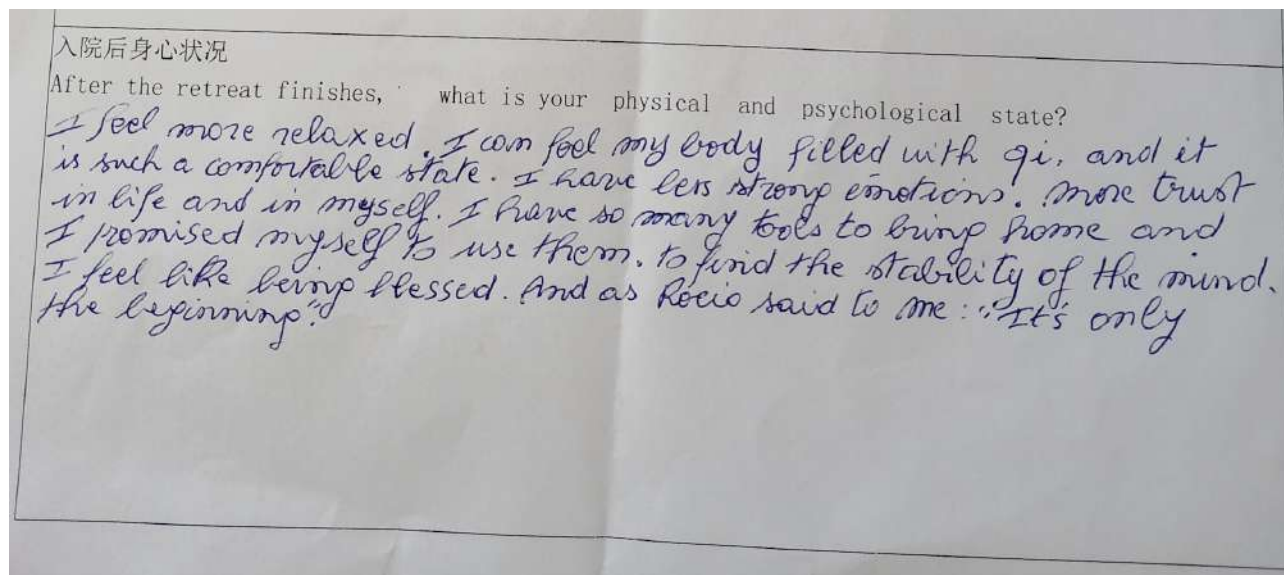


**Testimonials from the Zhineng Qigong Healing Retreat
At Xi'an Lintong Zhineng Center
Organised by Rocío Sintas, October-November 2019**

It's only the beginning

I feel more relaxed. I feel my body filled with qi and it is such a comfortable state. I have less strong emotions, more trust in my life and in myself. I have so many tools to bring home and I promised myself to use them to find the stability of the mind. I feel like being blessed and as Rocío said to me: 'It's only the beginning'.

