



# YIXUE

**A wise way to free the soul**





# YIXUE

**A wise way to free the soul**

# CONTENTS

THANK YOU	9
ABOUT GRAND MASTER WEI LING YI	11
INTRODUCTION	14

## CHAPTER I

THE WORLD FROM THE COSMIC VIEWPOINT	20
1 Paving the way to a new dimension of human culture	22
Unity of society, spirituality and science	22
Vision and mission of Grand Master Wei Ling Yi	26
Revelation of cosmic secrets	30
Life Cultivation – A path according to the cosmic laws	32
2 Only your love can save the world! An essay by Wei Ling Yi	36
3 The YiXue Culture and the Great Lotus System	38
Introduction to a millennia-old wisdom culture	38
The three great levels of development within YiXue’s Life Cultivation.	42
The philosophy of unity and the cultivation of the ONE	45
We have forgotten who we really are	48
4 The Lotus	51
Symbol of perfection, symbol of the Yixue Culture	51
Practicing with the Lotus – Symbol of spiritual transformation	54



## CHAPTER II

### UNIVERSAL YIXUE PRINCIPLES **56**

<b>5 The creation of the cosmos</b>	<b>58</b>
The true origin of the entire existence	58
The universal code	61
Sacred geometry	66
<b>6 Yin-Yang Balance – principle of YiXue</b>	<b>70</b>
<b>7 The potential of the cosmic energy of creation YiQi</b>	<b>74</b>
<b>8 The Lotus network</b>	<b>77</b>
The Universe – An eternal cosmic field of information	77
Who or what controls the world?	79
We are the creators of our world	82
<b>9 Science of energy and information within YiXue</b>	<b>84</b>
The secret of the life energy qi	84
The invisible power of information	87
<b>10 The power of thoughts</b>	<b>90</b>
The cosmic law of resonance	93
<b>11 Healing through the power of the mind</b>	<b>99</b>
Transmission of energy and Information by Wei Ling Yi	101
Awareness for limits within healing work	104
<b>12 The Lotus energy field</b>	<b>106</b>
<b>13 The eternal wheel of life</b>	<b>112</b>
Birth	113
Life	114
Death	116

Leaving the cycle of rebirth	119
<b>14 Fate and the law of cause and effect</b>	<b>122</b>
Acceptance of fate	122
Recognition of the self	126
Releasing karma	128
Karma and dreams	131
<b>15 I begin with myself – An essay by Wei Ling Yi</b>	<b>132</b>

