

Summer of Peace™ 2013

“Peace through Empowered Healing” with Mingtong Gu (Jun. 30)

[0:00:00]

Philip: Hello everyone and welcome to the Summer of Peace, a celebration of our common humanity. This is Philip Hellmich, the director of peace at The Shift Network and it is a delight to welcome you to a special session of the spirituality and peace series. This series is co-produced with the Gaiafield Project. Spirituality and peace is an opportunity for us to learn about different traditions of subtle activism, how prayer and meditation can be used to help affect conditions and people in the world. You're invited to participate in a synchronized meditation.

Today, our special guest is Master Mingtong Gu. Mingtong, welcome and thank you for being with us.

Mingtong: Thank you so much, Philip.

Philip: Yay. Before I provide a more thorough introduction Master Mingtong, I would like to invite you to join us on a social media. So please like us on Facebook. You can search for Summer of Peace and look for logo or you can just look up the link Facebook.com/SummerOfPeaceShift, that's Facebook.com/SummerOfPeaceShift. We welcome your comments and your shares and engagement and we look forward to seeing you there. Also, if you please follow us on Twitter, you can search for @PeaceSummit or just look up Twitter.com/PeaceSummit.

Also, there's a global care room that you could participate in. I understand the web link that went out had an error message but if you hit on the home tab, it would take you into the log-in area or you can look for this website, www.globalcarerom.org/rooms/login/gaiafield. We placed this on the webcast area so you can go there and click on that. With the global care room, you can see who is all logged in joining the meditation around the world and you'll see a globe that's rotating.

So now, I would love to introduce you to Master Mingtong Gu. Mingtong brings his joyous teachings and extensive Qigong master skills to awaken inner mind-body wisdom to thrive through illness, aging, stress, and injury. Honored as Master of the Year by the World Congress on Qigong in 2011, Master Gu was trained at the largest Qigong Hospital, where he helped people facing major physical and emotional challenges. He is an internationally recognized teacher and healer and he founded the Chi

Center, now based at the EarthRise campus of Institute of Noetic Science in Petaluma, which is also where The Shift Network and Summer of Peace is headquartered.

He offers workshops, retreats and online learning programs for the public, wellness professionals and Qigong teachers in training. He is the author of key publications and the Pure Qi Online Courses, that translate the ancient teachings of Wisdom Healing Qigong for contemporary times.

Having Mingtong as a neighbor on the campus there, it's just a delight, such a pleasure to have you with us, Mingtong. Thank you for being with us.

Mingtong: Likewise, Philip. It's wonderful being a neighbor with each other and such a delight to be with you again. Welcome all the participants, all the listeners, all the peacemakers around the planet earth always here really celebrating this again. Yes, I'm profoundly honored and touched by that. Thank you.

Philip: Wonderful. Well Mingtong, can you start off for a few minutes and just describe your tradition and your approach in using meditation and prayer to assist others and to promote peace in the world?

Mingtong: Yes, thank you and I think it will be beneficial to share a little bit with you **[0:04:18] [Indiscernible]** kind of unique quality of the work we do so you can really join me today on a continued basis and take advantage of that possibility can really benefit in your own life. So Qigong, basically qi means life energy. Nowadays, you know, we recognize everything is energy and your body is energy and everything you eat is energy, everything you're exposed to energy and the whole environment, the planet earth is not only affected by energy but also made of energy. As a matter of fact, the entire universe is really made of energy.

[0:05:03]

So when people are asking me what is qi and I ask them what is not qi. So basically everything is made of qi but the recognition of the phenomenon of the universe, life of universe if made of qi is very profound. It is the invitation to cultivate this perception. The existence of the universe beyond what you see, you know, appears and touch and measure and identify certain way in a human way according to our perception so.

The way to walk with energy to really enhance the ability to move your mind, your heart, your body and for the benefit of life and clear life your full potential so to speak. So that is basically gong means the cultivation, the benefit, the power. So qigong together is really a path, methodology,

a system allow you to cultivate the capacity of your mind to tap into the energy of the universe and beyond what we know and to greater resources, greater possibilities, and greater creative powers.