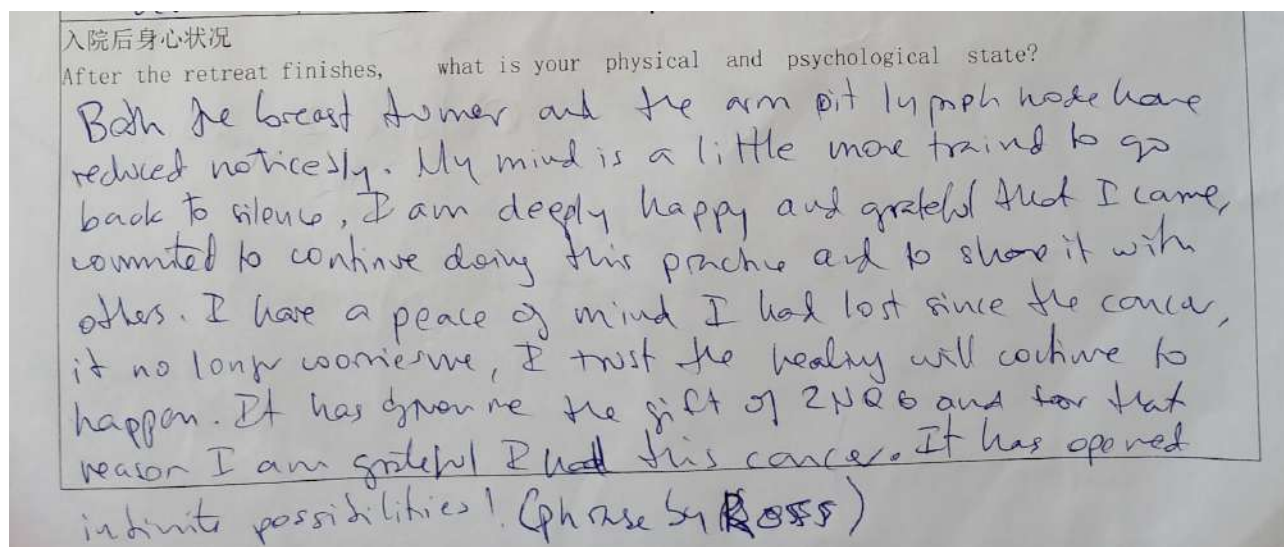
2019, healing retreat



Both the breast tumor and the armpit lymph node have reduced noticeably

My mind is a little more trained to go back to silence. I am deeply happy and grateful that I came, committed to continue daily this practice and to share it with others. I have a peace of mind I had lost since the cancer, it no longer worries me, I trust the healing will continue to happen. It has given me the gift of Zhineng Qigong and for that reason I'm grateful I had this cancer. It has opened infinite possibilities.

2019, healing retreat



Will be back next year to continue

There have been several changes in the physical level... much pain reduction in lower back and left hand (on a weakness level due to inflammation at the articulation, mainly tendons and ligaments). The psychological state has improved greatly, even though there is much to be worked on. I feel more at peace and connected to what is, as is. So I will be back next year to continue the enjoyment of discovering my true self. Thanks to all teachers for their loving kindness in these wonderful 3 weeks and beyond.

2019, healing retreat

入院后身心状况
After the retreat finishes, what is your physical and psychological state?

THERE HAVE ^{BEEN} SEVERAL CHANGES ON A PHYSICAL LEVEL... MUCH PAIN REDUCTION IN LOWER BACK AND LEFT HAND (ON A WEAKNESS LEVEL DUE TO INFLAMMATION AT THE ARTICULATION⁴, MAINLY TENDONS AND LIGAMENTS). THE PSYCHOLOGICAL STATE HAS IMPROVED GREATLY, EVEN THOUGH THERE IS STILL MUCH TO BE WORKED ON. I FEEL MORE AT PEACE AND CONNECTED TO WHAT IS, AS IS. SO I WILL BE BACK NEXT YEAR TO CONTINUE THE ENJOYMENT OF DISCOVERING MY TRUE SELF. THANKS TO ALL TEACHERS FOR THEIR LOVING KINDNESS⁴ IN THESE WONDERFUL 3 WEEKS AND BEYOND.

Emotions much more balanced

No episode of panic or anxiety in the last 3 weeks. More happy, stable. No more cold hands and feet. Body is warm.

