



Martial Development

Unlocking human potential through martial arts

Drew Hempel and Spring Forest Qigong

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The enigmatic Drew Hempel—activist, author, polymath, and accomplished *qigong* practitioner—shares his fascinating story in this *Martial Development* exclusive interview. (Below is the unedited interview transcript.)

When and why did you first start learning qigong (and/or meditation)?

I first discovered Taoism in first grade due to a "Tao Foods" store I noticed on a main shopping street and then my best friend at the time was adopted from Korea. He told me he always got his lunch from Tao Foods so that made me wonder what it was about. That was in the 1970s but later in 1995 I noticed a flyer posted to see Qigong Master Effie P. Chow, a Chinese master who lives in San Francisco. Immediately I wanted to go but I was also skeptical of New Age gimmicks. I actually called to request a lower entrance fee and amazingly I was told I could get in half price.

So my girlfriend joined me and Effie P. Chow had us make an energy ball -- I could feel this strong electromagnetic resistance between my hands. Then she projected chi at people walking towards her and she said that should could be attacked by huge muscle men and it wouldn't matter -- even though she's a little lady she can sense their energy and then redirect their energy, adding it to her own. My girlfriend remained skeptical. But as everyone was leaving (a room at a local university -- St. Catherines), this big female security guard wandered in stating she was just wondering what was going on in here. She then stated that the fuse blew for the room behind us! Hardly anyone heard this -- it wasn't staged or meant for any audience.

So then I traveled to San Francisco after researching qigong -- to see if I could meet with Effie P. Chow. I stayed with my Chinese high school friend who had moved out there. Effie P. Chow was not readily available -- at least at my

budget of next to no funds! haha.

When I got back I kept researching the issue and by 1998 I was taking Yan Xin qigong with the Chinese community at the U of MN. Again I felt strong blissful heat from the meditation practice and then I attended a Tibetan monk -- a llama meditation master. When I got home from concentrating hard, listening to his amazingly profound lecture -- I realized I had this headache -- only it was focused on the very center point of my forehead. It don't hurt -- it was just a strong pressure. I was really psyched. That was in 1998. The Chinese showed a government documentary called Yan Xin Superman -- showing [Master Yan Xin](#) giving chi healing lectures in stadiums filled with thousands of people. Yan Xin did tests by nuclear physicists, etc. It was all in Chinese but the people in the room translated. One of the Chinese students was really serious and when I ran into him on campus he told me to just practice in secret because his roommates didn't know -- yet I could FEEL electromagnetic fields emanating from his body! He was a graduate student in chemistry named "Jay" -- Chinese.

Then my housemate told me she had studied qigong with a man named Chunyi Lin -- along with a philosophy professor -- at a community college north of the cities. I was intrigued but she didn't offer more information and I didn't think much of it. That same man, Chunyi Lin, then made a presentation to my graduate class in spiritual healing, taught by a Jesuit priest, from the Center for Spiritual Healing at the U of MN. I sat right in front and I could feel this amazing heat from Chunyi Lin -- he looked just like the qigong masters from [David Eisenberg's book](#) (the Harvard M.D. who went to China) and also from the Bill Moyers video. I had researched enough to know that Chunyi Lin was the real deal.

Right away I took his level 1 course and then later I solely studied qigong classes with him, working just 10 hours a week. I did a special salt-free diet and studied [Mantak Chia's books](#) along with many other meditation books and I focused on the book ["Taoist Yoga: Alchemy and Immortality" by Charles Luk](#). That was in 1999 when I took his first Level 1 class. When Chunyi Lin walked around the class he shook his fingers at you while you were doing the simple standing exercise. There was no touch -- but my body filled with bliss and I saw this amazing light. When my beautiful girlfriend picked me up I had to admit to myself that what I had just experienced was a deeper love experience than anything I had experienced before.

Chunyi Lin also showed us x-rays that the doctors had given him -- from the miracle healing he had done. There was a t.v. presentation about how his first

classes (at that community college) were attended by a Mayo Clinic patient with a rare lung disease. She was on an oxygen tank and needed a transplant but was refusing surgery -- after a few classes with Chunyi Lin she went off her oxygen tank and then she was totally healed. The newscaster who covered the story actually quit his job to study with Chunyi Lin and now the former newscaster interviews other patients who have been healed of cancer, M.S., etc. at [Spring Forest Qigong](#).

