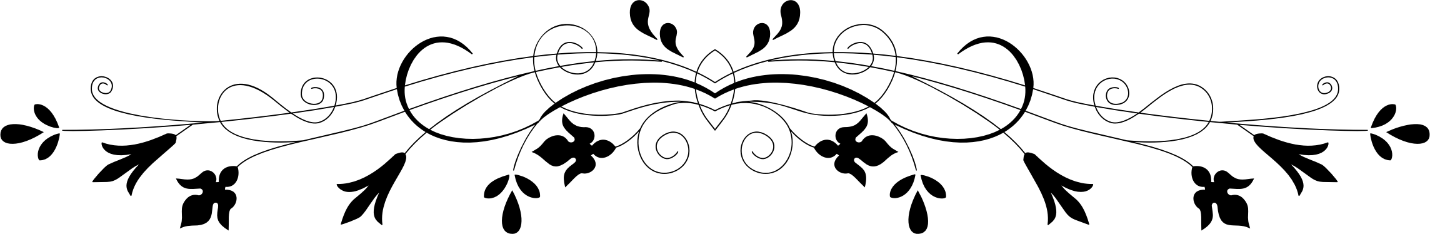
*The little book of*

Transformation

By Donna Durand



Ren Xue Water Valley Retreat, Alberta Canada

April 28 – May 4, 2018

Notes and poetry inspired by Yuan Tze talks, healing sessions and form practise. Many thanks to Melissa Kung for translation and fellow participants for exploring Big Love together with open minds and hearts.

*Welcome home*

Why are you here?

You must have come with a purpose.

Safety and effectiveness is of utmost importance for Ren Xue.

⋆

*Healing*

It is not that you concentrate on sickness. Think of healthy bright qi and bring this to any area of concern…

⋆

*We need a theme:*

Together let us walk hand in hand in order to achieve:

Learn together

Learn about ourselves

Work on the heart

⋆

*Three keystones of Unified State:*

**1. Improve health**

-3 qi disorders- flow of qi, quality of qi, and exchange of information (personal to universal)

-qi needs to be built up in the 3 Dantians: root, heart, head

**2**. **Build the home of Shing-ling** (heart consciousness)

-5 qualities of heart/home- trust, openness, love, gratitude, true respect. When these qualities are missing or underdeveloped, the opposite qualities may become dominant

FOCUS OF RETREAT IS BUILDING THE SHING-LING HOME

**3. Uplifting life**

-reaching a higher level of wisdom

⋆

*Practice*

*Breathe. Expand the abdomen as if it is a balloon.*

*Imagine you have a nose in your belly.*

*Breathing in …*

*breathing out…*

*Imagine this string is your flexible*

*spinal cord.*

⋆

**Clouds drifting in the sky**

Circular flow of movement - a giant bird

Soaring spirals in the sky. Free and happy

The bird is moving as one. In light

⋆

*Form*

If nothing else

gather qi knead qi pull qi rub qi sit with qi

maintain calm, relaxed, natural state

gather qi- open- close- open- close

use the mind

close the eyes

draw the vision back

into the centre of the head

bring qi to the heart

maintain calm, relaxed natural state

⋆

Open to the universe with utmost reverence

⋆

Consciousness is the master of all. What is healthy consciousness? What is Shen? The higher mind.

Information is transmitted to a problematic area(health concern). The Shen consciousness is that there is 100% wellbeing. Personal consciousness has more influence on your qi than anyone or anything else.

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Worry disturbs qi

Worry compounds and clusters

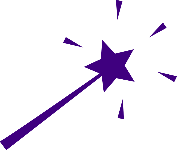
Worry consciousness

Can and will create

Something

Out of nothing

*Unhealthy Patterns*

We must both find and see our patterns and work on them. This is not the place to apply wishful thinking!

⋆

This day

Is good

This moment

Is good

This moment

Contains the universe

This universe

in constant flux

of shift and change

Gifts us with unique moments

breath wrapped parcels

filled with immense potential

begin

begin again

and again

begin

⋆

**Jewels of the Heart**

When the jewels of the heart

Lay dormant and dull

There is isolation and separation

When the jewels of the heart

No longer shine

The wellspring of health

And happiness

Dries up

⋆

The heart is a garden to tend. Shen is encouraged to grow here and supported so that it does not go dormant. This takes effort… or does it?

“ A pancake falls from the sky and hits you in the face! What luck!”

Yuan Tze shares a Chinese saying on enlightenment

⋆

Patterns of consciousness cannot be bypassed

⋆

**TRUST**

INDESPENSIBLE FOR ALL OF LIFE

WITHOUT TRUST THERE IS NO LIFE

⋆

Trust

Do you want to be trusted?

Can you be trusted?

Do you trust yourself?

Can I trust myself?

