the Cultural Revolution happened, I was at the age of eight, and overnight the whole country was in a mess.

So my parents were, captured and put into jail, and my brothers and sister and I and I got kicked out from the house and wandering in the streets, and for three days, no food.

And now a nanny and, of the lady, which we adapted as our grandma and took care of us. So, you know, so brought us to wandering in the streets, you know, for three days.

And we did not get a couple friends doors and they, as soon as they saw us, they just say, God, no, no, no, no, we cannot take you now because, now we were almost like a the enemies of the country at the time.

So the, and no people were there to accept us. So then finally we got somebody, who was a landlady and brave enough, took us in. So we stay in her place for seven days.

So up to the seven days and, a group of friends of my father who, I, my father help. Like, in his life, they risked of their life to get into the town, to, found to find us.

And then they brought us out of that town, which was in a big, big chaos. So then we escape, you know, during the

time and while we were trying to run away and, the, the, so-called devoted friends of my parents, and so cut us and, they.

Wow. You know, that was the most of your parents friends got you. Wow. Yeah. They come. Yeah. And they put that, rifle guns at my head and my sister's head wound threatening us to to kill us.

And then, because, at that time, if they didn't do that, the government might go after them because they were so close to us. Sure. For no reason. Why?

For no reason. They did that right. That was the only political reason. So, then the other guy who knew a little bit about us had said about, you know, so we are trying to find the parents, but not the kids.

Let the kids go. So then they signal us to run. And of course, I hope I held my sister's hand and we ran as fast as we wish. We had four legs. And then, you know.

So finally we escaped out of the town. So. And of course, the, later on, we joined our parents in, across, over to the other side of the harbor. Then we, after the Cultural Revolution was over, you know, we were still not doing very well because and we were still considered as the bad people.

So any people could insulted us. And as a kids at that school, I, I, I was bullied and every day and the school, the books, I mean, there's my backpack and my books and just torn when I came home and many, many times.

And I was beaten black and blue and, so that how then what what was the condition at that time in China? And then after a few more years. Well, at that time. So let me, go back a little bit.

So I focus more of my time to study. So my study was doing pretty well because I didn't have time to. I mean, no, no, no friends to play with me. I, wow.

Yeah. So. And I had to focus on study, so, then time went. Move, move forward. I moved up to the Cultural Revolution. I graduated from high school then.

So I, like many of the, young people like me and, living in the city who, first of all, educated. And then later on forced to go to work in the countryside and we call it the Jews.

Going to get the second education from the, the peasants in the countryside. So I went, four years, almost five years working in the rural country, 16 hours of work every day, farm farming work now, farming, farming, also growing, peanuts, sweet potatoes and rice, sugar canes and very kind of things.

Very heavy labor. So I had a lot of injuries and, of course I played basketball too. Yeah. Then I, that had two more injuries to my body. And so at a cultural level and then the Cultural Revolution and ended and I got a chance to, participated in and two college examinations.

Then I became a college student. That was a life changing, completely changing. I learned so much, you know, and the in the college. So then, I became a college teacher, and that's what I continue to practice.

But I had psychosocial depression. I was a, you know, mess. I bone spot in my neck in the lower back and, injuries to my knees and later on, turning to arthritis.

As a young man, I was in a mess, you know, so societally, I was depressed. And then, my physical body just aches and pains all over my body. Probably some anger too, right?

Yeah. Bullied. And yeah, I've been sent out to farm. I mean, you probably were angry then. Yeah. I was just so angry. So mad, you know? So, but, you know, the, the the more serious thing is you could not express your anger.

You have to have your anger inside. Because when you express your anger, that would attract more problems.

Yeah. And the people will pull you more and they at work, you know, people looked at you.

Yeah. And I was so kind of. What the hell's going on? You see that kind of things. And then you will have less opportunities to get promoted. Yeah. And to get a better, salary.

And our salary at that time was very low, you know, so like, $5 American dollars. And for a month that was, oh, yeah, of suppliers. So the time that I teacher as a college teacher, as a college teacher.

So at the time when I first came to the United States to participate in exchange program and, I had and here I got the allowance like a $60 for a month.

I looked at it. Wow. That's it. That's like a life in heaven. Yeah, it was it.

