

My Healing Story

I am relatively new to Ren Xue and Yuan Gong.

I found this wonderful life-enriching and life-healing study after going through treatment for breast cancer. I was also suffering with atrial fibrillation, a serious heart dysrhythmia.

I read a book called Radical Remission and looked at their website after fully enjoying the helpful, encouraging and inspiring book.

There on the website was a lovely video showing a student of Ren Xue Yuan Gong! She talked about her journey finding Qi Gong after she had experienced a cancer diagnosis.

I googled her and found her website where she was offering Skype Qi Gong lessons! She took me on as a student about two years ago. She kindly offered me a payment rate that I could afford on my retirement income. We have been meeting online almost weekly since then.

Vanessa has inspired and healed my life!

After starting our lessons, I sent away for DVDs and books by Yuan Tze and began to practice daily.

I also had the great privilege to attend the California retreat last year and meet Yuan Tze and Melissa in person!

That advanced my healing tremendously!

During the group healing, I inwardly heard the words, "my heart is perfectly healthy". It seemed odd to me since I was still experiencing long periods of the scary dysrhythmia. Still, I kept faithful that it could get better.

I took to heart those words that are most important to heal the heart and repeated to myself often, like a mantra, "trust, openness, love, respect, gongjing, humility, calm, relax and natural and joyous". I tried to breathe out fear whenever I felt a symptom and to breathe in trust!

Little by little, day by day, I have been getting better and now my heart feels fine and I can breathe easy most days. If I have a symptom, I breathe out fear and breathe in trust while doing pulling Qi.

I have so much more confidence in life now and wonderful things are coming into my life!

I got married last August and I know it's because my ability to really love another has so improved with my improved heart consciousness and improved awareness of my patterns that were walling me off from love.

Now that Yuan Tze has offered the online healing, I have yet another wonderful life-improving tool!

When visiting my daughter during her recent surgery, I can't tell you how much it helped me calm down and offer her healthy chi while listening to Yuan Tze and Melissa on my phone with earphones while she slept and I sat quietly with her. I directed the healing towards her as I sat by her bed.

Needless to say, she woke up feeling way better, ate well and slept though the night for the first time in days!

Now, today again, I had a wonderful experience because of being grounded by the online healing!

I play a small harp that I take to the hospital to comfort patients there as a volunteer. They request me to play in the busy lobby. Today, after preparing in the morning by practicing

my songs and by using the healing video for myself, I set an inner intention that my work there would be comforting and healing. I hoped that the Qi would sound through my harp.

I was surrounded by a few patients in wheelchairs and sure enough, they were smiling and closing their eyes and humming along with the music, looking like they were receiving healing Qi! :)

Then, the quiet was broken. A young family was passing by with a poor autistic child who was running from his father and screaming. His father caught him and brought him over to hear the music. He sat calmly on his mother's lap with his sister and I played "twinkle little star" and they smiled and the sister and mom sang along. He sat calmly with his family after that for about 15 minutes and then left quietly with them.

I felt that was a healing miracle and I credit the online healing and Vanessa for bringing all this marvelous healing into my life!

I am so grateful!

By the way, I am taking the level one long distance training and loving it! (It's really not long distance, because I can feel the Qi as I open to the teachings!)

So happy to be a part of your close family! :)

Ruth Kamen