

# Dialogues with The Masters



Chunyi Lin, M.A., Q.M.

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**JANET ATTWOOD:** If you've joined our call this morning, welcome to the Dialogues with The Masters call. Many Qigong Masters have studied Qigong meditation, but few have lived it as Chunyi Lin has. Master Lin has studied with a Shao-Lin Temple Buddhist, Master Yao, also Master Yian in China's Guangdong Province—I hope I said that right—and also the famed Master Zhang—oh, good; I was going to ask Chunyi how to pronounce this one but I'll do it anyway—in Xichuan Province, and a few other respected masters who do not want their names revealed.

As part of his training, Master Lin meditated and practiced various austerities in caves on Mount Qing Cheng and Mount Dinghu. In Chinese culture, cave meditation is recognized as the most powerful way to develop intuition, perseverance, patience and tranquility. I don't think there's much difference between the Chinese culture and the Indian culture. It sounds like they're very much the same in order to achieve these wonderful, wonderful practices.

Master Lin has gone so deeply into the meditative, tranquil core of Qigong that he can present complex techniques in simple, easy-to-understand terms, and it takes a high-level of scientific understanding to make science sound easy. Master Lin has accomplished this through his Qigong. I will absolutely attest to that as I was with him as he was giving a presentation to the Transformational Leadership Council.

With all of these wonderful, transformational leaders who Jack Canfield had gathered, it was just mind-boggling and transforming to sit before Master Chunyi Lin. I also wanted to share that I've had many private sessions with him. Unfortunately, he doesn't, because of his popularity now, he's not able to give private sessions, but I was able to have those special moments with him, and I'll tell you it was so profound.

He was so great. As a matter of fact—where was I?—I was in Austin. I fell and really hurt my shoulder. We were there with the Transformational Leadership Council, and I'm bedridden. Master Chunyi comes in and, within four days, I was healed, which was very profound because when I went to a chiropractor later, they said it would take six months. That just shows the power of a true master.

Master Lin has had access to a very rare diversity of Qigong Master instructors in China because of his high character and his constant search for ways to improve his own knowledge. He's also fluent, which I thought was very amazing, in five Chinese languages, some as different from each other as French is from German so he's also very brilliant in the linguistic area.

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He established the fundamentals of Spring Forest Qigong in 1994 and since then, over 100,000 people have explored the healing practice of Spring Forest Qigong. Let's see; Master Lin has been involved with a lot of research programs, which I also thought was really interesting, with organizations such as the University of Minnesota. He's now the author of his bestselling book called *Born A Healer*.

If you haven't gotten it, you really do want to read it for all of you who want to be a healer, because all of us are. If we don't know that and if we don't know how to utilize that gift that we all have, then *Born A Healer* is the book that you want. It will guide you to wake up those dormant gifts that you have within you so that you can go out and share your wonderful gifts with others in the area of healing. Chunyi lives with his wife, son and daughter in the Twin Cities.

I just want to say a few things about Chunyi that are just very personal, other than the fact that I had wonderful sessions with him; he just has so much integrity. For me, after interviewing so many Masters all over the world, to sit with Chunyi was really, truly an honor. He comes from such a deep place of silence, and my experience is that when I really, truly know I'm in the presence of a master is that energy that I feel when they're before me. Chunyi is like a breath of fresh air. He has so much incredible energy.

**CHRIS ATTWOOD:** Janet?

**JANET ATTWOOD:** Yes?

**CHUNYI LIN:** I can't hear. The connection is bad.

**JANET ATTWOOD:** Hi, Chunyi. Is the connection not good for you?

**CHUNYI LIN:** The connection is bad.

**JANET ATTWOOD:** Okay. Chris, why don't you connect Chunyi? Can you do that?

**CHRIS ATTWOOD:** That's what I did, Janet.

**JANET ATTWOOD:** You conferenced him? Can he not call in on the...

**CHUNYI LIN:** I cannot hear.

**CHRIS ATTWOOD:** Yes, he's not able hear, so I don't know what to do.

**JANET ATTWOOD:** Can you have him call in on the conference number?

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**CHRIS ATTWOOD:** He said he has no tone, so that he's not able to dial in the PIN code.

**JANET ATTWOOD:** Okay, so here's what I want you to do. Let's see, what can I do? I don't know what I can do. Everyone who's listening, one of the great secrets to staying open in the midst of change, or living a passionate life otherwise, is just to be able to be with what is. This is one of those moments, so let's all put our intention on getting Chunyi on the phone. This is what we call a mercury-in-retrograde moment. Chris, what would you suggest we do here because you're the expert in this area?

**CHRIS ATTWOOD:** I think I'll have to see if I can arrange for someone to call Chunyi from a different phone. I'll just need a couple of minutes to do that.

