

# **Breaking Through the Barriers of Darkness: Recognizing the Cult of Qigong for What It Is**

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## Translator's Notes

For translations of the excerpts from *Tao Te Ching*, I have consulted Dr. John C.H. Wu's and Thomas Cleary's translations as seen in *Lao Tzu: Tao Teh Ching* (New York: St. John's University Press, 1961) and *The Essential Tao: An Initiation into the Heart of Taoism through the Authentic Tao Te Ching and the Inner teachings of Chuang Tzu* (New York: Harper-Collins Publishers, 1993).

I myself am responsible for any mistakes that may appear in my translation and corrections are greatly welcomed and appreciated!

## Introduction

Chinese people have lived on their vast piece of desolate and pitiful land for thousands of years. People come and go, struggling with survival, producing a complex culture, a culture doomed to fail, a culture lacking the meaning of life. Modern civilization impinges upon Chinese traditional culture relentlessly, exposing its fallacy, fragility and potentialities for misleading. Over the past century, this impingement seems to have been carrying out a significant plan, while millions upon millions of Chinese are still worshipping their fallacious culture, living only in order to meet with the ending of their lives.

During their several thousand of years of history, the Chinese have welcomed into their culture many different religions, which have produced a complex cultural formation. It seems that, compared with other nations, the Chinese are less fortunate for they have incorporated many fallacious religions and cultures, among which are mainly Taoism, Buddhism and Confucianism. Up to today, the Chinese are still struggling helplessly with these cultural elements, taking them to be their precious traditional assets handed down from their ancestors. However, in fact, it is exactly these false religious cultures that have brought the Chinese incessant calamities.

Since the founding of the People's Republic of China in 1949, traditional religions seem to have died out, and it also seems that most Chinese believe in Communist atheism (this is also a religious belief). They think they have found out that the world is without any answers or any reasons. Everything comes out of coincidence, and the only meaning of life is to maintain biological life and to set up the communist system.

But since the 1980s, China has made a new beginning unlike anything in previous Chinese history. A brand new era has begun its prelude. The characteristics of this period are as follows:

1. A religion that was to last only briefly in Chinese history--Communism began to decline in people's hearts. For decades it had shown itself to people for what it is. Very soon, Chinese traditional religions spread all over China, taking the country areas as a beachhead. The revival of Confucianism and Buddhism seemed to satisfy the unquenchable thirst of people who had just traversed the desert of atheism. People dug out the long-buried traditional religions to meet the needs of their souls, for they indeed could not live on without any beliefs.

2. Western culture swept over China with an irresistible force. This phenomenon is well known as "peaceful transformation." This attack by the Western culture took mainly the following three forms:

- a. Western science and technology and all kinds of utilities they produce made converts of almost all the Chinese. Science became the idol to worship for many of them. Humanity had been distorted during the ages of fallacy and falsehood, but now science displayed its absolutely countable truthfulness and brought practical benefits and a trustworthy sense of reality. People did not have to hope for a wonderful future while starving now. They could enjoy all the benefits that science had brought them today. During this period of time, scientists began to be deeply respected and trusted.

- b. Western political philosophy awakened all Chinese intellectuals so that they now saw a directing light after the long, dark night. All sensible intellectuals and the wise excitedly

studied the Western political system, which had been described as a horrible, legendary thing. They started to dream of a beautiful future night and day. Then at last they could not keep themselves calm and carried out an immature yet heroically magnificent plan, the failure of which is seen by the whole world.

c. Christianity entered into China quietly. It seemed that not many people noticed the fact that Christianity, as the foundation of Western culture, was reaching every part of China. When someone heard about Jesus, he or she would realize there were actually a lot of people around him who had already accepted Jesus. It was after satisfying their material needs that people started to find out that their spiritual satisfaction did not come as expected. Spiritual emptiness tortured many Chinese. With various purposes, many Westerners (mainly Americans) came to China and spread Christian culture--either consciously or not. At the same time, the local Chinese Christian churches, which had been quiet for almost half a century, shook loose the heavy shackles on them, sent forth their resonant voices, and played a major part in Chinese evangelization. Morning twilight had at last broken through the long night's darkness. People gladly accepted biblical teachings and quickly spread the Good News with incredible enthusiasm among their relatives and friends. Everyone was surprised to realize what was happening. Christian evangelization in China had become an irresistible blazing force and a surging new cultural trend that was to engender a fundamental change in China.

**3.** The appearance of the special new religion, qigong. As a new phenomenon of special attraction during this period, qigong played quite an influential part in China and caught the attention of thousands upon thousands of people. Many "mystical" legends and personnel emerged. The source of qigong is rooted in very ancient times, but the term "qigong" is a new invention and takes with it as much modern scientific coloring as possible. It can be said that qigong has its source in traditional religions but its labeling in science. It has attracted a lot of people with its mystical characteristic: "Tao is in the non-existence and existence of god." It has even found its way to the West.

I am a Christian who practiced qigong for many years. My experience with it reached to great depths and led me to comprehensive studies of its theory and practices, as well as to my acquaintance with all its related religions such as Taoism, Buddhism, Tibetan Buddhism, yoga and also astrology, martial arts and Chinese medicine. My experience with qigong also led me to practice to various extents of all the above religions. I have been an atheist, a theist, a devout qigong disciple, and finally a Christian. The process has been long and at one point seemed endless, but it is now past. I congratulate myself on accepting Jesus while I am still young. I also rejoice that, though life is short, I have found the meaning of life before life ends for me.

After I became a Christian and recognized the essence of qigong for what it is, I told many friends who practiced qigong about the dangers of practicing qigong. Many have given it up and become Christians. There are thousands upon thousands of qigong disciples in China. I sincerely hope that they can also come out of the valley of the shadow of death, enter into the true meaning of life, and learn what the true human values are. It is also my hope that Christians would get a clear understanding of the essence of qigong in order to know how to

share the gospel with qigong disciples and with people who have dealings with evil spirits and also learn how to pray for them. Once we know not only what Christians are but also what qigong disciples are, we can be successful in defeating the evil spirits and thus become able to rescue more lost souls.

I'd like to have a prayer before we start this book:

Dear Heavenly Father, may you rescue all the qigong disciples and all those who have dealings with evil spirits. May you forgive their many sins and let them know what dangerous and horrible lives they are leading. May you open their eyes to Yourself and enable them to accept Jesus as their personal Savior. May they begin their new lives, which will be abundant and eternal.

In Jesus' Name I pray. Amen!

# Chapter 1

## A Cult In Contemporary China: Qigong

The years between 1982 and 1995 can be called China's era of qigong. During this short but special period of time, almost all Chinese learned about qigong, and approximately 50 million of them practiced it. It caught the attention of the whole country and even that of other countries. People from all segments of society—peasants, workers and intellectuals, common people and governmental officials, men and women, the old and the young—involved themselves in this trend in various ways. There appeared many "qigong masters" and "mysterious characters," famous "people with supernormal abilities," and also qigong writers. Together they played out quite a spectacular farce. During this period of time, qigong theory developed rapidly and crowned qigong with a beautiful name as "the science of the human body"; some even claimed that the twenty-first century would be an era of the science of the human body. (The science of the human body refers to academic research on supernormal capabilities and other unknown latent functions of the human body.)

On the other hand, qigong has become a new religion for contemporary China. Its operating system has rapidly developed into a very strong power that permeates the society. The system has been built upon a nation-wide structure of different factions and has caused the government to be uneasy and to interfere. Yet qigong quickly acquired permission and recognition from the government; or one might say permission and recognition from the government but also administration by the government. Qigong, then, has become a "newly developing science" accepted by Chinese society.

### DEFINITION OF QIGONG

Put in a simple way, qigong is having one's body posture or movements and/or one's imagination meet with specific requirements in order to have the body be healed by "qi" and obtain supernormal capabilities. Such qi and the so-called supernormal capabilities come from the evil force in the spiritual realm. (We will discuss in detail the principles of the spiritual realm in relation to qigong in chapter four.)

The practitioner can feel the existence of qi, and the feeling is evident. It moves within the body and is able to come out of it and even heal diseases. Some obtain supernormal abilities such as healing, ESP, hearing sounds which are inaudible to others, long time fasting, moving objects by one's will, divination practicing, prophesying, and even having one's soul leave the body and come back to the body. The essence of this kind of qi and the origin of supernormal abilities will be studied and discussed in detail in chapter four. The focus of the present chapter is to study the different stages and characteristics of the development of qigong in contemporary China and to make known the general situation in China of qigong, which has become a contemporary religion.

Generally speaking, qigong in this period can be said to have developed chronologically by four different stages: (1) prelude—the appearance of martial arts; (2) the sprouting of qigong; (3) the climax of qigong; (4) the low ebbs of qigong.

My own practice of qigong has run through all these four stages, which overlapped with the most precious time of my youth. None of us has a very long time to live, and life passes away like a gentle sigh. It is indeed absurd and regrettable for me to have spent a very precious portion of my life seeking a formidable and erroneous goal. My regret is beyond words, and I am going to recount this special contemporary religion in China according to my own personal experience.



## 1.1. PRELUDE – THE APPEARANCE OF MARTIAL ARTS

In 1982 the movie *Shaolin Temple* played in theatres in China. Its influence spread all over China. Man and woman, old and young rushed to see it and became infatuated with it. Within a short time, Shaolin Temple, a Buddhist temple, became known by all and was worshipped and admired as a "sacred place" by thousands upon thousands of Chinese, especially the young. Chinese people at last regained the long lost sense of pride and confidence from this "martial arts popularizing education." The older generation recalled martial legends and the stories they had heard about martial people. The younger generation listened to them, not knowing if they should believe them or not. At last, the Chinese people had seen that our ancestors had invented "the splendid and respectable traditional treasure—martial arts, which is unique and alone of its kind in the world."

"Tianxia gongfu chu Shaolin" ("Shaolin produces all gongfu in the world." Shaolin Gongfu becomes the representative of Chinese martial arts. It was begun by the Buddhist Monk Da Mo, who came to preach in China in ancient times. Many people thus learned about Buddhism and began to have quite a lot of respect not only for Buddhism but for Buddhist monks too. Then followed the even more frantic activity—innumerable people journeying to visit and study in the Shaolin Temple and even desiring to become monks. In streets and on school campuses, young people and kids could be seen imitating the fighting actions they learned in gongfu movies, and their shouting voices could be heard constantly. After Mao Zedong's call for learning from the workers, peasants and soldiers and later the call for the study of science, learning the martial arts finally became the most fashionable trend for Chinese people.

Under the high spirit of nationalism, many wuda (acrobatic fighting) movies were quickly produced and shown to the public, with their themes ranging from Shaolin Temple to other remote places of the sort. Different magazines were started which helped to heat up the national topic of the martial arts and tremendously increased the Chinese national aspiration. During this period of time, the Chinese indigenous religion—Taoism—could no longer tolerate its being unknown and started to remind people of its existence and mysteriousness. And on the other hand, many people learned from it the new concept of a thing even more powerful than martial arts—wugong. As a counterpart of Shaolin gongfu, Wudang gongfu then became another attractive "strange learning." This kind of gongfu originated in Wudang Mountain, the sacred place of Taoism. Because Taoism could be dated back to the Spring and Autumn and Warring States Periods (722-221 B.C.) in China as China's indigenous religion, many people were naturally very happy with Wudang gongfu. Psychologically, they found it even easier to accept than Shaolin gongfu, for it gave them a national pride somewhat purer than Shaolin gongfu. We could even see in movies the priests in Wudang Mountain depicted as having more wisdom and as more mysterious than monks in the Shaolin Temple.

What then is wugong? The Buddhist monks hit and kick powerfully, producing loud noises. Their practice is a combination of power and skills called martial arts. But wugong is practiced by the Taoist priests. Gentle and slow as it very often is, it is more powerful, more awesome and more apt to inspire veneration. This is indeed incomprehensible and sounds illogical. Taiji is the biggest representative of Taoist wugong. It enhances health and can be used in battles. It seems as supple as dancing, yet it can kill most efficiently. The key point is the word "gong," which hints at an incomprehensible power. In order for us to understand this power, we need to look into the term: qigong.

## 1.2. THE SPROUTING OF QIGONG

I heard of qigong for the first time in 1982. My mother had been sick for a long time and couldn't be healed. My brother brought home a magazine on qigong one day which I read and from which I learned for the first time the concept of qigong, but without any substantial understanding of it. At the same time, wuxia xiaoshuo (novels of knights-errant) were introduced to China from Hong Kong and formed the national trend after the movie *Shaolin Temple*, again, mainly among the young. We read wuxia novels like crazy. We were thoroughly enchanted. They monopolized the book market of China as their invincible preponderance dominated their competitors and as their irresistible charm attracted thousands and thousands of Chinese male readers.

Female readers, in contrast, were attracted to love novels from Taiwan as much as males were attracted to the wuxia novels. These Taiwanese novels influenced the worldview and love and family views of the girls for nearly a generation.

Such is the cultural situation of China during the mid-80's of the last century. The worldviews of the Chinese people, especially of the young, were like blank paper, which were daubed by whatever painting brush was applied to them. Young people of a whole generation were seeking and awakening, but they could not get any directions from their forefathers who were as much lost in this new time themselves as were their young. The elders did try to teach their young, but with no-longer-useful principles; therefore they were ruthlessly laughed at and rejected.

At a very young age, I was taught to read a lot of Chinese classic literature and occasionally some foreign literature too. The impression left in me was that most of these Chinese classics were either about fighting and killing or else about devils and demons. They are typical of Chinese traditional culture. I had a great interest in reading them, for there was nothing else to be read until 1982 when I got a copy of the Hong Kong wuxia novel *She Diao Yingxiong Zhuan (The Story of the Vulture-shooting Hero)*. Though the printing was terribly poor, after reading a few pages, I was shocked to find that it was something unlike what I had read before, and I was deeply attracted by it. It sucked in my whole person, and following the plots closely, I experienced unprecedented excitement and satisfaction. How on earth there could have been such interesting books! Those martial people had exceptionally special abilities. They were capable of that kind of wugong which is higher than martial arts and had uncommon energy and killing and wounding ability. How I admired these people! The characters and plots of the novel greatly satisfied my fancy and imagination. Even though I was still young at that time, in only several hours I finished reading this novel. But it was just the first volume. I immediately found my expectation of getting the second and third volumes and all the rest virtually unbearable. I brought the first volume to class and showed it to my good friends. Soon this novel was circulating among all the male students in class. Everyone got extremely excited and lined up to get a chance to read it. They felt as if their eyes had been opened by it, just like me. There were several of them who took it as a treasured book and started to hand-copy it since it was not available in any book market in China. They spent who knows how many nights and also how many political classes at school completing the job. Finally a tidy hand-written copy of it came into being, the excellency of which far surpassed that of their homework, which they had never been so careful in doing.

The craze for wuxia novels persisted for about ten years in China. This trend instilled in young people a concept of "a violent supernatural force." The reason why this force could be accepted without doubt is that it not only satisfied the illusion of nationalistic supremacy, but also propagated the "righteousness" of supermen who used their wugong to set things right. It depicted an image of xiake (knight-errant) which was generally admired by people of all ages. Those who believed in the existence of this kind of wugong were inspired to seek for it and to learn to practice it, spending large amounts of their time and energy on it.