So this system is called wisdom healing qigong. That word wisdom is quite interesting in the Chinese character and called zhìhuì. In this case this can be –you know, if you know if anything of Chinese language, you don't have to know but if you see the language is written very graphic. So in this case zhìhuì, the character for zhìhuì and divide to four parts. The first part means connecting with heaven, connecting with heaven. The second part is eating, means eating and then these two parts coming together means knowing, means knowing. Then the next part is representing, the character representing the sun, which of course associate with the source energy, the sun as the source energy for the planet earth, for all life on the planet earth.

So all together wisdom in this case represented by this character means eating and knowing and embodying the source energy with full commitment and purpose. That is really profound, deeper understanding what the ultimate wisdom is. So that is the main focus of qigong to cultivate inner wisdom, which is direct connection, direct knowing, and direct embodiment of the source energy, which is profoundly nourishing creative and harmonizing transformative in all aspects of life. So you can truly fulfill your purpose and your highest potential with a deeper commitment of life. That's this kind of summary of what qigong is. So it's really a methodology, a methodology to cultivate or deepen the potential field.

Philip: Beautiful, beautiful and when we were talking a few weeks ago, you mentioned that this particular lineage that you're a part of works with collective consciousness also. Is that right?

Mingtong: Absolutely. Absolutely. So in this path of awakening to that capacity, we're using different methodology but recognizing you know, the key to access the greater resource of energy and is a three thing. One is of course is your mind, second is your heart, and the third is your purpose. So when you go deeper into this deep dimension of your being then you're awakening to the presence of consciousness beyond your individual mind so to speak, individual identification, individual boundary and separation and so on which often is a cause of stress and a cause of conflict, cause of war, cause of all these violence.

So the second piece is awakening to the greater capacity of your heart and so you're opening to this energy of love. So no matter what is our

individual story, individual history, which may be remembered in the subconscious level, and also conscious level into more personal history, in a collective history. But you still can tap into beyond recognition of what has happened. You can still tap into the presence of the energy of your heart, which is beyond your memory of the mind so to speak. There's so much greater let's say this pure energy of love, this pure energy of compassion and this is ultimately leading to this pure energy of peace.

[0:10:41]

So that is tapping to a much deeper level of wisdom so to speak, intelligence and that is also a global connection of energy. You know, when you think of your loved one and you can feel that happy energy that loving energy in your heart and that's beyond any separation, any physical boundary, even boundary of time. It doesn't matter if it's in the past, present or future, you just feel this energetic awareness. So that's I think make it possible to connect with each other collectively. So one is again love, the conscious awakening, second is the heart and the third is really the deeper purpose.

You know, folks have different way of life basically ultimately asking yourself what is our purpose. You know, you're doing everything, your job, your relationship, you eat, you take a vacation, you become peacemakers, you become healers, become political leaders and then you become parents and whatever all this role you're taking ultimately asking yourself what is the deepest purpose, why are we doing all these things. Even join the seminar.

So one way I identify the deeper purpose is kind of this energetic purpose. It's like looking at any energy system lies in this universe. You know, what is inherited, instinctive, natural programming of this energy system. That energy system it wants to fulfill its purpose, whatever the purpose might be according to different system of living so to speak. So in ancient language, we call this as the nature of a thing, nature of the living system and sometime use the word dao. So that inherent nature is really related to the purpose. So as a human being when we're asking the question, when clearly what makes us happy, what makes us really peace, complete, sense of completion, I feel good in myself, I feel really meaningful, really feel passionate about certain things and make myself really happy.

So in that place, you know, you're basically awakening into much let's say greater activity beyond our daily life and this important activity. But the deeper purpose take us to another level of connection to the meaning of humanity beyond just personal satisfaction. In that place, I feel much deeper connection with life.

So that is a three-way so to speak we can tap into this energy field as walking and so passionately and with many spiritual traditions and including science, now we understand there's a field out there so how we can tap into it. That is one of the gifts from this lineage and I feel profoundly passionate and transformed by this teaching practice. It's really directly tapping into the energy field of collective presence and collective humanity and collective life, all life on the planet earth. It's a very natural process because when you're walking with energy realizing then this deep nature of energy is opposite of separation. It's the oneness. It's the omnipresence that **[0:14:58] [Indiscernible]** the nonlocal power that encourages connecting of us.