**JANET ATTWOOD:** Wait, wait. Who else do we have on the call right now?

**CHRIS ATTWOOD:** Do you want me to open it up, Janet?

**JANET ATTWOOD:** Yes, let's open it up. Susan, are you here?

**SUSAN:** Yes, I am, Janet.

**JANET ATTWOOD:** Yes, Susan, what is your telephone number? I'm going to have Chris call you, give you Chunyi's number, and then you connect. Can you connect Chunyi? Do you have conference capability?

**CHRIS ATTWOOD:** Do you have three-way calling?

**SUSAN:** At this point, I'm on a cell and I'm outside of my area.

**CHUNYI LIN:** Should I try one more time? Can I try one more time?

**SUSAN:** Keep trying. It takes a few times to get through and get a dial tone so you can dial the PIN number. It takes two or three times to get the tone to get the PIN number.

**CHRIS ATTWOOD:** Chunyi is going to try again.

**JANET ATTWOOD:** Chris, why don't you mute everyone out now? Are we okay? Chunyi?

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**CHRIS ATTWOOD:** No, Chunyi is just trying to call back in, Janet.

**JANET ATTWOOD:** Okay, so what will we talk about in this moment of holding pattern? Why don't we open it up and just ask everyone what they would like to... I know what I want to talk about. This is Janet Attwood's very, very wonderful, favorite moment. All of you write this down: March 1<sup>st</sup> to 8<sup>th</sup>, 2008. What that is is that's the International Conference on Yoga in Rishikesh, India.

All of you from *Healthy Wealthy nWise* are going to be getting a special invitation to participate in that wonderful conference. I am organizing that, and they're adding on a last day so instead of seven days, it's going to be eight days. It's going to be all of these transformational leaders. I'm inviting people who have been stars of the movie "The Secret" to come to participate and other transformational leaders to come and participate in the International Conference on Yoga.

Aside from there being many masters there and healers, there will also be transformational leaders, so I'll tell you in March of 2008, it's definitely going to be the place to be. You can sign up by going to [www.Parmarth.com](http://www.Parmarth.com).

**CHUNYI LIN:** Okay, I got it!

**JANET ATTWOOD:** Okay, this is good! I'm glad!

**CHUNYI LIN:** Yes, I used another telephone number.

**JANET ATTWOOD:** Okay, so you're good. It's wonderful to have you with us, Master Chunyi. I'm so sorry that you were having some difficulty. Let's just move right into the interview, okay?

**CHUNYI LIN:** Sounds good.

**JANET ATTWOOD:** Perfect. How did you come to learn about Qigong?

**CHUNYI LIN:** How did I come to learn about Qigong? That's a very good question. I grew up in China. In the Chinese culture, you grow up and you know everything about Qi, Qigong, Tai Chi, and all these things. When I really got into Qigong practice was when I was in college, and I hurt myself very badly with basketball play. Then, later on it became arthritis, so I searched very hard to find a healer for myself, to heal myself. I met some very interesting Qigong practitioners and also Qigong Masters, and from them I learned a lot. I practiced Qigong and gradually I became a Qigong Master.

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**JANET ATTWOOD:** What age was that again?

**CHUNYI LIN:** When I was in high school I started practicing Qigong, Tai Chi and Kung Fu.

**JANET ATTWOOD:** Is it okay if I ask you how old you are now?

**CHUNYI LIN:** I'm 49.

**JANET ATTWOOD:** Wow! You look like you're about 32. I always wanted to ask you that question.

**CHUNYI LIN:** Why, thank you!

**JANET ATTWOOD:** You're looking wonderful. You can really see that it's working. The next question from our listeners is did you have a personal Master, and how and when did you meet him? Was it during that time or was that at a later time?

**CHUNYI LIN:** When I was in college, my first Qigong Master was a woman. I went to a seminar and there were lots of modalities of healing techniques she demonstrated in that workshop. I wanted to learn something that is very unique, very simple, and very convenient; no matter where you're going to travel, you have it with you. I saw a lady, a woman, who was using what she called Electricity Qigong to heal a younger woman in the workshop.

What she did is she held the positive side of the electricity, the cord, and then she had the woman who she worked on hold the negative side of the cord. Then she touched her body, did Qigong, and did massage on her body. It was 220 volts; it's very, very powerful, but she was massaging that lady with a smile on her face, and that lady was up to like 10 minutes or 20 minutes—I don't remember exactly—and her pain went away and she was delightful.

Later on, she asked me whether I would like to learn something. I said, "Well, yes, I want to learn something to help my parents to heal, to help others to heal and, of course, I'm going to help myself, too." She said, "No, my Master would not allow me to share this technique with others, but I can tell you something you can meditate on," so she gave me some tips and helped me to practice. That was my first Qigong Master.

**JANET ATTWOOD:** How long did you study with this Electricity Qigong Master?

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**CHUNYI LIN:** That was only a few hours in the workshop. Yes, she gave me the technique, I practiced at home every day, and I got great benefit from it.

