



LIFE CHANGER

• By Hunyuan Qi Therapy •

Life Changer presents The Five Immune Systems in Zhineng Qigong

Join our compact 3-week online program!

Online via Zoom, 6 - 25 September 2024:

Learn from one of the world's leading

Qigong Master Yuantong Liu from Meishan, China,

as well as Hunyuan Qi Therapy Program co-founder Britta Stalling

as they share with you some amazing Chinese secrets of Vital Qi Energy to bring new inspiration, motivation, regeneration and recovery into your life!



*** This program is available with translation to German and Dutch.***

The program is equally suitable for beginners and advanced students



Cutting edge knowledge, skills and effective practices for nourishing holistic health, well-being and strengthening the immune system in challenging times

Discover new ways of being relaxed and joyful while celebrating abundant health from deep within by:

- Staying cool, calm and collected even when the world you have known up until now is tumbling down
- Focusing on opportunities and gratitude during times of crisis, discomfort and confusion
Going even deeper inside into the home of your own heart and mind to ignite ideas and solutions from deep within for the next steps in your life
- Experience real inner peace and joy, mental strength and stability
- Ignite trust and relaxation to become even stronger than ever

Focus and Content



- **Study and experience the power of emotions** and how they directly impact the functions and health of your organs and your overall well-being. Learn to manage your emotions for sustainable health and well-being.
- **Feel, use, heal and practice with Qi** - the invisible formless energy and information substance power of your life force - for strength emotional balance, mental stability, focus and creativity!
- Increase your awareness of: your **consciousness!** Apply your consciousness to bring light and life into your intentions and daily life activities!
- Introduction to some fundamental aspects of **Zhineng (Wisdom) Qigong Science**, including the power of the Qi and consciousness field and how to effectively use it.
- We know how important a vital and strong immune system is to prevent any illness! What's even more important is to understand it and learn how to keep it strong! We will share some main aspects of the Western and Traditional Chinese Medicine, and spend some time to tap into the importance of discovering the different ideas from the Zhineng (Wisdom) Qigong Science perspective:

Consciousness immune system
Emotional immune system
Energy field immune system
Membrane system immune system
Physical immune system

- Understanding the power behind your ability to mobilize your **innate self-healing power** and how to direct your consciousness and intention to ignite this power is priceless during challenging times! We offer you different modulation methods to **enhance the body's Qi, adjust the flow and improve the circulation of Qi and blood and strengthen the body's and inner organ's functions.** The goal is not only to re-create a balance of the physiological functions but also to support you to choose to empower emotions and to strengthen your mind to **better cope with any challenge in your life!**

'Especially, during challenging times, it is a great opportunity to bring yourself back to your own inner home. You are invited to connect deep inside with yourself – your own heart and mind – to allow your true-self to wake up and ignite recovery, rejuvenation, vitality, inspiration, motivation and overall well-being from within. Being compassionate and free to open your heart and mind completely encouraging an intention for the world to recover and unite as one family and one heart.'

- Master Yuantong Liu –



We will share these powerful practice methods with you, which you can choose to incorporate in your own daily practice routine:

- Methods to experience the **power of Consciousness**, how to effectively use it, understand the relationship between consciousness and Qi
- Sound vibration to **enhance inner peace**, experience the power of stillness, activate inner joy and well-being through various chanting methods: Xu Yin N, Hun Yuan Ling Tong, sound of joy.
- Nourish your inner home and build a **foundation for inner joy, health and happiness**: Smiling Gong
- Change the Feng Sui of your home **Qi field**
- Use Hunyuan Qi and Yi Yuan Ti for **self-healing**
- 5 Zhang organs **nourishment and transformation** mediation
- Strengthening the physical immune system, **the functions and Qi flow** of the lungs and kidneys, enhancing the inner core and improving the spine: Chen Qi, Qi squats, Turn waist, Vibration of membrane tissues of the body

Timing:

Online theory & practice sessions on Fridays and Saturdays

- All **Fridays: 6, 13, 20 September 2024**
 - 15h00 – 17h00 - CEST (Berlin)
 - 09h00 – 11h00 - EDT (New York)
 - 06h00 – 8h00 - PDT (Los Angeles)
- All **Saturdays: 7, 14, 21 September 2024**
 - 14h00 - 17h00 - CEST (Berlin)
 - 08h00 – 11h00 - EDT (New York)
 - 05h00 – 8h00 - PDT (Los Angeles)

Plus optional practice sessions on Mondays and Wednesdays

- All **Mondays & Wednesdays: 9, 11, 16, 18, 23 September 2024**
 - 17h00 - 18h30 - CEST (Berlin)
 - 11h00 – 12h30 - EDT (New York)
 - 08h00 – 9h30 - PDT (Los Angeles)

Q & A and Practice Session: Wednesday 25 September 2024

- 16h00 - 18h30 - CEST (Berlin)
- 10h00 – 12h30 - EDT (New York)
- 07h00 – 9h30 - PDT (Los Angeles)

[Link to a time zone converter](#)

Total hours: 25 hrs - You will receive your full schedule upon registration





Investment in your Health and Well-being:

280 Euro | USD 320

Participation Fee includes:

- Live Theory and Practice Sessions on Fridays and Saturdays online via Zoom
- Practice Sessions on Mondays and Wednesdays
- E-Book: "Zhineng Qigong Science Immune System - how to strengthen and nourish it."
- No worries, if you miss any of the live sessions. We will provide you with access to our E-learning platform, including training videos, downloadable audio practice material, quizzes and assignments. Some benefits are:
 - **Flexibility:** Study at your own pace and convenience
 - **Accessibility:** Access materials online or offline
 - **Dive deeper:** Active learning and revising promotes deeper understanding and retention



Powerful experiences of previous participants

"The combination of learning something new on the weekend and then repeating and deepening it on Monday and Wednesday is really great!" - Justin, South Africa

"Shifts in my emotional and mental well-being, confidence in healing!" - Adriana, Brazil

"I feel stronger than before. I have been in an emotional very difficult period and I feel I can cope better with the situation. I gained inner confidence and joy again. :)" - Katrien, Belgium

"I feel myself growing and deepening in so many different levels. My health always improves after a retreat with Master Yuantong Liu. My emotions are becoming better. In fact, I'm being helped everywhere." - Pam, USA



Register here

www.life-changer-worldwide.com | info@life-changer-worldwide.com