



Sheng Zhen Gong



Sheng Zhen Gong (shung jen goong) is a unique system of qigong, an ancient form of healing movement and meditation that has been practiced for thousands of years.

Qi (chee) is present in all heavenly bodies, in the entire universe. Qi is our very life force, the energy we are born with. It is in the air we breathe and the food we eat. From qi comes life. Qi is the basis of life. Where there is qi, there is life. Where qi is non-existent, life too, becomes non-existent.

Gong translates as "work." It is the principle of qi in action, qi in exertion, qi at work.

When qi cannot flow freely, the quality and quantity of qi will deteriorate. This can be experienced as fatigue, poor health, loss of focus, low motivation, depression, anxiety. The natural state of being at ease and in harmony with one's surroundings becomes harder to maintain or even experience.

Sheng Zhen Gong uses awareness and movement to harness the natural exchange of qi between ourselves and the universe. These simple movements can improve health, balance emotions, open the heart, elevate the spirit, and more.

Sheng Zhen translates as "sacred truth," also "unconditional love." Sheng Zhen Gong is the qigong of unconditional love. It is more than a movement, more than exercise, more than a meditation, more than a philosophy.



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- **Is a method for self-healing**
- **Strengthens the body**, improving blood circulation, increasing flexibility and fortifying the immune system
- **Relaxes the mind**, balancing the emotions, reducing stress, anger and anxiety
- **Opens the heart**, cultivating compassion joy, and an understanding of oneself and the world.

How Does Sheng Zhen Gong Work?

The state of the heart permeates all aspects of our being. A heavy heart is consumed by worry, reflected in one's face and posture. A joyful heart exudes strength and energy regardless of the circumstances.

Sheng Zhen



When your heart is open, the mind and body naturally relax. When you practice the forms along with the contemplations, you attain a gentle awareness of yourself and your relationship to life.

Sheng Zhen helps you go through the ups and downs of life, seeing them as natural as the waves of the ocean. You experience a sense of confidence that no matter what happens in life, you remain balanced and peaceful within.

"Love and Qi are the basic and original energies from the Universe.

Unconditional Love is the way that leads us to harmony and peace."

Master Junfeng Li