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.

The human being can truly rest only when they have experienced the fullness of unconditional love in their 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 is opened; the experience of unconditional love becomes tangible and accessible. As the Qi flows through the body in 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. Man’s natural State....

Such is the gift of Sheng Zhen.

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