**JANET ATTWOOD:** Then who was your main Master?

**CHUNYI LIN:** My main Master, the Master who really got me deeply into Qigong practice, was a Qigong Master from Shao-Lin Temple. At that time, that was 1988 and my wife, who had just come back from the United States on AFS Program, and she developed a lump in the right breast. After that, we went to the doctor and we had the surgery. It was benign, not cancer, but the doctor said it could turn into cancer at any time.

After that surgery, within two months five lumps developed in the right breast and two lumps in the left side, so we were panicked. We went to many, many doctors and tried to get advice, and they all said that it's so dangerous to do another operation. Then we tried herbal medicine. It didn't work very well. Then we heard that there was a powerful Qigong Master from Shao-Lin Temple who'd come to town, so we went to him.

In that evening after the introductory workshop, I brought my wife up to him and said, "Master, my wife's got a problem here; see whether you can help to heal." Then I started explaining what problems my wife had and he said, "No, you don't need to explain to me. I know what happened to your wife." I thought, "Hmm, what do you know?" Then he said, "There are four lumps in the right breast," and then he paused a second and he said, "No, no, five.

There's a little one behind a bigger one. The bigger is as big as an egg. The smallest is like a thumb. Then there are two in the left side." My wife's problem was top-secret just between my wife and me. How could he know? From this diagnosing, I knew he was the real deal. Then I have him work on my wife for about 20 sessions or so. All the lumps disappeared except for the biggest one, which attached to the scar tissue from the operation.

It was getting much smaller, as small as a thumb. Then he had to leave for home, and then we continued to practice his technique and took some herbal medicine. At that time, he asked me to practice Qigong and I was reluctant to be his student, but through some demonstrations he encouraged me to become his student; then I did. That was my first real Qigong Master. His technique was very complicated, though.

**JANET ATTWOOD:** What type of Qigong? There are all different types of Qigong, is that correct?

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**CHUNYI LIN:** Right. There are thousands and thousands of different kinds of Qigong in China.

**JANET ATTWOOD:** Where does it originate from? What is the root of Qigong?

**CHUNYI LIN:** The root of Qigong is from so many different sources. The first form of Qigong in China happened 4,500 years ago. It even dated way, way back; some people said 7,000 years ago. The first set of Qigong was from the Emperor Yu. He was the emperor who led his people in a fight against the flood and the disasters of nature, and he developed arthritis.

He was not able to do a lot for his people. Then in his ceremony, like worshipping God and the universe or sun and moon, he developed something he called later on Yu's Steps. Through some very slow movements and dance, he found out that these slow movements and dance, by cooperating with the mind, could help to ease the pain. He practiced and then, eventually, he got rid of his arthritis. He developed the first set of Yu Steps.

Then after that, through the history of Qigong practice lots of scholars and Chinese doctors got involved in the development of Qigong. At that time, they called it Qi Guided Movements, and later on they found out that Qigong movements, these slow movements, not only could help the body to heal but could also help to make the connection to nature, to the universe.

Then, in the last century, in the early '30s, Qigong, this word, was adapted. The word 'Qigong,' 'Qi' means energy and 'gong' means the work of this energy. Once you get yourself attached to the universe, you've got endless energy to use, and you can discover how powerful you are.

**JANET ATTWOOD:** I have a question because you said the Electricity Qigong Master and your other main Master who you studied with, both asked you if you wanted to be a student of Qigong. Was it that they saw something special in you because your book says *Born A Healer*; isn't everyone born a healer? Would they have asked anyone or was there something that they saw energetically in you that was special?

**CHUNYI LIN:** All right. A very good question. In the traditional forms of Qigong, or the traditional Qigong practices, usually the Masters will select a few to become their very close students. These people, these Masters, see something very unique within you, and they want to help you to cultivate that energy, to bring it out to help yourself to find a higher self. That's what, from thousands of years ago to nowadays, many Qigong Master still do the same.

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Through my over 20 years in study/practice, I found out Qigong is just very, very simple. Everybody was born a healer; everybody was born with this gift. You can not only help yourself to heal, but you can help others to heal, too. Learning to heal others is just so simple. Every day everybody does it without noticing it, so that's why I wanted to develop a new form a Qigong. I call it Spring Forest Qigong. In Spring Forest Qigong, I share with people that you were born a healer and you have the ability to heal yourself and heal others.

**JANET ATTWOOD:** I want to take you backward for a second. You said that it's simple and that everyone every day does it. How does everyone every day heal others?

**CHUNYI LIN:** Okay, first of all, I believe everybody goes to bed, goes to sleep, and sleeping actually is natural Qigong. Any meditation techniques develop out of sleeping. In our body, we have two kinds of energy: yang energy and yin energy. It means male energy and female energy. The yin and yang energy must be in a balance. If there's either too much yin or too much yang, the body is out of balance, and then energy blockages will develop and the body gets sick.