[0:15:04]

So that experience directly kind of convincing your mind. You know, often we're thinking linearly more in a separate concept and terminology. In this case the experience of energy is convincing the mind nothing is separate so from that place your mind awakening to a more collective consciousness. Then you're using that experience come back to this lady of life, which often appears separate, which is part the phenomenon of the form and then you're walking with that. You're transcending the limitation. So that is the amazing process and the application of that is so profound including the healing and the disease in the body is nothing but the expression of that whether it's a physical disease, emotion disease or even the spiritual disease. It's expressing of this like and uneasiness caused by separation, caused by fragmentation.

When part of the body is we call it diseased, that means that part of the body is now serving the greater good of the entire body, the greater good of your life then that part is not functioning well we call it disease, we call it illnesses. In the same way in all relationship, you know, a societal level of all energy system so that is really encompassing all area for life.

Philip:

Beautiful. Mingtong, I just must say this is just a profound conversation and at the same time, you explain it where it's so accessible and almost very simple the way you describe it. I also just want to reflect a couple of things. We talked with Richard Miller on Friday who's introducing yoga meditation to people including veterans and homeless people and he was saying the same thing that it seems like humans have the capacity for experiencing oneness and yet we over develop our capacity to operate as separate beings. So it sounds like and he was saying something similar that we need to be able to tap into the oneness or nondual state and then be able to interact in the world, be able to hold both the oneness and the separation at the same time and then be --

Mingtong: Absolutely. Absolutely. I couldn't agree more with that, yeah. So it is just so many different passage to activate that. Another way you're looking at it is left brain, right brain connection. Another way to look at it is this deep alignment of the mind, heart, and the body and then the deeper alignment, the inside of you and the external phenomenon around you including all relationship. So these different practices really ultimately you know, again leading us to this deeper experience of oneness.

Oneness also another way to put it is more like a feeling of completion, a feeling of like wholeness, yeah. That feeling is really another thing that we're all striving for that feeling in different ways. So when we can directly get into that feeling of oneness then our life really transform and we realize that state of peace that we are so natural being.

Philip: Right and that's the part that's interesting Mingtong, that's a natural part of peace because when I see you, I see so much joy and peace and then I've met Richard Miller in person, there was so much joy coming out and then people in other traditions. So it seems like when a person taps into this universal field call it qi or whatever you want to call it life force, it sounds like joy and deep peace and compassion and love are a natural part of this universal, this field. **[0:19:29] [Indiscernible]** what I'm hearing from many different sources, is that your experience too it sounds like?

Mingtong: Absolutely, absolutely. You know, words maybe a concept before I really and truly practice this and really experience this directly because the teaching, the concept of this has been so available for thousands of years from all these different wisdom traditions. From my direct experience, I want to put in more accessible language, in this case the keywords for us is the energy, the life energy of the universe.

[0:20:14]

So when we're practicing consciously working with energy then recognizing this natural quality of energy. This natural quality of energy is like this universal capacity of the energy is really about wisdom. The first quality is the wisdom. It's that intelligence beyond any separation, any ignorance, any personal story, personal process. It's just like this intelligence of the sun for example, just like naturally beaming on to the planet earth, you know, giving warmth, giving life energy for all life. Can I think of any intelligence you know, human being surpass that. Yeah.

Philip: Uh-hum. Uh-hum.

Mingtong: That intelligence is continuously expressing all life the tree, the flowers, the animals, the human being. It's like every morning you wake up and see the sun like, oh yeah, I'm alive and I'm thriving, I'm creative, I'm

having this capacity to express myself to make a difference for myself and for others and that is the first quality.

The second quality is again is this joy, this joy come out of let's say come out of this nourishment that's a capacity to nourish life, to really promote life and in the most creative way possible. This is also associated with appreciation, you know, appreciation of life.

Philip: Uh-hum.

