



## LING YUAN

### The Eighth Method of Yuan Qigong

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Ling Yuan is also called the '**Method for Reaching True Nature**'. True Nature is the nature of Shen - the True Self. The practice of Ling Yuan is a process for cultivating awareness, awakening and realization – and the development of these will contribute to the manifestation of Shen's true nature.

What is Shen's true nature? It is high level of freedom, autonomy and wisdom. When Shen's true nature is not manifesting, pain and suffering is most likely unavoidable in life.

Why is it that Shen's true nature does not manifest? It is because in most people Shen is covered up by the activities of the consciousness. The consciousness is constantly acting on behalf of Shen and the way it operates is through patterns. Problems arise when the patterns are not aligned with true nature. In other words, many of the patterns of the consciousness work against Shen - and this is where the deepest roots of human problems can be found.

Ling Yuan is a practice to help work on these patterns. When these patterns are identified and changed to align with Shen, the cover that obscures the manifestation of Shen's true nature will be gradually dismantled and Shen will start to show.

The Ling Yuan method is designed for this dismantling work. It is done through the communion and communication between Xin (the heart) and Shen (the True Self). The foundation for this communication is the unification of the two. Xin, being in its purest state with the 5 Xin qualities (trust, openness, love, gratitude & Gongjing) present, can have full access to Shen and form a complete union with it. This unification will set Shen free and bring it alive. When Shen is free and alive, it can start to manifest its ability to see things clearly. When this ability is

activated, it will be able to see the unhealthy patterns and their work clearly - and creatively show the ways to improve them.

The special design of Ling Yuan is based on Yuan Tze's profound understanding of the law of the consciousness, Xin and Shen. It is to facilitate both 'gradual realisation' and 'sudden enlightenment'. In other words, practitioners will develop awakening and realisation through the process and from this a sense of freedom and wellbeing will grow. At the same time 'enlightenment' could occur any time in this process.

Ling Yuan practice also sets the foundation for Ming Yuan, the Ninth Method. This method will be introduced at Level Six Teacher Training in November. Ming Yuan is designed to help attain 'great realisation and wisdom', to further realise the infinite potential of life. This is the reason Level 5 training is made the pre-requisite for Level 6 training.

Ling Yuan practice brings Yuan Gong life cultivation to a new level. New discoveries about yourself will continue to be made and life will constantly be renewed and reshaped through this process. It could take you to places you never could have imagined before - and anything is possible. You will know what it can bring to life when you have made it a regular practice.

Enjoy your Ling Yuan practice!

**Below are the experiences of Ling Yuan practice shared by a few teachers who learned the method last November at the Level Five Teacher Training.**

I feel that this level of practice is lifting me out of my false self much further and faster, brings me deeper and gives such a level of clarity (I know there are many more "levels" to follow). The intellectual understanding has found beautiful soil of the Heart and Shen in a respectful unification. - *E. U.*

With all that is going on right now I seem to integrate my Ling Yuan practice into daily living keeping Xin and Shen connected. Formal practice I do with a 10-week group on patterns I am running and incorporate it into individual healing sessions. Sometimes it starts spontaneously during Zhong/Shang Yuan (5<sup>th</sup> Method & 6<sup>th</sup> Method) practice.

It is definitely a powerful tool that if used effectively it is almost as if no 'formal practice' needed if we can keep in a good state and be aware of our thoughts. I feel really grateful to Yuan Tze for making it so accessible. - *N. M.*

I am practicing when the need arises. Previously (before Ling Yuan) I used to write down replacement patterns but I am finding when the replacement pattern has arisen out of the meditative state of Ling Yuan and my heart has acknowledged it, I don't need to write it down. It is a commitment I remember in my being rather than just with my thinking mind. I have also found it surprising when sometimes I ask 'what do you want to do with this pattern?', my intellect would have said yes change it. However, sometimes the answer from Shen/Xin is not so severe; it needs to become more aware of the pattern and make a very gentle subtle adjustment. Patterns I could not see before are arising more this year, so I am very glad to have Ling Yuan. - A. K.

I notice I feel a stronger connection and trust in my heart and the gentle non-judgmental dialogue I'm having. It's a wonderful awareness and feeling to feel this deeply meaningful connection and I find there are times I could stay in this state for a lot longer. - S. W.

I haven't yet established a daily routine (another way the pattern of 'avoiding and hiding' can manifest 😊, resistance to going inwards and facing myself and the patterns that need changing). But the times I have done it I feel a better connection with myself and greater trust in myself and my ability to find knowledge within to change patterns / taking responsibility for my life. - S. W.