I admired the protagonists in these novels, but I retained doubt regarding the mysterious wugong, which I took as mere literary fabrication and exaggeration. Yet I started to be very interested in martial arts and earnestly imitated and followed the movements pictured in the martial arts magazines. I wanted to become a xiake and was beginning to desire superman power. During the same period of time, I also read the Chinese classical wuxia novel *San Xia Wu Yi (The Three Valiants and Five Righteous Men)*, the mythological novel *Feng Shen Yan Yi (The Enfeoffment of the Gods)*, and also *Liao Zhai Zhi Yi (Liao Zhai's Records of the Strange)*. These books tremendously stimulated my imagination and cognitive dimension, and I began to take special interest in supernatural powers and the world of spirits, even though I was still an atheist then. I was uncommonly satisfied and pleased by what I could absorb from those books, and the ground of atheism began to shake beneath me while theistic seed was gradually taking root in my heart.

At the same time, my mother's illness was becoming worse and worse and even very strange. When she was sick, she would be in a coma, but when she was rescued and had gained her consciousness, she was very quickly back to normal. She was diagnosed loosely as having a neurosis or such like. Her work unit finally agreed to let her receive treatment in a hospital in another city. My father went to accompany her; the joy and laughter in our house were now swept away, and in their place the family was covered by a heavy, melancholic atmosphere. Our parents returned home once in a while and brought home some books including qigong magazines. I had only recently learned about the word qigong and was curious about it, but did not know what on earth it was. My parents explained it to me yet were unable to really enlighten me regarding it.

My mother checked out of the hospital later without her sickness being cured. The medical doctors did not even find out what was wrong with her. One day my father found a book on health care from our collection of books. It taught wu qin xi (Five Animal Sports) by Hua Tuo, a famous physician of ancient China.

Mum started to practice the Five Animal Sports with Dad's help. It seemed to be like our setting-up exercises to radio music. Actually wu qin xi includes five kinds of movement. They are movements of the tiger, the deer, the ape, the bear and the bird. It is said that Hua Tuo was very much inspired while observing the movements of these animals and birds in mountains and forests and invented a form of health care gymnastics. Very soon, Mum was able to imitate the movements perfectly, and we all seemed to see some hope in our family.

For about one or two months my mum's health remained just as the same. Then one day Dad returned from a bookstore, bringing a book entitled "Spontaneous wu qin xi Movements". Through a careful study of this book, he and Mum made a surprising discovery! The book teaches in detail what wu qin xi really is. It is not simple gymnastic movements, but has deeper meaning. It is maneuvering the qi in your body according to some simple instructive steps and then allowing your body to spontaneously make the movements of the animals and birds by following the drive of the qi as if someone were leading you to do it. It sounded incredible, but Mum began to practice.

Shocking things happened! Mum began to move spontaneously while practicing! She could make animal movements and imitate their sounds so closely that they were just like the animal sounds! What was stranger was that my mum's health was recovering miraculously and her incurable disease was controlled. It was a marvel! All my family were touched by it and got so very excited that I thought the excitement with which Columbus discovered the New Found Land could not have exceeded ours. From then on, a lot of qigong books and magazines found their way to our home and we all interested ourselves in qigong. Our parents taught us simple qigong practices; we together entered the qigong period as a family. The whole country of China had, actually, at that time, entered into the qigong era. We have seen that martial arts had become prevalent because of the movie *Shaolin Temple* and that qigong had begun after martial arts to be influential in Chinese society. This trend

coming from the south was so strong as to take over very easily a country with a population of one billion. It would be interesting to look for some of the reasons.

1. Since 1979 the Chinese government had been wisely applying an open-door policy (mainly to the West). Except for the political areas, all areas began to have contact and cooperation with the outside world. *Shaolin Temple* is a cooperative product between China and Hong Kong. The *Shaolin Temple* type of movie had long been rampant in Hong Kong and Taiwan, two areas in which there was still a very strong Chinese religious atmosphere, but such movies were totally new to mainland China, which not long before had been relieved from the restriction of "Revolutionary Model Drama." *Shaolin Temple* is indeed a return of Chinese traditional culture to mainland China from Hong Kong and Taiwan. Under the influence of atheistic culture for over thirty years, the younger generation of Chinese people was very unfamiliar with traditional culture; even the older generation had had their traditional conceptions washed away from their memories.

2. The younger generation still retained in their minds the concept of class struggle. In their textbooks had been lessons on war that must be memorized. "Killing the enemies" was the most heroic act in their hearts. It was for this reason that the violence in movies like *Shaolin Temple* had not caused any controversies but rather had provided the young with tremendous inspiration and expectation. Anyone who was good at martial arts could become a hero who would defend people against injustice. Since the younger generation of China had no problem of survival, they very naturally turned their energy and attention to heroic deeds, and martial arts became skills they longed to acquire. The society was unable to tell them the truth; neither was it able to give them a convincing direction of life that the young found correct, true, and refreshing.

3. "The Cultural Revolution" had made the Chinese people disappointed in communism and stuporous toward it. Young people's hearts knew less how to judge it, their emptiness of heart simply compelling them to strive for the many imported material goods, while leaving their spiritual needs unsatisfied. *Shaolin Temple* served at this time as a kind of spiritual provision. During the same period of time, "campus songs" from Taiwan were taken in, and a craze for studying English flooded all the campuses. Due to the sinful tendency of human kind, it is no strange phenomenon that the violence of martial arts became the most attractive element during the process of opening to the outside world.

4. Qigong obviously has more meaningful functions than do the martial arts. Its sprouting was facilitated by suitable societal conditions of the time, for people discovered its mysterious usefulness. Thus it incredibly convinced those people who practiced it and spread all over China with a shocking rapidity.

The surprising and sad thing is that during that period of time a very slight innovation was able to provide direction for the whole country, giving all people the same mind, the same thinking mode and the same character. Luckily, their clothing styles had started to be varied.

### 1.3. THE CLIMAX OF QIGONG

#### 1.3.1 REPRESENTATIVE PERSONNEL OF QIGONG

The high time of qigong lasted for about five years, starting from the year 1987. In 1987 a very famous qigong master, Yan Xin, emerged, commonly described as "chu shan" (go into action). A piece of investigative journalism called "Report by Yan Xin on Qigong" made Yan Xin and his supernormal abilities the center of sensational news of the time. This special figure pushed qigong in China to its climax, and his public career became the demarcation for the qigong era. He toured all over China and gave reports while carrying the gong power with him at the report meetings as he practiced qigong on the spot. He made a great stir wherever he went. People learned from him increased knowledge of qigong, and thousands of Chinese admired and followed him. His qigong theories are deep and rich and take great comprehension to understand, but his power of qigong is equally great and shocking. He is acknowledged as the first qigong master of China and has been reported on repeatedly by the state media. He has traveled overseas many times. He has been to Hong Kong, visited with the master of the wuxia novel, Jin Yong, and commented very favorably on the latter's understanding of high-level gongfu, but said the gongfu described in his novels was still lacking in depth. He later visited the United States and caused quite a stir, being received as a guest by President Bush. According to *Qigong and Science Journal*, Bush called him "the Sage of our time."

In 1988 another very important qigong master, Mr. Zhang Hongbao, added to the practice of qigong some more excitement. He attracted a large group of followers who called him their "zong shi" ("great master"). He originated the "Chinese Gong for Health Improving and Intelligence Enhancing." Basing his project in Beijing, he organized many classes for qigong learning and charged high tuition. His method was obviously efficient in eliciting ESP and greatly inspired the learner's interest; thus his version of qigong was quickly propagated. Because of the adaptation of the clan system, a personality cult centering around Zhang Hongbao prevailed. In all areas of China, people were seen wearing Zhang Hongbao badges, just as people had worn Mao Zedong badges during the Cultural Revolution. It was said that Zhang Hongbao once held a news conference in the People's Hall. Also the writer Ji Yi wrote a book entitled *Great Qigong Master Emerged* on him, and the publication of this book brought him a great reputation. Zhang had many disciples, and they were all very proud of their master's qigong method, while disapproving of all other masters except Yan Xin, for whom they had quite an admiration.

The third well-known qigong master was Mr. Pang Heming. He started very early but was not as distinguished as other influential qigong masters until the time of Yan Xin and Zhang Hongbao. He had Shijiazhuang and Qinhuangdao as his important bases and propagated qigong by organizing classes to teach qigong and by giving "qi-emitting" lectures in all areas of China. He originated "Intelligence Gong," the theories of which were highly systemized and materialistically tinted. Pang's method was easy to learn and could meet the needs of people of all educational levels; hence it quickly spread all over China. Pang, good at writing, wrote books to illustrate his qigong method. He discussed the philosophical background of qigong and often used scientific terms in his books to describe qigong theory as a new type of scientific subject.

The above qigong masters guided the trend of qigong in China and religionized qigong, forming its sound system and organism and exercising a stormy influence on the time and society.

At the same time the so-called first superman of China, supernormal capability master Zhang Baosheng, helped to make the stormy sea stormier by contributing to the development of the qigong religion. He was widely acknowledged and respected by the qigong practitioners because he had acquired very uncommon supernormal capabilities without practicing

qigong. He made a stir in the late 70's with his report on the discovery of supernormal abilities in human bodies by China, but the report ended up with nothing definite until the appearance of qigong, which made the supernormal capabilities of Zhang Baosheng acknowledged and valued. Zhang Baosheng himself was all the more described by the media to be a very mysterious and legendary figure. He became a great friend to qigong personnel and gave many performances in which he exhibited his supernormal capabilities. The most interesting occurrence was the arising of a writer during this period of time who specifically wrote about qigong—Mr. Ke Yulun. He made a huge contribution to the development of the philosophical theory of qigong and was respected and admired by people who practiced qigong, but most especially by intellectuals. He became a good friend to some famous qigong masters. He once wrote in the early 80's a novel about the reform of China which was turned into a TV series called "New Star." It was wonderfully accepted by the society. Ke later became a promulgator of qigong and produced such highly influential novels as *Great Qigong Master*, *New Century*, and *Interpreting Human Mysteries*, all of which provoked substantial social repercussions. As a result, Ke established himself as a representative for qigong. Between 1993 and '94, Ke conducted a huge survey on ESP and human body uncommon functions in China and put the result of it into a TV series entitled "Scientific Research of Life" which contained twenty-four 45-minute episodes.

The above-mentioned figures are generally acknowledged celebrities and pillars on the field of qigong. Their active accomplishments attracted much attention and influenced the whole society, as they stamped their mark clearly on the culture of the time. They had seen to it that the developments of qigong reach its climax in all aspects of theory, practice and propagation.

During these years a lot of qigong magazines, books, audio and video tapes were published and distributed throughout China. They sold so well that many bookstores even set up counters specifically for qigong material. People could not avoid seeing qigong magazines on the bookstalls in the streets with pictures of qigong masters on their cover pages.

Some woman masters of qigong also appeared during this time, one of them being Ms. Zhang Xiangyu. She originated "nature-centered gong" and healed the sick. She, with her ability to speak "cosmic language," caused quite a stir. She was warmly welcomed everywhere she went. She was not good at scientific terms and made use of a theistic view undisguisedly, and because this contradicted the atheism which communism held, she was arrested in April 1990 and imprisoned for several years, the charge being monetary theft. The newspaper *China Youth* provided this new view of Ms. Zhang Xiangyu.

Another important figure was Hai Deng Fa Shi, who used to be a monk in the Shaolin Temple. He was adept in wugong and was once featured especially in a movie entitled by his own name that introduced his legendary life. Hai Deng Fa Shi was in *Wu Lin* magazine in the early 80's and became well-known all over China. He died towards the end of the 80's of pancreatic cancer and thus left an unsolvable enigma to the world, for many people believed that he could never die of any diseases. Things seemed to have happened very strangely.

After 1995 there was another sparkling star in the practice of qigong, Mr. Li Hongzhi. His falun gong was influential not only in China, but also overseas. His method is simple and easy to learn. Because it does not encourage acquiring supernormal capabilities, practitioners do not feel it is too hard. It is called "gong trains people," not "people practice gong"; also it has surprising therapeutic effects. Since the evil spirit gives up conditional requirements on the practitioner, it displays in the practitioners and gong receivers more of its power and more directly than through other methods and performs a lot of miracles. This gong method has spread very rapidly, and its influence is widespread. In recent years it has become a new dominant trend in qigong. In 1999 there even took place in Beijing the world-wide-known "Falun Gong Event," which shocked the Chinese government and therefore resulted in a serious crackdown.

Many qigong masters and people with supernormal capabilities have appeared in the past who have had great influence in their local areas. Like the qigong masters we have just mentioned, they have stimulated the development of qigong in all areas of China and have made qigong a religious belief and a cultural ideology.

### **1.3.2. THE ZEAL OF PRACTITIONERS**

More and more people have become disturbed mentally as a result of qigong. People from all walks of society practice qigong, just as people used to engage in a political movement. All institutions, including educational institutions and factories all over China, have organized classes for learning qigong, and groups of practitioners can be seen everywhere. The state has acknowledged that the so-called qigong is a new science—a science of the human body. Well-known scientist Qian Xuesen gave speeches on the science of the human body. The qigong experiment Yan Xin made at Qing Hua University and other high educational institutions won him the acknowledgements of some scientists regarding the mystery of qigong. Although these scientists do not understand qigong phenomena, the surrounding facts amazed them very much.

Around 1988 there were mainly two trends in Beijing. Some young people followed rock-and-roll star Cui Jian and went to the South of China to attend his concerts; others followed Yan Xin and attended his "qi-emitting" lectures in all different areas. Fees were collected for admission to such lectures, but Yan Xin himself said he did not take even a penny for himself. For this reason all the qigong believers held him in very high esteem. People were seen listening to his lectures outside the auditorium when there was not enough space inside for them. With their raincoats on, they stood in the rain and engaged in "spontaneous dance" in accordance to the lecture. Such sincerity was really very touching! One lecture in Inner Mongolia was attended by between twenty and thirty thousand people. Yan Xin praised Inner Mongolia for having a very good "qi field" and for having had a very good qigong tradition ever since ancient times.

In 1990 I met practitioners who attended Zhang Hongbao Qigong's classes. I found out how much they worshipped him. Before the ceremony of acknowledging the master, some even practiced repeatedly how to kowtow and asked onlookers to see if their postures were sincere enough. Learners of Zhang Hongbao Qigong liked to wear Zhang Hongbao badges, for they believed this was a way to connect themselves to their master's energy, which could increase their gong and bless and protect them. I have met many of them in different places. Their god was their master, and their belief was qigong.

Many of those that had experienced healing by qigong actively taught qigong to others, seriously abided by qigong virtues, and performed charitable and pious deeds. Chinese society also gave acknowledgements to qigong for having helped to bring virtue to the society. Those who had acquired supernormal capabilities began to take qigong as their religious belief and continued to seek for higher supernormal capabilities at all costs, believing they were actually searching for the meaning of life in this way. Each year, a great number of qigong believers flocked to qigong classes in all areas of China and taught others after they returned home from the classes. There were also devotees of even higher levels who would go to visit and study in the temples in the mountains and seek their masters and make friends, sharing with each other what they had learned and discussing together their common interest. Qingcheng Mountain of Taoism is the most mysterious place, where, it is said, there were very often people of high-level gongfu coming and going.