In order to balance the body, the body has a natural way to balance itself, and sleeping is the most important one. In the daytime, you run here and there, working hard, at work, and taking care of your kids. You spend lots of yang energy. Then in the evening, you slow down and sleep, and it helps to balance the energy you spent in the daytime, so the next day you get up again and so you have the energy. In my classes, I simply ask people to bring their pillows and a blanket, sit in a class, and just sleep in a class.

**JANET ATTWOOD:** Okay, that's for me!

**CHUNYI LIN:** Yes!

**JANET ATTWOOD:** I'm in!

**CHUNYI LIN:** The other thing is the breathing. You take long and deep breaths, and I call it energy breathing. There are so many ways to do the breathing, but the way I teach people is you take long and deep breaths by focusing on your skin, visualizing energy coming from the universe from every part of the skin. It collects the lower 'tan tien,' which is deep in behind the navel.

When you exhale, you visualize all the unwanted energy—like the tiredness, stress, depression, anxiety, aches and pains, tumors, or whatever—all of these types of

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unwanted energy changing into light, changing into butterflies and going back to the universe.

**JANET ATTWOOD:** This is very much like the Law of Attraction in this sense, right?

**CHUNYI LIN:** Yes, exactly. Qigong helps you to stay in a positive position always. In Spring Forest Qigong we teach people how to become proactive instead of reactive. You put yourself in a proactive position, just like doing the mindfulness meditation. On top of that, you take action on it. You can use the energy, you can conduct the energy, to flow to the direction that you want.

**JANET ATTWOOD:** Can you share with us some healings that have occurred that you have participated in? If you were just like one of us who are on the phone, and I'll just say myself, who didn't know that much about Qigong and would call it a miracle, can you speak to that?

**CHUNYI LIN:** Okay. Yes. Now first of all, I'd like to say Qigong healing, the process of Qigong healing, is to transform your love energy from within into healing energy to help yourself to heal. Energy cannot be created, energy cannot be destroyed, but energy can be transformed. Everything, every cell in the body, everything in the entire universe is in the process of transforming every minute.

Is it transformed for better or for worse? Most of the time, people have no control. Now in Qigong practice, you can control the transformation for better, so that's what we do. Lots of people practice Spring Forest Qigong; they've found great benefits. I've had lots of healing stories. Fourteen years ago, there was a lady who was diagnosed by the Mayo Clinic with a very rare kind of lung problem.

She was recommended a lung transplant, but she didn't want to do that. Then her son brought her to my Qigong class, and she practiced the exercise. When she first came, she did not want to come. She said, "I don't want to have somebody from the other side of the world come over to teach me how to breathe since I have been breathing for 60 years." Anyway, she stayed in the class for one hour and 10 minutes a week.

She practiced for four full weeks, then she stopped using the oxygen, which she had been using for six-and-a-half years. Then eight weeks later, she completely got rid of the oxygen. She went back to the Mayo Clinic, she had a check-up, and all the lung scar tissue had disappeared. It has been 14 years now and she is doing great. Now she has been babysitting her triplet grandchildren.

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You know how much energy a person needs to take care of triplets like that. Stacy, she was diagnosed with a breast lump as big as a golf ball. After two operations, the same sized lump came back and she was panicked. She came to me and I worked on her, and she practiced the exercise, too. Then within just a couple weeks, the lump disappeared. That was like seven years ago, and it never came back.

**JANET ATTWOOD:** Now let me ask you. This is not you healing them but you teaching them Spring Forest Qigong so that they can heal themselves, right?

**CHUNYI LIN:** Exactly. That's why I'm here. With so many years of practice and research, I found out Qigong is so simple, so powerful everybody should know it. That's why I tell people in my book that everybody is born a healer. Everybody can use these gifts to heal themselves. In my program, when people come, they don't expect to learn anything from this program, but they discover how powerful they are, what a gifted person they are. That's what my goal is. Again, my mission is a healer in every family and a world without pain.

**JANET ATTWOOD:** That is so beautiful, and I can see how that is from knowing you. What prevents someone from being able to heal themselves? Go ahead.

**CHUNYI LIN:** That's the mind. That's what you set up with the mind. All the time when we get sick—let's start that way—and you've got aches and pains, the first thing you say is you need to go see a doctor, all right? Then you've got pills and then you feel better. That's fine. Taking medicine, that's wonderful, but we forgot that we were born a healer.

When somebody tells you, "These headaches, you can do something to help yourself stop the headaches," you might say, "Oh, come on. How can I do that?" Then gradually you don't trust yourself anymore. Here with Qigong practice, we tell you that you were born a healer. Many people were just like me at the very beginning of my practice when I had the doubt in myself, too.

I said, "Really? It's that simple?" After you perform it and you bring the gift to have fun with it, then you find out, "Wow! It's that simple? I can do it!" That's the biggest challenge.

**JANET ATTWOOD:** It's the mind, right?

**CHUNYI LIN:** It's the mind.

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**JANET ATTWOOD:** As Byron Katie would say, “False beliefs, false ideas, and false concepts,” right?