Mingtong: Yeah. Like when the energy let's imagine that you become that energy being creative, co-creative with life, create something to your desire, to your purpose and naturally you appreciate that. Naturally, if you're happy you know, it's like this artistic side of us awakening inside of us. That's the happiness is just naturally arising within you. It does not really depends on, depends on the external condition, depends on the circumstances, does not depend on the history and that **[0:22:26]** **[Indiscernible]** I think is the key is this unconditional creativity, nourishment and promoting the unconditional happiness. So it's very energetic beyond the concept, you know.

So one way I want to really be inviting all the participants is really feeling the energy inside your body. It's there. Every moment, you know, omnipresent. So the more you tap into this energy, the more you're realizing this quality of natural quality of a humanity is also universal quality of this universe is this creativity and this joy. That's just profoundly personal as well as universal.

Philip: Beautiful and so we could talk much longer. I'm aware that --

Mingtong: Yeah.

Philip: -- we need to move forward to the guided meditation. So just a quick thing, just describe briefly what happens when we collectively meditate together and then if you could describe the meditation that you're going to guide us in.

Mingtong: Yes. So first treasuring all practice which I'm going to guide you to directly experience as we shared so profoundly already is recognition of this presence of energy and the source energy, the pure energy, the creative energy beyond our personal story, personal identification. So to tap into that source energy, relaxing to this energy with your mind, your heart, your body.

The second piece is really allow yourself to go deep within into your own body, which is really the wholeness is that possibility to link your mind, heart and body as one. So tap into that experience of the present moment and recognizing everything you're experiencing in this body whether you're feeling comfort or discomfort, feeling you know, total peace already or feeling challenged the conflict, that is all expressing of the cumulative energy of the past including your own personal story as well as the interaction, relationship and all the experience continuously unfolding. Recognizing that as a part of you but as a part of the wholeness, part of the bigger picture. So that's the second piece I'd like to invite you to connect.

[0:25:08]

Then the third piece tap into much greater capacity inside of you and I like to share with you as most of us to this group, I'm sure I'm preaching to the choir but I want to share the experience and really think of this experience as like deeper activation, deeper activation of the energy inside of you. I'm speaking very tangibly like the energy of your heart and the energy of your kidney and the energy of your digestive, the energy of your organ, which is associated with your emotion, associated with the emotion that is the foundation for your joy, foundation for your peace. It's also a place often we store the stress. It's the unconscious memory of **chama [0:25:57] [Phonetic] and the wong** and so on inside of us.

What I clearly want to do is to use this as a profound tool, the sound the vibration to directly access the energy of these organs then allow you to feel this ultimate nature of energy, which I've been hearing, the wisdom and the joy and that harmony. The natural state of that energy is harmony and oneness. So tap into that three quality and then when you tap into that three quality of energy inside of you, then you can naturally hear that energy and consciously and basically to expend that energy to bless life around you, all relationship around you and the humanity of the planet earth. So you can truly contribute to the global healing, the global peace and that becomes very natural desire and natural capacity, natural power to hear with others. I think of that as kind of three steps ultimately you begin to appreciate the very essence of who we are.

Philip:

Beautiful. Well beautiful, Mingtong. I would like to invite you now to lead us in this guided meditation and then afterwards we'll have a period of silence so people in the line know and then afterwards we'd like to invite people who are on the line to share what their experience is. So would you joyfully lead us in this guided meditation together?

Mingtong:

And before starting this meditation, I'd like to make a disclaimer first. So in case if you're driving, if you're engaged in some activity is demanding

your concentration in some way and I want to make sure you keep your eyes open. Otherwise I would like to invite you to gently close your eyes if you will. You can do this practice, either way is fine but if you choose to, close your eyes if it's safe for you to do and you can go even deeper in case.

So again without any obligation, basically you're experiencing yourself and by following the meditation, the practice or simply just feeling the energy, the energy of your body, energy of your heart and energy of your presence. Simply feeling that, you really become part of this energetic activation. So I think of today as a great opportunity, you know, I think the entire summer for peace and I feel is like I feel and with all these visionary leaders really creating a peace channel so to speak, channeling the peace, channeling peace so activating that state of presence, state of being so. Same for practice I'm sharing and just help you to tap into that place.