2019, healing retreat

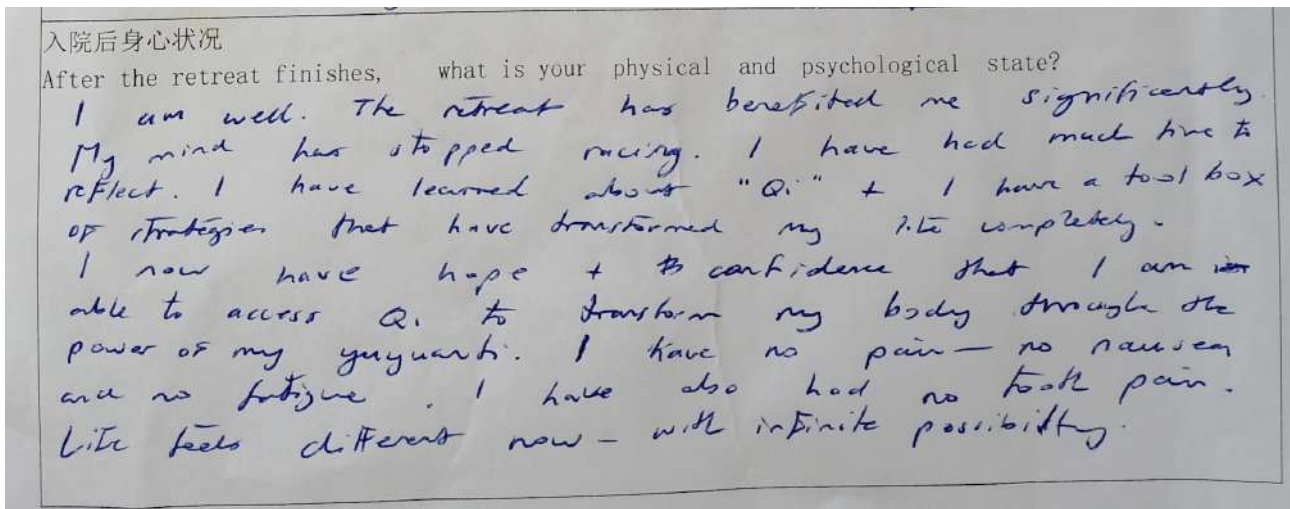
入院后身心状况
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EMOTIONS MUCH MORE BALANCED
NO EPISODE OF PANIC OR ANXIETY IN THE LAST 3 WEEKS.
MORE HAPPY, STABLE.
NO MORE COLD HANDS AND FEET. BODY IS WARM.

Infinite possibility

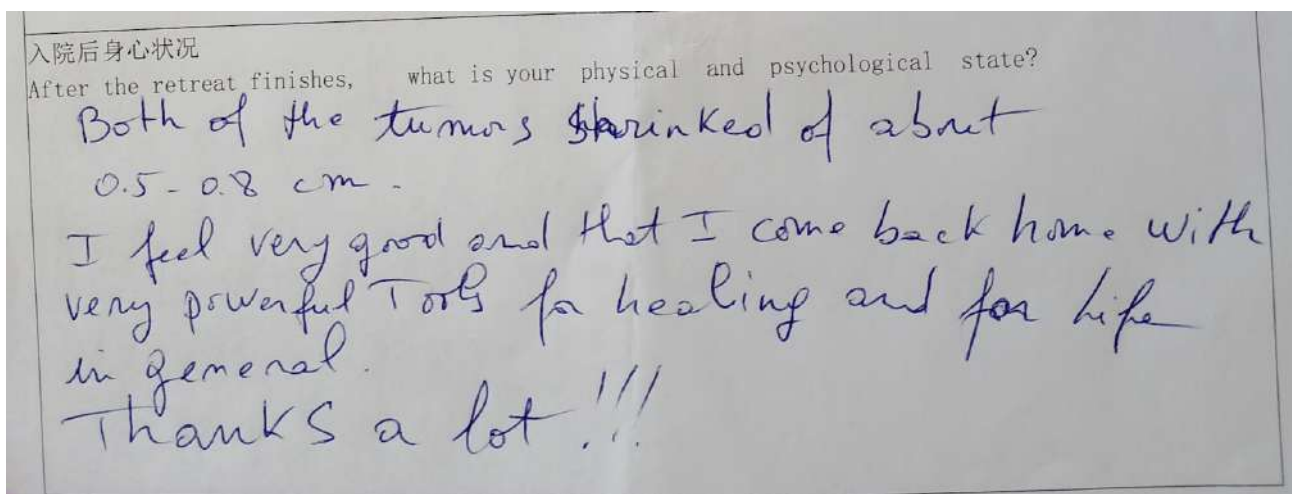
I am well. The retreat has benefited me significantly. My mind has stopped racing. I have had much time to reflect. I have learned about Qi and I have a toolbox of strategies that have transformed my life completely. I now have hope and confidence that I am able to access Qi to transform my body through the power of my Yiyuanti. I have no pain no nausea and no fatigue. I have had no tooth pain. Life feels different now - with infinite possibility. My physical state is great Haola. Psychological I'm even better, love trust, thanks.