Qigong practitioners were usually disillusioned with the mortal world and would go as far as leaving their families, giving up their careers, going out to roam around or to live as a hermit, or becoming a monk or Taoist priest. Their purpose was to pursue supernormal capabilities and longevity. Because children could achieve quick results by practicing qigong, many

parents taught their children to practice it, hoping they would be useful persons. Many families had thus forsaken their normal lifestyle, many practitioners had experienced greatly the pains that practicing qigong had brought to their lives, still others died or were mentally deranged because they had practiced qigong; and some saw their family members meet with unusual deaths or die of diseases.

Members of my family at that time were all engaged in qigong practice. We put the pictures of qigong masters in our house and worshipped them. We sometimes even burned incense for them and asked them to protect us and bless our family with peace. We often played tapes of qigong teaching or music, in order to qigong-ize the whole family and house. We actively taught others to practice qigong and more than once regretted that we didn't hear of qigong earlier. We believed that qigong practice made it possible for us to understand mystery of the world and the meaning of life.

### **1.3.3 THE SPREADING OF QIGONG**

As in all other eras, during the qigong era people hold different views on qigong, even in its most intense time. Many people keep cool-headed and watch its development; some are objective to it, taking it as a superstition; still others believe only part of it. The following is a brief introduction to various attitudes toward qigong.

1. The countryside is the blind area of qigong. The majority of Chinese population live in the country. These people's education level is low, and it is beyond their ability to understand the scientific terms of qigong. They mainly believe in Confucianism, Buddhism, Taoism and local religions. Because qigong is mainly spread by way of books and other modern means and require the learners to have an education level high enough to comprehend the methods and principles, the spread of qigong is hindered in the countryside. This is also because traditional religions have reached deeply into people's hearts and believers therefore do not have to spend time in worship every day. The country people worship their gods only when they have needs. Their biggest concern is survival. As to the supernormal capabilities, they believe they are true but do not pursue them, or we should say they don't have the energy and disposition to. They would like to go to the hospital and buy medicine for any diseases they have or see a practitioner of Chinese medicine. They could even ask the sorceress for help and burn incense to Buddha, but they are not interested in practicing qigong.

2. Intellectuals are the first to accept qigong and are the ones who make the most thorough research on qigong. They usually become proponents of qigong and regard it as a new science. There are a lot of practitioners among students, especially university students. But objections come mainly from intellectuals too, the opposers usually being atheists who never fail to attack it and who disbelieve the supernatural phenomena of qigong, interpreting the supernormal capabilities and strange phenomena caused by qigong as "magic," "illusions," or "coincidence." They express their objection to qigong by denying its supernormal phenomena. But they acknowledge the healthy benefit of qigong for the practitioners' physical and mental conditions. And this seems to be recognition accorded to qigong by almost all non-Christians who happen to know qigong.

3. Among factory workers, government functionaries and office workers, qigong is widely popular. These people have obvious results from practicing it, especially in the healing of diseases. Health is the biggest concern for these people; hence they become proponents of qigong because it settles this important concern. Though government functionaries and leaders are very



prudent regarding their acknowledgement of qigong, avoiding any discussions of supernormal phenomena or supernatural beings, they are after all beneficiaries of qigong, so they propel the development of qigong, giving acknowledgement and support to qigong activities in the work units that they are in charge of.

Geographically speaking, qigong flourishes mostly in big cities, having Beijing as the center of the trend. The media show great interest in its development. Some larger media organizations station their special journalists long term with Yan Xin and other major qigong masters for ongoing and immediate reports on any developments of qigong. The forces opposing qigong are also based in Beijing, always pressing their objections to it.

I think the appearance of a climax of qigong in China has always been inevitable. The time of its dominance was the high time of Chinese reformation and the "open door" policy and also the time when China was at her highest peak politically and economically since the founding of the People's Republic. The ideological field was becoming more complicated and active, with a new religious consciousness taking form. qigong had the privilege of attaining mastery as a preconceived idea, and it convinced people with its many supernormal functions and health benefits. Unwittingly, people took qigong in their hearts as a spiritual sustenance. In this way qigong has become a religious belief and a full contemporary religion having masters, concepts of the cosmos and of nature, and all the idols of Buddhism and Taoism as objects of worship.

Qigong at its climax has become another pitiful period in Chinese history.

#### **1.3.4. THE EBB OF QIGONG**

1992 to 1995 saw qigong at its ebb. In 1989, there took place in Beijing the Tiananmen Square Event that shocked the whole world. The whole world was stunned and grieved together with China. Many Chinese have since that time given up their communist beliefs. I thought then (and millions upon millions Chinese qigong believers must have thought also), *Where have all the qigong masters gone? Why have they not stopped the opposers and convinced the students by their supernatural ability to escape? Did they not really have their qigong virtues? Why didn't they help the students? Why?* I had no answer at all.

"Omnipotent qigong" began to be shaken in my heart. It began to be shaken in the hearts of millions of intellectuals; they saw clearly and disappointedly the cruel fact that qigong is so incompetent in face of reality. They acknowledged at last that qigong was not going to rescue China.

However, while people started to doubt and ponder, they did not lightly give up practicing qigong. During the three years from 1989 to 1992, China slowed down her pace of reformation and opening to the outside world. People could not see where China was going. They almost completely lost hope about China's contemporary situation. They were in low spirits, and a depressing and hateful atmosphere blanketed the entire country. The only way was to wait and see. Under this situation qigong all the more became for a lot of people a spiritual prop and a way to escape from worldly affairs. It was exactly the case with me. Many people started to seek for new ways to save China. They began to think deeply and painfully and to repudiate further or even completely their formerly accepted ideas and standpoints. Western democratic politics became a lamp at night that millions upon millions of Chinese people could see and that they longed for in their hearts.

China's reformation re-started in 1992. The former prosperity and vitality were recovered. The country was more open to the outside world. People then saw more opportunity for making money and flocked to big cities for odd jobs, rapidly increasing the floating population. The shadow of June 4, 1989 that hung over people gradually grew lighter.

Expectations became more rationalized and prudent, most people approving American "peace transformation" strategic plans, for Chinese began to doubt if the "dramatic change" of Eastern Europe would be suitable for China. Their foresights were then more practical and selfish, seeing fortune making as their new belief. Intellectuals also endeavored to forget about politics and the state and engaged themselves in the new trend of trade. It was now realized that supernormal capabilities of qigong were not for solving practical problems in daily lives, but that money did have "omnipotent" functions. The passion for qigong was slowly superseded by the trend of getting into business and engaging in trade. Millions upon millions of people gave up qigong and re-started their lives of competition for worldly success.

Another very important reason that some practitioners discarded qigong was that, after they reached a certain level of qigong, they met with some horrible problems. The following are examples of such problems:

1. Some practitioners saw horrible things like ghosts, and heard strange voices and words, and experienced troubled days and nights.
2. Some practitioners of qigong could heal other people's diseases, but they were powerless with their own. Sometimes the effect was not good with kind people, but was especially good with evil people. This was inscrutable to them.
3. Some lost control of their supernormal capabilities and were unable to use them when they needed to. Yet those powers would sometimes come when they were not needed and cause embarrassment for the practitioners who could no longer control them as they would.
4. The character and temperament of some practitioners changed lamb-like gentleness to terrifying ferocity. They were full of fear, impetuosity, sorrow, despair, viciousness and pride. They were hateful and filled with lusts.
5. People around them forsook them, not understanding them, and took them as eccentrics.
6. Their lives became more and more frustrating, and incessant unfortunate things followed them. They tried to tolerate such negative occurrences, taking their miseries as trials of qigong, but they gradually found them less and less bearable. Life began to be joyless, and they lived in a gloomy and gray mood.
7. Qigong practice often went wrong, and some practitioners became mentally deranged and even died suddenly. Such dangers of qigong were recognized by some.

However, many practitioners who experienced some of the above-mentioned problems and who became afraid of qigong and disappointed with it and even gave it up dared not to let others know their feelings because there were none to understand. They were afraid of becoming a laughingstock for others, so they made up high-sounding excuses for stopping their practice of qigong, burying the pains they had experienced deeply in the bottom of their hearts and letting no one know the very eccentric events in their lives.

There was another important reason for qigong to turn low tide—the revival of Christianity. In the early contemporary era of recent Chinese history, Christianity and qigong developed almost side by side. In the early 1980's some American scholars and scientists entered China, and Christians among them spread the name of Jesus Christ and the gospel of God. Some missionaries also came to China under various pretexts. In 1986 the Chinese

government allowed overseas Christian organizations to donate funds for printing bibles in Nanjing, China, for distribution to churches in all areas of China. This symbolized the revival of Christianity in China. From 1989 forward Chinese inner-area churches began to spread the Gospel in more remote areas. Besides, additional missionaries came to China and spread the Gospel in various ways. People studied Christianity seriously and tried to receive it. Since 1994 the spread of Christianity has gradually begun to influence the society. In fact, the year 1995 saw the beginning of a harvesting season for Christianity in China.

Under the above social conditions, lots of people learned about the essence and dangers of qigong through the Gospel and completely renounced qigong. By the different experiences they had in qigong and Christianity, they realized profoundly what the meaning of life really is and what the true faith is. They learned that qigong is actually a way to join with evil spirits as one body and to let them have control. Practitioners are inevitably doomed to calamities and perish in the end. After they became Christians, people strongly opposed qigong and testified of the evil results of qigong in their own lives. They influenced a lot of other qigong practitioners who heard their powerful testimonies, also abandoned qigong, and accepted Jesus Christ as their personal Savior. The development of Christianity inflicted heavy losses on the religion of qigong.

In 1995 there was a very interesting and mysterious person active in Beijing. He aroused a strong wave of anti-qigong sentiment in a short period of time and inflicted a heavy blow upon qigong. The media in Beijing seized the chance to make it quite a hubbub and the focus of the public's concern. I stayed in Beijing for some time that year.

This person's name is Sima Nan. He was the news figure in the area of qigong in Beijing from 1990 to 1995. Because of his work, the Central Television Station of China cancelled qigong performances at the annual Spring Festival Evening Party in 1991 and afterward. He was a qigong master, and his view was that qigong is scientific but that supernormal-capability performances are only super magic and deceitful tricks. In order to prove the validity of his view, he performed in front of big audiences supernormal-capability shows which were seen by many to be just the same as those performed by supernormal-capable qigong masters, not erring by a hair's breadth. His audiences were greatly shocked, but he told them it was not qigong nor supernormal capabilities but magic. Many believed him, but were baffled, and some even regarded him as a high-level qigong master and tried to ask him for advice. The media quoted him as saying, "I faked it! Who ever did it?" His masterpiece is his book *A Secret Record of Pseudo-qigong*. He also produced a television film "The Inside Story of Mysterious Gong."

His emergence was a great embarrassment to the qigong field, for Sima Nan would attend every qigong seminar and performance followed by a constellation of journalists. He exposed their fallacy, raised doubt and difficult questions, and debated with qigong masters. Ke Yunlu and others were challenged unprecedentedly by Sima Nan, who now was a big headache for them. But the media were favorable to Sima Nan and consciously or unconsciously belittled qigong personnel who appeared to manifest supernormal capabilities.

I once read a report in a newspaper in Beijing that Sima Nan went to be present at Zhang Baosheng's supernormal-capability performance and was denied entrance. Zhang on the other hand gave an awkward performance in a hurry and retreated in haste through a back door. There were also books by Sima Nan for sale that unmasked qigong, and it was highly interesting to see books by Ke Yunlu and Sima Nan put side by side for sale in bookstores. The flourishing era of qigong has passed, but the religion of qigong has already been shaped. As to how it is going to develop, how it is going to exert its influence on China, and how many new qigong believers there will be, we will have to wait and see.

## Chapter 2

### My Experience With Qigong

#### 2.1. MY DEBUT IN QIGONG FIELD

In 1987 I completed my study and was ready to start my first job. While I was waiting for my job to begin, I spent the summer with my parents. It was a peaceful summer, and it was not very hot. I had been living away from home for three years during school and had contracted rheumatism, which caused my spine to ache so severely that I could hardly turn my head around. My parents, greatly worried, made a serious decision together that summer. They decided to teach me the "Spontaneous Five Animal Sports Gong" to heal my disease. I was worried about the painful disease too and gladly made up my mind to learn it. Before then my parents had already taught me some basic gong methods, such as "internal elixir gong," which I had practiced whenever I thought of doing it. This gong is to imagine there is a little bright ball inside your belly at the belly button. It is said that the function of this little ball is to increase and improve one's energy and health. Whenever I imagined having this little ball in my belly, I could feel its heat. I remember that, sometimes in winter, I would keep out the cold in this way. This is to say I had already by that summer accepted the concept of qigong and its having supernormal functions.

The night when Mum and Dad taught me Five Animal Sports, all just looked as peaceful and natural as usual, and the evening even seemed to have a nice atmosphere. I did not really understand what I was doing that night. I did not know that qigong would annul my youthful years, I did not know how heavy and tragic a price I would have to pay, and I did not know how many people I would then lead to the abyss. How wonderful it would have been if I could have known! That is a tremendous shame and a mistake in my life.

Mum and Dad told me that this gong has a shocking effect, but that it is also easy to err. In qigong terms, it is "zouhuo" (going off accidentally). That is to say, if the practitioner is affected by external provocation and interference or if he or she is not concentrating enough to keep the right order of moves when practicing, then a slight result could be that the practitioner would feel uncomfortable or that his/her health would be harmed or a serious result could be a mental disorder such as schizophrenia. I was a little nervous after I was told these things, but I did not think that they could really happen.

Then I started to practice. I closed my eyes. Mum and Dad stood beside me and told me the imagined steps. I followed them carefully, step by step, but without any movements. Very soon the beginning move was completed. I stood still, and very shortly, a kind of power began to shake me, and I rocked back and forth and swayed from side to side. Mum and Dad reminded me not to be nervous and to try to relax. I actually did not feel even the least nervous, but on the contrary felt very much thrilled and excited. Gradually, I was completely controlled by that power and felt very curious and wanted to see what movements it would lead me to do. Very slowly, my body began to make greater and greater movements, and I moved about in the room again and again, yet without feeling any exhaustion. Then my body started to make movements resembling the Five Animal Sports. First, I made movements like that of bears, then like monkeys, and then like tigers. When I saw my body make these movements, I was very much surprised and also found it very intriguing. It seemed that my body was giving me a performance. If I could jump out of myself, I would have been like a spectator. I did not know what power was conducting my body. I thought it was an unknown power coming forth from my body, but I was totally wrong.

Then Mum and Dad showed me step by step how to end the practice, that is the so-called "shougong". After I completed this series of steps, they told me happily that I had a very good talent for gong because they saw that I could do part of the Five Animal Sports the first time I practiced gong and my movements were exactly the same as those described in the book on Five Animal Sports. I was shocked to find that this power gives patterned guidance. I was that day so much encouraged that I wanted to know what the higher level would be like.