## CHAPTER III

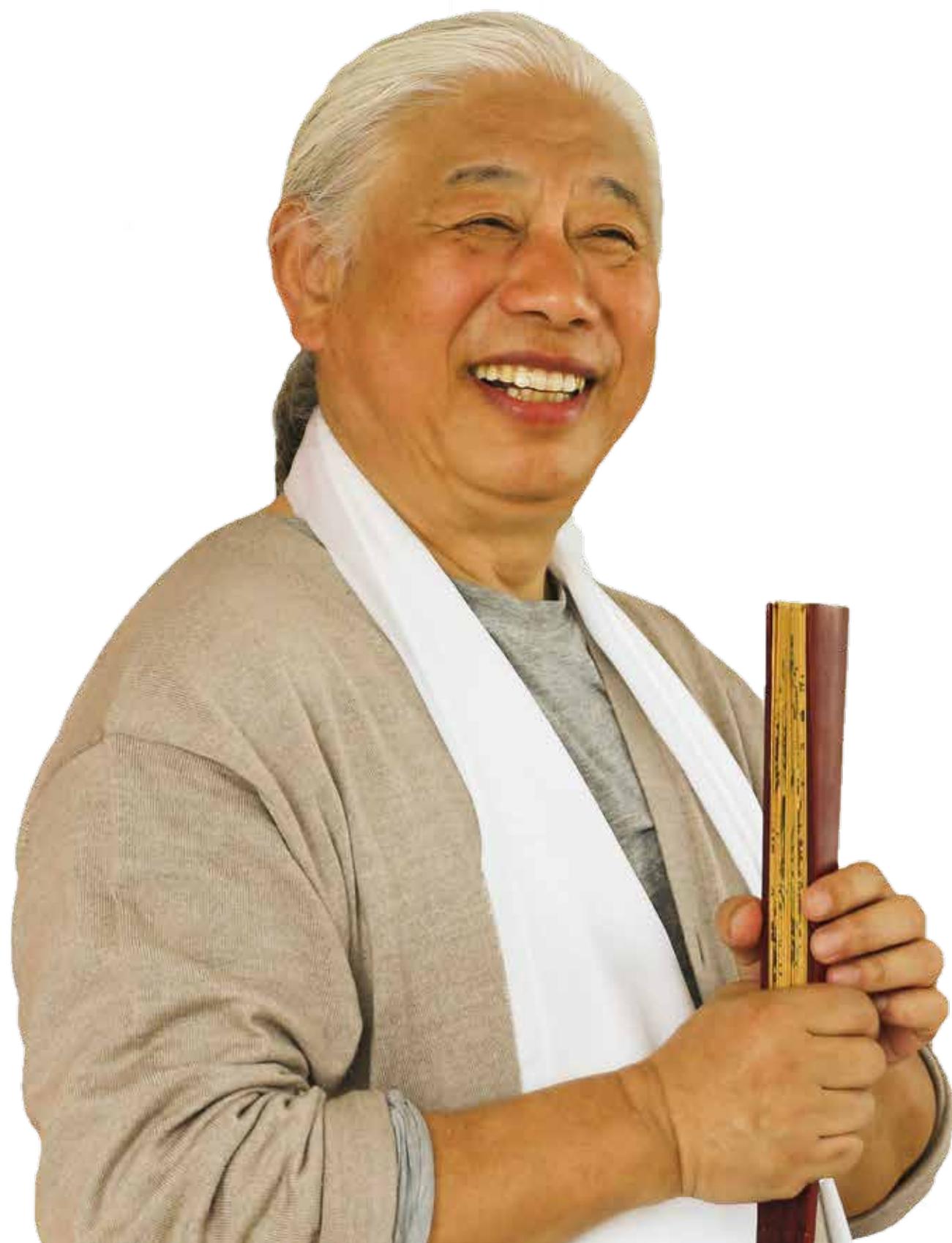
### THE HUMAN APPROACH TO THE COSMOS **134**

<b>16 The Great Lotus System – Lian Hua Da Fa</b>	<b>136</b>
Main principles of a holistic culture of wisdom	136
A path of health leading to enlightenment	137
<b>17 The path of life cultivation</b>	<b>142</b>
The supreme art in life	144
The luck of finding a master	147
<b>18 Balance, Perfection and the way back into ONE</b>	<b>150</b>
The first great FA – the path leading to balance	150
The second great FA – the path leading to perfection	155
The third great FA – the path leading back to the origin	158
<b>19 The two great paths of life cultivation</b>	<b>160</b>
The worldly and the heavenly cultivation paths	160

<b>20</b>	<b>Bottlenecks on the cultivation path</b>	<b>163</b>
<b>21</b>	<b>Teachings about the true, the good and the beautiful</b>	<b>167</b>
	The power of virtue (Gong De)	167
	Overcoming the ego	172
	Overcoming obstacles	174
	The power of words	177
	All people are our teachers	178
	Receiving gifts through Gong De	180
<b>22</b>	<b>Intelligence meets intuition</b>	<b>182</b>
	Two sides of the same coin	182
<b>23</b>	<b>Sitting on the Lotus – The cultivation of the light of the soul</b>	<b>190</b>
	Immersing yourself in silence	194
	Sitting on your own Lotus	201
	The Lotus Throne	205
	The Lotus Boat	206
<b>24</b>	<b>Teaching without words</b>	<b>208</b>
	From heart to heart, from soul to soul	208
	When the soul speaks	210
<b>25</b>	<b>On the art of true love – An essay by Wei Ling Yi</b>	<b>214</b>
	The cultivation of self-love	214
	The art of love	215
	Search for love in your hearts	216
	Cultivation of a high level of consciousness	217
	The power of love in the midst of the heart	218

