

**Testimonials from Zhineng Qigong practitioners  
from August to October 2018 at Xi'an Lintong Zhineng Center  
Collected by Rocío Sintas**

The special harvest is the improvement of hearing. In the morning of September 21, the combination of practice and the use of the instructions from the teacher, the left ear was instantly passing a voice. My body is accompanied by a vibration, this is the first time I felt the surprise after my left ear was deaf in 2016. Let me thank you deeply, Teacher!

This trip to Xi'an, I traveled through time and space, I felt that the light of the road leading to Yan'an Pagoda was once again lit up in Xi'an. Here, the people here are brilliant, and the gas field here is magical. It will become a beacon for the development of Qigong science. I am deeply grateful to Teacher Deng! Thank you very much Yuan teacher! I am deeply grateful to President Wang and the teachers of Xi'an Atmosphere! Wonderful! Wonderful! Wonderful! it is good! it is good! it is good!

2018.09.21 Wang \*Ru

When I came, my eyes were blurred and I saw something heavy, very painful; my stomach was not good to eat; my feet were swollen; my head felt faint and unclear, and I felt my body changed after I was in the speed class. Teacher Yuan's lecture seems to be telling a story. When I talk about it, I enter the qigong state. I feel very good at the speed class, and every day has new gains and new feelings. Now I see things normal: I can read WeChat, read a book, and eat.

Anonymous

It turns out that the amount of rice in a day is very small: I can only eat a piece of rice in the morning and at noon; I don't dare to eat it at night, now I can eat a meal every time, I don't dare to eat meat in the past; now I can eat meat, and my stomach is back to normal. The swelling of the hands and feet is also eliminated, normal. The mind has returned to its awake state from its groggy state.

Anonymous

Teacher Liang from Korla, Xinjiang, has a history of diabetes for 20 years, as well as cervical spondylosis and lumbar disc herniation. She often feels physically weak and tired; her neck can't turn around greatly, her left hand has been injured and she has undergone major surgery, because she can't lift it. It was recommended by the hospital to implant a metal stent. Come here to participate in the study, according to the teacher said to use two sets of life models, three layers of material theory to guide the rehabilitation, only a short five days: the neck can be rotated around a large degree, cervical spondylosis greatly improved; left hand can always be raised to the top of the head, The function of the left hand has recovered a lot; the wallquats can be improved for more than an hour; the lumbar disc herniation has improved; the blood sugar has been measured, and the blood sugar has been reduced from the original 7 o'clock in the normal diet. The day before yesterday, 5.9, today 5.3. He is very happy. I didn't expect to recover so quickly, it's really a quick recovery...

2018.09.05 - 66 years old from Fuyang City

Due to the curvature of the thoracic spine, the entire back is arched, can not afford to come, so that the height is more than 10 cm lower than the height of the straight up. In the third day of the practice exercises suddenly, the gas filled the spine and supported it. The back was straight. Although it was not completely straightened, the height was several centimeters higher than before. After the spine was corrected, the whole head was lifted. And the body, limb joints, and finger joints become soft. She also took the initiative to use the three-stage style that Wang's principal spoke. It's a wonderful way to add magical information. One day, I suddenly felt myself open, lying down on the bed., easy and free.

-teacher from Henan

Because of rectal cancer chemotherapy and radiotherapy surgery, the body has been greatly depleted, and the old disease has not been cured. The muscles of the right tibia and the muscles of the right leg are atrophy, and they are completely unable to exert force. I can only walk on crutches and left legs. Now I can walk independently without relying on crutches, and the left leg can support the body independently, which was previously unimaginable. Great improvement and progress... now very happy and has more confidence and motivation for his practice and rehabilitation.

-Xu from Xinjiang

Since the second set of life modes is opened, the power of the mind is recognized and believed, so the glasses are taken away, and the confidence is used to heal the myopia for more than 20 years, and the vision recovery is set for himself. Go to the dioptria 2.0 target. I am very happy when I think of being able to restore my vision! The teachers and friends who are grateful for their wisdom have helped me to establish a firm belief in winning!