All forms of consciousness

rely on trust

Akin to air and sunshine

Water and food

Trust is a necessity

Without trust

Harm can be done

Trust

Do you want to be trusted?

Can you be trusted?

Do you trust yourself?

Can I trust myself?

⋆

Do I trust myself?

My eyes sting

Pressure comes-

A prickle up through the sinuses

For a split second

I cannot see

⋆

*Special Abilities*

Without trust, it is very difficult to manifest special abilities. The body has the ability to heal. Each cell has its own awareness.

With full trust, life changes. Do you know your life is near perfect? Full potential is given by the universe.

How we trust ourselves and how we trust others is the same thing.

The Healthy Normal State of Life,

the default position. Check in frequently…. return, return, return…

CALM RELAXED NATURAL STATE

Things happen naturally, at their own pace.

Trust.

⋆

*Practice*

Walking on clouds exercise. Unified calm state. Heel first, roll like a wheel through to toes. Integrate qi gong in to the everyday. Dantian breathing is a habit to form. Bring qi to the heart.

*Ponder*

Human life is an open system.

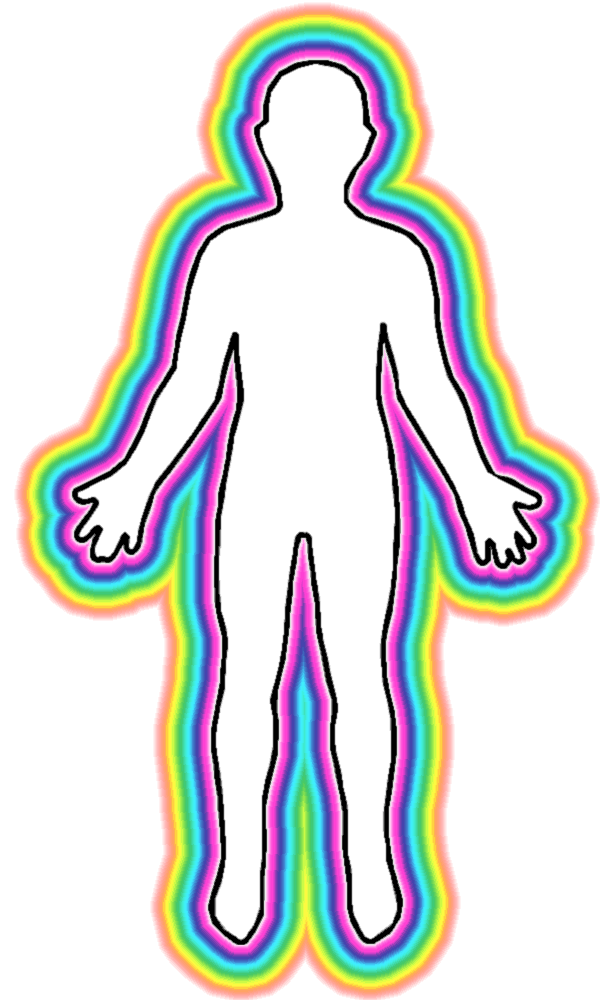
At the end of life body and qi returns to nature. Shen (consciousness) carries on. Shen also determines how life goes.

**Unification and attention regulator**

I AM BRINGING

MY AWARENESS

BACK IN TO MY BODY



Where attention goes- qi follows. Qi follows consciousness.

The false master may run the program. All problems stem from this state which perpetuates closed-ness. The false master does not treat the body well. Be open to ourselves, to face and work on problems. It takes courage!

Unifying Shen and Shing-ling helps bring understanding to patterns and how to replace them.

Internal joy is a natural state. Bright universe, bright qi, healthy qi

is a natural state.

Shen sees the world as perfect. Shen does not want a prison – it wants to be free!

Love

**Acceptance**

Embrace all possibility

Always

Something in the universe

Is being manifested

With love- more love grows

Without love- the opposite grows

Wildly and out of control

Love becomes weaker and weaker

-40 degrees

The temperature

of indifference

Indifference

Things are things

Not good nor bad

All things

Ever changing-

This is the law of nature

This is the law of the universe

Every good thing

Has the possibility to turn

Every bad thing

Has the possibility to turn

Nothing

Is absolute

**⋆**

The heart

Is always

Calling out

For love

Love is

Always

Looking

For home

Big and round

Open and free

⋆

**Obstacles of Love**

Patterns clash

Unhealthy emotion

Results

Taken over

By the thoughts and feelings

I have done so much for you!

And now, you deny me!

You must respect me!

I want you to change

You want me to change

Ha!