<b>Future prospects</b>	<b>222</b>
<b>Glossary</b>	<b>223</b>
<b>Sources</b>	<b>226</b>
<b>Address</b>	<b>228</b>
<b>Heavenly calligraphy by Grandmaster Wei Ling Yi</b>	<b>231</b>
<b>Imprint</b>	<b>232</b>





We deeply thank Grand Master Wei Ling Yi, who has wisely, unconditionally and devotedly trained, accompanied and cared for people and living beings for many decades. It is a precious gift to study and summarize his teaching and words in order to put this wonderful teaching out into the world.

## THANK YOU

*May you be blessed with light, peace and happiness  
by the beautiful, wise and universal words of Wei Ling Yi.*



*May you feel, deep down inside,  
the spark of enlightenment.*



*May this book truly serve the people and contribute  
to the development of a high collective consciousness,  
peace in the world and the unity of heaven,  
earth and humankind.*

*”Simplicity leads to success.  
The forms of practice are natural.  
Virtue is the mother of  
power and abilities.“*

## ABOUT GRAND MASTER WEI LING YI

Grand Master Wei Ling Yi is the heir of the millennia-old universal wisdom culture called Great Lotus System (Lian Hua Da Fa), which was spiritually transmitted to him at a young age due to his extraordinarily high level of consciousness and soul cultivation.

Through his own development and the exploration of holistic, energetic life processes of body, heart and soul, Wei Ling Yi further developed the Great Lotus System to integrate the path of the *DAO* through a new and modern form of life cultivation – the *YiXue* – into the present time.

In addition to his function as a teacher of consciousness and wisdom, his spiritual work with energies and information in the context and connection of heaven, earth and humankind is the true achievement of a great master. In this way, Wei Ling Yi is able to help people on the physical, emotional and spiritual level to initiate healing and growth and to accompany cultivators on their path of life.

Wei Ling Yi was born on 11.11.1949 into a Chinese family of healers, who have

cultivated and researched the effects of the life energy *Qi* for many generations. Already in early childhood his extraordinary healing and spiritual abilities were recognized and first comprehensively trained within his family. At the early age of eleven he was given within his family lineage the unique technique of the violet radiant hand, which is able to heal through its luminous radiance. On the level of the heart, his mother Bai Zi was his first important teacher. *‘Virtue is the mother of power and abilities’* had always been her guiding principle. At the same time, many different teachers and masters of different disciplines trained the numerous talents of her son, which he has been using selflessly since his youth to help people. Already at the age of 16 he was called *„true miracle healer for the people, healer of pure heart“*.

In 1989, Wei Ling Yi began to combine his healing methods at Chinese clinics with modern medicine, thus paving the way for scientific research and recognition of energy medicine (*Qigong* medicine). At the same time, Wei Ling Yi realized that

he could help many people, but also, that many people got sick again after some time, because they kept their habits.

Wei Ling Yi already knew at a young age that true healing can solely take place out of each person's own initiative. In 1993, he founded the International Qigong University in China at the foot of the holy E-Mei mountain. It was the first university of its kind to train cultivators, to teach universal knowledge for the holistic development of body, heart and soul and to research with criteria of Western science. Wei Ling Yi has been teaching internationally in Germany, Europe, Asia and the USA since the mid-1990s and initiated the World Qigong Congress in Hamburg in 1999, in Berlin in 2003 and in Basel in 2007. Since 2015, YiXue congresses have followed regularly in Berlin.

