

TEN FEATURES OF REN XUE

REN XUE is a wisdom system developed to help practitioners achieve greater health, happiness, sense of wellbeing, realization and wisdom. It helps us find inner harmony through practices that elevate body, heart and consciousness, which in turn helps us find outer harmony – in our personal relationships, with society, and with nature. REN XUE includes two subsystems – Yuan Gong and Yuan Ming.

The following ten features provide a summary of what REN XUE offers to individuals and to society as a whole.

1. A CLEAR MISSION AND GUIDING PRINCIPLES

REN XUE has a clear mission and guiding principles outlined in REN XUE 12345. Adhering to these guiding principles will ensure that REN XUE follows a healthy and bright path far into the future. Upholding the mission of Zi Du Du Ren, 'Uplifting our own life and helping others to do the same,' can realign our worldview and values and set us firmly on the path to self-realization and wisdom.

2. A COMPREHENSIVE AND UNIQUE THEORETICAL SYSTEM, CONSISTING OF THREE THEORIES

There are three core theories underpinning REN XUE, Yuan Gong, and Yuan Ming:

- The **Theory of Qi** explains the laws of Qi and the role of Qi in the generation and transformation of the universe, nature, and life, including human life.
- The **Theory of Shen and Yi** elucidates the development of consciousness in the human species and the role human consciousness plays in life, society, and nature.
- The **Theory of Totality** describes the changes and movements of everything in the universe as manifestations of their individual laws and as part of the totality. This theory focuses on life as a total reality, including how parts relate to each other as well as to the whole.

With these theories at their foundation, REN XUE, Yuan Gong and Yuan Ming can become powerful tools for knowing ourselves, society and nature,

changing and uplifting our own lives, attaining realization and wisdom, helping others, and creating harmony in society and with nature.

3. YUAN GONG – A SELF HELP TOOL FOR CHANGING LIFE

Yuan Gong is a comprehensive Qigong life cultivation system that draws on the essential teachings and methods of traditional Chinese culture, including Qigong, as well as the achievements of modern culture. Its design is based on the laws of life, including the laws of Qi, and takes into consideration human nature and the needs of people in our modern time.

Yuan Gong consists of three stages, with three methods in each stage. Each of the nine methods takes practice to a deeper level and works on Jing (the physical body), Qi, and Shen (the heart and consciousness) in a unique way. The first stage aims primarily to address the physical body and Qi. The second stage focuses on Qi of the organs, Dantians (store areas of Qi), the channels including the Central Channel and the Central Line, as well as Qi Lun (Qi wheels – similar to chakras). Methods at this stage can help improve overall functions and develop potential. The third stage focuses on Xin Ling (the heart consciousness), Human Nature, the patterns of the consciousness and Shen. Through transforming and uplifting these areas, realization and wisdom can gradually be attained.

Yuan Gong is a practical path for realizing the true meaning and value of life. The methods are tools that can be used to bring continual change to health and life and to help others safely and effectively.

Yuan Gong is not just Qigong practice; it is a way to cultivate life. The Four Essential Elements of Yuan Gong Cultivation are:

- 1) **Make consistent and dedicated effort;** Xing (body and Qi) and Ming (Shen and consciousness) are both important.
- 2) **Learn diligently and observe yourself keenly;** Be upright and act out of good intention and kindness.
- 3) **Transform unhealthy patterns;** Uplift Shen and the consciousness.
- 4) **Help yourself and help others;** Create a bright life.

4. YUAN MING – A TOOL FOR HELPING OTHERS

Yuan Ming is the healing discipline of REN XUE with the three REN XUE theories as its foundation. It is a new paradigm for achieving health and wellbeing and enhancing life as a whole. It is a natural, safe and effective discipline for helping others.

Facilitated by a trained practitioner, Yuan Ming works on Qi, heart and consciousness to effect change to the root causes that underlie problems, including illness. This can be done one-one, as a group or remotely with the practitioner and recipient(s) in different locations.

As with all of REN XUE, the personal benefits of Yuan Ming are accompanied by more collective gains - not only can it promote health and harmonious relationship with ourselves, but it can also improve our relationships with family, society and nature.

5. QI AND HARMONY AS IMPORTANT CRITERIA FOR ASSESSING OUR BEHAVIOR AND THE ACTIVITIES OF THE CONSCIOUSNESS

Qi and harmony are used as the yardsticks to measure our activities on the consciousness and behavioral levels in order to discern whether these activities are beneficial or detrimental, positive or negative. The theory of Qi explains what Qi is, its relationship to health and life, and how everything we do can affect Qi. It also describes how emotions, patterns of the consciousness and even a thought can effect change to Qi.

Not only is Qi used as a measurement, but since it is the foundation of health and life, it is also an important element to be worked on and changed. Strive to minimize the loss of Qi and disturbance to Qi, and to gradually develop an excellent, stable and strong Qi condition.

Harmony is the other measuring stick. The Chinese characters for harmony are 和 (he) 諧 (xie). He means integration, no fighting, no struggling, no killing, peace and not extreme. *Xie* means balance, coordination, unison. Harmony refers to unification and oneness and signifies health and normality.

Life in a healthy state should embody harmony on different levels:

1) Harmony within an individual life

This manifests as a high level of unification of Jing, Qi and Shen and the stability of life as a whole.