The second day, I practiced again with the help of my Mum and Dad and made more strange movements. I even produced the howling of a tiger, so low and so full of power and grandeur that I was secretly very proud of myself, even though it was so loud that the neighbors must have heard it too. After I completed all the Five Animal Sports, I did not know what to expect next. According to the book, the fact that one can produce all the movements of Five Animal Sports shows that his/her heart, lungs, liver, spleen, and kidneys are all healed and healthy. I was very happy and overjoyed for this marvelous way of maintaining health. But there was no obvious improvement of my neck and my spine.

About a week later, I was able to familiarize myself completely with the gong method of Five Animal Sports and learned a lot. One night, I was practicing outdoors when my neck began to shake continuously back and forth and side to side. It also turned and stretched. I thus felt great pains in my sick neck and spine, but it was hard to stop the movement. Suddenly my head was pulled back fiercely, and my neck turned backward abruptly. I seemed to hear a cracking sound and felt immense pain in my neck and spine. Then my body calmed down, but my eyes were full of tears. In a few minutes, my neck shook again, but there was no pain at all. I felt an unprecedented relaxation and delight. That night my neck and spine disorder vanished. My parents were very happy, and I was delighted at tasting the benefits of qigong. I henceforth started my long and hard life of qigong. I was eighteen that year.

## **2.2. RISING TO A HIGHER LEVEL**

My health was very much improved after I practiced qigong for a whole summer. I was in very high spirits and set as my next goal the opening up of "xiao zhou tian" (the small microcosmic orbit) and "da zhou tian" (the large microcosmic orbit). The former is having "zhen qi" (the primary qi) moving freely to and fro between the "ren" and "du" arteries; the latter is having "zhen qi" automatically running through all main and collateral channels according to the twelve two-hour periods. I then started to look at the world and myself from a totally new angle and was gradually awakened to truths that were unspeakable. I introduced qigong to a former classmate, who accepted quickly with the same astonishment and sincerity.

I continued to practice qigong every day after I had started my job. Sometimes I wanted very much to stop practicing, but understood the principle "quit for one day, gong recedes for ten years," so I had to keep on. I decided to teach this gong method to my best friend. He suffered a lot from a stomach problem and admired my amazing appetite. I told him about the mysterious functions of qigong and about the magical effect of the Five Animal Sports on one's health. He was very happy to hear about this and asked me to teach him. I agreed readily. Although he was the type of person who was not sensitive to qigong and had a poor aptitude for the practice of qigong, his stomach became almost as normal as normal could be after one month of practice. He could now eat all kinds of food and could even drink cold water as I did. We were both greatly encouraged and practiced together thereafter. We urged each other on, learned from each other, and found a lot of fun in so doing.

How time flies! My gong power had grown so much that I found I could start my gong without the "switching on" steps. I still paid much attention to the ending process, though. Gradually I became calm while practicing qigong and had fewer and fewer movements. This is part of the repetition process referred to as, "extreme motion begets motionless and extreme

motionless begets motion." I was very satisfied with my improvement, but got a little tired of the motionless state of practice. I longed in my heart for some exciting events and results. A few months later I went back home to visit my parents. They gave me a book as if it were a treasured object. It was "Yan Xin Qigong Report" (something like this). I took this book to a quiet room and read it with curiosity and admiration. I finished reading it in a few hours. When I turned over the last page of this book, I knew that the thing I had fancied and wished for had come at last and that my qigong gongfu was going to enter into a new epoch. This book recorded the content of Yan Xin's qi-emitting lectures and a testimonial literature about the strong reactions of thousands of attendants at his lectures. How incredible! Some of the attendants cried, some laughed; some couldn't keep from moving violently, and some ran up and down, screamed and shouted loudly. They all did different things at the same time but did not interfere with each other. Some paralyzed stood up from their wheel chairs and walked; many sick got healed immediately. The spectacular scenes were shocking and unbelievable. People were dumbstruck.

How could this be possible? I wondered. But I believed all that were recorded were actual happenings, and I was totally convinced. I then took Yan Xin as my most admired master and my example for practicing qigong. I was determined to become a master like Yan Xin. I believed this goal was quite reachable for me.

There are very few detailed movement positions in Yan Xin's method of qigong. He has great attainments in qigong, and this is why he can give impetus to the rapid development of qigong in China. He is also a very rational intellectual, having made in-depth research in Confucianism, Buddhism, Taoism and Chinese Medicine. It is hard to conjecture what qigong level he has reached. Eight Immortals in Chinese ancient legend are models for qigong practitioners who wish to become immortal. Yan Xin has obviously obtained many supernormal powers like those of the Eight Immortals. He is the first qigong master to simplify the principles of qigong practice. He has cast aside many formalities and only illustrates basic principles. His method is mostly some meditation steps and does not have many requirements as to body postures, though he does propose Buddhist and Taoist "sitting in meditation," which is also called "pan zuo." And it should be "shuang pan," which is sitting with both legs bent and rested on each other.

Yan Xin Qigong is not highly popular, for many practitioners find it very hard to understand. But to some it is a high-level qigong, for they have great power of understanding (in qigong terms, "wuxing") and good sensitivities ("minganxing"). These seem to be innate, and Buddhism calls them "hui gen" ("the intelligence root"). I found that I possess exactly these good qualities.

I impatiently quit the Five Animal Sports for Yan Xin Qigong. I learned to sit in meditation and listened to the recording of Yan Xin's qi-emitting lectures while I practiced qigong. In the beginning, I practiced "dan pan," which is having two legs bent but only one rested on the other in a sitting position, while keeping the upper body straight and lower jaw slightly lowered ("han xiong shou fu") then relaxing the whole body, eyes closed and tongue tilted upwards to touch upper cavity, gradually sinking into tranquility ("ru jing"). Then I meditated according to some order, counted silently, and imagined some pictures, all at the same time. In the beginning, I chose, as required by Yan Xin Qigong, the sun, flowers and saplings as the objects of my meditation. And in order to achieve a certain effect, I also took as an object of meditation a beautiful young girl that I had seen. While I meditated, I had to adjust my breathing so that when I exhaled I let my belly swell and when I inhaled, I let it contract; this is the so-called contrary breathing. The objects of meditation had to be active, as if I really saw them. For example, I saw myself watering a cypress sapling and watching it grow slowly up. Sitting in meditation, keeping the posture, the counting, and doing the contrary breathing and meditating have to be done simultaneously. It is awkward and also impossible.

For the first few days, I felt the procedure to be very difficult and painful, and my soul was tired. But I persisted by my strong will, for I wanted to achieve miraculous results. I did it every day and never remitted. In a week I gradually got used to meeting all the requirements at the same time and even felt natural in so doing. I was very surprised that I could progress so fast, as if a power was helping me so that I might very easily do such a complicated thing. About a month later, I went out of town on business, and when evening came, I sat in meditation as usual and was tranquilized in meditation. I did not know how long a time had passed when a white light suddenly flashed in the room and seemed to have brightened up the whole room. I opened my eyes in surprise but did not see anything unusual. I closed my eyes again and realized that it was not a common light, but a good phenomenon of qigong practice, for I then remembered what Yan Xin had said in his book about the white light which one was not to be afraid of and the appearance of which was normal and a good thing. I did not know that I had on that day made a critical step into the spiritual sphere through qigong. Supernormal capabilities entered into me, starting from that point on. How stupid that was! Later when I became a Christian, I asked God in my prayers why I had gone through such a miserable life experience and why I ever wanted willingly to be captured and slaved by evil spirits like that. I understand now that God has given us free will and we are to pay a price for all the wrong things we say and do. But luckily, all those days as terrible as a nightmare have now passed.

Since many times when strange phenomena appeared, I realized they were just what Yan Xin described in his book as good phenomena, I then all the more impatiently pursued higher levels.

After three months of practicing Yan Xin Qigong, I started to practice "shuang pan" ("bending and crossing two legs on each other in a sitting position"), for I knew the theory that "in order to have gong power, practitioners must practice shuang pan." This theory is not completely true, for shuang pan is only one good way, not the only way for obtaining gong power. I learned deeply in the very beginning how hard it is to do shuang pan. I had an impulse one day for doing it and decided to have a try. I had never been able to make it before. I sat myself down well and after bending both of my legs, I was able to set them both on each other. Good heavens! I was thrilled. I was immensely encouraged, thinking it was completely a miracle. But my legs felt extremely miserable, and my whole body suffered. I clenched my teeth and persisted. My soul was fatigued, but I continued to bear it. My heart felt so terrible that I was going to throw up. Tears came up to my eyes, and I had pains in all my bones and muscles. I felt I was dying. At last I let down my legs, and I was all in a sweat. Relaxing, I felt very much comforted. I looked at my watch. Only five minutes had passed. I doubted if ever I would be able to do shuang pan again.

To my surprise, in a week, I was able to do shuang pan for half an hour. I knew I had received help from an external power. Later I read a book on the personal experience of a Tibetan lama in Lasha. He recalled after he got to the United States that he had also felt like he was dying when he sat in meditation for one to two days when he was only five years old. It was so windy and dusty that little sand dunes were heaped up in his palms. I was very sympathetic with him and admired him greatly. I then thought it was worth all the hard effort and was determined to continue to do it.

The appearance of supernormal capabilities served as a great driving force for me to go on practicing shuang pan. I tested myself according to the practices and switching-on procedures described in books on gong methods and discovered almost all those supernormal capabilities in me. This was my achievement after practicing qigong, especially Yan Xin Qigong, for nine months.

The first to come was the supernormal ability of body sensation. When someone with a disease was near me, I, consciously or unconsciously, felt discomfort in the same part of my body that this person experienced discomfort, so I could tell exactly where the problem was

and approximately what kind of disease it was. Because I was afraid to take on others' feelings of being sick and the attack by the "sick qi," I did not like to be near seriously ill people.

The next supernormal ability was that of transmitting messages by mind-will. I tried to transmit to others by will simple messages, words like "left" or "right" or short numbers. I found out that there were people who were sensitive and those who were not. Little children were generally very sensitive. There was a little girl who was especially sensitive to my messages, and she was never wrong. When her parents asked her why she could receive my messages so quickly, she said she could hear my voice telling her the message. In fact, I spoke to her only in my heart.

One major supernormal capability I had was healing the sick. I put my hand over the diseased part and could feel energy coming out of my hand. I would feel a kind of exhaustion later on and was very tired sometimes, but the disease that I healed very easily disappeared. There are many different ways to heal the sick; I could heal in whichever way I liked.

In this way I began to go into action according to the Tao I had obtained, and became very well known in our local area. Many people came to me for healing of their diseases, and I was overjoyed to respond to every plea. I found out that my gong power increased by leaps and bounds when I used my supernormal capabilities to perform acts of charity. It became more and more miraculous and unbelievable. Yan Xin's qigong theory emphasizes "gong de" a lot. "Gong de" is the virtue, or morality, of the practitioners. It encourages mainly doing good deeds, achieving good character, and respecting the qigong masters of Buddhism, Taoism and every other origin.

### **2.3. THE INITIAL SUCCESS OF MY GONG CAREER**

After the first half-year of practicing qigong, my gongfu grew with each passing day, and my supernormal capabilities increased so as to be so much stronger and multiplied to be so many that I myself was surprised. It was my thought that the human body was really marvelous and the universe really mysterious. According to Yan Xin's theory, The qigong master's energy comes from the potentialities of human body and the natural cosmic world and sometimes from high-level qigong masters. I believed that supernormal capabilities came from our own bodies and the natural world. I also believed qigong masters of extraordinarily high levels could provide guidance and instruction ("dian hua"). I had become at this point a theist, but my concept of god was very obscure. I believed human beings could have eternal life, and my goal of life was just seeking eternal life, which I took to be the utmost meaning of life. And this meaning of life was an impetus for me to keep on practicing qigong for all the long years of my qigong career. I then disregarded trifles of life and engaged myself completely in qigong both physically and mentally. I was no longer concerned with my work and my relationship with others and unconsciously secluded myself from others. My girlfriend left me, and I wanted love no more. I even lost interest in my hobby of writing. All these dissipated in light of my qigong as if they no longer belonged to me. The only thing I desired was for qigong to bring me health, supernormal ability and immortal life. I then could understand why there were people who would be willing to be monks or priests. I also longed for life in seclusion, away from society. Many aspirations became inoperative, and many desires began to settle down. Other people didn't understand me and forsook me, but I didn't care. I knew what I was doing. After all, qigong and Tao understood me; after all, those who had knowledge of my gongfu and those who had been healed by me knew me and respected me. In a word, I cared for one thing, qigong. Through studying qigong theory and its practice, I realized that qigong was a mysterious truth few people knew. I regarded it as the greatest mystery of the universe and of life. My new worldview, morality, value and behavioral principles took shape in me, dispersing, like wind blowing away smoke, the communist thoughts that had been instilled in me ever since my childhood and which now disappeared in the twinkling of an eye.



I went back home to see my parents that fall. Back at home, conversations with my parents were naturally centered on qigong. We exchanged what we had learned from practicing qigong. Mum and Dad were very much pleased with the result of my practice of qigong and were proud of me, just as they had been when I was a top student in my class. They had taught friends and relatives how to practice qigong. They had all achieved very good effects. Mum's health was nearly recovered and she was back at work. She often exclaimed, "Qigong has saved me!"

My parents had plans in those days to move to a new home that was not very far away. Dad and I decided to move without asking others for help since it was not a very difficult job. When evening came, we started our task. In order for the new home to be a strong qi field, we repeatedly played tapes of Yan Xin's recordings. We had peace of mind for so doing. At about Zishi (between eleven o'clock at night and one o'clock in the morning), we had almost finished moving with the two tapes being played repeatedly. Very strangely, I didn't feel tired at all, but rather felt very much relaxed as if I had not been toiling very hard at all. My heart was filled with peace and joy. As we were finishing moving, I felt more and more comfortable listening to the recordings on the tapes, and a kind of power was infusing within my body; gradually it spread all over my body and soul. This power began to stir, and my soul felt uneasy and also began to stir. I realized something unusual was happening, but I could not tell what it was. I tried to calm myself down and resisted this power by reasoning. But immediately I knew I had failed. Deciding to yield, I told my parents hastily, "I can't bear it anymore. I want to do something very unusual. I can't stand it!" My voice must have sounded very desperate, for I got them very much concerned for me. They encouraged me and said, "Don't be afraid! Relax! Let it be!" Dad hurried to accompany me when I walked out of the house towards a large piece of land in the boundless darkness of night. I suddenly found it was a vast expanse of whiteness all around me. It looked like clouds, but it was not. At this moment I heard Yan Xin's recording on the tape saying "It's a vast expanse of whiteness all around." I looked up, and there was not any white thing, but only the starry sky, which looked beautiful and mysterious to me. Many years later, I still remembered the strange and peaceful sky on that night.

I groped my way to the clearing and let go all my worries and fears, completely succumbing to the control of that power, while my heart was filled with curiosity. I moved in a circle, again and again, letting myself obey the impulses. My body was pulled like that of a drunkard. This power was growing all the while and seemed to pull me out of my body. I felt as if there were two "I"s inside of my body; one was stirring, the other one looked on, having no choice.