So with that said, I'd like to invite you and sitting comfortably whether you're walking or sitting or lying down whatever comfortable position. If you can, if you want, you can gently close your eyes and just feeling inwardly and give yourself permission. Allow your mind and your spirit to come into this body. Coming back to this home and the body is your home, the home for your spirit consciousness, for your presence.

[0:30:25]

Now deeply allow yourself acknowledging, embracing all sensations, feelings, experience inside of you. The feeling of your brain and the feeling of your heart and the feeling of your spine, the feeling of your shoulder, arms, and the deeper intimate feeling of life inside of you. Continuously allowing your entire body relaxing, relaxing to the natural state of energy, natural state of energy flow and natural state of energy harmony.

Now playfully acknowledging the energetic connection with the planet earth beneath you and feeling this intimacy, the profound intimacy with the mother earth, the planet earth.

Now playfully allow yourself, imagining, visualizing the subtle energy, the formless energy, which recognized by all ancient tradition as well as the new science, recognizing the entire universe is made of energy. 96% of the universe is made of the subtle energy. Only 4% of presence is matter, physical matter including the solid planet earth.

So imagining, visualizing this ocean of energy, ocean of the invisible formless energy of the universe beneath you is feeding the planet earth,

feeding all life on the planet earth, feeding the power of the creativity of the planet earth.

Feeling that same power when you go into the nature, such amazing summer season, there's so much energy not only the sun but all the earth awakening to its full capacity. Feeling that power permeating into your legs, into your stomach, into your heart, chest, into your brain.

Now playfully consciously connecting with energy above you. Imagining, visualizing, acknowledging the ocean of source energy above you. That pure presence of the infinity as the ocean of source energy. Encompassing both the simplicity as well as the complexity of the creation of the entire universe.

Feeling, acknowledging this pure energy, pure intelligence containing all possibility, all creativity, all inspiration, aspirations as pure energy permeating inside of you through your crown chakra, heavenly gate, into your heart, into your chest into your entire energy being.

[0:35:32]

Deeply acknowledging feeling the sensation of your heart, sensation of your chest. Acknowledging, visualizing this pure energy of your heart just like the sun, the radiant light shining within you naturally shining, naturally bright. Permeating, expanding to the entire body. Permeating, expanding to the ocean of light inside of you and playfully imagining, visualizing the ocean of light inside of you encompassing the planet earth, encompassing all life on the planet earth.

Now imagine this light, the infinity presence of light on earth expanding to the horizon in front of you even circling beneath the horizon, beneath the planet earth encompassing all countries, all the continents, all life beneath you all the way to the back continuously to the horizon behind you. From the horizon behind you, see the light, feel the light, imagine the light permeating back to yourself, to your body and to your heart, to your being.

Now playfully imagining the same ocean of light on the left side of your expanding out beyond your room. Expanding, encompassing the planet earth. Expanding beyond the horizon and circling downward around the planet earth beneath the earth all the way to the right side of you. From the horizon on the right side, feeling, visualizing the ocean of light permeating back to yourself. Simply noticing, acknowledging, embracing this pure presence of infinity source energy surrounding you, encompassing you, surrounding, encompassing the planet earth. Encompassing all life on the planet earth with a pure wisdom intelligence,

pure creativity and nourishment, pure transformation of life and harmony.

The same ocean of force energy encompassing life within you. The life of your brain, feeling the wholeness of your brain. Encompassing the energy of your heart, the wholeness of your heart awakening to the collective. Encompassing the life of all the cells, trillions of cells inside of you, the pure intelligence, the pure creativity, the pure harmony. Acknowledging no matter what's happening in your story, in your history of personal and collective and noticing the energy is holding this body together, that togetherness.

Noticing the energies holding the planet earth together, that togetherness. Even the energy of the entire universe is holding this whole universe together. In the most **[0:41:03] [Indiscernible]** way we call it mystery, the profound dimension of life. Feeling it continuously, playfully, effortlessly, feeling that oneness in your entire being.

Now imagining and visualizing hundreds, thousands of peoples, even millions of peoples, billions of peoples entire humanity as energy being inside of you, as energy being behind you, as energy being left side of you, right side of you, and all around you. As energy portal, as embodiment of this creative energy, wisdom energy, loving energy, healing and transformative energy of life between heaven and earth.