In 2010, Wei Ling Yi opened the first YiXue educational center in Germany near Dresden. In the summer of 2019, this was followed by the opening of the large World Lotus Center in Beelitz near Berlin. The spiritual power of the high energy fields in the centers enable the direct connection to the cosmic original energy YiQi and thus offers all cultivators an effective possibility of support on their spiritual path of life. Since the founding of the university in China, Wei Ling Yi has been following the pioneering, innovative approach to establish the way of life cultivation through the

Great Lotus System and in its modern form the YiXue. Through Wei Ling Yi as a spiritual master, access to universal, holistic knowledge is made possible, revealing the path to health, emotional balance and opening of the heart, enlightenment and ultimately the freedom of the soul. His teaching includes a repertoire of effective methods (Gong Fa), which are unique in their all-encompassing size and in today's world.

*”It is time for humanity to look at the world from a higher perspective and from a holistic point of view in order to gain new innovative insights.“*

# INTRODUCTION

## DISCOVER THE HIDDEN POWERS OF THE COSMOS AND THE SOUL

If there were a way directly to freedom, reconciliation, harmony and peace, would you choose it? How can we manage to get out of the currently prevailing material concept of life and the world, which increasingly distances us from the wisdom of the cosmos, from the power of nature and ourselves and leads us into a dead end? The consequences cannot be overlooked: Poverty, distress, suffering, illness, wars, catastrophes are increasing all over the world.

From the multidimensional perspective of Grandmaster Wei Ling Yi, the spiritual heir of the Great Lotus System, a millennia-old wisdom culture, the answers to the urgent questions of our time can be revealed through our connection to the cosmos and to our soul.

***”Only in ourselves do we find true happiness and great peace. It is peace that radiates from each one of us and can change the world from the heart.“***

Only a few decades ago, the powerful knowledge of the cosmos and the soul was still kept secret. These mysteries were regarded in many cultures – in Asia as in Europe – as secret sciences and were passed on only in small circles and to individual initiated pupils.

However, modern spiritual life and the development of consciousness to enlightenment no longer take place in solitude, monasteries and caves. Today the universal laws, the secrets of the cosmos and of life reveal themselves to everyone who is willing to look inward, to explore themselves and to open themselves to the higher cosmic dimensions and their hidden potentials.

Only from this perspective is it possible to recognize which cosmic laws control the world and why each of us bears a great responsibility for ourselves, for the development of the earth and for the entire evolution of humankind.

***”Today, it is open to all people to explore, recognize and learn the revolutionary law of the living cosmos, to integrate it and thus implement it in their own lives. With this new, higher-dimensional way of thinking we could solve our problems in the medium and long term and lead ourselves into a new level of human existence.“***

This YiXue book was created to approach the revolutionary universal law of the living cosmos, the multidimensional view of Wei Ling Yi and thus its great wisdom culture. In this book, we approach the basic cosmic principles and YiXue teaching. We learn where we come from and why we are on earth. We experience what our health and consciousness have to do with cosmic energies and the power of information and how we can access the cosmos as human beings.

In another book that will follow, we dedicate ourselves to basic YiXue principles for the holistic health of body, heart and soul and experience how we learn to be our best healer ourselves. If we are healthy, then we can gradually raise our consciousness and the light of our soul on each step of the path of life cultivation. Ultimately, we can transform ourselves into what we are all already in our essence: spiritual, powerful, enlightened beings full of brightness – free, compassionate, merciful and radiant.

A path which, in its completion, leads again to the unity of heaven, earth and humanity and to the union with our true origin. These are words that sound abstract and unrealistic until they can be personally experienced, thus filled with life and integrated.