Finally the stirring "I" rushed out of me at last like a volcano. It rushed out of my throat, and out of my mouth ran a long scream full of strangeness and sorrow, very far, far away into the quiet night. It seemed that my soul was crying. But why? I didn't know. There was no answer to this question. My eardrum shook, my mouth thirsted, but I felt very comfortable and full of a sense of mystery. I realized that I had entered into a very rare qigong state in which I was connected with a superhuman power.

Gradually, my body began to quiet down, and I entered a selfless level. Everything seemed to exist and yet was nonexistent. Very slowly, my sensations became illusory too. After I do not know how long, I suddenly knelt down, and that power forcefully pushed my head downward to the ground. I rejected again, but it seemed there was a huge hand pressing on the back of my neck. It wanted me to kowtow. I felt humiliated and was unwilling to kowtow, but a message entered into my mind. It told me that a high-level qigong master had chosen me to be his disciple and wanted to impart his "gong" to me and that he was dying. After I heard this, I lowered my head immediately until it touched the ground. I accepted in awe my invisible master, letting him impart high-level gong to me as he willed.

After a little while, my hand pulled up some grass beside me and put it into my mouth. I chewed, and at once it felt as if a spring had rushed out; I swallowed down a lot, and my

throat thirsted no more. My body had regained tranquility by then, and I lifted up my head on my own and looked up at the dark sky. I knew my "master" had died, and that his soul was still existent and protected me and added continuously more "gong" on me.

I rose and realized the white smoke was no longer there. By the moonlight I could see very far. My Dad was still standing there, far away. We returned home, and it was already after one in the morning. Mum and Dad looked at me concernedly and asked me how I was feeling. I said "very well." They were very happy for me, but I could see perplexity showing up on their faces. We all went to bed.

The next day I was returning to my work unit, and Mum put some Chinese dates in two bags and had me take them with me. She wanted to weigh them and see how many dates she had put in each bag. But I immediately said, "This weighs one jin and one liang." She weighed it, and it was exactly what I had said. I told Mum the other was just the same. She did not believe me and weighed it and found out it was just as I said. Mum looked at me in surprisedly. We both realized my gong power had increased again.

From that day on my qigong power had reached a new level. I did my best to sit in meditation and practice qigong at Zishi (between eleven o'clock at night and one o'clock in the morning), for of all the times during a day the qi field is at its strongest at Zishi, and practicing qigong during this period of time produces the best effect. But I learned what it was to "practice qigong twenty-four hours a day." I could stay in a qigong state all the time and often had my tongue tilted upward to touch my upper cavity. My forehead began to sink, and I had a special feeling at my tianmu, which is the so-called third eye on the human body. Once anyone has his/her tianmu opened, he/she will be able to see many things invisible to human eyes, and his/her supernormal capabilities will be enhanced. I had always wanted to have my tianmu opened. My healing power grew stronger and stronger. Many people came to me or had me come to their homes for me to heal the sick. All those healed by me received surprising healing effects. Later, I started to heal remotely. One day a friend came to see me and told me his colleague had an unbearably terrible toothache and asked me to go with him to help him. I said to my friend, "You go back and tell him he is all right now." After a little while, this friend came back to me in great excitement and reported, "The moment I saw my colleague, he told me that his toothache had just stopped. You are really getting more and more powerful." There was once a university student who asked me to try on him the remote massage. I agreed and we set a time. We were several hundred miles apart. But when the appointed time came, I didn't do the remote massage for him, for I forgot about it. I felt very sorry and embarrassed, but received a letter a few days later in which he described excitedly how he had an miraculous experience that day when our set time came. He was lying on his bed, and at the exact time he felt severe bloating pain in his shoulders, and his muscles bounced for about a minute. He said this was the first time he had ever experienced in person the miraculous power of qigong.

After reading his letter, I was greatly surprised. How could this be possible since I had missed the appointed time that day? He was a science student who took facts and logic seriously. I could imagine what he had experienced from the astonishment he expressed in his letter. But how could I explain this event? I had no answer. I later read about similar events in qigong magazines, but had no reasonable explanations for them.

I practiced harder, and my gong power was increasing all the time. I became more and more famous, and more people came to acknowledge me as their master and learn qigong from me. But I was not interested in having disciples, for I had not found any suitable candidates with very good intelligence root ("hui gen"). I taught them some simple gong methods when it was too hard for me to refuse. Some of what I taught was already in books, while others were my own inventions. But the result was satisfying. Under my influence there arose in my town an active trend of practicing qigong. These followers voluntarily organized themselves and practiced qigong together. They bought videotapes of Yan Xin's qi-emitting lectures and

played them for free. I went to take a look and was very much inspired. Many of the local people had just realized the miraculous power of qigong. They practiced together, but I still practiced by myself, though they wanted very much to have me lead them. I had no interest in doing so, for their qigong levels were very low, and thus they were not helpful to me.

Later on, I invented a way to cure nearsightedness. I put an eye chart on the wall. I had the nearsighted persons stand five meters away from it and asked them to take off their eyeglasses and to state clearly what was on the chart, starting from the first line, then moving to the second, then the third, until they could see very clearly the last line. They could not believe how their vision could improve miraculously to the best state in just a few minutes. I was startled but did not show it. One after another nearsighted person came to me for healing his or her eyes. I used my supernormal capabilities on all of them. But the problem was that a few days after they got healed and took off their glasses, they had to put them on again, for their vision worsened again. And I could not explain why.

Three years passed. I practiced qigong every day and dared not slack up. During this time I read a lot of books—Taoist, Buddhist and Tibetan. I studied a lot of gong methods and learned Chinese medicine theory for half a year. Because as Yan Xin had said, "Chinese medicine and qigong come from one origin." The study during those years helped to broaden my theoretical knowledge and effectively advanced my practice. I also discovered that qigong exists in various forms in Confucianism, Buddhism and Taoism, even at the high level of Chinese Medicine. (These forms will be discussed in detail in Chapter four.) I had at this time started to practice my own gong method, which was very simple and very effective, for I had already found out about the basic theory of qigong, and I thought I had already entered into a state in which I was connected with the natural cosmic energy field. This is referred to as staying in the qigong state at all time. I could practice qigong at the same time whatever I was doing—whether walking, sitting, or lying down. Qigong practice became much easier. And whenever I was tired, I sat in meditation. Immediately I would be in a self-satisfied state, as if everything were not existing, or as if I were not thinking, even though I was thinking. I would feel extremely comfortable physically and recover my energy very quickly. I then understood why the Buddhist monks could sit in meditation all night without sleeping. I also formed some habits which I would illustrate as follows:

1. I realized why Buddhist monks like to eat vegetables because I began to hate eating meat and to prefer vegetables. Although I had always liked vegetables since my childhood, I ate only vegetables now and could even smell a kind of fishy smell in eggs. That smell made me nauseated.
2. For a short period of time, the phenomenon of "bi gu" happened to me, which is a special state of not eating or eating very little while not feeling hungry. During that time, I was very comfortable physically, very energetic, and my gong was enhanced greatly.
3. Sometimes I chose a cypress tree in the woods and collected its energy. Then I would feel energized entirely sufficiently. I stretched out my arms around the tree trunk, but my hands did not touch it. I used a special way of sucking the energy of the tree into my body through my hands. After a long time, a little circular light-white mark was formed in my left palm. I then realized how in mythical legends ghosts and monsters could suck human energy. It is the same as sucking the tree energy.
4. In order to stimulate my tianmu (the third eye), I use a gong method, which allowed me to set my eyes directly on the sun. I usually chose the noontime sun to gaze at. And I usually did this for a few minutes, but my eyes would not be hurt. When I looked at the sun, there would be a dark shade covering the sun. But I had to concentrate in order never to err.

5. Sometimes I could see bright light covering my hands, trees and electric wires. When I meditated, there would appear in front of my eyes shimmering lights like very bright stars.

6. I began to practice divination and divine by the Eight Trigrams. There were very often groups of people coming to my office in my work unit to ask me to tell fortunes for them. People who needed to make some major decisions would come to consult me, get some suggestions from me, and then leave happily.

In a word, I found that I was changing. I had many strange hobbies and was at odds with the world that I was living in. I got estranged from people around me, admired hermits greatly and was sorry that I could not lead a life like theirs. I understood why Taoist priests or Buddhist monks had to practice Taoism or Buddhism far away from society. It was not just for practicing.

I went further and further, alone by myself. Without any companion, I traversed lonely, yet not knowing what my destination was.

## **2.4. PILGRIMAGE**

In the summer of 1990, I traveled to Beijing to attend Zhang Hongbao's class of "Chinese Gong for Health Improving and Intelligence Enhancing." I studied hard for two weeks in the suburban area of Beijing and achieved a lot.

On the first day, I saw Zhang Hongbao, who delivered a speech at the school-opening ceremony. He looked very young, his face glowing with health. He had once been sent as a young student to labor in the countryside in Northeast China and then one day had suddenly obtained supernormal ability. He started to *chu shan* (go into action) on August 8, 1988, and became a famous qigong master overnight. He was divorced. He was very much business oriented and in a very short time made a lot of money through qigong business means and set up qigong schools. In his speech Zhang very excitedly described the emergence of all kinds of qigong from different origins as the contention of a hundred schools of thought during the Spring and Autumn and Warring States Periods (722-221 B.C.).

Zhang left after giving his speech, and his disciples taught classes. There were many trainees, and it was very hot. Several electric fans tried hard yet in vain to make it cooler in the classroom. But everybody remained patient unremittingly. I sat there dripping with sweat and hoping for a break. I learned why there were so many people who would like to learn "Chinese Gong for Health Improving and Intelligence Enhancing." It was because Zhang was adept in the theory of supernormal ability and he taught the most direct methods so that people who had never practiced qigong could obtain supernormal capabilities very quickly and get very much encouraged and warm hearted for continuing the study. Principles that it took me a long time to awaken to were very casually taught here.

One day a teacher taught us how to see light, light that is invisible to human eyes. I had seen invisible light before, but not that of the human body. The teacher was very serious and also very proud. He seemed to have very high-level gong. He stood in front of the class, whom he asked to see the light above the top of his head. He claimed to have light of several colors over his head, and the more colors there are, the higher the gong of the person is. I tried to look but saw only a light circle of white color. I adjusted my state and saw beautiful circles of red, yellow and green colors above his head. If there had been even more colors, including purple, his gong would have reached a very considerable level. This is why in pictures of Buddhist ancestors, there is behind their head a circle of light which resembles the sun.

While we trainees were at the qigong school, we lived in dormitories. In my dormitory there were eight of us. There were among us three university students, one senior high student and one teacher. There were also two who were said to be managers of a martial arts school in the south. They were very much respected and paid reverence by the three university students who could not stop exclaiming in admiration of them, even though I regarded them as having just an average level of gong but an acceptable skill of martial arts. While we stayed together, every one of us did his best to display his excellent qigong virtue, showing courtesy to others, paying respect to everyone else, humbling himself and tolerating others. One of the university students was a student leader. He appreciated the book *The Great Qigong Masters* by Ke Yunlu and would gasp in great admiration of it. He held it in his hand and said to me, "I have read it many times. Ke Yunlu is so profoundly and rigorously logical that his thinking is really unbelievable!"

Every night before we went to bed, we meditated together for an hour, listening to the repeated reading and singing of "nan wu a me tuo fu," a piece of Buddhist verse. I liked this verse and the sound of it sent forth from a loudspeaker, which could be heard in all the dormitories. It was full of dignity, power and mystery. I sat in meditation for an hour and would then feel very cool and lie down to sleep very comfortably. Those university students admired me a lot for being able to sit with both of my legs bent and set on top of each other. Every morning before sunrise we practiced Chinese Gong for Health Improving and Intelligence Enhancing together, and the loudspeaker played beautiful music and gong practice steps. I practiced seriously every day, but without remarkable results.

After the training, I went to the first greatest Taoist temple, Beijing White Cloud Taoist Temple. Visitors were few, but I was full of interest. I chatted with someone who looked like a chief Taoist priest. He said he practiced gong every night. But I was disappointed because I did not find any priest of high-level gongfu. It seemed that they no longer had the true essence of Taoism there.

Two weeks later, I went to Lao Shan Mountain in Qingdao, Shandong province. Pu Song Lin wrote in the classic *Liao Zhai Zhi Yi (Liao Zhai's Records of the Strange)* of the wondrous gongfu of Taoist priests in Lao Shan Mountain. When I was there, Kuang Zangxiu, a chief Taoist priest of high level, had just died. I toured around, took many pictures, worshipped the idols made of mud, and achieved unexpectedly the desired effect. I was very much touched, realized many principles, and was greatly inspired.

Very quickly, the summer was over. I returned to my work unit. My qigong level entered then into another new sphere.

## **2.5. AS MY HEART WILLS**

My trip to Beijing gave me great confidence. Firstly, I realized that my gong level was so high that I had never, up till then, never met anyone who was at a higher level than I was. Secondly, I achieved great progress in the philosophical theory of qigong and also in my gong power. I got very much encouraged by these and decided to have my tianmu (the third eye) opened as soon as possible. I thought that the evidence of tianmu being opened was not just the ability to see some special light, but the ability to perceive the human body or other objects.

During this period of time, Yan Xin's other high-level gong method was published, and it came with audiotapes. So the practitioners could listen to the instructions while they practiced. The name of this gong method was "Nine-step Qigong." This is a very powerful gong method, but also very difficult, mainly because the imagination steps are very complex and hard to be achieved simultaneously. The object of imagination is the lotus, the image highly esteemed in Taoism. I practiced for nine months and completed all the practice process. My gong power was greatly increased; more importantly, my qigong theory was

even more perfected, my power of understanding further enhanced and my quality for practicing qigong remarkably improved. I set about to make more and deeper study of qigong works and gradually perfected my own philosophical theory of qigong.

Just before I practiced "Nine-step Qigong," I acquired a very interesting gong power. One day I found that my audiotape of qigong practice had lost all the recordings on it. I did not know it was the tape and thought it was the player that had gone wrong. But I was mistaken and suddenly realized that it was a supernatural phenomenon. I then held the tape in my hand, produced gong for a little while, and put it back in the player. The tape was played, and still it ran quietly. I waited and listened for a little while more. Gradually, I heard a very small sound which grew louder and louder as if the sound were coming from far to near. Finally it was all normal. I knew I had acquired new power.

Once I was with some friends who had a similar problem. They couldn't understand why their cassette tape went wrong. I took the tape with me to the outside, meditated a little while, and put it back into the player. They played it, and there came beautiful music. Another time I was with some young students, enjoying disco music. Again, the tape was soundless, and a boy student checked and judged that the player was broken. I told him it was not and took the tape and shook it. I played it, and the rhythmic music played from the tape filled the room. That student looked at me blankly, completely puzzled.