**CHUNYI LIN:** Right, exactly.

**JANET ATTWOOD:** Is it possible to heal others without becoming a Qigong Master?

**CHUNYI LIN:** Yes. You don’t need to become a Qigong Master before you can become a good healer. The only thing you need to know when you do healing on yourself and others is you need to know you love your people. Love energy, that is the energy you need to associate with, and everybody has the love in their hearts. The bigger love you have, the more effectively you can work on others, you can help heal others.

Qigong healing is to help you to transform your love energy, your unconditional love energy, into healing energy to help others to heal. As long as you know you love people, you love your parents, you love your kids, you love your children, then by using the simple techniques I teach in the program, you can help others to heal in very harmonious and convenient ways.

**JANET ATTWOOD:** What does having a bigger heart have to do with being a better healer?

**CHUNYI LIN:** First of all, you open yourself to the universe, you surrender yourself and let go of the ego. You don’t have to start very big. For instance, you love your parents, you love your grandparents, your grandma, you love your children, or you love your dog or cat. That’s the love, that’s the energy you want to have. Once you have that, once you feel that, then you can open yourself, you can actually open your heart to helping others.

Then you send out energy through the simple technique I call the Sword Fingers. You put the ring finger and the little finger together to touch the thumb. Then the index finger and the middle finger are put together pointing straight forward. You use that posture to help others, to send out energy through visualization to help to break out the [sig] magnetic field in that particular part of the body.

**JANET ATTWOOD:** Wait. Say that again, to help send out what kind of energy?

**CHUNYI LIN:** Energy. To help send out your energy through your visualization.

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**JANET ATTWOOD:** You take your little finger, your ring finger and your thumb and you put that together, and then your other two fingers you have together, right?

**CHUNYI LIN:** Yes, they stretch forward, pointing forward.

**JANET ATTWOOD:** Then what do you do? Are you thinking something? I want everyone to do this with me. I'm sitting here on my bed in Miami. I've got my fingers like this, and then what do you do? Do you just have the intention or what?

**CHUNYI LIN:** Then you point that Sword Finger to the area where you have a problem, like a headache, like a shoulder pain, a tumor, or whatever. Then you just move that Sword Finger around that area for one or two minutes, visualizing sending out energy through the Sword Finger, breaking out the [sig] magnetic field. Then you open your hand, visualizing your hand as an energy hand going into that area, taking hold of that blockage as smoke and pulling it out.

**JANET ATTWOOD:** As smoke?

**CHUNYI LIN:** Yes, as smoke. Pull it out and return it back to the universe.

**JANET ATTWOOD:** How amazing is that?

**CHUNYI LIN:** It is just that simple. If you believe it, it works.

**JANET ATTWOOD:** Can you do that to a whole room of people, as well?

**CHUNYI LIN:** Yes, then you need to practice. When you practice, your heart will open more and more to the universe and you allow your love energy to tap into the source of the unconditional love of the universe. Then you're able to do more and more. The more you can do, the more you want to do, and the more you want to practice.

**JANET ATTWOOD:** This is profound. Say, for instance, you have a heart that you feel is really stuck, blocked. Then you practice Qigong because you open your heart through helping others, right?

**CHUNYI LIN:** Right.

**JANET ATTWOOD:** Then your heart grows, and it's like one beautiful circle, right?

**CHUNYI LIN:** Yes. That's why, again, once you practice Qigong then you are Qigong, then you are in Qigong, and that's it.

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**JANET ATTWOOD:** Now in your book, *Born A Healer*, you have all of these different techniques in this book?

**CHUNYI LIN:** Right.

**JANET ATTWOOD:** You're also the co-author of *Euphoria!*, which is a personal-learning course, which is featured in Your Healing Power DVD. Again, everyone can get these by going to [www.BornAHealer.com](http://www.BornAHealer.com). Is that correct?

**CHUNYI LIN:** Yes.

**JANET ATTWOOD:** All right, so for all of you who are listening, go to [www.BornAHealer.com](http://www.BornAHealer.com) if you would like to purchase Chunyi Lin's bestselling book, *Born A Healer*, and also any of his other products, his Your Healing Power DVD. Chunyi Lin, I love listening to you and hearing about Qigong and all that it can do. When you were talking earlier about the different Masters in terms of the Masters who you were with, what would you say is the greatest—I don't know if you call it this—power? You don't call it power. Do you call it power?

**CHUNYI LIN:** You can call it power.

**JANET ATTWOOD:** Yes, I like the word; what is the greatest power that you saw was developed through Qigong, and then how long did it take that Master to attain that status?

**CHUNYI LIN:** The power is your love, your love energy. The more you practice, the more you open to the universe, the bigger love you're going to have. Healing others is simple. You just need to bring your love energy out, to transform it into healing energy to help others. That's all. On one level, you're going to help others more effectively. You need to tap into the source of the unconditional love of the universe.