2019, healing retreat



Both of the tumors shrunk off about 0.5 – 0.8 cm I feel very good and that I came back home with very powerful tools for healing and for life in general. Thanks a lot!!!

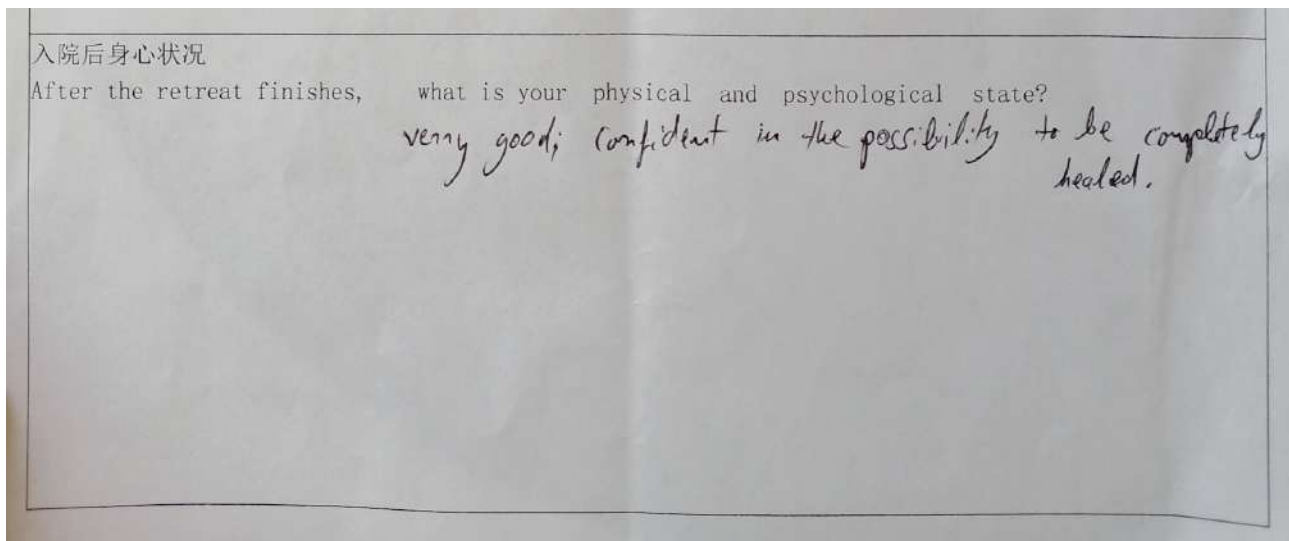
2019, healing retreat



Very good

Confident in the possibility to be completely healed

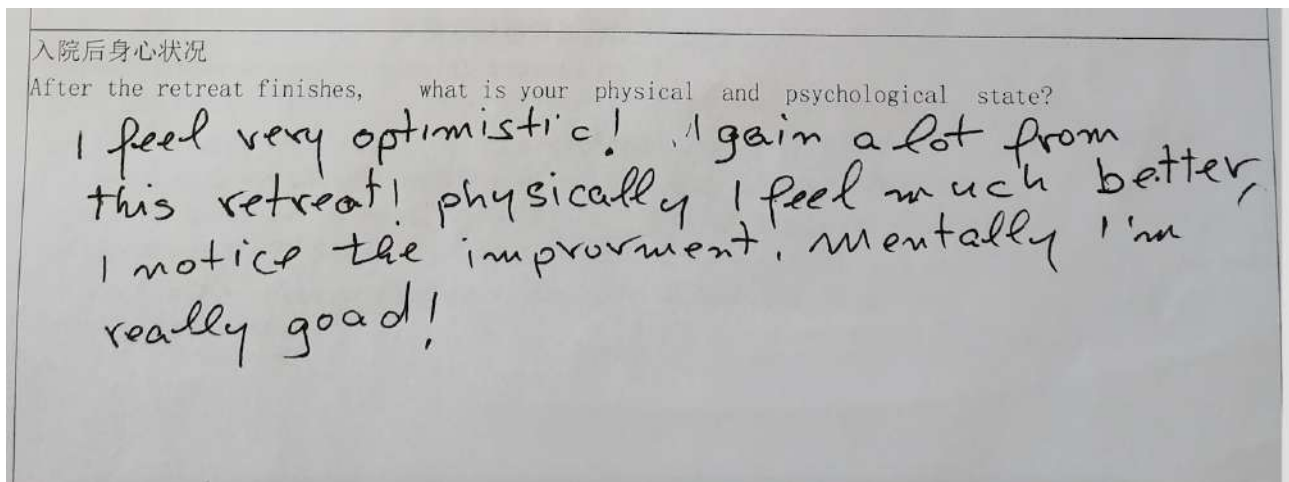
2019, healing retreat



I feel very optimistic!