Not until 2000 was I able to study qigong intensively with Chunyi Lin and since I was on a special diet and practiced several hours a day while reading and meditating -- things progressed rapidly. Very rapidly. By the end of 2000 I had permanently transformed my brain and had experienced many amazing paranormal phenomenon.

Why did "Jay" advise you to practice in secret? How did you expect people to react, if they discovered your active interest in qigong? (And has your subsequent experience validated those expectations?)

Just because serious meditation is anathema in our culture. People react to the energy -- it's a transformative experience based on the philosophy of existing within a larger consciousness containing yourself and others. I've had a wide-range of reactions to my practice -- people ecstatic with joy, total strangers thanking me but it's important not to stare in a trance while in full-lotus. haha. This can be done only if the other person encourages it so it's a matter of reading the energy. The energy goes through walls, ceilings, etc.

Many qigong instructors make incredible claims about their abilities, and the value of their teachings. What led you to believe that Chunyi Lin was a genuine master?

I had read [Effie P. Chow's Miracles of Healing book](#) plus many many others. I could feel Chunyi Lin's energy right away and could compare it with my previous experience. I was skeptical about the "finger growing" exercise but everyone else in the room saw their fingers change sizes from Chunyi Lin's energy! My second level class I asked him to state what percentage my right kidney was functioning. He looked at it from my front and immediately I felt this laser bliss -- just burning my right kidney. It was amazing! He can see the organs and blockages and also he can read your past lives. He did month long cave full-lotus meditation taking no food and no water and then was certified as an international qigong master by the Chinese government. Now he works with the Mayo Clinic teaching qigong and getting patients referred to him for

healing.

What was the significance of the salt-free diet? Was this a temporary, or permanent change?

Diet is the most difficult aspect of practice after emotional blockages. I read "[Beyond Telepathy](#)" by [Dr. Andrija Puharich](#) and he argues that potassium enables a proton magnetic momentum that is superliminal -- a plasma. Then I read that fairies can not eat salt either. Finally I read that chloride is the negative ion while potassium and sodium are slightly different positive ions. So basically you are ionizing your body by not eating salt. After I went 8 days on just half a glass of water food seemed all the same to me but basically I can't eat food without it going to my head, smelling like shit. The material and the spiritual don't mix and the vagus nerve transduces the serotonin and anaerobic bacteria. I had to figure this out from experience and then my own research. Instead I eat lots of garlic which smells almost as bad! haha. So I'm working on diet but again after 8 days on just half a glass of water it's literally coming back from the dead. Qigong works by turning off the stress sympathetic nerve triggered at male climax -- and then relying solely on the parasympathetic relaxation vagus nerve, the female climax. So the real food is electrochemical energy from other people's lower emotional blockages.

By "...working just 10 hours per week," do you mean practicing qigong 10 hours per week...or working a regular job 10 hours a week, and practicing in all your spare hours?

In 2000, when you started practicing a few hours daily, did you have to rearrange your schedule to allow this? Were you a full-time college student, or a full-time worker? How did you support yourself and pay your bills?

In 2000 I was working at Clean Water Action for 10 hours a week -- just two or three shifts -- and living just a mile bike ride from work, next to the University of Minnesota. I was a part-time graduate student at the University of Minnesota, completing a self-designed masters degree through the Liberal Studies Program. My father paid for my school and provided \$500 a month for books and living expenses. I devoted my masters degree to volunteering in sustainability activism. I organized a campaign to divest \$1.5 million from Total Oil since they used slave labor in Burma. That was 1998 and then in 1999 I focused on the University's clothing contracts with sweatshops, achieving the goal of having the University join the Workers Rights Consortium.

This work was very intense and I experienced firsthand amazing corruption at the highest levels of power. So I dropped out of school since I could not agree with receiving a degree due to the hypocrisy of society that I had experienced directly. Then I readmitted to finish my degree only on the condition with my parents that I would do my final self-directed research by taking the qigong classes with Master Chunyi Lin, through a community college. This was formally supervised by the chair of the African Studies department as a study in nonwestern nondualism philosophy.

I lived right next to a cooperative food store so I had the finest diet -- salt free -- vegetarian -- and I was able to focus all my attention on reading and researching meditation -- ordering rare books through the University's inter-library loan system, using the University database for research and then staying in my room for practicing the [Spring Forest Qigong](#) exercises many hours a day. I also had a car at that time so I would drive to the Spring Forest Qigong classes and retreats and I attended the Spring Forest Qigong guild meetings -- where the students meet once or twice a month for practicing healing on each other.

