Within the depths of the human heart lies a paradise waiting to be experienced. It is the experience of Sheng Zhen – the experience of unconditional love.

It is what every human being yearns for in their search for community, happiness, peace and contentment. It is man’s ultimate quest.

A human being can truly rest only when he has experienced the fullness of unconditional love in his heart. Often hoping to find answers to life’s questions, we look everywhere outside of ourselves to satisfy our needs. It is ironic that the very thing we are searching for is found resting in our heart.

Through the practice of Sheng Zhen Gong, the heart opens; the experience of unconditional love becomes tangible and accessible. As the Qi flows through the body during the practice, it brings about an experience of inner delight. This can only be described as being in a state of love. Slowly and naturally, balance, harmony, wisdom, compassion, joy and divine inspiration characterize one’s existence. One returns to the natural state. Such is the gift of Sheng Zhen.

How do I start?
You can take classes and workshops with Master Li at the Sheng Zhen Center for Self-Healing in Santa Barbara. He also travels and teaches around the US and around the world.

To see Master Li’s schedule or buy books and dvds, go to www.shengzhen.org. To see his schedule of classes in Santa Barbara, visit www.shengzhensb.org. Videos can be seen on YouTube and downloads are available through Vimeo.

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