-2018.9.11 件\*

1. Years of chronic gastritis, chronic proctitis, abdominal pain caused by the basic disappearance.
2. More than two years of shoulder inflammation, the pain disappeared, free movement.
3. Many years of cervical spondylosis, the pain is basically disappeared, can be normal activities.
4. Lumbar degenerative changes, painful sense of relief, can be normal activities.
5. The local brown spots caused by eosinophilic fasciitis, has been significantly diluted.

- Chongqing Li

Not only felt a strong qi mass and qi field, but also quickly improved the physical condition. I felt that my legs were heavy, and the upper three or four floors were sore. Now I am relaxed and my body weight seems to have decreased a lot. The legs are particularly light, and the fourth floor is very easy, going up in one breath, as if it was just on the second floor.

My diabetes blood sugar test has unexpectedly improved. In the case of the same medicine injection, the original fasting blood glucose was 7 up and down, learning zhineng qigong, blood sugar down to 5.9, the fourth day 5.4, the fifth day 5.3, expecting to continue to improve.

Anonymous

I came from Nanchang, Jiangxi Province, and I came to Xi'an Smart Power Center for the first time. I was fortunate enough to participate in the training class. I deeply feel that Teacher Yang's waist shift is very different. In a short time, you can master the mechanism of loose waist and quickly release the tail, ankle, waist and spine. In the past, I dare not imagine that loose waist is a very difficult problem to solve. This time I personally experienced and witnessed the process of loosening the waist. Yang's method of loose waist is really amazing!

Anonymous

Because my knee system is not good in my belief system, I dare not to come to this class, I am afraid that the wallsquats will hurt the knee joint, but I know this loose waist method to treat the knee disease and establish a new belief system: this time is to solve problems with knee and lumbar disc herniation. So I decided to report this class. Still slowly observing my own physical changes, Teacher Yang from theory to consciousness let us all loosen in the two sets of life patterns. This made me realize that our own consciousness is to be able to lead this flesh body, so under the careful and patient guidance of teacher Yang my belief system and body have been improved step by step. Especially in the process of picking up, because the waist has been hurting, like a big board, it is very hard. First of all, I have to accept the concept of two sets of life patterns. I think that I am healthy. My joints can be cured here. The waist can be loosened and the lumbar disc can be cured. Under the guidance of this belief system. Fully invested in the process of loose waist.

Every day is a little bit different. First of all, my waist was slowly loosened. Although there was still some pain, but the meridian was opened, I felt that the waist was very comfortable and comfortable. The body was able to rotate freely. It felt very relaxed, and the breathing was steady. In particular, the moment I got up, When you start to come together, you have to breathe a few breaths before you can relax. My thoracic vertebra was accidentally strained. When I get up, arching out the thoracic spine is very laborious and painful. After a few days of loosening the wall, the symptoms disappeared completely. It was easy to pan the hips and straighten up. The knees were also very powerful. I defeated myself in consciousness, and there was a big breakthrough in the body. The muscles of the waist are loosened, and it is very easy to loosen the waist. I feel very comfortable. Thank you again, Teacher Yang!

Zhao Liqi~Share

September 21, 2018

First, the concept of ideas has been transformed. I am a recruit in the intelligent Qigong team. Due to the deep influence of the old traditional concept, the old mindset is deeply rooted in the mind, and it is difficult to accept the new three-layer material theory and the second life mode. For example, if you have a degenerative knee injury, all the Western doctors you have seen will be paralyzed. Try not to climb, run, or squat.

Therefore, I was very scared of the practice of squatting the wall. Through the patient guidance of Teacher Yuan and Deng, and speaking rationally, I tried boldly. As a result, I felt that my knees were not hurt twice, and walking was easy. This gave me a new understanding of the three-layer material theory and the second set of life patterns, completely transforming my ideas.

Second, for the study and application of the three-layer material theory and the second set of life patterns, have some superficial understanding and experience. In just seven days of study, I deeply understand that high recognition is the basic premise of learning and practicing three layers of material and the second set of life modes; serious understanding is an effective way to learn to use three layers of material theory and two sets of life modes. Concentration and specificity is a powerful guarantee for realizing the wonderful.