With this intensive practice, you progressed rapidly. What experiences and events marked this progress? In what manner was your brain "transformed"?

The first energy transmission I had from Master Chunyi Lin was this flash of light (while my eyes were closed) -- bright bright light and then my whole body filled with this amazing deep bliss. This was just from when he walked past shaking his fingers. That was in 1999. I then read Mantak Chia and discovered the book "[Taoist Yoga: Alchemy and Immortality](#)" trans. by Charles Luk. I read all of Charles Luk, I read spiritual religious books from India, Thailand -- Buddhism. When I practiced the qigong I would experience blissful heat and it was always stronger right after the classes with Chunyi Lin. I was still using the Yan Xin meditation tape as well since Chunyi Lin was first healed by Yan Xin and later studied with Yan Xin's teacher! Just when Chunyi Lin walks into the room you can feel the whole room fill with this magnetic bliss energy.

After the level 2 class when Chunyi Lin stared from the front of my body at my right kidney and I felt this amazing laser bliss right on my kidney then I knew that Chunyi Lin had profound healing energy. I was carrying the Taoist Yoga: Alchemy and Immortality book to class -- but I had never taken it out of my backpack -- and Chunyi Lin quoted exactly from the end of the book, stating he had recently experienced a very deep meditation. It's described like snow filling the sky. The description was very specific and he repeated it word for word.

At the guild meetings Chunyi Lin would stand in the front of the auditorium and I would see this bright yellow orb of light shooting out of his head -- up to 5 feet.

I'm not sure how many times I took level 1 and level 2 before the level 3 retreat but I noticed that in the level 3 retreat fasting is taught. I had researched the bigu (energy feast or food/water fast) and in the book Taoist Yoga an 8 day fast is mentioned as the natural progression for true samadhi to develop.

At this point in my practice I began doing a healing on my mom because she had developed "smoker's legs" and was needing to keep her legs elevated, while sitting, plus wearing surgical stockings. I drove to my parent's house once a week for the healing. At first my mom was just being nice about it -- there was some healing sensation but not that much. She said she felt more relaxed and better though.

But then back in my room I was visualizing intensely a fire in my belly as I sat in meditation -- sort of like in the [Tibetan yoga book published by Oxford -- Evans-Wentz](#). In fact I was remembering when I had been camping in the desert in New Mexico by Abiquiu (where Georgia O'Keefe did paintings at Ghost Ranch). I was the first one up in the morning and the fire had gone out and I was determined to restart the fire just by blowing on the coals. It took intense concentration to blow with a steady pressure but not too strong and in the exact right place.

Suddenly my belly light up with this intense fire-like heat and I knew right then that I had activated the jing energy of the lower tan tien. I kept it up and then since I wasn't hungry anymore I didn't eat. I honestly was not hungry so why eat? As the bliss and electromagnetic energy increased with more and more full-lotus sitting I realized that there was water flowing from my brain! It was like an electrolysis converting the hydrogen and oxygen in the atmosphere into water through the electromagnetic fields of my third eye. Water poured into my belly and I remembered that this must be the "ambrosia." I did drink half a glass of water over the 8 day bigu period but that was it. The top of my skull got soft and amazingly it started pulsating with electromagnetic energy. The center of my feet and hands "breathed" with electromagnetic energy and I no longer needed to breath with my lungs very much at all.

Then the Level 3 retreat occurred that weekend. It was an idyllic 1950s camp of cabins for nuns in the woods next to lakes about an hour from the Twin Cities of

Minnesota. Students were there from around the U.S. and I overheard someone stating that Chunyi Lin, as part of his training, had to take a deadly poison and survive. There were maybe 200 people at the retreat. I sat in full-lotus in my room and then the retreat was in a big conference room. I was still in my bigu energy feast or fast from water and food.

As we went deeper into meditation I saw these yellow orbs floating out of and off Chunyi Lin's head while he sat in full-lotus. He said that if people see this it's just his yin spirit energy going out to heal people. Then, amazingly, I saw this yellow orb of light float in towards Chunyi Lin, having arrived from outside the room. When I saw this I was blown away but I didn't say anything to anyone. The yellow orb just hovered maybe 10 feet from Chunyi Lin. Then Chunyi Lin stated that someone had seen exactly what I saw (again without me bringing it up). He explained it was a dead spirit coming to hear his "chi-emitting lecture" so that the spirit could find peace to move on from this plane. I had read of this exact same occurrence in the biography of the most famous Thai Buddhist forest monk who was also a full-lotus master.

