

To Enjoy a Panoramic Sight Advance to a Greater Height

(5.25.2023)

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The completeness of Heaven and the balance of the Earth, the roundness of the exterior, and the squareness of the interior create vibrancy and promote unity from the concept of yin-yang theory.

To enhance bodily circulation, we focus on absorbing the energy of Mother Nature during meditation, allowing it to permeate our bodies and purify our internal organs, tissues, and membranes. This nurturing process is especially beneficial for improving the circulation and metabolism of vital organs such as the kidneys, liver, spleen, lungs, heart, brain, and millions of cells that fluctuate together like a waterfall and a running river. Through relaxed brainwaves, we are able to achieve a sense of equilibrium, penetrating naturally from top to bottom and from inside to outside, coordinating ourselves with the harmonious balance of yin and yang.

Practice Da Da Meditation by focusing on each breath, vibrating actively yet passively, and being prompted by the enlightening Zen verse: 'The bridge flows, the water does not flow'...

The nature of ever-changing comes from the basic foundation of stability. Thereby, meditate on the three steps in sequential order and cultivate calmness leading to emptiness.

In the Analects of Confucius, it is stated that: 'I possess outstanding qualities and assist others in attaining them. I possess outstanding abilities and assist others in attaining them.'

By using meditation as a means of self-cultivation, we can also learn to perform energy healing for the benefit of others. Our approach involves performing good deeds that align with fate and combining the magnetic field waves of heaven, humans, and earth to naturally transmit energy empowered by the mind in various forms and directions. This enables the circulation of chi throughout the body, clearing blockages and cleansing the body's inner system.

Assisting others in energy healing is essential in saving them time and effort to purify the clogging themselves and eliminating discomfort caused by the blockage. Whether it's parents and children, spouses, siblings, or friends, we can all assist in each other's healing journeys. We believe that progressing from self-meditation to healing others can lead to growth from knowledge to wisdom and from wisdom to the emergence of insight.

There are no shortcuts in cultivation; everything starts with the basics.

By Ms. Esther

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