Now how you're going to get yourself attached to the source of the universal love, that part is in meditation and Qigong exercise. You bring yourself into the moment, very quiet and together with the universe. You allow your energy to vibrate together with the energy, unconditional love energy, of the universe. The more you can do that, the more energy you're going to have. This concept is just like a drop of water.

If you consider yourself as a drop of water, if you want to have a support to this drop of water, you drop it into a pond, the water, and then you have that support. If you want support from a river, you drop that water into the river; you've got a whole river to

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support you. If you want to get support from the ocean, you drop that water into the ocean, and then you have endless energy to use.

**JANET ATTWOOD:** Excuse me, go ahead.

**CHUNYI LIN:** Yes, that's why meditation helps you to get in touch with the universal energy. Once you get in touch with the universal energy, you have the energy.

**JANET ATTWOOD:** How long does it take a student to really feel like they're starting to attain these capabilities, or is it all depending upon where one begins in their consciousness?

**CHUNYI LIN:** Right. It depends on how soon you open your heart and how soon you break the barrier that you trust yourself; you build up your confidence.

**JANET ATTWOOD:** Are you also giving any seminars that you're holding and teaching?

**CHUNYI LIN:** Yes, right now I'm going to do a seminar in Los Angeles on Pure Energy. I have workshops and classes all year around, and you can visit my website and all the information's there.

**JANET ATTWOOD:** Great. Again, people can go to [www.BornAHealer.com](http://www.BornAHealer.com) to get your schedule of where you'll be to be able to attend any of your classes. Is that correct?

**CHUNYI LIN:** Yes, exactly, but I have self-learning packages. You don't have to travel to Minnesota to learn directly from me. Through the self-learning packages, thousands of people have done that and they got great, great benefits from doing that. You can learn through the DVDs, the manuals and all the products, and you will really, really find that you were a healer, yes.

**JANET ATTWOOD:** This is so beautiful. Master Chunyi Lin, the last question from our listeners is what is the relationship of Qigong and that life is unified at its basis?

**CHUNYI LIN:** Okay. Spring Forest Qigong practice is a practice of love energy. When you do Qigong you bring your love energy out, you allow yourself, you allow your love energy to shine, then peace and calmness will come to you. You always stay in a positive position. Your mind always stays with a positive attitude in your life. In that way, you find a higher self all the time, and you put yourself in a proactive position to conduct the transformation of the energy for better all the time.

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At work, if you have difficulty with people, you can immediately turn that situation into something positive to help both parties to grow. At home, you can always use this healing energy to turn the awkward situation between the partners or the families, turn that so-called negative energy into positive energy so that everybody will find a chance to share their love.

For instance, if someone steps on your toes you can yell, you can get angry with this person, but your tone is like this, "Hey, thank you so much, universe. You offer me an opportunity to share my love energy with others." Immediately, you turn it into a positive position to get every chance, every opportunity to share your love healing energy. Qigong can help you to maintain that position. That's the most beautiful thing I've found in Qigong.

**JANET ATTWOOD:** Thank you. I have just enjoyed this short time with you and look forward to spending some time with you again when we meet in July at the Transformational Leadership Council.

**CHUNYI LIN:** Sure, yes.

**JANET ATTWOOD:** Thank you so much. Chris, are you there?

**CHRIS ATTWOOD:** I am, Janet.

**JANET ATTWOOD:** Wasn't that wonderful?

**CHRIS ATTWOOD:** Really wonderful.

**CHUNYI LIN:** Thank you.

**JANET ATTWOOD:** Just beautiful.

**CHRIS ATTWOOD:** Yes, thank you, Chunyi.

**JANET ATTWOOD:** Again, for everyone, [www.BornAHealer.com](http://www.BornAHealer.com) to find out where Master Chunyi Lin's courses are and to purchase his books and his DVDs. Chris, would you like to give us a quick overview?

**CHRIS ATTWOOD:** Sure, I'd be happy to, Janet. It was such a great privilege to sit with Chunyi. Just listening to Master Chunyi this morning, you can feel the love energy that he radiates and expresses in his words and everything that he does. I think, Master

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Chunyi, you are like the living expression of what it is you teach, and thank you so much for that.

**CHUNYI LIN:** Thank you.

**JANET ATTWOOD:** Truly.

**CHRIS ATTWOOD:** Chunyi began by telling us how he discovered Qigong. He started Qigong starting in high school and college, the way he hurt himself in college badly through basketball, developed some arthritis, and that began his search for a healer. He met many Qigong Masters, studied with them, and ultimately became a master himself. He really became deeply involved with it when his wife came back from the US and had developed some lumps in her breasts.

Master Chunyi and his wife when to the Shao-Lin Temple and met a Qigong Master there who really got deeply into this practice. When Chunyi came and started to explain his wife's problems, the Master said, "No, you don't need to explain. I already know what has happened to your wife." He then told Chunyi that his wife had four, "No," he said, "five lumps in the right breast," which was in fact the case, "and two in the other breast."