So then I went up to Chunyi Lin and asked him what I should do. That was it. He said let me read your aura. Then he went into the emptiness -- focused his mind on his third eye. Less than a minute later he said my aura looked good (I hadn't told him that I had next to no water and no food for the past week!). He told me to "keep my mouth shut" -- which I took as a mysterious and funny Ch'an command. It was said with seriousness yet was vague. I said you mean when I'm meditating? He said yes. Then I realized that in fact I had been keeping my mouth open slightly when meditating. But I understood that he also meant to stop talking about meditation to other people. The person next to me at the conference had worked at Clean Water Action several years before me and knew some of my coworkers and so I had been sharing with him my meditation experiences.

Based on my reading of [Taoist Yoga: Alchemy and Immortality](#) I also asked Chunyi Lin another question. Had he ever created a yang spirit body -- another physical body of himself? He stated that indeed once when he was in deep meditation, afterwards people on the street insisted they had seen him. This made sense to me because the biography of H.W.L. Poonja -- ["Nothing Ever Happens" by David Godman](#) (an amazing book of 3 volumes) gives many examples of when he would create another physical body without being, himself, consciously aware it was happening.

There was once person at the conference who told everyone else in an

announcement that he had come from Arizona because he had some incurable disease that couldn't be treated. He was up front but I had noticed him already because he was emitting this deep odor of death. What was amazing is NO ONE ELSE could smell it -- if they could I'm sure someone would have said something. I'm sure that Jim Nance and Chunyi Lin could smell it because they say they can smell cancer and it smells like rotting flesh. Then this man's room was right next to mine -- I discovered this because after Chunyi Lin charged him up with healing energy the man had loud sex with his female companion! The room walls were paper thin. haha. I could smell him through the walls -- this disgusting smell of death -- and I couldn't believe that anyone could have sex with him and more so he was wasting the healing energy Chunyi Lin had given him. Such is life.

But at this point in my practice I was sitting in full-lotus in the cabin room and my legs and feet went into a deep painful numbness. I thought for sure I would have to go out of full-lotus but instead I made a sword fingers with my hand -- extending the index and middle finger with the thumb touching the pinky and 4th finger in a ring. So electromagnetic fields shot out of my sword fingers as I circled them around my feet -- with no touching -- and the pain immediately went away. I continued into a deeper full-lotus.

At one point in the retreat Chunyi Lin mysteriously left the room and we all waited wondering when he would return. Suddenly the middle of my brain just started burning up and I thought my head was going to explode. We were meditating at the time but I couldn't take it. Another time we were in meditating for 2 hours and I went up on stage behind Chunyi Lin. He was in full-lotus and he said before we started: If you see my arms flying all around me that 's just the energy. Hmm... I couldn't sit in full-lotus for the full two hours and my legs were sore from constant meditation so I finally put my legs straight out with my feet pointing at Chunyi Lin's back.

When I got home I went to work and announced that I hadn't had any food and next to no water for 8 days and I felt great. But I noticed that these strong electromagnetic fields were emanating from the middle of my brain shooting into the people around me. Particularly this one female worker came into my work area and amazingly I could feel her emotions intensely as this electromagnetic field from my brain was shooting into her. Also I could sense what she was thinking and then she actually recommended that I be promoted to be a manager -- even though I had said a word to no one.

I had some soup to break my fast -- it was at a Ghanian restaurant with organic

chicken served -- a very wholesome place. I had a tofu greens soup but it tasted like poison! There was salt in it and the salt was like poison to my healing energy. But since I had bought the soup and was good friends with the Ghanian lady I ate the soup. Still I knew that I was returning back to mundane reality. Amazingly there was one other customer at the small restaurant shop. She was a total stranger and she was chatting with my Ghanian friend. Without any prompting on my part she started talking about gurus and she emphasized very emphatically that it's very important not to point your feet at the guru. I was surprised to hear this just a day after the retreat when I had done so!