Discovering Qigong and Personal Healing

Why you are so happy with $60? You only have $60. Is even $6,060? You only get what, like a less than ten McDonald's, right? Yeah. Wow. You know what that is?

My 65, you know, so I mean, the almost one year salary in China. Oh, yeah. I save every penny, you know, to to to bring it home. So. And so you had all these injuries and you had this depression.

Yeah. How did you find qigong. How did you write. So I try every, every way everything to heal my knees and heal my back. But a Western way and eastern way, acupuncture and herbal medicine injection, you just name it.

You know, sometimes you help a little bit, but when the pain came back, you can get even worse. So, one day a colleague of mine said in the article, master coming to town by sitting in his conference, you could help yourself to heal very serious challenges too.

So I already tried everything. All right. So why not had tried one more thing. So then I went and thousands of, like, people sitting on the field ground in a soccer field.

And so I was there listening to this master and I, I couldn't believe I would get healed, come quickly through. But the this was the last hope. So I went on the master talk and taught the living techniques and everybody was following him.

And then he said, well, if you wanted to heal yourself faster and more completely, and you need to forgive those people who once upon a time hurt you so badly in your life.

Immediately I said, no way. Okay, that how can I forgive those people? Right? Was their life in danger? My parents gave everything to them. And when our lives is in danger, instead of helping us out, they kick us out of the house and put their best friends kids into the mouth of the wolf.

Yeah. So, No way, I said in my heart. But immediately the master's that looked like he he knew my heart. And he said, well, if you had a hard time to say I forgave you.

And you can pretend just by pretending to forgive these people. You can also get some good benefits too. Say, wait. Hey, wait a minute. If I forgiving, pretending, I can heal myself faster and completely.

Well, and I think that is a that is worthy of. Yeah. So I, I started visualizing this people lying up in the sky one by one. Then I said to them, make sure they hear me.

Now, at this moment, I just want to heal myself, to heal faster and more completely. So, I pretend I forgive you. You can't, I love you, so I repeat, I, I pretend I love you, I pretend I forgive you in those awful thousands of times and very quickly murmuring, then it's like I got tired of a guy repeating the same words and I said, I love you, I forgive you, I love you, I forgive you, and then simply just regular, not that that kind of, homing sound, to.

I don't know how long I did that. Then miracle happened. My whole body was on fire. Wow. Starting from the belly button, which we called the lower than ten and then radiating out through my entire body, my hands and my legs and, And I was starting moving the body and automatically.

And and then even I rolled on the ground, you know. So. And I was shaking and trembling. That kind of a shaking and trembling was not from my mind. It's simply the body was doing it.

Then it took about quite a few hours, and then this master was talking, seven hours and a half, and then I pick myself up from the ground. Miracle happen.

The pain in my knees, my the arthritis in my knees, in my back, in my neck completely went away. Completely. I mean, the pain and the pain in my knees is 80%.

Go on. I was able to jump, to rent, to rent. I am just so happy. And up to that, you know, I went home, I practice another two months. Something even bigger happened.

My social side of depression went away. I, I love people, I love everything, and I the glasses, trees and everything looks so, so dear to me. And. Wow, that was such a huge, huge, huge change in my life.

And I call it best enlightenment moment. I, I had then, after that, I said, wow, the check on it is so, so true, so real. In some, some people said, well, there's a psychological thing, right?

You believe it? It works. You don't believe it, it doesn't work. But to me it is just so real. And so later on, I spent all my vacation time to practice qigong, to go to different, parts of the country, to study, different masters, to go to school in, in masters, to go to Sichuan and stay in a cave and meditate inside.

The longest time I stay in a cave to meditate is 28 days, with only a few a few apples and three bottles of water. So, at the time, you know. So, I tell you.

So when I, when I was meditating over there, I said, well, no problem. And I can survive because we went through all the trainings from three days fasting to eight days fasting.

Right now, here's 28 days. That's okay. You know. So I knew it. But you know what? This was very intensive meditation and training. And I got three yeah, three bottles that the process about, like, 2 or 3 cups of water, you know, 1 in 1 bottle and then so the first three days I already trained three, I mean, two bottles and we have, six, six apples.

And that was the first three days I ate, 84 I let's do it. Wow. So everybody, 20 more days to go. So. Yeah. So. Wow, I and I was panicking. Then I called myself down. Okay. Anyway.