The universe is change

Clash of patterns

Not me- it is you

If it is you- it is me

If it is you- it is me

Here we are

Staring each other down

Starving ourselves

Denying qi

Denying Shen

Denying life

⋆

**Big Love**

Barbra walks right up to me

And says

You are blocking love

You love the fear of love

There is no reason

You should not have

Abundance in love

And in all things

Barbra I want to manifest

true love,

Big love

This has been my aim

This small love

Is a narrow path

Selective and conditional

With prison bars

Between my head and heart

This divisiveness?

The pox

between my breasts

a reminder

nothing is absolute

It is a broad path

You point to

A bright clear light

A sparkling universe

Barbra you pick my head

Up off the ground

And place it gently

On the shoulders square

You take a moment

Out of your life

To witness mine

And change the course

For both. Forever

Ssssh she says…

Shen knows

Shen believes

Shen manifests

Barbra,

Do you see the line

⋆

*Reflections*

Looking to be satisfied is an external focus.

When the lower Dantian is full there are no cravings or desires.

Respect

Master

Wears his undershirt

Until it is threadbare

And whole-y

It then becomes a rag

And when the rag

Can dust no more

It is planted in the garden

To become of use again

⋆

Do you love the planet? Respect it!

Lower wants of material things.

Do you love people?

Respect them.

You are responsible for you, I for me.

To respect and love I do not get entangled with the hooks of your patterns or mine.

⋆

Science and technology

Advance to the point of extinction-

Humans

And all other living things

What doesn’t deserve our respect?

Life Cultivation

How do you manifest your life?

What is your imprint?



Be deliberate about the gathering and use of qi.

The qi field is an even playing field. Play. Be. Moment by moment. Trust. Openness. Love. Gratitude. True respect.

What can we take with us in to the next life? How we have treated ourselves, others and the world. How we have been in life cultivation.

⋆

*All of life is equally great.*

*Everything unfolds naturally.*

Gratitude

Gratitude

Receiving something beneficial,

born of love

Responding to what has been given

and received

Giving thanks for each and every cell

For the basics given to the body

For this practice

Of honouring Shen

*Teaching*

Fundamental patterns that block the unification of Shen and Shing-ling:

Taking things for granted. Entitlement. Never enough. Desire. Greed. No fair! Dissatisfaction. Ignoring the chain of good. Self centered. Selfish. Numb. No response. Indifference. Seeking the approval of others. **Hiding and avoiding.**

The body can contain unhealthy information. This needs to be cleared out and replaced with bright and healthy qi.

Settle problems before you go to sleep. If you cannot, in your mind’s eye put the problem in a bag and put it in the trash can.

⋆

**Tai Chi Husband**

You, my beautiful husband

(A long ago promise made and broken-)

Are practising Tai Chi on a grassy field

Golden lit with morning sun

So strong- so responsible

Generating light

We have not been married for decades

And here you are in mind’s eye reflection

In gratitude I see you and release you

in love to love for love

**⋆**

**Waking Up**

A lot of dust has settled

On the shing-ling and shen

They need awareness

This is so!

Polish in the practice

The semi precious gem

to find

This gem

This day

Is precious

Not partial, not semi

whole

\*

**Short cuts**

Short cuts are just that

Cuts

Quick fixes

Short circuits

Master takes a long time settling in

Anchoring in the qi field

He and others build and tend

One question, one small question

Can take a long time to answer

Minutes turn to hours, hours turn to years

⋆

*Practice*

Afternoon healing session brings us to the awareness if you think you can do it- you can do it. We play a game of Growing Hand. We work in pairs and imagine qi enlarging the hands and lengthening the fingers. Matching wrist to wrist we see where the hands are prior to and after the exercise.

⋆

Truth

Truth is a totality and no one discipline, or school of knowledge can define or express totality.

Nothing is absolute.

Seeking truth is getting to know ourselves.

Every single thing has law. Here on earth we are governed by abiding natural law.

**Who Says?**

Who says

If you cultivate your own garden

You cannot fight for justice?

Choose your weapon

Slay the dragon

With a silver sword

Or give of your life

lay down your life

For love. Big love

⋆

**Beatrice Heals Part One**

Beatrice comes to heal

her eyes

And pull in some energy

Maybe fill up her reserve

A surprising thing happens

As she is bright light unified

Shen and Shing-ling

Days before I have renamed her-

Therese

When I come upon her I say

Bonjour Therese, comment ca va?

She does not correct me, nor does she answer

Therese-

Saint Theresa of Avilla

Saint Teresa of Calcutta

When I catch on I say I am sorry

I don’t know why I renamed you

Its okay she says, its just a name

It is your name Beatrice.

It matters. Do you see now?

**Beatrice Heals Part Two**

The frozen heart

Thaws

Opens to a world

To an entire universe

Joy

Amazement

Wonder

Reverence

Tears come

When the Self

Touches the self

Crying is cathartic

Crystals

Break down

Particles of

Greed and constraint

This closed fist

Tight and stingy heart

Gives way

In the thaw

To the warm bright clean light

Light

Melts down

The self and selfish heart

To one

One particle

The one that contains

The entire universe!