Then my mom asked me on the phone if it was really true that I hadn't had any food for 8 days. (I don't think I told her about the water). She was really really angry but I still drove up to do another healing on her. When I got there she went crazy on me and was yelling worse than she ever had done before. She insisted that I was hallucinating and she was so out of control and in my very sensitive state it was overwhelming. So I immediately ate tons of food to stop her yelling. Then I said to her -- do you still want me to do a healing on you? She knew meekly replied yes.

The healing is that she sits in a chair and you put your hand out and feel for energy blockages -- without touching -- maybe keep the hand 9 inches away. Then you open up the person's microcosmic orbit -- the energy channel in the center of the body but along the surface of the body. So I put one hand in front of her stomach to activate her lower tan tien and then the right hand goes up along her back. Then the left hand meets the right hand at the top of the head and the left hand comes down the front -- all the time keeping the hands about 6 inches from the body or so. So the right hand takes over from the left at the bottom of the body and the process continues for 9 cycles.

This healing was way different this time -- my third visit to my mom. I could feel strong electromagnetic fields. As part of the healing you call on the Masters energy to add to your own. I thought maybe this electromagnetic power is from Chunyi Lin and not me -- it was hard to believe how strong it was. I then broke up and pulled out her energy blockages. She was getting really really sleepy so I recommended she lie down on the bed. I continued charging up energy. Then she fell asleep. She woke up maybe half an hour later and I drove home.

Then there was a guild meeting and Jim Nance, now a qigong master who assists Chunyi Lin, asked me to share my bigu fasting experience. This old lady then asked me to do a healing on her. I repeated what I did with my mom -- she

was sitting in a chair and I was standing to her side. She could not see what I was doing. Again without touching I pulled out the energy blockages but this time I accidentally pulled the blockage directly out of the top of her head. Right when I did this -- without touching her -- I felt this heavy electromagnetic sphere pull out of head. She couldn't see me but at the exact same time I felt it she started just bawling and bawling -- just burst out in tears.

The healing practice had come to a close so someone else took her away and as I left with my University friend we walked down the hall towards the door. I said to him -- you're not going to believe what just happened. And just at that moment the old lady walked towards us, still bawling, and someone had an arm around her shoulder. She had been bawling for at least 10 minutes straight. A few months later I saw her and we just smiled at each other because she knew that I had good intentions but I had made a mistake. Chunyi Lin told us to never pull blockages directly out of the center of the head and I had forgotten.

When I saw my University friend again, a male who had studied nondualism via H.W.L. Poonja and [Ramana Maharshi](#) -- we were sitting in a cafe that was a regular hangout near the food cooperative. He was five to ten feet from me at the next little table and we were chatting about mundane things. There had been no mention of qigong or spirituality -- he helped me out on activism so maybe we were talking about that. Anyway I could feel, once again, strong electromagnetic fields shooting out of my brain into my friend. As I sat there I just hoped he didn't notice and I didn't say anything about it. Suddenly he says to me: "What are you doing to me!"

Then I ran into this female friend, another meditator's sister. Right when she saw me I immediately felt that she was strongly strongly attracted to me. The reaction was fast as light -- she was sexually stimulated by my electromagnetic fields to a very strong level and she immediately wanted to see more of me. Other females began hitting on me strongly as well, asking to come to my room.

Since I had approached qigong with sincerity and I knew it dealt with sexual energy I still didn't realize that I had become a chick magnet. I knew that this immediate attraction had occurred but I didn't understand the dynamics of it. Since people were freaking out from my energy and I had taken in so much negative energy -- my mom screaming at me even though I was healing her! I began to question the level of my practice. Then when I sat in full-lotus the whole room started spinning around me! This wasn't a spin like imbalance but a spin like spacetime spinning itself. That's when I stopped practicing so intensely.

I continued my reading research and pulled a [Sri Chimnoy book](#) off the shelf. I randomly opened the book and I immediately read a question to Sri Chimnoy -- what is it when the room spins around you? He answered: "Oh that is just the cosmic energy." I thought first of all it is truly amazing that I discovered this specific question right after it happened to me because I had never seen this question even though I had dozens of meditation books. But more importantly I thought that Sri Chimnoy's answer was too vague -- I didn't feel satisfied or comfortable with it.

Two weeks after I had healed my mom she calls me to tell me that the last healing I did was "the difference between night and day." She no longer needs her surgical stockings and she wants another healing. I told her I had stopped practicing since she had yelled at me so bad. She said that the real reason I had stopped practicing was because I was lazy! Wow. I realized later that her reaction to my energy was actually a type of spirit exorcism.