2) Harmony with and within society

Peace, equality, justice, freedom, care, love, respect, and helping and supporting each other indicate harmony with and within society.

3) Harmony between humans and nature

Harmony between humans and nature shows as a better understanding of the laws of life, the laws of the development of human society and the laws of nature and its development. Through harmony, humans can build a healthy relationship with nature so that

nature and humans are equal, mutually supportive, and thriving together.

Harmony within an individual life is the foundation of achieving harmony with society and nature.

6. FOLLOWING THE LAWS OF LIFE IN DEALING WITH PROBLEMS AND UPLIFTING LIFE

Humans face all kinds of problems. Understanding and following the laws of life, including the law of cause-and-effect, should be the fundamental approach when dealing with problems. This means recognizing the different levels on which the laws manifest and dealing with the root causes of problems in accordance with the laws. This is an efficient and effective way to deal with problems and grow.

Let's look at a common problem – illness. This is something most people have to deal with sooner or later. Health issues continue to exist despite the fact that human civilization has advanced significantly and much effort has been invested in addressing health concerns. Is there a way that health problems can be worked on effectively?

This is a hugely complex question to answer, and here we can only attempt a brief explanation:

- To maintain health or deal with health problems properly, Qi must be addressed.
- Every activity in life affects our Qi. To deal with Qi problems effectively, it is essential to identify and address activities that can have a negative impact on Qi.
- Xin Ling (the heart consciousness) and consciousness are the main architects of everything we do.
- To deal with the problems of Xin Ling and the consciousness, it is necessary to transform unhealthy patterns on these levels.
- The patterns of the consciousness are closely connected with a person's 'destiny,' or the individual's 'law of life.' Hence dealing with patterns of the consciousness is an important part of changing one's destiny.

From the list above, we can see something both complex and simple; the problems we often experience are not the real problems - what we see are often just their superficial manifestations. The causes behind them can be numerous and deeply intertwined. The farther down this list, the closer we

come to the root causes of problems, so these are more important when working on health at a fundamental level.

Although expressed in a linear way, the process is far from linear because true reality is a total (holistic) existence. All of the different levels of life are inter-connected, and each forms an integral part of life. The key is to understand the whole and follow its laws in order to bring about positive transformation and development.

To truly deal with the problems of 'destiny,' it is necessary to deal with ignorance. The fundamental way to do this is to attain realization and wisdom. With realization and wisdom, we will be able to recognize the laws of life and see everything - including problems - clearly and follow and work with the laws to uplift our own lives and help others uplift theirs.

Though the above description may be over-simplified, it does demonstrate the many different layers involved in the problems we try to deal with. All these different layers actually form a totality with each of them having a complex relationship with the other layers. Understanding totality and working with its laws is the way to deal with problems effectively.

7. EVERY PERSON AS MASTER OF HIS/HER OWN DESTINY

REN XUE emphasizes the importance of being the master of our own destiny and working to change our destiny according to the laws of life. Here is a brief explanation:

- Everything in the universe and nature has its own law of development and change. Therefore, as a part of the universe and nature, human life has its own law of development and change.
- As a member of the human race, each individual human being also has his/her own law of development and change. Every person follows his/her individual law which, to a substantial degree, predetermines the course of life.
- Destiny may appear to be a pre-written 'program' which presents little choice. However, the main 'programmer' is actually each individual. The program has been continuously written by the individual over many lifetimes.
- Destiny can be changed. However, it can only be done so by following the laws and working on the fundamental levels of life (for example, Qi, heart and consciousness.)
- Destiny can and should be well understood, as understanding destiny is understanding our own law of life. Through learning and

gaining an understanding of destiny and the laws of life, and working on key areas of life, we can become the master of our destiny.

8. WORKING ON UNHEALTHY HABITS AND PATTERNS - THE KEY TO CHANGING DESTINY

In REN XUE, transforming unhealthy habits and patterns is the main way to change life. This includes patterns on the behavioral, Xin Ling and consciousness levels. The latter two are especially important and transforming them is the key to achieving better health and growth. Happiness, a sense of wellbeing, freedom, autonomy, self-determination, and wisdom can become realities when unhealthy patterns have been successfully transformed.

9. ALL WORK TO UPLIFT LIFE IS DONE IN THE PRESENT MOMENT

'In the present moment' refers to using every moment to cultivate life. Being in a relaxed, calm, natural, integrated, unified, and harmonious state, we can exercise Jue Cha (self-awareness and self-observation) on the state of body, Qi, and consciousness. Jue Cha can also be directed toward external changes, including people and situations and their interactions.

With constant Jue Cha, as soon as anything that could have a negative impact on life arises, it can be detected, adjusted, and changed. Through constant adjustment and change, life can gradually become elevated. When life is in this process of continuous change, it will also benefit other people, society and nature.

10. ATTAINING REALIZATION, WISDOM AND A HARMONIOUS WORLD IS THE CORE CONTENT AND GOAL OF REN XUE LIFE CULTIVATION

Ignorance, or lack of wisdom, is the root cause of most problems humans face, no matter whether they are on the individual or societal level. Attaining realization and wisdom, therefore, is the fundamental solution to our problems. As more and more people achieve realization and wisdom, society will move forward, and realization and wisdom will become common features of the world. This is also how individuals, society and nature can live in harmony, which is a core value of REN XUE.