Now feeling the energy of your heart deeply, I'd like to invite you to join me, join all the practitioners together awakening that universal energy of the heart by chanting the sound and can follow easily. Just feeling the vibration, feeling this energetic connection, activation.

The first sound is shing. You can follow me together.

Chanting [Shing] [Shing] [Shing]

Simply noticing embracing all sensation, feeling of your chest, feeling of your heart. You may notice this feeling of aliveness, openness, even a deeper sense of joy and peace arising within you. The energy of your heart naturally open just like the sun shining.

[0:45:06]

Continuously chanting the second sound awakening the emotional dimension of your heart while the first sound awakening the physical energetic of your heart, the silent energy of your heart. The second sound is siyang. Again, you can follow me easily.

Chanting [Siyang] [Siyang] [Siyang]

Again simply deeply embracing all sensation, feeling of your heart, feeling of your entire body, feeling of energy, being alive in this body, in this life on this planet earth.

Continuously chanting the third sound connecting, awakening the spiritual dimension of your heart. In this case connecting the mind with your heart, energetically. So the third sound will help you to do that. When you're chanting the shing, quietly think of the energy of your heart connecting with the energy of your brain vertically.

Chanting [Shing] [Shing] [Shing]

Gently, deeply acknowledging, embracing all sensation feeling of your heart, the pure energy of your heart and the pure energy wisdom, pure energy of loving kindness, the pure energy of deep natural harmony and peace. Awakening to the wholeness of the entire body, the wholeness of the entire presence, the wholeness of life.

Now imagining, feeling, visualizing billions of entire humanity, all life on the planet earth, the energy of the heart awakening simultaneously, collectively, opening like the sun. Shining unconditionally in the ocean of light, ocean of life, ocean of oneness. Naturally healthy, happy, in harmony with a deep empowerment of life energy of the universe. Feeling the collective empowerment inside of you and allow yourself to go deeper into the kid in you now in your low back area and noticing, embracing all sensation, feeling, experiencing inside of you.

[0:50:29]

Allow the sound activating the power of energy, activating the transformation, the healing. Transforming the fear through love, through creativity. So when you're noticing any emotion, any physical challenge or discomfort including stress inside of you, you can allow the sound awakening the power of energy, transforming any negative patterns especially the fear, to a positive, to a loving beneficial creative energy presence inside of you.

So again, you can playfully follow the sound together and the first sound is like this. Uh. So this is more like awakening your kid in you, awakening your creative energy associated with the jing, the reproductive system, your DNA, your jing and the personal collective inherited power of life. So together playfully if you will.

Chanting [Uh], [Uh]

So when you're trained in the sound long enough, you may notice this amazing feeling of warmth, this heat, life awakening inside of you.

Now the second sound is harmonizing this power so you can follow me easily.

Chanting [Ji], [Ji], [Ji], [Ji].

Simply noticing, embracing all sensation, feeling of energy, awakening, opening, reconnecting inside of you.

Now with a gentle inner smile, acknowledging the energy of your digestive system, encompassing your stomach, pancreas, intestine, colon, and the energy of transformation, the energy of digestion, digesting food, digesting emotions, digesting life experience, literally digesting life energy. Acknowledging that power, that intelligence, the natural joy for feeling the purpose of digestion, purpose of transformation.

[0:55:22]

Continuously with a gentle awareness and a gentle smile, acknowledging the energy of your liver, the energy of the entire purification system, the intelligence of purification, recycling energy, that deeper purpose of fulfilling, fulfilling life transformation. That energy transforming anger to courage, transforming anger to courage and feeling this energy continuously awaken inside of you.

Gently acknowledging the pure energy of your lung, your entire respiratory system now. Feeling your breath naturally, softly, deeply and this energy transforming sadness to compassion.

Now feeling the pure energy of your brain connecting continuously. Allow the energy of the brain connecting with the entire system, the five-organ system. Connecting with the entire body physically, energetically, spiritually. Feeling the entire energy presence of your body in harmony. Feeling the entire energy presence of your body in harmony in the ocean of oneness, in the ocean of formless energy of the universe. Continuously meditating with your pure awareness, pure openness of your heart, pure presence of your wholeness in the center of the energy universe. With your pure intention for peace, harmony.