And then when my master said, is this okay? I believe it is okay. I just meditate and meditate in slice alive. So that was such a, such a huge, huge experience.

And then up to that, intensive training and then I was certified as actually go master. So, Tom, I cannot hear you. There's no sound. Yeah. Okay. And.

Yeah. So the the thing that is so cool is that, you are the most as I mentioned, you are the most loving human being I know on the planet. And so many people feel that way about you.

You know, Jack, of all and all these thought leaders. And to think of you as ever being, you know, angry or having suicidal tendencies and being depressed, I can't even imagine that.

So the transformation you had in your life is incredible. It's just absolutely incredible. And so, so, Jenny, what we're going to talk about today. So now you know his story.

You know, everyone watching know how he came to, qigong. And one of the things is he's not only a qigong practitioner that's taught many, many people, hundreds of thousands of people qigong.

He also is one of the most amazing energy healers on the planet. As a matter of fact. Shen, you wrote a book called You Were Born a Healer and his Mission in life.

His purpose in life is a healer in every home. Today, I want to talk to you a little bit about remote healing. So. And Shen has been, He's been my go to person.

When I've got something, I'll say, hey, Jenny, can you help me? And he's in Minneapolis. I'm in San Diego, and he'll tune in to my energies and I'll say, you've got a blockage here, blockage here, let me work on it.

And he's just been just so wonderful and such a great, great friend of mine. But for people that aren't used to remote healing, they're going, how can he be in Minneapolis and you be in San Diego?

Something happen? Can you talk to us about remote healing journey and a little bit about the methods you use to do that? Sure. Absolutely.

Remote Healing and Energy Transmission

So it's about and, and the simple answer to the remote healing is, as a healer, you're sending your healing love, your healing energy to the recipient, remotely and one person, one healer.

And you do you send healing to many, many of the people, across the sky and, to, to the other side of the world to help to heal and then or or group of, healers, people send, send healing energy, to and remotely to other recipients.

Our spring for qigong students always a form groups to send healing to others. You know, talking about the energy. Energy has no limitation of space and time.

Yeah. And so you need to open your heart to understand that it is all about energy transmission. And so you'll open your heart, you'll direct that energy.

And from your heart, well, later on I can tell you the techniques and how to do that. To, send your intention. And with the intention, you send your key and which are here?

We're talking about energy. Yeah. To help help others to clear the energy blockages. So in order to help this person to heal and remotely, there's a some steps, you know, these are the techniques.

This is a you can call it my secret. Yeah. First you need to detect the energy blockages in this person's body. And then prior to the healing session.

And then you need the information of this person, like the location of this person. Or and then the, the H and the, the both. That's even better. The gender. So, while we talk about the location. Right.

If, so these are the things you need to know about this person so that you can pinpoint and see where this person. Yes. Yeah. So that your, your, your, your intention can direct your healing energy to help this person remotely.

And so that's basically basically. Yeah. So that's that's awesome. So you can send energy and intention you not just you but other people when they learn how to do it can send energy and intention anywhere in the world.

Right. Thus any anyone in the world. Yeah. So that there's a no problem. So you may tell your story. Sure. Yeah. Please. Yeah. So, let me, this is not only I can do it, everybody in my classes who learns these techniques can do it.

And a long time ago, it was a Steve student of mine. Call me, at the time, I was, preparing, to go to, formal dinner,

invited by my friend and I, he said, I have a friend and who is having a heart attack in Italy in, village. Wow.

So he is literally is dying because the head is only like a 15% of the thread is working so massively and can you do healing? And for my friend, I say, well, I love to do that for him, right?

You know what? You have been in my level three class and as you can do it, I said no, no, no, no, I don't have that, that power. Yeah. I said, well you do and you trust yourself.

You are already an advanced student. You can get a group of people together, to do it. And I will send healing energy to help you because at this moment I am busy going now.

And I said willing and, so you you can do it. Then within 1 hour or 2 hours of the time and he gathered together the 16 people in his house started doing the meditation.

And I tune in to help, to help them, to give them more energy. So then on the other end of the world, the doctors in Italy screaming what I have on what happened because the monitor on that of their heart, the EKG, EEG, that kind of thing is rising up from 15 to 30 5 to 40 5 to 55.