There was no way that the Master could have known this and so Chunyi decided that he must be the real deal. Over many sessions, 20 sessions or so, all but one lump had disappeared, and that one had become very, very small. Chunyi and his wife continued to practice even after the Master had to leave the area. The Master asked Chunyi if he would come and study with him, and that became his first and primary Master in the study.

Master Chunyi shared with us that there are thousands of types of Qigong and that it was developed as much as 7,000 years ago. The first real beginnings began with Emperor Yu, who led his people in the fights against flood and other natural disasters, but developed some arthritis. In his court, he developed some things that became what were called Yu's Steps, these slow movements and dance in which the mind and body would cooperate.

Emperor Yu just found that this could ease the pain, and eventually he was able to rid himself of the arthritis that he was suffering from. Over the thousands of years since then, Chunyi said that many scholars have gotten involved in the development of Qigong. When he discovered it, the Master who he studied with, the practice was quite complicated but as Chunyi went deeper and deeper into it, he discovered that Qigong is, in its essence, very simple.

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He said that everyone is born a healer, that every one of us can heal ourselves and we can help to heal others. He said that it's so easy and so simple, and that was the reason he developed Spring Forest Qigong, to teach everyone that they have the ability to heal themselves and to heal others. Janet asked how it is that everyone has the ability to heal others, and Master Chunyi said that actually all of us, in some form or another, are in the process of doing this quite naturally.

Everyone goes to sleep at night, and sleeping is a natural Qigong technique. Any meditation technique develops from sleep. The principle is that we all have these yin and yang energies, the active male yang energy and the restful female yin energy. This yin and yang energy must be in balance. If there's too much of one or the other out of balance, then the body gets sick. The body has these natural ways to balance itself. Sleep is one of these, and he said breathing is also another way.

Through the practices of meditation, of rest, and of breathing, as I understood it, Master Chunyi said that Spring Forest Qigong provides, teaches, one how to take long, deep breaths and to draw the energy coming from the universe through every cell in the skin to the point behind the naval, to come deep inside of one's self, and then to take all the negative energy associated with any tumors, pain, or discomfort in the body, and to see that becoming butterflies flying back out into the universe, just flying out of the body.

He said that Spring Forest Qigong helps us to become proactive, not reactive. He said we can use the energy—everything is energy; it's neither created or destroyed, it's simply transformed—within us and outside of us and conduct that energy to flow in the direction that we want it to flow. He said that the ultimate value of Qigong is love; this love energy is connecting with the deepest aspects of love within one's self, and then connecting with that unconditional love energy that exists in the universe.

Most people have no control over whether the energy in their life is transformed for better or for worse. Spring Forest Qigong allows us to transform the energy for better, and he told us a couple of stories. One woman, who was diagnosed by the Mayo Clinic as having a rare lung disease, was told that she needed to get a lung transplant. She didn't want to do that.

At first she was resistant, though, to coming to the workshops with Master Chunyi. She didn't want someone from the other side of the world teaching her how to breathe, that she'd been doing that for 60 years on her own, but she came anyway.

**JANET ATTWOOD:** Uh-oh.

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**CHRIS ATTWOOD:** Janet?

**JANET ATTWOOD:** I'm sorry. We lost you for a moment. Go ahead.

**CHRIS ATTWOOD:** I'm still here. Yes, so she was able to stop using the oxygen tank. Then, when she went back for tests at the Mayo Clinic, the problem was completely gone and 14 years later now, it's still gone. Master Chunyi also told the story of another woman who had a lump in her breast, and after working with him for just a few weeks, the lump had disappeared and it never came back; that was seven years ago.

Master Chunyi said, "The most important thing I'm here to teach is to teach people how to heal themselves." He said, "After all my research, I realized it's so simple, and yet it's so profound. Everyone can use these techniques to heal themselves." His mission, he said, is a healer in every family and a world without pain. What a wonderful mission that is. He said the only thing that prevents anyone from healing themselves is the mind.

We've forgotten that we were born to be healers. We've forgotten that we have the ability to transform the energy within ourselves to create health, to create health and healing. It's our doubts. He said, "Even I in the beginning had doubts," but then when you work with this and you keep working with it, and you realize how simple it is and you begin to see the changes that happen, he said that then you say, "I can do this."

He said the most important thing is that you just need to know that you love the people who you're working with. It's this love energy that you associate with in Qigong, in Spring Forest Qigong, and he said the bigger the love you have, the more effectively you can help heal others. He said that Qigong helps you to transform your unconditional love energy into healing energy.

You can start from anywhere that you love. If you love your parents, if you love your children, if you love your family, if you love your friends, then you have the ability to heal them. He said the thing is first to open up to the universe and let go of the ego, let go of the thought that you're doing it somehow. What I got from it is to open up to the realization that it's happening through you rather than by you, and that by opening up and letting go of the ego in it, that you are able to connect with that love energy.