After I practiced "Nine-step Qigong," this ability of mine was even enhanced. I once visited with the family of a friend who also practiced qigong. She tried to play some music to please us all, but the tape would not produce any sound. She found it strange and tried another tape, which showed the player to have no problem. I told her that I could make the tape normal. She was excited to hear this and would like to see how it could be possible. I put that tape back in the player, pushed down the play button, and sat down quietly to maneuver the sound of the tape by meditation. Gradually, the sound came up, from small to loud, as if it had come from far to near. My friend exclaimed in admiration, "Ah! You are really now omnipotent!" I was all the more so much pleased with myself that I continued to exert my imaginative thought upon the tape and the sound grew louder and louder until it reached a volume even louder than what the player was set to produce.

I felt great when I moved to about the fourth step in the "Nine-step Qigong." I was thinking about some issue one day when I happened to see an enamel bowl somewhere near me in the room. It had its cover on it, but I suddenly began to see a dark green shadow in the bowl. I looked closely and saw it was water. I held the bowl up. The water shook in the bowl. I was very surprised, for I could now perceive objects, even through iron. I could not even believe then that this was true, so I observed more. I removed the cover of the bowl, looked on the inside and the outside of the bowl, and finally was certain that I could perceive the bowl and see the water from the outside of the bowl. The major function of "Nine-step Qigong" is to develop supernormal capabilities, especially that of perception. I thus realized the power of this gong method. But what was strange was that I later lost the ability to perceive the enamel bowl. I had great regrets and confusion.

I usually practiced at night with the lights out. I closed my eyes and could still see the outlines of my hands with a layer of white light. Sometimes I woke up at night and saw clearly the outlines of my shiny hands with my eyes closed. I felt I saw them with my tianmu.

During this period of time, healing the sick became easier and easier for me. The methods that I used looked to others more and more mysterious. I invented, as my heart desired, some gestures, which I very simply performed, for it took me only a thought to solve the problem. Really, it looked as if I had done nothing, for imaginative meditation was all that was needed.

Another inexplicable phenomenon bothered me. While I practiced one day, the power failed in my room, and I thought it was general power failure. I looked outside and saw there was light in all the other rooms. Yet the lights in my room were on the same circuit as others and were not burning. A few hours later, the lights in my room suddenly lit up. This happened several times. This was another qigong phenomenon and one I found hard to control. Every time it happened, I had to sit in meditation for a while before I could have the light back in my room. My life was made inconvenient in this way. Sometimes I would just light some candles and leave my cassette player alone. I was very unhappy for I knew gong power had interfered with the electric power. I wondered why I could not maneuver the electric power as easily as I could maneuver the sound of tapes. I would sometimes forget whether the switch was on or off when I went to bed. I would have to wake up and turn the light off when the light came back on again.

Once the light was out again when two qigong friends came to listen to some music in my room. I was very embarrassed and asked them to wait while I got on my bed and sat in meditation. In about ten minutes the light came back on. They listened to the music and praised me in admiration, yet I fretted for being unable to control the light. This situation lasted for over half a year. Sometimes when the light was out, I would go outside, and a surge of unspeakable sadness and incompetence arose in my heart.

By that time I had practiced qigong for four years. I had practiced every day and reached a considerably high level. Then I began to take several disciples. The ones with good qigong quality soon acquired supernormal capabilities. Many more around me began to practice qigong persistently under my influence. Pang Heming's "Intelligence Qigong" was very popular then. People listened to loudspeakers on sports grounds while they practiced qigong every day in the afternoon and evening. I joined them for a few times, for I could encourage them as a high-level qigong master admired by them by so doing. In this way I could also claim myself to have no sectarian prejudices, an excellent qigong virtue.

One Chinese saying goes like this: "During ten years of hard practice one is unknown; once he has achieved success, he is known by all." This proverb popular in the qigong field described exactly my feeling. But I thought my gongfu still had much room for improvement, for my goal was Yan Xin's qigong level. I continued with qigong practice almost apathetically and continued to be awakened to more principles of qigong. I had only one thought—never to stop practicing, even for one day. I was like a lonely traveler in the desert heading forward in a direction that I thought to be correct, without knowing when or whether at all I would be able to get to the destination; neither did I know what the destination should be like. I had only one thought that sustained my will—to continue, never to cease.

## **2.6. HEADING FOR MY DOOM**

As my supernormal capabilities multiplied, I gradually understood that the legendary "eight immortals" were actually Taoist qigong masters of high level. They had achieved great success with their qigong practices and had become immortals who would never die. Then my goal was no longer Yan Xin's qigong level, but becoming a figure like the "eight immortals" and acquiring eternal life.

Sometimes I looked up into the sky and was filled with aspiration and also doubts. I tried to understand the universe and pondered its limits and significance, but my intelligence was so limited and incapable that the only answer I found was no answer. I sought painfully and realized a truth which I took to be the supernormal ability of qigong as the only way for finding out about the universe and life. It seemed that this world was controlled by time. So I thought that if time disappeared, many things would be totally different. Human beings would then not grow decrepit and die. But it looked as if time would not disappear. Hence the only way out was to break away from the control of time. I borrowed a book on Einstein's theory of relativity and studied about the principles of time and space. Roughly speaking, what I

learned from my study was that when the speed of a moving object exceeded that of light, the speed of time would change. I therefore concluded that time had different densities. When time of less density entered into time of more density, life could be greatly elongated. Then I realized that the saying in mythical legends "a day in heaven is a year on earth" is reasonable. In fact, when I practiced qigong and sat in meditation, I experienced the magical change of time. When I entered into a visionary state, I felt as if I had disappeared. Because of this it was hard to estimate how long I had meditated. Sometimes I felt as if half an hour had passed, yet it was only one or two minutes; sometimes I felt it was only one or two minutes when it was actually half an hour. From this I deduced the theoretical hypothesis that time could be described by three-dimensional coordinate axes. Through adjusting the coordinates, we could adjust the density of time and hence the speed of time.

With this understanding I found that many issues which had baffled me were easily solved. The Indian monk Da Mo, who was the founder of the Shaolin Temple, was said to have once faced a wall in meditation for eight years. Many people believed this could not have been true. But I thought that since Da Mo had indeed a very high level of gongfu, he could have adjusted his position on the time coordinate axis, so that the eight years in which he sat in meditation facing a wall, passed for him like a number of minutes or hours, while for others like eight years. Having as its founder a person of such a high level of gongfu, it is no wonder that Shaolin Temple could have its great influence up to day.

I regarded the "eight immortals" as people like Da Mo, but of an even higher level. They could break away from the control of time in their normal state. That is to say, they positioned themselves at the origin of the coordinate axes. That was why they could be immortals. I re-studied classical literature such as *Xi You Ji (The Pilgrimage to the West)*, *Liao Zhai Zhi Yi (Liao Zhai's Records of the Strange)*, and *Feng Shen Yan Yi (The Enfeoffment of the Gods)*. I also read the section called "A Precious Mirror for the Romantic" in *The Dream of the Red Chamber*. I was immensely enlightened. I discovered that in these works there were many indications of qigong practice and something about the spiritual sphere I had realized. I regarded Wu Chengen, the author of *The Pilgrimage to the West* as not simply a literary writer, for his knowledge of qigong practice was absolutely thorough. I then understood why the great qigong master Yan Xin highly praised these literary classics.

I studied *I-ching*, *Tao Te Ching*, and writings by Han Feizi and Zhuang Zi. Though these works are commonly regarded as literary and philosophical classics, I discovered in them theories of high-level qigong gongfu. And Ke Yunlu and Yan Xin appreciated these books greatly too, regarding them as deep works on qigong. Through my study I made a huge modification of my qigong theory. From this time forward I only sat in meditation when I practiced qigong, no longer following any steps or any gong methods. These, I discovered, were only superficial embellishments and only for people who did not understand the theory of qigong. For practitioners of high-level gongfu, the philosophical theory of qigong was the most powerful inspiration. Every new piece of principle realized would mean an immediate increase of gong power for the practitioner, who would then be one more step closer to the spiritual sphere.

I also realized what in essence Yan Xin's "qi-remitting" lectures were. I experimented with some people who also cried, or laughed or danced without stopping. I sometimes secretly healed others. I imagined that I went to the person that I wanted to heal and healed him. I later asked him about his illness. He said he was healed, but did not know that I had done it for him. If some came to me with a request to heal a third party, I would give him something, plus some so-called "messages," for him to take to the sick person or give him a prescription of Chinese Medicine to be carried by the sick person in his pocket. Many got healed in this way. Later I found it was still too troublesome, and just I simply told them, "There is nothing serious. He'll be ok tomorrow." It was exactly so the next day. Or I would say, "You're already healed." The painful sickness of the patient would disappear immediately.



But if someone had displeased me and I felt this person to be a bad person, I would curse him and attack him by imaginative meditation. The result would usually be his getting sick or having some unlucky things happened to him the next day. And the sickness might be with him for a long time. In the practice of qigong, there is a saying which means, "If in three days I had not punished any people, I would be in such low spirit that I could not even walk vigorously." I often enjoyed the delight and satisfaction of punishing people.

In 1991 I decided to practice "yang shen chu qiao," which is to have one's soul leave one's body and have it move freely outside the body while leaving the body where it is to wait for the soul to return to it. This is a horrible gong method and very dangerous. But once it was achieved, it would be possible to the person to come back and forth between the spiritual and the material worlds. The reason why I decided to practice this gong method was that I had reached this level and could not have skipped it over.

Before then I had discovered that my soul would by itself go out of my body at night. As soon as I fell asleep, my soul would soon drop downward, as if there was an abyss, very horrifying, and I had to sit up immediately. I found it very strange and wondered why the soul would not go upward. Sometimes I tried to connive at my soul's going downward, but I could not overcome the fear through any means. I decided to practice "the soul leaving the body." According to qigong theory, practitioners of "soul leaving the body" must have helpers around to take care of them, for in the beginning stage the soul many not be used to the new dimensions and may easily get lost and be unable to find the way back. If the soul delays too long, it many never be able to come back, and the body will die.

From my beginning experiences, I learned that it is an extraordinarily horrible feeling. Since I understood the terrified feeling of the soul, I was worried about my soul's being unable to come back. I wanted to find someone who would keep me company while I practiced. This person must have deep feelings for me and shout wholeheartedly for me to come back when my soul got lost on its way back.

Also this person must understand the principles and methods of qigong practice. I did not have around me anyone who could meet with these qualifications. I wished I had a very good girlfriend, but I could not find anyone suitable for me. Out of no choice, I started to practice on my own.

When night came, I sat in meditation for a little while before I lay down. I found that it was most convenient for my soul to leave my body when I lay down on my back. Gradually, I entered into a half-sleeping state, and my consciousness came to be almost static. All of a sudden, my soul had a stir; my consciousness was recovered; it awoke but stayed static. My body could not move. My soul did not drop downward as before, but floated upward. First, I felt suddenly lightened, and my legs went up out of my body and got up in the air, like floating to the surface in the water; only it was even lighter.

Second, my abdomen and my upper body moved upward. But very disgustingly, my head had a very hard time coming out, as if there were many connections that could not be loosened. At this point I felt as if someone had caught me by my feet and dragged me upward. I felt miserable. Then I felt terrified. Though terror is also a good phenomenon, according to qigong theory, the terror of having the soul leave the body is inexplicable. I returned to my body hurriedly, like a ship returning to a warm harbor. I turned on the lights immediately and waited while my fears receded. Then I went to bed, feeling as if relieved of a heavy burden. I slept with all the lights on, for I did not dare turn them off.

This situation lasted for about half a year. But later my soul could go out more and more easily. I dared not even lie on my back, for otherwise my soul would leave my body as soon as I was asleep. Every time my soul was out, I had to face tremendous fear. I got myself very much exhausted physically and mentally in this way and had to stop practicing qigong for a

few days. Whenever I wanted to have my soul come out of my body, I simply lay down on my back and very quickly my soul would begin to float up. What puzzled me most was why my soul was afraid when it was outside the body. I did not see anything horrible nor did I hear any fearful sound. I found my fear unreasonable, for I had nothing to fear. I had always thought myself to be a very bold person. I even practiced qigong at night alone on a mountain covered with thick forests. I really could not find reasons for my fear; instead I tried to accept it by thinking that the heavier the price I paid, the higher level I would be able to achieve. I also took it as a kind of training and trial. Anyway, I hoped to reach the level as soon as possible so that I could come in and out of my body freely either at night or during the day. I also hoped I would be able to go very far, unlimited by time and space, and perform many miracles. I continued on my way, not knowing it was a broad road leading to death and hell.

There were several times when it seemed that my soul successfully got away from my body. It went above the bed and turned around to look at the body, which now looked very much blurred. There was another time when my soul dropped down onto my shoes by the bed. Every time the soul went out, it had to hurry back, afraid of any longer delays. Fear was the thing that I had never been able to defeat, and I was also worried that I might not be able to return. I had only achieved the first stage, when the soul, once outside the body, could not yet clearly hear or see or feel or know anything. I really wished to have someone to take care of me while I practiced, but I had never found the right person. I was very regretful about this since the gongfu of having the soul leave the body could not be practiced further.

But just as I was still trying to find ways to continue practicing this gongfu, great changes happened to my life. A series of events brought my life to a serious crisis, and I had to look at qigong and my life from a different angle. It was the darkest and most miserable time of my life.

## **2.7. A HOPELESS LAMB**

Years of qigong practice had made me consider myself always in the right. But just as I was very pleased with myself, a lot of strange events began to happen in my life, many of which were hard to understand. All these things, which related to all aspects of my life, were unpleasant, even sad and painful.

1. There were clear signs that my character was becoming vile and corrupt. My previous gentle and amiable personality had at this point been replaced by extraordinary irritability and quick temper. I had no patience whatsoever and was often resentful and even murderously impulsive. I was now disrespectful to my parents and often hurt their feelings. I did not know why, and it seemed that without any reasons I became a more and more horrible person. Also I found myself strange. Every time I was at odds with my parents and siblings, I was very sorry. I regretted what I had done and wondered why I did it!

2. Due to the supernormal capabilities I had in me, I became very proud of myself and despised practitioners of lower levels. But my heart was very often full of empty feelings and obscurities, and I did not know why. My exclusive lifestyle made me feel more and more lonely, and my life lacked vitality and joy. Sometimes I admired very much the lifestyle of normal people, for my life had become more and more heavily laden. I felt that these phenomena were contrary to proposed qigong theories, which held that as the practitioner's gong power increased, his/her personality would be bettered since qigong practice was an effective process for cultivating love, gentleness, kindness and intelligence, and other such beautiful virtues. Practitioners were to have the freedom of having whatever their hearts desired, but, on the contrary, the reality for me was that I felt more and more burdened and bound.

**3.** There were many displeasing things happening in my life. The pressure I got from work, due to all the difficulties I met with, was greater than I could bear. And my work unit leaders treated me in a very unfriendly manner. I had a very unfavorable relationship with a specific colleague. I failed repeatedly in my love affairs, very often without rhyme or reason. Financially, I had a very tight budget and suffered several business failures.