[0:59:20]

[1:05:47]

Philip:

Dear, dear Mingtong.

Mingtong: ...continuously noticing, feeling your presence, your essence, your body, mind, heart as one. Whenever you're ready, place your hands on your navel and just feeling your center inside of you. Feeling your feet and slowly, gently open your hands and softly open your eyes whenever you're ready and just feeling the spaciousness, openness, aliveness inside of you, around you. May all be in peace, your mind, your heart, your body and all phenomena of the universe. May peace prevail and thank you so much for joining me, joining together for such a wonderful activation, a wonderful sharing, wonderful presence.

Philip: Mingtong?

Mingtong: Yes, Philip?

Philip: Oh, my gosh, I am just aware of such a deep peace and profound presence. I must admit I'm a little hesitant to even go into the talking realm. It's so deep --

Mingtong: I understand. Yes, yes.

Philip: Yeah. Pardon me for bringing this out, inviting this to come out a little. We went a little bit over on the time and at the same time, everything feels timeless right now.

[Laughter]

Mingtong: I love that profound, multiple dimensional experience, yeah. You know, it's important to integrate in everything we have experienced and continue experiencing to this more linear or active way of life that speaks.

Philip: Uh-hum. Uh-hum. Yeah, well let's see if anybody on the phone would like to share their experience. If you would, please hit *2 and if you're on the webcast, please go ahead and type in your experience. Just press *2 on the phone or at the webcast just type in your experience. People are having a similar experience as me, Mingtong.

Mingtong: [Laughs] I know.

Philip: **[1:09:16] [Indiscernible]** experience. Beautiful. Well my friend I think everyone is in a profound place. Any closing comments about the integration of taking this into the linear?

Mingtong: Yes and again, I'm deeply touched by this possibility of peace in my own life and also in the collective life. So I like to invite you really continuously making the conscious choice with a deeper empowered creativity from your own personal life as well as the life of the collective on the planet earth.

[1:10:18]

So and I think of the **[1:10:20] [Indiscernible]** as one way and to opening that door to peace then when you go deeper into the meditation with the sound, you go deeper into the energy of your heart, your organ, transforming the deeper emotion. Then coming back to the mind to the wholeness, then you're able to engage life in more resourceful, empowered and creative ways. So **[1:10:48] [Indiscernible]** expressing that we're having in your life, in the social level, in the relationship level it's a deeper expressing of a wholeness and we're here recognizing that, celebrating that profoundly inspired by that.

So I thank you all for your presence and I do want to share that we do offer ongoing programs especially live stream and as Phil probably mentioned to you already there's also a free gift to share with you and you can find out more online. So we're local here and energetically we're always connected. So I want to bless all of you for your amazing work and whatever work you're doing in a profound way and contributing to the collective good. So thank you so, so much.

Philip: Yes. Mingtong, just thank you for your presence, the joy, the wisdom, this experience and let me just let people know they can go to QiCenter.com and there's several wonderful free offerings that Mingtong makes available there. So I highly encourage everyone to visit there or if you on Wednesday happen to be near the Earth Rise campus, a little after one o'clock there's a free offering there also.

Mingtong my friend thank you. Thank you, thank you.

Mingtong: Thank you so much, Philip. I'm just so enjoying it and your presence. Thank you for your amazing dedication and so profound beyond words. So I particularly want to thank you and thank The Shift Network for moderating this possibility.

Philip: You're welcome. For people listening, I just thank you for being with us in this collective field together. Just to remind you Tuesday, we'll have special sessions of Reunion of the Condor and the Eagle, hosted by Chief Phil Lane Jr. and he has an amazing lineup of three different sessions of indigenous leaders who'll be sharing their wisdom about how to create a harmonious and peaceful world. Then next Sunday we'll have another

spirituality and peace series and we'll have monks from Thailand who will be sharing their gift.

So wherever you are in the world whether it's morning, afternoon, evening or night or if you're listening to this recording, may peace be with you, your families, and all of us. All right. Thank you all. Bye-bye.

[1:13:52]

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