

QUESTIONS AND ANSWERS

1. **Can pregnant women learn Human Energy? What if there is chi-dong (irregular body movements caused by an energy influx) or nausea reaction?**
 - (1) Pregnant women can learn and benefit from Human Energy; in addition, their babies will become smarter.
 - (2) One need not panic when chi-dong or nausea gets stronger than usual. However, if it becomes too severe to bear, you can stop practicing for a while and resume after the reaction drops to a milder level.

2. **Are there limitations on how many times one can meditate in a day? What are the precautions when administering health maintenance to pregnant women?**
 - (1) There is no limit on the frequency of meditation in a day, the more you practice, the healthier you'll become. The minimum practice is once a day, 5 - 30 minutes per session.
 - (2) When treating pregnant women, one should skip the chi-smoothing and chi-grabbing steps. This will eliminate the risk of miscarriage.

3. **I can usually feel chi (energy) entering my body through the top of my head, when I press my hand on it. Now that my C7 is opened by Human Energy, should I avoid direct exposure to cold air from air conditioning vents above?**
 - (1) When we meditate, our pores open up substantially. Therefore, we should avoid meditating in front of air vents that blow directly on us.
 - (2) After C7 is opened, one can feel chi entering his body through C6 and C7 during meditation. This is how energy is boosted. The more you practice meditation, the better your physical health will be.

4. **I heard that children's chakras are not closed yet. Can I show my child the proper hand positions and let him administer health maintenance to others? Should the same chakra positions be used when treating animals such as dogs and fish?**
 - (1) One must be over 14 years of age to learn Human Energy. Young children don't have the ability to discern between receptive and rejecting responses, hence may experience negative residual effects. It is not advisable for children to apply it to others.
 - (2) The principle for treating an animal is to put one hand on top of its head (for fish, above its head) and the other hand on the diseased area.

5. **Is it necessary to meditate in a well-lit place? Can I do it under a tree, or on a hill?**
 - (1) Dark, wet, or overly shady places are not suitable for meditation practice; avoid them. A well-lit place is more appropriate.
 - (2) Trees can be categorized into two kinds based on their energy types: yin tree and yang tree. If you know for sure the chosen tree is a yang tree, then it's OK to meditate under it. Avoid meditating under a yin tree.

The above two principles apply to meditating at hilly or mountainous locations as well.

*A content heart enriches; a healthy body empowers.
When richness and power is from within, who needs exaltation from without?*

6. What can be done when a child cannot sleep well at night after seeing funeral vehicles during the day? Will babies receive too much energy when we hold them with our energized hands all day long?

- (1) When children are scared and fussy at night, treat them with C7 + C6 for one minute. Please refer to the health maintenance instructions under C6.
- (2) It is quite all right for you to hold kids for long periods of time after completing the beginning, intermediate, or advanced class of Human Energy. Holding kids isn't the same as administering health maintenance; therefore, it will not result in energy overload.

7. When experiencing chi-dong during meditation, am I allowed to open my eyes or to speak, so that I can put a stop to my kids' bickering?

It is OK to open your eyes or to talk during chi-dong when the need arises. The key point is to not get agitated or angry, for the purpose of meditation practice is to cultivate mental discipline and spiritual growth.

8. Can I visualize my chakras during meditation, since it's very hard for me to empty my mind and rid all the fleeting thoughts?

You can try counting your breaths, reciting mantras, visualizing chakras, or try to focus your attention on C7, C6, and feel yourself absorbing universal energy through these chakras. Practice "concentration" using one or more of the above methods, and with due effort and patience, you will be able to achieve success in emptying your mind.

9. To avoid closure of the chakras, I practice meditation daily in the morning and in the evening. Should I also do self-maintenance to my chakras after meditation?

Besides the daily meditation practices, you should also either practice Hsiang-Gong or do self-maintenance on all 6 chakras (allow several minutes on each chakra). This will help in keeping the chakras open and increasing your energy flow.

10. Sometimes after I administer health maintenance to others, I feel tired. Why? Is it a result of my accelerated metabolism during the application? Or is my own sick or waste chi purged? Could it be that I retained some residual sick/toxic chi of the recipient's? How can I rebalance myself?

After treating others, you must shake your hands briskly, then do pai-bing-chi (sick-chi discharge practice) 3 – 5 times. This will remove all the sick, toxic and waste chi from your body. Your tiredness can be relieved by meditating for a little while. Try visualizing a ray of cosmic light entering your body from C7, going downward through C6, C5, C4, C3, C2, and C1. As it runs through you, it pushes out the dirty chi, toxic chi and sick chi via your fingertips and soles, while energizing and replenishing your entire body.

*Virtuous men live for noble goals, wicked men aim at selfish purposes.
To improve oneself is to save one person, to influence others is to save many.*

11. If a person practices Hsiang-Gong and meditation, but never went through chakra opening, can he still receive the health benefits? Can he administer health maintenance to others or do self-maintenance?

The combination of chakra opening and meditation practice in Human Energy enables us to absorb universal energy and process it in our bodies. These procedures result in the amplified resonance of the human magnetic field and the universal magnetic field, which in turn makes it possible for us to channel universal energy for health maintenance purposes. Without the necessary steps of chakra opening, the preparations for channeling isn't complete. One may inflict harm upon oneself when administering health maintenance to others.

12. How long must I wait after a meal before meditating or practicing Hsiang-Gong?

Your stomach should not be more than 50% to 60% full when practicing meditation or Hsiang-Gong. If you are very full, it is better to wait for 30 minutes before starting these practices.

13. Is there any prohibition for meditation? I read it elsewhere that the maximum duration for each session is 30 minutes. Incidents of bedevilment from practicing chi-gong and meditation were reported in the newspaper. How can we prevent it?

Your heart is the master of your entire being. If your heart is pure and righteous, you are under saintly guidance. A wicked heart invites devilish domination. Only with a righteous heart can one prevent the intrusion of evil spirits. (The symptoms of bedevilment are confusion and incoherence). If you are a beginning practitioner, be alert and mindful each time you meditate. Each meditation session should be 5 – 30 minutes long for beginners.

Advanced Class Instructions

Prerequisites for advanced class:

1. Complete both the beginning and intermediate classes, evidenced by your stamped ID's.
2. Submit the "practice report" of no less than 200 words.
3. Administer health maintenance to at least 10 people. The recipients can be your classmates or friends and relatives.
4. If you are illiterate or disabled, you can have someone transcribe your report for you.

***Buddha did not just sit there to be worshipped
He walked into the crowd and benefited the world.***