**4.** Once I practiced at night in the cold wind, which hurt my neck and caused me serious rheumatism. I could not heal it. What was even stranger was that it deteriorated so as to make my neck feel extremely uncomfortable and tortured me every day. I had to shake my neck to alleviate the pain. Since every few minutes I had to shake my neck forcefully, I must have looked very funny to other people. I then understood the qigong theory about "avoiding wind as we would escape arrows." Though after I reached a certain level I was no longer vulnerable to wind when I practiced, rheumatism had already set in my neck. I was very disappointed, for my gongfu was completely useless for my own sickness. I did not know why. Anyway, this neck disease was very strange, for I passed my uncomfortable feeling to other people. I tried not to shake my neck when I was with some people, for otherwise they would very soon start to shake their neck or pinch their neck with their hands. They looked very uncomfortable and told me they did not feel very well. They did not know I had a neck problem, which I dared not to admit as the cause of their discomfort. Anyhow, I felt very much perplexed about this myself. Once when I was watching a movie in the theatre, a soldier was sitting just beside me. He was soon infected very seriously. He kept shaking his neck every few minutes until the movie was over. I tried all the time to bear the pain in my neck and did not shake my neck even once, being filled with shame and guilt. I knew this was not a common disease, but a strange one that had energy with it. When I touched my neck, the painful part felt cold.

**5.** On one night, not long after I started to practice Yan Xin Qigong, I suddenly woke up with a start, for I felt that something was pushing down on me. I was very much afraid and wanted to struggle, but I could not move my body. I tried to cry out, but I could produce only a weak sound. Eventually I sat up abruptly and turned on the lights. This happened repeatedly later and was more and more serious. I began to hear voices speaking and even sounds of people panting. I clearly felt the weight of someone who seemed to have thrown himself on me and clutched my neck.. I could even feel the temperature of his hands. In order to know this was not mere illusion, I went to sleep with the lights on. When I was again pressed on, I opened my eyes and saw a thing in my room and even read words which were on the wall. This was not a dream. I struggled to get up and was extremely terrified. I did not understand how this could happen. Though it happened not so often later on as my gong practice proceeded, it never stopped. I suffered all by myself this spiritual and physical torture for years, daring not to let others know.

The above terrifying phenomena tormented me and caused me pains and bewilderment, but no doubt was thereby engendered in me about qigong. According to qigong theory, tribulations are favorable phenomena, for suffering tempers one's character. "You gain while you lose." Practitioners can acquire excellent-quality groundwork through suffering, which is the indispensable step before they achieve complete success in qigong practice. I hoped to attain "the highest state of enlightenment" (zheng guo) and become an "immortal" who no longer had to suffer hardship in this world.

Since these horrible happenings had not awakened me to the danger of qigong, even more terrible events began to befall me, like a hellish curse following me closely as if it were my shadow.

I emphasized my practice of qigong a lot at Qingming (fifth solar term) because qigong theory holds that practicing on red-letter days in the lunar calendar is very effective. I turned off the lights at night and sat in meditation satisfactorily in my mosquito net. I adjusted my body and breath, faced northward, and entered into the qigong state of tranquility. After a short while, a slight and subtle sad feeling arose spontaneously in my heart. I paid no special attention to it, for I thought the qi field at Qingming should have some sad elements. But what happened next seemed very unusual. The sadness was aggravated and grew to be a deep sorrow, which I tried very hard to subdue. But my effort was in vain, for I just wanted to cry. I did my best to hold back the crying and felt extremely miserable both spiritually and physically. At last I cried out, and woeful tears kept running down my face. I was unable to stop the cry, yet did not know the reason why I cried. It seemed that someone was sobbing in me. This sad power constantly ran inward to the depth of my heart, saddened my soul and rushed out, along with my tears and crying. I sat there, crying, sometimes high, sometimes low; as if because of enmity and hatred. How I wished someone were with me! But no one heard me, and no one knew what had happened. There was only my mournful crying resounding in the small, dark, lonely room.

I changed into a melancholy and taciturn person, without joy and heavy hearted, having only a tiny bit of comfort from my vanity because of my supernormal abilities. Qigong was now the sustenance and meaning of my life. My moods fluctuated with my emotions, which were controlled by qigong. My overall logical thinking ability went downward; I lacked wisdom in what I did. I could be talkative and quick in thinking only when the topic of conversation was about qigong. I did not see what I was like, and no one reminded me that my humanity had become abnormal.

Finally the most disastrous event happened. I was forced to quit my job due to a very strange event. I returned home and shut myself up in my study. I also started to engage in some business. My girlfriend left me. I cried and complained to my mum and decided to give up on love.

On a summer night, a band of gangsters attacked my home with knives and axes. Three in my family were wounded. I was badly stabbed in the head. Blood spilled all over the floor, and a stinking smell filled the room. Our report to the security authorities was ignored. Our complaint was not given attention. We stayed in the hospital for half a year, exhausting almost all our savings. I thereby lost all my financial resources, having already lost my job. Years earlier, when my entire family started to practice qigong, my brother was stabbed in the chest and almost lost his life. He was out of danger two weeks later and was hospitalized for half a year. He rested at home for a year and then left to work in another city. He also suffered a lot in his love affairs.

After this disaster I began to connect qigong with all these unfortunate incidents, realizing more or less the dangerous elements of qigong. But I did not yet stop practicing it. I carried on some business, but very often when it was almost successful, unexpected occurrences would arise and bring about failure. My supernormal capabilities from qigong did not offer me any help. My life got into a predicament, and I met with failure everywhere. There was only a precipice in front of me. It seemed that besides my jumping down into it, there was nothing else that could be done.

I went to visit my brother during a business trip. His girlfriend's mother said to me that in the entirety of China there could not be found another family as unlucky as ours. I was watching a movie about a gambler on TV one night. A famous Hong Kong actor was playing the antagonist, who had supernormal capabilities. They were repeatedly performed in the movie and suddenly stimulated me so violently that I felt my own supernormal ability stirred and

very soon lost control of myself under a power unlike any that I had experienced before. I was forcefully controlled by that power. I wanted to cry and to have a big move. My consciousness was gradually completely dominated by another "me" who went so far as wanting to control my body. "It" wanted me to walk towards the window and commanded me to jump out of the window. I held myself and shouted crazily. My brother and his girlfriend were greatly astonished. My brother held me tightly for a few minutes until I finally calmed down and told him it was all right now. After a while my brother started to weep, his girlfriend standing by and comforting him.

Finally, I decided to leave the place where I had lived for many years for some place where nobody knew me. Amazingly, a rare chance brought me to a remote and ideal area which looked to me as a foreign country, a world full of novelties. I congratulated myself for finally having escaped from the past, which now had passed like last-night's nightmare. Presented in front of me was now a broad, hopeful and vigorous territory.

## Chapter 3

### Knowing Jesus

#### 3.1. STORY OF MY GRANDMA

How quickly does life pass! It comes hurriedly and in a wink it is gone, just like a wind which is, in a twinkling, nowhere to be found; and it is like a shooting star which in an instant disappears from our eyes. The meaning of life and the mystery of the universe baffle all human beings. Since ancient times all humans, no matter what they have been, whether emperors, kings, scholars, commoners, high officials, or men of wealth, have faced death, no matter how different their identities have been. People reflected and searched for a final answer about the reasons of life and existence. But they all failed and left this world with regret and a sense of helplessness and were quickly forgotten by the living, who are going to meet with unavoidable death just like those before them.

My maternal grandma died in 1990. This was an event that I had never experienced in my family ever since I could remember anything. I found it so unbelievable. I was with the family that night at the crematorium. There were corpses lined up at the gate waiting to be cremated. Death was felt in every corner here. None of my family spoke; we only waited in silence.

When it was my grandma's turn, we lifted up and put her body on the conveyer belt. The cremator was an old man. He sized up human bodies as if they were charcoal and then added charcoal skillfully to the crematorium. The cart that held my grandma arrived slowly at the door of the cremator, and the door was flung widely open. The conveyor belt sent forth abruptly my grandma's body, which landed in the chamber of the crematorium. Instantly, my grandma's entire body was covered by fire. Then the door was lowered, shutting my grandma from our view. My soul was vibrantly shaken, and I remembered how grandma, in the boundless stretch of a field of wheat, had told my brother and me children's stories which enchanted us and aroused our imaginations. I saw again in recollection my grandma with the four-year-old me at the train station and saw her running about with her bound feet, asking for directions during the long trip she took me on, as if she were still in the flesh. But now, she was dead. My eyes saw the crematorium again, and I told myself repeatedly in my heart: Grandma is dead. She is indeed dead now, and she is being cremated...In no more than half an hour, we were handed a plastic bag of bone ash, which we put in a cinerary casket.

This was the first time in my life when I had gotten so close to death and learned something about it. I was greatly shocked spiritually and mentally. I pondered over life itself, my own life and death in the future and also this world. I realized how difficult it was to understand the meaning of life. I longed to find out about the meaning of my life and the reasons for my existence in this world. Where did I come from? Do I have to die? Why do humans die? Is there another world where the dead will go? If only humans could live forever!

In my qigong career I had trusted that qigong could in the end offer answers to these questions. I had built up, on the basis of qigong, a worldview and value system, which were actually a combination of the worldviews of Taoism, Buddhism, Confucianism and qigong. But no clear answer as to the essence or meaning of life was offered by this philosophical system.

After suffering all the pains that qigong had brought to me and the pains of life itself, I had now arrived at the remote geographical area that I yearned for. My new life had begun.

### 3.2. DARKNESS BEFORE DAYBREAK

After I arrived at the new place, I started to do business. I had at that time suspected that it was qigong that had brought about my misfortunes and had at the same time been disappointed as to what qigong could do. Though I had not stopped practicing it, my enthusiasm for it had decreased considerably. By then, my practice of qigong had continued for almost eleven years, with the first seven years consisting of formal and continual practice. I could not give up the practice, even though seven years of persistence had been so uneasy that I was unable to understand how I could have done it when I looked back at my qigong history. I decided to say goodbye to the past and never to let anyone know I was a qigong master; nor would I heal anyone nor use any of my supernormal abilities, nor would I seek any more supernormal capabilities. I wanted to become a totally new man, having no trace at all of the past.

One day, I decided to stop practicing qigong for a day. That night I did not sit in meditation, but went to bed directly. I could not go to sleep. I lay on my bed and thought a lot, feeling an unusual relaxation and relief, but also a thread of regret. In seven years this was the first time that I had ever decided to stop for even one day my practice of qigong. But I hoped in this way to bring myself some good luck for my new life. I slept very peacefully that night, having no bad feelings at all. I resumed practice of qigong the next day. Even though I had stopped for only one day, I did feel that I had parted from the old time and started a new life.

It was not long before I got a very good business chance that I had dreamed of for a long time. I was thrilled about this good chance which was exactly what I had longed for. I did my daily business while waiting uneasily, fearing any change in this business opportunity. I did not believe that anything good could happen to me. Just at this time, however, an unexpected event put all my business into a desperate position. I was almost completely hopeless. What happened was extremely strange and totally illogical, as if a stone fell out of the sky and struck me on my head. I asked myself sadly why I was so unfortunate that it looked as if a curse were always following me, unwilling to leave me alone.

I went out of town on business one day and stayed in a hotel room with other guys. I did not practice qigong, for it was inconvenient with other people around. But the next day my business was unexpectedly so successful that I no longer believed myself to be an unfortunate person. For the first time in years, my heart was filled with the joy of success and also a degree of confidence. I felt indistinctly, though, that this had something to do with my missing my qigong practice the night before. But if it was true, then ... I dared not to go on thinking along this line. I got a chance to practice qigong for a little while that night, and the next day a business deal which was expected to be easily successful failed completely and I even had to pay out of pocket. I was despondent on one hand, but, on the other hand, I realized suddenly that I had practiced qigong the night before. What a curious coincidence! What a sharp contrast! Good heavens! What on earth is the matter? Who could tell me? I was extremely grieved and began to see the most horrible series of cause and effect. But I was yet unable to make a confident judgement. I went on practicing qigong like a moth darting into a fire, not knowing I was seeking my own doom.

How time flew! Soon it was winter vacation. A very strange thing happened. After spring festival I received a telegram informing me the recent death of my grandfather. In the following days strange things happened incessantly. My mum had in one meal the amount of food sufficient for her three meals; I took a picture of my mum, but later I found it was blank on the negative; the lamp fell by itself off the ceiling; the iron stove in the yard knocked itself over suddenly, as if someone had pushed it hard. I had not seen such strange things as these for a long time, and I worried what other terrible things were to come.

Spring came and I threw myself completely into my study. Studying was the best way for me to forget about the past. One day I heard that the child of a friend had contracted an

incurable illness. I was suddenly very sympathetic with this little kid and decided to use my qigong gongfu to heal her. I sat in my room and started to meditate, imagining that I had come all of a sudden to that friend's house, found the little girl, sent forth gong to her, and then returned to my room. But later I heard that this child's disease had gotten abnormally serious suddenly that day and that the child had been examined in the hospital without any discovery of the cause. The child got over the illness and was taken home happily, but the parents were badly troubled by the false alarm.

I wondered a lot why I could not heal the child, why on the contrary she seemed to have gotten sicker because of me. This was the last time I tried to heal the sick with my qigong since it was so unsuccessful a try. In some sense, it marked the end of a period in my life.

### **3.3. THE APPEARING OF MORNING STARS**

One afternoon about the end of March in 1994, I rode my bicycle to a place where I had some business. The weather was still cold, but spring had definitely come.

I met an acquaintance on the way whom I had known for over half a year. Both of us had very a good impression of each other though we did not know each other very well. Since we were going in the same direction, we just rode our bicycles together and chatted. Up to day, I still wonder, when I recall, for what purpose or with what motivation I suddenly asked him that day about qigong.

I said, "Do you know about qigong?"

He nodded and said, "Yes. Qigong is very dangerous."

Instantly, his words sounded in my ears like thunders. I was stunned with shock. Time seemed to have stopped. A light seemed to have shone through the darkness and straightened out my mind. The window of my soul was flung open, light coming through.

I hurriedly asked him, "Why? Why is qigong dangerous?"

Having arrived at his place, he had me stop with him and continue our conversation. I impatiently waited, and he asked me, "Do you believe there is still another world outside this world?"

"I believe."

Maybe because I answered too easily for him to be sure I really understood what he meant, he gestured, drew a circle on his palm, and divided the circle into two halves, saying while pointing to one of them, "The world can be divided into two parts. This part is where we are living now. It is visible and intelligible by the senses. We call it the material world." He pointed to the other half circle and said, "but this half is invisible and very hard to understand by the senses. We call it the spiritual world. Do you see what I mean?"

I sure did, but I did not tell him that I had understood it through qigong practice. I told him that I believed what he had just said, and he was quite shocked, saying, "There are many atheists who believe only this world that their eyes can see. How did you find out about the spiritual world?" I didn't answer him directly. I said goodbye to him and continued my way.

My soul was surging in me and hard to quieten down. I questioned repeatedly why he knew qigong to be dangerous and why he looked so sure about what he said about it. I knew that I had to consider this problem seriously that had been harassing me. I longed to make clarify this issue and suddenly felt that this person was the one who could completely solve my problem and remove my perplexity. I decided to find him and visit with him.