The heart function actually is moving. Yeah. Actually better and better. And then, he called back. Called me back in about one hours. He said, all things are going to get getting much better.

So thank you. Thank you. What can we do next? I say, well, this is not safe yet. You need to do another healing. And I'm going to turn you in tonight and I'm going to work in him too.

So we did another healing. Then this gentleman who was an engineer and his wife was, licensed a nurse in Minnesota, and they didn't believe that qigong healing that much.

And, honey, they they thought, okay. And so we and that this is something real is happening. And then they called me back, they said, you know, what can we do next?

And I said, well, we'll continue to work on him. And if he is doing okay overnight and then and in seven days, you know, back in Minnesota and they said, come on, no way in.

Now, the doctor said he need to stay in Italy for two months. Before he could move back. And, do some activities. You know, exactly the seventh day he was walking back in Minnesota in a stretch.

So awesome. So this is the remote? Yeah. And, and in, in in the remote healing, this energy, this energy has, intelligence. It has a wisdom. It knows what to do once it gets into your body.

He knows exactly where to go to help you to fix the damaged tissues, to reset the energetic systems then, like, very same. Yeah. So this is the way how.

That's amazing healing. Yeah. And that is so people in the western part of the world have a hard time. Many people have a hard time believing that. But that you can send energy that energy has intelligence that can fix things.

Yeah. Yeah. What why did why do you think they have so much trouble believing that and and how did you. Because you probably didn't believe that when you were growing up.

But but then you started to see results, I'm sure. Right. Yeah, absolutely. I was actually. And so people have been doing remote healing every day without noticing it, you know, not that way.

Right. So, for instance, if you have a friend, got injured or in a hospital and for any other reasons, you say, oh, so God bless you, I will send you love and much love to you and you when you when you do this blessing and ultimate is you already send energy.

So people are already doing remote healing. Just absolutely because yeah that's great. That's great. So anytime you think, a loving thought for somebody or send, blessings, you're actually doing exactly what we're talking about.

This is exactly when you say, excuse me, I wish you okay. Well, soon I wish you'll be coming home. And for the holiday, you know? So you know, when you send this good, intention and wishes. Yes.

And so people is going to receive that wishes and. Oh, grandma grandpa's always said to love. Be careful what you ask for, right? Yeah. Just, you know, so when you send your love and energy to help others and this love and this energy is going to reach that person.

But here talking about energy, remote healing and you, you train yourself to activate this gift you already in born with, right? You make it work better and more.

You practice, more you train and more you can activate this love and that is a gift of to help others. Yeah right. So that is that is the case. Yeah. So of course at the very beginning, when I, when I, practice that qigong, especially the healing and face to face healing and then later on and remote healing, I say, well, yeah, this is a no.

I, I would love to learn, but really, you know, I do have that moment. But after I practice, I put it working on others that I found out it worked. So then it might not work.

Every time, you know, immediately some people that result you right away. Some people get a result a little bit later. Right. So some people might take and, several times to work.

You know, it depends on the situation. Not that person is. So, but, hey, you know, for instance, and if your person has a headache. Yeah. And, long time ago, when I first started doing the remote healing, you might take, like, a half an hour to help to calm that headache down.

And then when a practice, more and more and more the same level of headache right now, I could do it like within seconds. Yeah. That's, that's the, the more you practice the more focus you can give your energy, direct the energy to help others.

And then the better result you will be and plus, the more you practice, there is one more thing is involved. It's very important is unconditional love.

Yes. Right. So unconditional love with the with the intention with is a pure unconditional love. You are able to help others to heal faster. So now here I'm talking about like, higher level Sheila, you know, as a higher, higher, level healer has higher level vibration. Yes.

With the energy. And this is not only that, you also need to have, she will look to this, the many healers I know, they have a great, great techniques.

Yes, but not necessarily. They practice unconditional love. Yeah. When you align, as I mentioned earlier, that is the thing to me that really stands out about you is your heart.

You just you're so unconditionally loving how to focus really. I mean, it comes through like I hope everyone is experiencing it just by hearing you talk, but, you know, you he's he's just such one of the treasures in my life.