You know you love your parents, you know you love your children, your dog, your cat. That's the energy you associate with. As you open your heart to that, then you help others. He told us about this technique that he called Sword Fingers, of bringing the little finger, the ring finger, and the thumb together, and then the two other fingers together.

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He said that we can use this posture to send energy, pointing that Sword energy to the area where there's a pain or a problem, moving the fingers around that area for several minutes. I believe, Master Chunyi, that we're not actually touching the body or the skin when we're using those Sword Fingers. Is that right?

**CHUNYI LIN:** Yes, that's right.

**CHRIS ATTWOOD:** Yes, so it's not actually touching the body or touching the skin, but simply directing that energy, seeing that energy, visualizing that energy moving into the area, and then opening the hand and seeing the energy as smoke going in, taking the pain or this lump or whatever it may be, taking it out and then dissolving it out in the universe, moving out of the body as smoke into the universe.

Janet actually shared with us that all these techniques, the things that Master Chunyi teaches, he's included in his book, his number-one bestselling book, I might say, called *Born A Healer*. That book is available and also his DVD called *Your Healing Power* and all the other programs and manuals, the self-study programs that he's put together. He said it's not necessary to fly to Minnesota to be with him, that you can use this and learn this from the products and programs that have been put together in your own home.

All you need to do is go to [www.BornAHealer.com](http://www.BornAHealer.com). Master Chunyi said the power is your love energy. The more you practice, the more you open to the universe, the more love you experience. On one level, he said you help others more. Really, on another level, what's happening is you're opening up to that unconditional love of the universe, and what greater fulfillment is there than that?

He said meditation and Qigong practices allow your energy to vibrate with the unconditional love energy of the universe, and he told us that it's like if you were a drop of water. To give that drop of water support, you can drop it into a pond, and then you have the support of the pond, or you can drop it into a river, and then you have the support of that whole massive river.

Or, you can drop the water into the ocean, and then you have the support and access to the endless energy of the universe, of that ocean. He said that our growth, our development, our ability to heal is really just dependent on how much we're able to open our heart to connect with and trust ourselves. Lastly, he said that when you do Qigong and particularly Spring Forest Qigong, you allow your love energy to shine, and when that happens then peace and calmness come.

This energy always is positive. Our minds and hearts are always then aligned with this positive position, always a positive attitude. We put ourselves in a proactive position to

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conduct the transformation of energy for good all of the time. He said that you gain, then, the ability to immediately turn any situation into something positive and to help both of the parties, any of the parties who may be involved in any situation no matter how bad it may appear, to transform that into something positive, something that allows that love energy to be shared by ourselves and by others.

Whether it's at work or at home, anything that happens to you, you simply thank the universe that this is another chance to share your love energy, to open up to that love energy, and then the energy of that situation gets transformed. Once again, for those of us who are listening, to be able to learn these powerful practices and take advantage of the knowledge that Master Chunyi has shared with us, to really tap into that healer within ourselves, then go to [www.BornAHealer.com](http://www.BornAHealer.com). Janet, I'll turn it back over to you.

**JANET ATTWOOD:** Thanks, Chris. Great overview. You are the fastest!

**CHUNYI LIN:** Wow! Wow!

**JANET ATTWOOD:** I'll tell you, I am impressed. Don't you love it? I know!

**CHUNYI LIN:** He was! That's wonderful, powerful.

**JANET ATTWOOD:** Isn't he? I know. He'd be a great Qigong Master, would he not, Master Chunyi?

**CHUNYI LIN:** Yes. Thank you so much, yes.

**JANET ATTWOOD:** He's already a great master of the heart. Master Chunyi, it's just been an honor to be able to spend this time with you today, and I know that all of our listeners and all of the readers of *Healthy Wealthy nWise* will agree that, truly, sitting with a Master is just one of the greatest gifts that the universe has to offer, and we were gifted today by sitting with one of the greatest. Thank you so much, again, for joining us.

**CHUNYI LIN:** Thank you, Janet and Chris.

**JANET ATTWOOD:** You're so welcome.

**CHUNYI LIN:** That's my great honor.

**JANET ATTWOOD:** All the best to you. Yes, it's an honor for us, and I hear that it's an honor. It's just wonderful to know that you exist on this planet, that you can truly

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align each one of us with the greatest gift that anyone can have, which is the gift of healing through the heart, so thank you again and again, Master Chunyi. To everyone listening, tell your friends that every third Thursday of the month we have these Dialogues with the Masters calls that begin at 7:00 AM on Thursday mornings.

**CHRIS ATTWOOD:** Pacific Time, Janet. Pacific Time.

**JANET ATTWOOD:** Pacific Time. Thank you, Chris. We look forward to having you with us again and again and again. To all of you who joined us today, may you have a blessed day, and we are just very honored that you were sitting here today with us. Again, thank you. Bye-bye, everyone.

**CHRIS ATTWOOD:** Bye-bye, everyone.

**CHUNYI LIN:** Bye-bye.