Third, the physical condition has changed a lot.

1. stomach bloating, dryness and other symptoms are obviously relieved;
2. headache and dizziness caused by cervical spondylosis are basically eliminated;
3. the pain symptoms caused by knee arthritis have a greater relief.

Here, I sincerely thank Teacher Yuan, Teacher Deng, thank you for your classmates, and thank the Xi'an Intelligent Science Center for the atmosphere.

Anonymous

The children of Changsha Lu were 9 years old, and urticaria broke out eight days ago. At 11:00 on October 2nd, they arrived at the three-layer material information field of the opening and closing class. Physical condition at the time: fever, itchy body. Treatment measures: the mineral water in the legs, neck and back is rubbed with information, and the itching is stopped on the spot; the information field adds information for 20 minutes to fall back! After 21:00 in the evening, the skin function returns to normal. 10 hours from entry to recovery!!

Anonymous

I found early breast cancer on August 18 this year, breast lumps  $1.7 \times 1.9$ cm; axillary mass  $2.6 \times 2.1$ cm; cervical socket mass  $0.8 \times 0.5$  Cm. After two sessions of the two-phase speed class, after the teacher's group adjustment and teacher guidance exercises combined with the use of three layers of material (consciousness), in a very short time, B-ultrasound examination of breast and neck lumps It has completely disappeared.

Anonymous

On September 24th, the B-ultrasound examination of the axillary mass was reduced by half

compared with the original, which is amazing! In such a short period of time, I can shrink and disappear. This is something I dare not think about. My mood is difficult to express in words. And this time, I have brought a son with epilepsy. When my son gave birth, the brain of the premature baby has dysfunction and is often prone to disease. At the end of this class, his son's nervous reaction was sensitive, he would say hello to people, laugh more, and his sleep quality improved greatly.

Chen Xianxian, 2018.10.7

My left arm was dislocated 13 years ago. It has not been cured. It can only be hung. Sometimes it is subconsciously pushed up and reset. It takes a long time to get used to it and even forget it. This time I didn't expect the effect of suffocating gas to be so good. The dislocated arm was actually reset. It was amazing. It was an unexpected surprise. The contusion of the two wrists also restored the ventilation.

Beam, 2018.10.7

Today is my most happy day. Looking at the uterine fibroids and the shrinking cysts that have been dissipated on the b-ultrasound report, I can't believe that this is the harvest that only five days have learned the intelligent Qigong. Yes, with my cervical cyst shrinking for more than a decade, my small fibroids have also disappeared. I am happy to share with the teacher and other students in the class, and there is a tear in my heart.

Through this study, I learned that to truly practice intelligent Qigong, we must establish firm confidence and belief. Not afraid of suffering, not afraid of tiredness, breaking through the difficulties, this is a very sad hurdle for beginners, but it must be passed, otherwise it will end in failure. My husband and I are both sick and sick. Her ears are deaf. In just a few days, I have heard in three short periods of time and can hear the contents of people talking. This shows that as long as she follows the teacher's instructions, she can continue to practice her hearing and gradually recover. My own heart is not good, there is coronary heart disease, both Chinese and Western medicine have seen, did not teach good results. Through these days of study, practicing, I feel a lot of relief: I used to walk a little faster before I had to make trouble. Now I have no problem climbing a few floors, and the heart part feels a lot faster. This also gave me confidence, from the bottom of my heart, thank Xi'an Intelligent Science Center!

Sun, 2018.10.21

Participated in the 8 days class and the miracle happened on the fourth day after 8 months of amenorrhea. Although I am young, I am going through menopause for 8 months now. I don't want to take pills, so I must accept it. I did not expect to recover in this class. On the fourth day, my menstruation arrived all of the sudden, with normal colour and fluid. Qigong Science is amazing! The pain in my shoulders and neck, and in my arm, have disappeared.

Chen Li, 43 years old