And I think one of the treasures on the planet, is, is my my good friend Shania chan. You what? What, what are some techniques that you can share with people if they want to?

I, I'm sure a lot of people will want them. We'll we'll show it. We'll talk about later how to get in touch with you and and your healers. But if they want to try healing, if they want to try, healing a relative or, a friend or a loved one, what are some things they can do?

Okay. So. Well, of course. Unconditional love. I should start with that. Yeah, yeah. You activate that and you take

three gentle, gentle, deep breaths and focus on the heart and calm yourself down so that.

Yeah. And then you put a smile on your face. Okay. Smile is very powerful technique. You might say smile, but yes, a smile do that just creates different energy.

Yeah. Because you know, smile smile stands for you know, that start my internal love engine. Oh good. Yeah, yeah I've heard you so. Yeah. So once you put a smile automatically you start that love engine from your heart.

Then you'll, you'll, you'll have your pure intention to help others. You, you don't have any, any kind of worries and egos at that moment anymore. Once you and the start this love from your heart, and then you know the techniques you use.

Okay, this no time. Would you please let's do it together. This thing here. Right. Okay. This lovely goose. And now here, I want you to, give the, give a little bit test of the, so fingers how it looks.

So. And you can literally feel the cheek right. So now. So, first of all, you hold up one hand, okay? Okay. So, maybe left hand. Okay, look in and the fingers are slightly open, like what I do.

Yeah. Okay. And then all your fingers with the right hand, you have your right hand be present. It doesn't matter. Right hand. Okay. Yeah. So which hand you feel more comfortable now?

You say send energy to the middle of my palm and then use pointer. So fingers to your palm and you close eyes. And then you say visualize and light shooting out from your fingers to the middle of the palm.

Can you feel that tingling sensation here? Yeah, I can yeah, yeah. Okay. Yeah. So you put your hands a little bit away from each other. But what I do and you continue to send light to the middle of the palm.

Can you still feel that? Yes. All right. So cool. Okay, so now we do something. Have we cut, remote healing? Right. So now you point your fingers to the sky and you move it in clockwise or counterclockwise.

It doesn't matter. And then you say, send energy to the middle of my palm. Send energy in the middle of my palm. Now, do you still feel that even more tingling sensation in the middle of the palm? Yes, even I feel, you know, more energy in the fingers now you say, okay, now you can put your hands down.

From now, the first practice, your point is. So fingers to the middle of the palm, you can feel the energy that's natural. Why we say, well, we have a heat, the temperature right, that we can affect in the middle of the heart.

But once you put this hand towards to the sky, there is no connection with this two hands, right? Yeah. But with your mind, you say you feel. Yeah. The intention is right there. Yeah, yeah.

So this palm is not then just the energy will send to this palm.

Simple Techniques for Healing Others

Right. So this is exactly what remote healing. It has no limitation of space, no limitation of time and no limitation no speed either. Yeah that's amazing.

Yeah. So the this is how what you can do. And so you do this whole thing is this, this piece of technique is that in the YouTube you can find the tool.

Yeah. What I do so you use this thing is to break out the blockage, like in the person's body, for instance, this person has a shoulder pain, right? Yes.

Remotely. You can do that. Visualizing your saw fingers sending light. To break out the blockage in person's shoulder you can do it like a 30s or so at the very beginning of the practice you get better of course.

Five seconds. That's the time unit. Jump chop chop chop and break out the energy blockage. And then open your hand, visualizing your hand as an energy hand going across the sky.

Go to this person's shoulder and take hold of that pain as a smoke and put it all and return it back to the universe as extra energy. This is not bad energy, right? Yeah.

Then the energy blockage is also a form of energy. It just does it make more and convince. So you just put it out as small and return it back to the universe and say, you know, my channels.

Okay, blockage is gone and completely healed. You need to say the word completely can come here. So what you want, right? Yeah, yeah. Completely healed.

Completely healed, completely healed, completely healed. And just keep moving. Yeah. Beginning when you pull the blockage out, you will feel a sensation.

Kind of a heavy, sticky feeling in your hand, you know, like that. Then after that, when the blockage is going away, getting less and less and, no blockage in that area anymore, then you will feel your hand getting normal, very light that means.

