Sheng Zhen is found in the heart of every human being as a seed waiting to be watered and nourished. Once Sheng Zhen is experienced in the heart, it is seen everywhere. There is nowhere that it does not exist, for the very fabric of existence is Sheng Zhen.

Sheng Zhen Gong (shung jen goong) is a unique practice, an ancient form of healing movement and meditation that has been practiced for thousands of years.

Qi (chee) is present in all heavenly bodies, in the entire universe. Qi is our very life force, the energy we are born with. It is in the air we breathe and the food we eat. From qi comes life. Qi is the basis of life. Where there is qi, there is life. Where qi is non-existent, life too becomes nonexistent.

Gong translates as “work.” It is the principle of qi in action, qi in exertion, qi at work.

When qi cannot flow freely, the quality and quantity of qi will deteriorate. This can be experienced as fatigue, poor health, loss of focus, low motivation, depression, anxiety. The natural state of being at ease and in harmony with one’s surroundings becomes harder to maintain or even experience.

Sheng Zhen Gong uses awareness and movement to harness the natural exchange of qi between ourselves and the universe. These simple movements can improve health, balance emotions, open the heart, elevate the spirit, and more.

Sheng Zhen translates as “sacred truth, "also “unconditional love." Sheng Zhen Gong is the qigong of unconditional love. It is more than a movement, more than exercise, more than a meditation, more than a philosophy.

Sheng Zhen Gong is unique in that it naturally opens the heart. Love and qi are seen to be original, universal energies that are intertwined. As one’s heart opens through regular practice, love and qi flow easily, naturally. One is able to settle into a state of ease, the qigong state, the peaceful state of “merging into all.”

Breath of Life: Healing for the Lungs

Step-by-step, we will learn and practice the 10 movements of Breath of Life, Healing for the Lungs.

These movements are practiced while sitting in a chair.

First Movement: Awakening Contemplation:

Like warming up an engine - to stimulate the movement of the lungs, both the left and the right side and the way they work together. The movement starts intensely like jolting something from deep slumber.