I gained a lot from this retreat! Physically I feel much better, I notice the improvement. Mentally I'm really good!

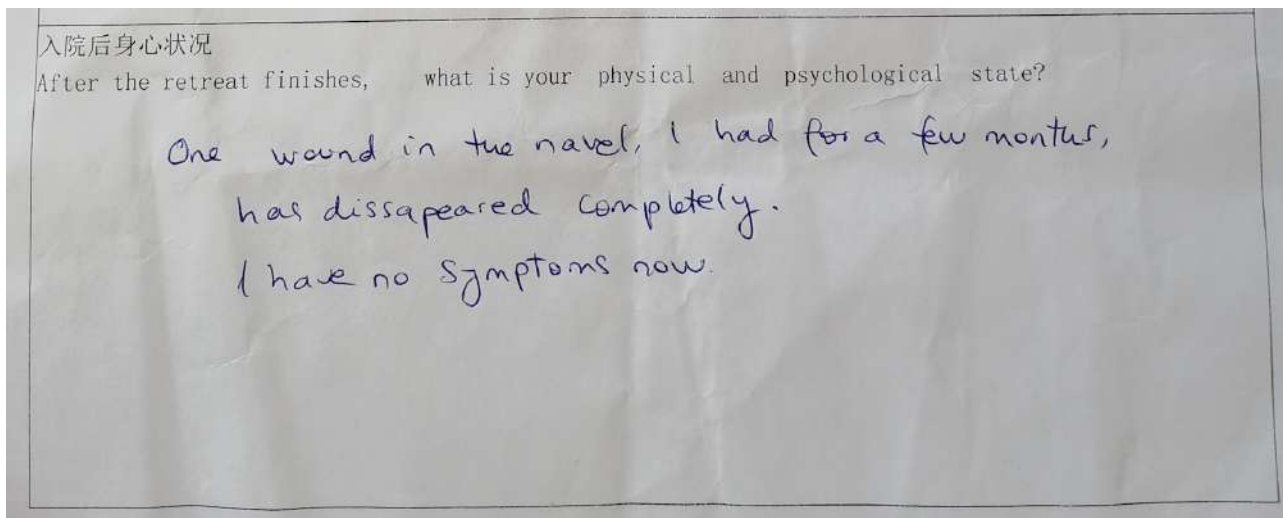
2019, healing retreat



Wound completely disappeared

One wound in the navel, I had for a few months, has disappeared completely. I have no symptoms now.

2019, healing retreat



My physical state is great

Psychological I'm even better. Love, trust. Thanks

2019, healing retreat