The next author I discovered was Ch'an Master Nan, Huai-chin. I had to read his books three times each just to fathom the concepts he was discussing. [Master Nan's works](#) are amazing yet totally ignored in the West for the most part because he adamantly insists that proper meditation must transform the body. He sits in full-lotus every day and is a best-selling author and professor in China. Master Nan really addressed the deeper issues I was dealing with and he even states that he doesn't even think meditation maybe appropriate for this time in human history. He also states that it is a profound conceptual question in Buddhism to study why humans even exist at all.

When I next took a class from Chunyi Lin it was just me and two older women. I was still blown away by having telepathy and telekinesis from the qigong practice and seeing dead spirits. Chunyi Lin stated that I should have called him when I had reached that level of meditation I had achieved and it's important not to be overexcited and afraid. Then when he touched my forehead again at the next Level 3 class the energy went straight to the middle of my brain -- this laser bliss.

After that my brain was permanently magnetized. I would forget about qigong and get lost in mundane reality and then suddenly I would feel this magnetic bliss in the center of my brain. In other words I no longer meditated -- the consciousness mediated me! I even went 3 months without any meditation practice and the same magnetic bliss remained in the center of my brain. I wanted to test the energy to see if it would fade away. I discovered that three

days before the full-moon my brain would be very strongly magnetized. Chunyi Lin states that the moon's energy is strongest three days before and after the full moon and that meditation is 10 times stronger during this period.

Then I started having precognitive visions in my full-lotus meditation but I also was extremely sensitive to the energy imbalances around me. I desperately wanted a quiet place to meditate. I researched intensely all the monasteries around the world and various other spiritual gurus and masters. I thought that if only I could find a better environment then I could deepen my meditation. Amazingly I could not find a teacher who seemed on the level of Chunyi Lin -- his ability is truly rare. Chunyi Lin has since coauthored a chapter on qigong with a Mayo Clinic cancer doctor. He has continued to heal many people of serious life-threatening diseases.

I moved 9 times looking for a quiet place but the mundane energy imbalances always intruded. I continued taking classes from Chunyi Lin but not at the same intensity of practice on my part. I stopped my special diet -- I felt like I had come back from the dead and only consciousness was real. I was no attachment to my past. I got rid of my old journals and even the [Yan Xin meditation](#) tape -- it seemed extraneous. I think I had achieved nirvakalpa samadhi -- what's called the "emptiness" in Taoism -- total nondualism transcending death.

I began eating meat and dumpster-diving for food. My degree was over, my funding was gone, I gave my car away but I told my parents that my focus in life was no longer activism -- it was qigong. I had no choice about it and I still am trying to adjust with diet and emotional energy around me, etc. Chunyi Lin fasts one day a week and eats a little veggie meal once a day the rest of the week. This is very hard to maintain when I'm biking 10 miles a day, etc. So food is still like a poison for me but I still get hungry! It was similar to when Wang Liping is told to move back into society after his training -- [in the book "Opening the Dragon Gate"](#) -- only I didn't make the transition successfully. haha. I was still trying to figure out the energy cracking open my skull and moving around inside my brain, etc.

I continued my research intensely -- "reverse-engineering reality" -- by comparing science with my own experiences. I discovered some amazing things about the vagus nerve transducing serotonin and anaerobic bacteria. Chunyi Lin said to eat just till 70% full because the food goes to your head. He told me to stop eating crap but he said I was a healer and that he'd keep an eye on me. Then I discovered what I call the "O at a D" -- psychic mutual climaxes

with females. This discovery happened by accident but now it happens through walls, ceilings -- the electromagnetic fields shoot out of my brain while I'm in full-lotus and in turn the full-lotus sucks up the female electrochemical energy. The African Bushmen healers call this "collecting the N/um of young maidens." The full-lotus is based on the female orgasm via the vagus nerve parasympathetic system while the normal male orgasm triggers the stress sympathetic nervous system, as detailed in [Professor Robert Salposky's book "The Trouble with Testosterone."](#) So sexual energy is food for the male healer -- much purer than material food. After about 10 psychic mutual climaxes with a female the heart chakras open up and true love emerges. The lower emotional blockages are healed -- no sadness, fear, anger, worry or over-excitement. The final result is the blissful peace of pure consciousness creating light energy.

