

Dear Sheng Zhen Practitioners:

The Swine flu is spreading recently and this is a severe infectious virus. The attack is just beginning and it will continue to be more aggressive. The flu virus is always mutating. Ultimately, antibiotics will be of no use.

Although the mortality of the Swine flu is lower than SARS, it will be more infectious. Swine and all such new diseases are airborne and wide spreading. If these diseases are not handled well, they can awaken a global virus storm. Fortunately, before the wake of these mutating flus, the teaching of Awakening the Soul Qigong has been passing on as well. The attacking of these new diseases is related closely to our soul condition. When people's souls can't remain clear and lucid, immunity decreases. Human beings are born as imperfect Yin and Yang units in a chaotic world, which makes it hard for their souls to remain clear and lucid.

Practicing Awakening the Soul Qigong, which is a part of Sheng Zhen Qigong, can help the public avoid disastrous diseases. For those who are already practicing Sheng Zhen Qigong, practicing Awakening the Soul Qigong with Sheng Zhen Healing Qigong Part One helps prevent illness.

As always, a relaxed body and pure soul are primary. They strengthen immunity and help our body and soul reach higher levels. Even when patients catch these mutant viruses, they recover under a comfortable and natural atmosphere. When people have pure souls without lust, diseases have no chance to occur.

Of course, all the above is general. Qigong neither is an amulet nor provides eternal youth. **The quality of Qigong practice and the understanding of unconditional love from Sheng Zhen Qigong determine one's fate. It is time for everyone to awaken and understand what is really important in their lives.** What's primary and what's secondary? What is truly relaxing and meaningful? That's the lifestyle that the Sheng Zhen Society advocates. Life should be lived with quality and efficiency, but also tranquility. If one has a pure, clear soul, enlightenment comes easily. Where do we find the meaning of life? How should we develop? How should we move forward? Because the chaotic soul can make people puzzled, anxious, lonely, depressing and weak, we should focus on advancing spiritually. Not only should we strengthen our bodies, but more importantly, we should focus on opening our hearts and awakening our souls.

The problem now is that materialism is preventing our soul and spirit from developing. Although people are living longer, the quality of their lives is lower. Our ancestors valued living at ease. Why don't we also value that? Sadly, people are having a more and more difficult time freeing themselves from modern society and finding their true selves, true freedom, and true

tranquility because they have been blinded by materialism. It's a great pity!

Dear Sheng Zhen Practitioners, we should thank Heaven for its gifts to us. Under the guidance of Sheng Zhen and unconditional love, we should regulate and organize our schedules and practice Sheng Zhen Qigong in a happy mood and natural state. **While we're practicing, strengthening and protecting ourselves, we also need to help others. Let's bring our love to other people. We should confidently pass Awakening the Soul Qigong widely to more people, so they can be benefit from it. Let's strengthen the public's immunity against Swine Flu.**

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