So that's the sign. When a hand feels lighter, you've you've gotten that out. Okay. Interesting. And then at the end and also when you when that happens you give healing energy back and block the energy so that that result can be sustained.

Right. So yeah nine times 123456789. You set energy in that way. You step on. Yeah. Go back. And that's great. That's it. So now everybody's learned how to be a remote healer.

So first start this word fingers. And then you you chop chop chop. Right. See that energy blockage breaking up. And then pull out till it feels light in your hand.

And then nine times putting energy back in. That's amazing. Thank you. You you've just I mean, you have so many hundreds of thousands, millions of people, but everybody is watching.

This really is a technique that will work. Now. Someone may not feel it immediately because it's subtle energy. It's subtle energy that you're changing.

But you can now help your loved ones, your friends, and you can even do this technique on yourself, right? Yeah, absolutely. Yeah. Yeah, absolutely. So if you have a sore source, shoulder or knee or something, you know, you can do the same steps.

You're so generous. You're always you're always, helping people and you're always the first to offer to help. I just I love you so much. You've been such a great friend.

Where can people find you? Chinese. In your work if they want to take the next steps in developing a qigong practice so that they are removing blockages automatically, or if they want to become a more advanced healer, or if they need healing from from people that you've trained.

What? Where can they find you? Sure. Yeah. You can come to visit my website and then the Spring Forest qigong.com. Or you can see me in the Facebook like a Tony Lin or Master Chen.

Elaine and or Swing Forest Qigong and the Facebook. And you can find me too, every day. I mean, from from Friday to, pattern. So from Monday to Friday, we have, like a everyday qigong practice.

Starting at 8:00 central time. So our, teachers, will guide you for half an hour every day. You'll have a, have a teacher to practice together with you.

Yeah. And of course, I have many courses. Another one, level two, level three, level four. And and our teachers, all over the world. So you can visit in spring for qigong website.

And as you can find all this information, I yeah, I can't, I can't recommend it. Highly enough. I've been practicing Spring Force qigong ever since I learned back in 2008, 2009, when I first met to a group that were part of called the Transformational Leadership Council.

And it's amazing. It's so amazing. It's such a a wonderful practice, for the body, also for the mind. And you feel so good after you do it. So I would encourage everybody to go to spring Forest qigong is shy and then go and accom spring just like Spring Forest just like forest and then qigong.com.

You thank you so much. And we've got another interview with you coming up. So we're going to be talking about energy blockages too. So look for that on the schedule here.

Everybody that's watching he'll he'll be talking more about energy blockages and, and how to clear them and what they are. But thank you so much for enlightening us and teaching all of us how to become energy remote energy healers and spend so wonderful of you to do that.

Where to Find Sunny Lin and Final Thoughts

Do you have any final words you want to share with people before we sign off on? This was absolutely and well, thank you Tom. Thank you for your presence and thank you for your invite.

And just so, so, so enjoy having this moment with you. Now, our intention is very important. And as you have, everybody was born a healer. Everybody was born with this beautiful gifts.

You can help yourself to heal and you can help others to heal. And the unconditional love is very important when you want to help others to heal and heal completely activate that and conditional love from your heart and trust yourself.

When you trust yourself, you have more confidence. And then so with the intent and with the pure energy, then you set up a condition. You set up an environment and with your unconditional love.

So there's your pure energy. In qigong practice we call it that G and can flow out from you. And then this T the intelligence can work even better for helping yourself and helping others.

And the more the more amazing thing of a spring for a second practice. Yes, once you're, helping others to heal and at the same time simultaneously, you are helping yourself to heal too.

And for many people, they help others with the aches and pains in the body added up. And then they are the first one to rid of the pain. Yeah, because you activate this T, the intelligence is not only help, helping others and you're helping yourself so and not like many other people said, well, I need to be well so that I can help others to heal.

But in Spring Forest qigong practice, you don't need to be perfect. You. Yeah. So that you can help others, you know, help others at the same time to help yourself to become perfect.

How about that awesome. That's wonderful. That is so wonderful. Well, I love you very much. You're a dear friend and so happy to be doing this summit with you.

And, thank you so much for helping everybody in this. And and as I said before, look for the second interview with China that's coming up on the summit, too.

We'll see everybody soon. Amazing job. Thank you China. You know. So thank you Tom. Thank you. For.