Once in full-lotus I kept having this vision of my old childhood friend's mom. I hadn't thought about this childhood friend for years since we hadn't seen each other hardly at all nor had we kept in touch. I used to always be at their house and his mom was like a second mom to me. Yet my meditation in full-lotus kept bringing up his mom, so much, that I wondered what had happened. That weekend I went to visit my parents and my mom told me, out of the blue, without me mentioning my meditation, she had just found out that my old childhood friend's mom had died. Because I had already a precognitive vision about her I wasn't surprised to receive the information. This similar response of calmness has happened to many other intense emotional experiences that occur after I've already had a precognitive vision. Sometimes the visions happen a few years before the actual event. I call these "glitches in the Matrix" but it really questions reality in a deep way.

To clarify, was this literally a salt-free diet (no foods containing any salt whatsoever)? Or just a very low-salt diet? A no-salt diet is commonly assumed to be deadly--though not as deadly as sitting alone in a cave and drinking mercury.

Yes -- literally a NO SALT diet. I, too, was skeptical but I read that vegetables would provide me with enough sodium. In fact salt is mainly needed to counteract the acid from grains and "bigu" -- the energy feast -- means literally "without grains." Just to be safe though I used Braggs Soy which is a vegetable sodium salt substitute.

In layman's terms, what is the special significance of the full-lotus meditation posture?

Excellent question. Chunyi Lin states that 20 minutes of full-lotus yoga or padmasana (with the ankles up on the thighs, legs crossed, left leg first and right on top) is worth 4 hours of any other meditation practice. Chunyi Lin states if you want to see if someone is an energy master just see how long they can sit in full-lotus. This one Moroccan cafe where I used to sit in full-lotus usually outside along the sidewalk -- the owner told me that he's seen me sit in full-lotus "for hours at a time."

My own research discovery was that yin and yang were originally music ratios -- nonwestern music which uses complementary opposites. It's very abstract reasoning but something I had discovered from my music training while in high school. Then I verified that 2:3, the Perfect 5th is Yang and 3:4, the Perfect 4th is Yin. The specific source is in my masters thesis, "Epicenters of Justice" (2001) which is readable freely online. Nonwestern music healing works by transducing sound through natural resonance of frequency to create ultrasound which ionizes the serotonin in the stomach. The more you listen to the source of sound which is pure consciousness the more electromagnetic chi energy is created and then finally it turns into shen -- spirit light. The full-lotus is a tetrahedron -- pyramid power -- which is composed of eight 2-3-4 triangles.

In Western science the equilateral triangle requires the irrational number for geometric magnitude but in music ratios of complementary opposites -- from Pythagorean harmonics and Taoist yin and yang -- the full-lotus pressure creates frequency resonance for turning matter into energy. Since the tetrahedron most efficiently creates the yin-yang ratios then the energy creation is fastest.

How has this experience affected your outlook on life, and your relationships with other people?

I've discovered the secret connection between sex and love for healing energy. It's totally taboo but I think the bonobo primates practice this since they have very little violence but use sex to bond the community and the males rarely ejaculate. The Bushmen culture had 90% of the men become healers by creating intense heat in the belly from trance dance, and fasting in isolation from the females -- for a month. In other words learning internal climax energy. This intense heat -- the N/um -- is the same as electrochemical female jing energy or kundalini. Then the N/um turns into !Xia -- the healing light energy. Matrifocal cultures, starting the Bushmen, were completely based on yin-yang

dynamics -- everything was male/female (clouds, lightening, food, etc.) The original village Mayans were the same way, like the gunas of Indian yoga as well, and this matrifocal healing was lost. All cultures use the 1-4-5 music ratios. Real love can become the norm by practicing the music harmonics for healing -- the secret to euphoria and the ability to overcome fear, worry, anger, sadness.

This healing energy though was adapted from famine conditions. The early humans were bottlenecked by a supervolcano -- science thinks there were only 30 reproducing females around 80,000 years ago. Anyway the male healers did more trance dance when they didn't have food and any meat first went to the females. So now if I eat food then it goes to my head and makes me smell like shit! Of course sustainable human cultures are based on recycling shit to make more food -- Asia always used human manure, night soil, for farming and this alchemical training is the same on an individual level. I can no longer live a normal mundane life but that is the price I paid for learning the truth about reality -- that there is pure awareness beyond time and space. The empty awareness is real and creates light and matter and bends space-time.