**The contents are based on the teachings of Grandmaster Wei Ling Yi during the past 30 years. Direct quotations from Wei Ling Yi are highlighted by quotation marks and in gold and thus stand out from the other contents.**

## Who is this book addressed to?

This book is aimed at all people who would like to gain an insight into YiXue teachings. It is aimed at those in search of a holistic way of healing and a contemporary way to expand consciousness and spiritual development. This introduction can be an opportunity to engage with a visionary perspective to look at the world from a completely new perspective. It provides a way for us to change and shape ourselves and thus the world for our own benefit and the benefit of all. For those who already cultivate according to YiXue teachings, this book offers a deeper insight and an expanded understanding of the holistic cosmic, earthly and human interrelations.

However, it is important to know that the true essence of YiXue teachings, like the teachings of every wisdom culture, cannot be grasped through books and the intellect. The deep meaning of life, the wisdom and knowledge of the cosmos and the truthfulness of the soul reveal themselves beyond all words.

***”True transmission can happen in one word, false transmission in thousands of books.“***

In the first place, the cultivation of life is about making one’s own experiences, developing and expanding one’s consciousness in order to gain knowledge, and gradually opening up the hidden world behind the visible material world. This path begins with each one of us individually. ‘Start with yourself’ is one of the most important messages of YiXue.

***”If we want to change the world, we must first get to know ourselves and begin to change ourselves.“***

The essence and the truth about life are hidden in each of us, and through the path of life cultivation it is possible to explore, rethink and realign one’s own view of the world and oneself. Each person who dares this step can reach unimaginable dimensions with new, so far unusual abilities on the levels of body, mind, heart and soul.

***”In daily life, we use just one tenth of our bodily functions and abilities, be it physical, mental, psychological or emotional. 90 percent of our holistic abilities are still asleep. We have not yet discovered them. If we were to develop them, our intelligence, our concentration, our supernatural abilities and our performance would increase to an unimaginable extent.“***

## What is not yet possible? What is possible?

So far it is not yet possible to scientifically prove YiXue principles and the teachings of Wei Ling Yi, since knowledge of the cosmic, energetic and informative connections and processes of the cosmos, the soul and life have hardly been researched. The work with energies and information in the area of higher dimensions and in the area of the speed of light is not measurable with our scientific methods and therefore not verifiable. Nevertheless:

***”In principle, there is nothing supernatural. Humanity and science only have not yet developed to this level of consciousness in order to understand the connections.“***

For those interested in the methods and knowledge of YiXue teachings, we recommend further YiXue publications, magazines and books. In recent years, hundreds of field reports have also been published that empirically prove the holistic effects and successes of applied YiXue teachings.

In particular, you are invited to get to know Wei Ling Yi and his unique and extraordinary teaching in lectures and seminars. Wei Ling Yi teaches above all on the energetic-spiritual level from heart to heart and from soul to soul. If one's own heart is touched by the encounter with him, this is often associated with the feeling of finally having arrived, of being home.

A wise teacher and master like Wei Ling Yi in his function is also a mirror for one's own true nature and the aspect of one's own divinity that is inherent in each and every one of us. It is characterized by truthfulness, an open, merciful heart, unconditional love and radiant beauty. Experiencing this, approaching and realizing one's true nature is the greatest gift we can give to ourselves and the world. We can explore and make use of the wisdom of the cosmos and the true greatness of our soul, which is more comprehensive and greater than anything we have grasped so far. Essentially, there is only one way to freedom and only one truth:

18 *”The greatest and only true freedom is the freedom of the soul.”*



Wei Ling Yi in a grotto above the Gulf of Corinth • Lotus Festival Journey 2001 | Greece



*”Today all people are free to recognize and learn the revolutionary law of the living cosmos, to integrate it and thus to implement it in their own lives. With this new, higher-dimensional way of thinking, we could solve our problems in the medium and long term and thus lead ourselves to a new level of human existence.“*

Grandmaster Wei Ling Yi

,YiXue’ comprises groundbreaking, universal principles of life and the cosmos and makes it possible to engage in a new, visionary perspective in order to look at the world from a completely new perspective.

It is the vision of a holistic culture that reveals how we can change ourselves and thus the world for our own good and for the good of all; a path from health to true freedom, happiness and peace.