You enter in

It in turn enters you

The heart is your home

This heart

This home

⋆

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**The root of evil**

The root of evil is ignorance

What is ignorance?

Evil, is live, with letters backwards

Does ignorance know this?

Ignorance: the absence of knowing

⋆

**Wise Woman Pauline Lee**

Wired to serve. To heal. To know. To know how to impart treatment. Treatment. Transmission of information. Transmission. Transformation that we all heal. Transformation. Straight up- head to hands, to heart. The veil lifts and we are back in time. Or are we far ahead? It matters not. The moment is perfect. There is nothing you do not know for you know the one who knows. You play on the qi field. You access the vast information on the qi field. Pauline Lee. Wise woman Pauline Lee.

⋆

A man kicks a dog

You react quickly

And pick the dog up

The dog bites you

⋆



**The State of War**

A baby mouse\*-

Soft pink bundle of nerve and mite

Scurries

Across the floor

In this room of

High attainment and bright light

Catch it!

Stomp on it!

Sweep it away!

Or behold this wonder of creation

In contemplation

How may we live

In harmony

As one?

Justice is harmony. With each other. And nature.

**To the Table**

A bare table

In an empty room

Slice of light from a

A crescent moon

Falls and forms patterns

On a solid wood surface

The room is silent

The table waits

A door slowly opens

Trust shows up

And sits at the head

Slight curve to back

Feet planted

Open and ready to

engage

To review this day

Trust calls out

What has been done

To be of benefit

To self and to others?

Is there something to settle?

Then settle

Tomorrow

The light of the moon

Will cast a different shadow

⋆

*Focus*

When a pattern is triggered, do not hesitate to transform it. Be comprehensive, fair and objective.

**At the Table**

Serve the warm dish first

Positive characters add

the flavour of life

Don’t overgrow, or over emphasize

Or under appreciate

Self confidence

Self recognition

Self respect- these will be your main ingredients

Can you sense the things you need to work on?

Have you changed unhealthy habits?

Is your awareness deepened?

Do you have realization?

Are you relating to others better,

at the table?

⋆

**Melissa’s Laugh**

Melissa’s laugh

Is a babbling brook

Clean clear sparkling

From the innermost

Wellspring of the void

⋆

**How to Heal**

We had a sense of direction

And then we got lost

So far from home

The guides came

And joined us hand in hand

To take a simple walk, they said

Access this vehicle- yours

These eyes, this mouth

These hands, this universe

Every moment is healing time

In the Shing-ling garden

Do your work then rest

⋆

*Awareness*

When the heart is open, you hear beyond what is being said. This is a special ability.

When safety needs have been met, trust with an open heart.

Trust the qi field. Trust the bright healthy qi of the universe. Open to each moment with utmost reverence.

**Universal Law of Completion- for Falcon**

A boy takes a rope

And tries to fly

Across a shallow river

As he sees others doing so

He falls- he does not fly

The rope chaffs his palms to raw

The sharp edged rocks

In the shallow river

Cut and bruise his body

His father says with force

To teach you a lesson

You must get up

And walk back to the hut

A monk, standing on a hill

Looks down and sees the boy

Broken with drowning tears

He lifts the boy

In to his arms

And carries him to the hut

Many summers pass

The boy, now a man

Asks the river

Why did my father choose this?

The river calm and clear

Answers back

He chose this

Because the Monk did not

⋆

Age with Grace

For as long as I may tend

This garden, this beating heart

May I serve

With reverence, openness and love

May I be present unto growth

And when that

Is no longer of purpose

May my body become

Like a piece of the master’s dusting rag

Used up. Returned.



And my Shen, may it spiral and retreat into the kind

and benevolent light

⋆

|  |  |  |  |
| --- | --- | --- | --- |
| \*Stacey Couch on mouse: | May 24, 2018, 7:19 PM |  | https://mail.google.com/mail/u/0/images/cleardot.gif  https://mail.google.com/mail/u/0/images/cleardot.gif |
|  |  |  |
|  | | |

The universe is conspiring to shower you with tiny, quiet miracles every single moment of your life. Mouse spirit animal knows this. This is what makes mouse a monk. If only we all could know this. Mouse in his quiet, unassuming way prompts us to remember that miracles make sense in the quiet where nothing else clouds our thoughts. Miracles make sense when living a tiny life in a tiny universe. Mouse knows this. This is what makes mouse a monk. If only we all could know this. When we stop looking far and wide and outside of ourselves for the answers and, instead, truly focus on what is right here with us, we begin to see the Divine in the details.

One last message from mouse spirit animal – remember the mystical law that “what is small is really big”