

## Preparation for Online Lectures by Grand Master Wei Ling Yi

### *Sitting and reception position*

We sit relaxed on either the front third of our chair or on our cushion. Visualize ourselves sitting on a lotus. Bring hands together to form a lotus bud in front of the heart. Hands may automatically open to a lotus. Gently lower hands to place them on thighs with palms facing up.

At the end of the lecture we collect Qi, light and sounds and all phenomena we have received in our energy store, in the lower Dan Tian, (three to four fingers wide below the navel). We intensify the collecting with the final mantra: "Shou gong ling, ling dao gong bi shou."

### *What is special about the YiXue Teaching of Grand Master Wei Ling Yi?*

The YiXue teaching of Grandmaster Wei Ling Yi contains a special component. Besides words, his lectures contain an invisible Yin level of teaching and learning with the heart. This form of teaching, in the YiXue tradition, is called 'Teaching without words'. It is a silent communication from heart to heart and from soul to soul, which is done intuitively through the spiritual connection between master and student.

With this method, Wei Ling Yi transmits cosmic information to the participants over distance during his online lectures to increase their life energy, Qi, and to develop their consciousness. Healing energies and information can be received, our dynamic life force increased and our spiritual power of the heart strengthened. The online lectures can thus be experienced as valuable support for us. We can feel well, strengthened and nourished, and complaints and problems can be solved.

For our preparation this means that during an online lecture by Grandmaster Wei Ling Yi we can not only listen with open eyes, to understand and learn cognitively, but we can also close our eyes in order to immerse ourselves in silence and in a natural meditative state, the so-called prenatal state. Through this detached state and inward contemplation, it is easier to be open for wordless instructions, surrender to them and receive them.

### **Please note the following:**

Participation in all YiXue seminars is at your own risk. We advise and ask participants to consult us before registration if the following illnesses or symptoms are present: severe cardiovascular diseases, blood pressure that is difficult to adjust with medication, inflammatory, degenerative or carcinomatous processes with the risk of perforation as well as psychotic disorders.