Other peoples' energy blockages are food and by healing others I heal myself. So if a person is a drunk alcoholic with a damaged liver and they are 15 feet from me while I'm sitting in full-lotus my liver with burn hot. That's how I know they're a drunk with a damaged liver. I had one actually thank me -- I didn't talk to him at all -- the electromagnetic healing energy just flowed into him while the full-lotus sucked up his "extra energy." As Chunyi Lin states illness is just extra energy. Another homeless drunk crossed the street and looked me in the eyes. She was a chain smoker and her boyfriend was dying -- I didn't know this but I did immediately feel strong sadness. There is an instant energy exchange that will tell me the blockage -- each emotion is a different organ. Later she cried to me while I sat in full-lotus on the sidewalk -- she told me all her problems and asked for my help. Both of these examples were from Native Americans.

Growing up in a big house we had a Native American cleaning lady and my mom later told me her dad was a medicine man. I was always impressed by her demeanor and work ethic and she had this power about her that had a big impact on me. Minneapolis has been called the "urban reservation" because of the large Native population and my family spent our summer vacation in New Mexico in the Navajo communities as well. There's a book by William Sargent documenting Ecstasy and Trance healing around the world (that's the title I think) -- he knew that it was based on turning sex energy into love but he didn't

know how to do this. I now know how.

Chunyi Lin mentioned how he traveled to Mankato Minnesota to teach qigong to some old people. He was new to Minnesota and when he got to the building he saw these huge spirit giants -- fierce. No one else could see these spirits -- but he knew they were dangerous and protecting the building. He asked his friend -- what happened here -- his friend said it was the courthouse where the largest mass hanging in U.S. history had occurred -- of Native Americans from the Dakota Uprising in the 1860s. So Chunyi Lin didn't dare tell anyone of the giant spirits while he was there but such spirits are traditional to Native culture. Respect for Nature as living energy has now become a reality for me.

After this is published, would you be willing to answer any questions from readers?

I've spent a lot of time online asking questions from readers and I've posted on many forums to seek critical feedback, knowing that my peers are my greatest critics. So I'm always happy to learn from any readers and enjoy to learn about their qigong experiences as well. I have had regular readers from Germany, India, Brazil, Spain, England, etc.

Do you have any advice to offer those who are interested in qigong, but unsure quite where to start?

One reason I didn't pursue Spring Forest Qigong more intensely is because I didn't want my family to think I was in a cult. The classes were priced at a community college level and taught through a community college, as they still are. Nevertheless I wanted to maintain some distance. Qigong master Chunyi Lin said that he read the book ["The Holographic Universe" by Michael Talbot](#) and that book is an accurate description of the reality he experiences. I recommend people read that book along with ["Opening the Dragon Gate" -- the biography of Wang Liping](#), since that most closely resembles the level of Chunyi Lin's training. Qigong master Chunyi Lin stated that in deep meditation once in the mountains of China he, while in full-lotus, spiraled up 9 feet in the air, as he was next to a pine tree. Chunyi Lin levitated just like Wang, Liping.

My experience with his classes has been life-changing and Chunyi Lin is a true spiritual leader. I haven't taken any classes from him since 2005 and when Jim Nance, his qigong master assistant, asked me to help him write a book on his training, Chunyi Lin stated that the spirits would not like this. It seems controlling but Jim Nance completely respects this and even mentioned to me

that it's better to not post on the internet. So the level of healing power is only based on the level of emptiness a person is willing to submit to. Chunyi Lin says he doesn't have time to read and since reading is a left-brain dominant awareness it competes with the pineal gland-right brain visualization for healing.

The exercises that Chunyi Lin teaches are extremely simple and yet very effective. The "small universe" level 1 c.d. is the same as [the "microcosmic orbit" that Mantak Chia teaches](#) and that is the focus of the book [Taoist Yoga: Alchemy and Immortality](#). Chunyi Lin has stated that the small universe is the foundation practice and can take you to the highest level. The book "Taoist Yoga" explains these steps in detail. Anyone can practice the small universe -- and even a paralyzed man in England healed himself just after the first session! So the possibility for miracle transformation is real and Chunyi Lin does miracle healing. I whole-heartedly recommend his Spring Forest Qigong meditation practice and if a person can take his class or get a phone healing -- all the better. The phone healings are just as effective if not more so because there's less ego involved -- less judgment from superficial material information.

Enjoy the energy is my advice.

Any exercises or methods described herein should not be attempted without proper instruction and supervision.

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