I finally found him on one warm afternoon. We walked and chatted, and I cautiously told him about the many strange things that had happened to my family after my grandfather's death, trying to see how knowledgeable he was in this area. What I found out was surprising. He said those things were not strange at all and that what was important was to understand the



truth about these things. I realized I had finally met with a bosom friend. I was very happy because I was able to talk with him unguardedly. We then went directly to the major issue. I asked him, "Do you believe supernormal ability exists?" I looked at him, waiting for a reply. He nodded. "I know supernormal ability does exist. It is a supernatural power." In order to illustrate further, he pointed to some small buildings along the street and said, "Let me give you an example. Some people can use their supernormal ability to make them fly up to sky and back to ground. Very powerful. Of course, this is only an analogy."

I looked at him and said seriously, "I believe there are people who are able to do that." He was very interested in talking with me and patiently explained, "But you have to understand that the supernormal capabilities do not belong to the person who claims to have them." A peal of thunder split just above my head. My mind was opened up wide, with a cool wind blowing through.

I did not know what to say; panic and disturbance filled up my heart. He suddenly became cautious and stopped the topic. After pondering for a little while, he said to me, "If you are interested in knowing more about these things, please come to my home in the evening the day after tomorrow. I have a Bible for you to read. It will answer all your questions. I accepted his invitation immediately; I was a drowning man in the sea spotting a life buoy, and I had to seize it!

### **3.4. THE LONGEST NIGHT**

I waited impatiently for the time to come when I could go and visit him at his home. But I continued to practice qigong. The time finally came.

It was a very peaceful and beautiful evening. Cool air instilled into my chest gave me a comfortable feeling. I walked along the street covered with leafy trees, and from time to time warm lamplight shed through the tree limbs on me and on the road before my feet. Stars shimmered in the night sky as if they were guarding a very special night.

I could never have dreamed that this night would be a life turning point for me, and it was a Good Friday. I went up the stairs and knocked at my friend's door. The door opened and a bright light shone through, seeming to bring with it a beautiful serenade.

He and his wife greeted me and smilingly welcomed me into their home. Music was playing in their room, filling every corner and also my heart. I sat down on the sofa in the orange light sent forth from the lamp. On the tea table in front of me were a few small plates of candied fruit and three fine teacups. I could see they had especially prepared for my coming; feelings of gratefulness and warmth gushed up from the bottom of my heart.

He sat down kindly and chatted with me with a smile on his face. His wife sat down by the other side of the tea table, poured tea into my teacup, asked me if I would like have some candied fruit, and then listened to our conversation with a smile on her face. We did not get to our topic immediately; we just chatted, but he seemed to have something on his mind.

Suddenly he put his hand unconsciously on the back of the sofa behind me. I felt a strong power in my back coming from his hand and spreading instantly to my neck. There was warmth wherever this power reached, and it seemed that there was a hard layer of ice in my back melting rapidly. I was astounded and looked at him with surprise, I could not keep from asking him, "There is great power in your hand! Why?" I described to him my feeling, but he just casually said, "Really? If it makes you feel comfortable, I'll keep my hand there." I was very much surprised, but also trusted him a lot. Then I heard the music played by the tape recorder. It not only reached my ears, but touched my heart as well. I had ease of mind, and my heart started to be moved by the peace, comfort and warmth in the music. I immediately discerned a special power in this music unlike that of ordinary music.

I could not help saying, "This music is very special, very powerful." A wonderful surprised look immediately came on his face, and he asked me, "You could really feel the power of this music? This is very interesting. Do you know what music it is?" I shook my head. I had no idea at all.

"Let me tell you. It is Christian music." His hopeful eyes were filled with expectations. I did not have much response, for I had very little knowledge of Christianity. I had known an old lady who had come back to China from the United States to preach the gospel. She visited my home, but after some research and discussion, we decided that Christianity and qigong were just the same in essence. Later I read part of the Old Testament and some pamphlets and reached the conclusion that Jesus was a qigong master of high level.

He said to me, "I'm a Christian. I believe in Jesus. I believe in God." He further asked me, "Why did you ask me those questions days ago? Do you have anything on your mind to tell me?"

I finally made up my mind to let him know about my practice of qigong. I believed that he would understand me. For years I had never found anyone who would listen to my stories. I had never found anybody to whom I could speak about all my miseries. I had now finally found this person, this man in front of me.

I started to tell my life history. All the loneliness and sorrow buried in my heart for years came out incessantly from me. I started from my childhood to the present time, including my qigong history, major events, failures and pains in my life, especially in the most recent years. Soon I could not help sobbing. Tears rushed out like a spring. All my grief and shame seemed to be flowing out of me with the tears. My friend and his wife listened quietly and said some words of comfort, sympathizing with me. Gently, he touched my back with his hand; warmth and power kept flowing into my body.

While I was still choked with sobs, he told me that they had been praying for me in Jesus' name ever since I came into his house. Only Jesus as the Sovereign Representative of God could get me out of my abyss of misery and give me a brand new life. He asked me if I would like to pray and accept Jesus as my personal savior and friend. I hesitated a little and told them to please wait until I finished what I still had to say.

I went on pouring out my grievances, tears running down my face. I recalled the past events. What sufferings! How sorrowful! I cried for myself continuously. I kept recounting, releasing all the burdens and depressions in my heart. My soul was a bird freed from bondage. My body was like a piece of melting ice, warm and comfortable, extremely relaxed. I wept for two to three hours, forgetting the world and time in my cries, leaving deep pains and hurt quickly behind me, never to return.

Eventually, my heart's grief came to a halt; my tears seemed to be no more. My cries weakened, and the beautiful praise music arose again in my ears. It sounded holy and peaceful.

I lifted up my head and leaned back on the sofa. I felt entirely relaxed both mentally and physically. My friend and his wife looked at me with concern and poured some more tea for me. He held my shoulders and passed to me a towel to wipe away my tears. I felt a little embarrassed for I had not realized until then that I had cried for such a long time. He asked me again, "Would you like to accept Jesus as your Savior and Friend? Are you willing to accept God?"

I was hesitant. I was not ready, so I did not know what to do.

"There is one thing you must understand. When you practice qigong, you are actually worshipping the evil spirits and Satan. Those supernatural capabilities do not belong to you. To say they are yours is a lie, which you believed. The evil spirits empower you and let you taste some of the sweetness of being able to employ supernatural ability. But their purpose is to get you away from God and to further destroy your life. Do you understand?"

"I don't understand completely, but I'm sure what you said is true, for my past life has proved what you've just said."

"Very good." He was very happy and said, "So, it is a sin that you have committed, and it has angered and grieved God. The first thing you should do is to confess to God all the sins you have committed in your life, especially your practice of qigong. There is one thing you must be clear about: in God's eye, any faults and wrongdoings, whether they are actions, or words, or even thoughts, are all sins. Hence the Bible says, 'All have sinned and fallen short of the glory of God.'"

"Then everybody is full of sins?"

"Yes. But God is perfectly holy."

"Will God forgive me?"

"Of course, He will. God is the Heavenly Father of human beings. He is our God full of mercy. As long as you confess, He will forgive you. Jesus has taken away all our sins. Trust Him!"

I then told him my heart's anxiety: "Does that mean if I confess my sins and accept Jesus as my friend, my life will be happy?"

"Certainly. Because God will begin to bless you, for you have become His child." His answer gave me great comfort. "And more importantly, you will be able to go to Heaven after you die, and enjoy the perfect eternal life."

Eternal life? Is this not exactly what I seek? I was hopeful, like an endless night finally met with the twilight. Though I did not yet completely understand him, I saw hope and light. Water of life started to moisten my thirsty soul.

Following his guidance, I began to confess my sins before God. I recalled my past, searched my mind for every single sin I had committed, and confessed to God every one of them, saying, "God, please forgive this sin of mine." I prayed for each of them, and very soon I had come to the sin of my qigong practice. Oh, my God, I did not know how to pray about this one. It was like finding a big heap of garbage in the room after I had cleaned it. I felt ashamed and miserably regretful. I recalled and confessed all kinds of qigong that I had practiced. I was even reminded of all the Buddhist and Tibetan incantations I had chanted. I once imagined myself to be a skeleton. Thinking of these, I could not help but shiver with cold and confessed all the more wholeheartedly to God.

After I do not know how long, I had at last thrown all the garbage and filth out of my heart. I felt that my soul was totally cleansed. My friend happily said, "This is wonderful. We've been praying for you to be filled with the Holy Spirit."

"What is the Holy Spirit?"

"There are two kinds of spirits in the spiritual world. One is the evil spirit, which comes from the devil, or Satan. When you practiced qigong, you were filled with evil spirits. In contrast is the Holy Spirit, who comes from God, who is the King of the universe. Christians are filled with the Holy Spirit. The essences of these two spirits are totally different and completely opposite to each other."

My rational knowledge was much clearer now. I suddenly realized what I had done before: "Is it that I worked for the devil before?"

He laughed. "Yes. And you have paid a miserable price for it. But all has passed. Tomorrow is a new day."

Yes. How beautiful! A new life had begun.

"Let us pray," he reminded me.

"Yes, let us pray."

My soul wanted to pray, to know God, to be blessed by God and part forever from the terrible past. He told me prayers should be made in Jesus' Name. I asked him why. He explained, "I can only explain this very simply to you now, but all the truths are in the Bible, in which you can find answers to all your questions. This is why the Bible is the book which has sold the most copies in the world. People have found in it what is needed for life. You can take your time and read it. Well, now let me answer the question you just asked. Do you know about Christmas?"

"Yes, I do. It's the day when people remember Jesus' birth."

"Right. And what is the significance of the B.C. which people use all over the world to mark the time in history?"

"Remembering the birth of Christ." This I had learned a long time ago.

"You're right! 'B.C.' in its original language means 'before Christ.' Jesus is the Christ, and Christ means the Savior of the world."

"I know Jesus is a true historical figure who was sentenced to death by the local government in the time of Roman Empire under Caesar. He was crucified." I had read some historical data from books.

He was very much satisfied with my understanding: "Very good. Jesus is the most famous figure in the world over the past two thousand years. He is the most influential man in human history. He is not a politician, a philosopher, a scientist, or a theologian. He spent only three years telling his local people about Himself. But His words and teaching have become a faith spread continuously all over the world in the past two thousand years."

"What is his relationship with God?" I could not wait to ask this.

"You have asked a very good question. There is very clear and detailed answer in the Bible, but I can only make a simple explanation. The identity of Jesus is the Son of God. God sent Jesus to this world in order to save human beings. And He came as a human being. HE is the perfect Representative of God. You can take him as God. HE came to this world to die for human beings so that all who believe in Him will have their sins forgiven, no longer live under punishment, and have eternal life. But death could not control Him, and He rose again three days after His death and showed Himself to many. He is the One that He claims to be, the Son of God, the only Savior of the whole world. In the 'Old Testament' of the Bible, prophecies about the birth of Christ and His activities number over three hundred. Just as Jesus Himself has said, the whole Bible is written about Him."

"When was the Bible written? Who is the author?"

"The Bible consists of two parts, the Old Testament and the New Testament. The Old Testament was formed between 1500 and 400 B.C. and was written in Hebrew in different times by some prophets guided by God's revelation. When you read the Bible, you will see that many prophecies, especially all those about Jesus, have been already precisely realized. The New Testament was written by Jesus' disciples during A.D. 40 and 100, mainly in Greek."

After I received this knowledge, I got a much clearer understanding. It was absolutely unbelievable that the Bible prophesied about Jesus hundreds, even thousands, of years before Jesus was born.

Then I remembered my question: "Why do prayers have to be made in Jesus' Name?"

"Very well. Let's go back to the previous topic. The Bible tells us that because of human beings' sins, we are in no position to be in direct contact with God. But Jesus died for us and took away our sins. And the whole event is God's plan. Jesus said, 'I am the way and the truth and the life. No one comes to the Father except through me.' So we can only be

completely connected with God through Jesus alone. This is why we have to pray in Jesus' Name. It was also required by Jesus."

I understood, though not completely, for I still needed to put this new faith of mine into practice. But I was now willing to pray, for I wanted to speak to Jesus and to know my God.

Just then, he reminded me again, "Are you now willing to accept Jesus as your Savior and to pray to God?"

Why not? All of a sudden, I realized that the truth of the world that I had painstakingly sought had been presented in front of me. My soul made a most direct judgment. In the vast universe, there is only one Administrator. He is the God whom we can know through believing in Jesus.

I replied, "I am willing."

"That's good. Let us pray."

I immediately posed a sincere posture to get ready for praying. He looked at me compassionately and explained, "Praying is different from practicing qigong. You do not have to have a certain posture or formality. The Bible says, 'God is a spirit, and his worshippers must worship in spirit and in truth.' God is omniscient, and He can see into our hearts. The purpose of Jesus' coming into this world is to relieve and rescue us. He has said, 'Come to me, all you who are weary and burdened, and I will give you rest.' He gave to those who believe in Him freedom and peace, which can never be taken away from them. This is why you can take Jesus as your Friend and Brother and God as your Father. Do you think you should feel ill at ease with your friend or brother or father? Praying is speaking to Jesus our God and chatting and sharing your heart with Him. You can speak in whatever way you like and never exhaust His patience. He will always listen to you patiently and answer you and bless you. He is our most faithful, most trustworthy friend. He remains the same yesterday, today, tomorrow, and forever. He never changes."

After hearing these words, I was silenced. For a time, I did not know how to express my feelings. Is this my God? So humble and accessible like a father to me? In an instant there flashed across my mind the deathlike, miserable feeling of my first sitting in meditation. I also seemed to see myself in pitiful tears while sitting in meditation in my mosquito net at that Qingming. I remembered again on the night of acknowledging my master how I was forced to the ground to kowtow. How stupid and miserable I was! I then wanted to cry aloud again for my own past and also for my God Jesus Christ.

I was fully relaxed and free from any inhibitions. I followed him in prayer to God.

I began to pray to accept Jesus into my heart. He led me sentence by sentence in prayer:

**"Dear Jesus Christ, I believe You are the Son of God, the only Savior of my life and also the only Savior of the whole world. I believe You died on the Cross for me. I ask You to please forgive all my sins and debts. Please come now into my life and administer my whole life. I am willing to follow you. Please give me permission to enter Heaven and let me have the full life you promised. I ask You again to please forgive my sins and please give me the power to eradicate my bad habits and correct all my shortcomings either in my character, my quality, my speech, or my thinking. Jesus, please give me a strong faith, a great love, hope and wisdom. Please give me eternal life. In Jesus' Name. Amen!"**

This is the very first prayer that I made in my life to Jesus Christ, and it is the most important turning point in my life. I proclaimed to the spiritual sphere and to the world: "I have become a follower of Jesus Christ. I am a Christian. I am now a child of God!" Henceforth, my brand new life had begun. But it was not until later that I really understood the significance of all these things.

After I had prayed this prayer, my friends were filled with joy, as if they had just accomplished something for themselves. They said to me, "Congratulations! We're very happy for you! Praise God for choosing you. You are blessed."

"Thank you very much! It was as wonderful as in a dream." I was exceedingly gratified and sipped the fragrant tea.

"Since you have made this prayer of confession, you can pray by yourself in Jesus' Name to God. You can also pray directly to Jesus. You can pray now for what you would like to pray for." He encouraged me.

How much I would like to pray! I had a lot of wishes to say to God. I longed for happiness, and I was afraid of my hellish life in the past. I longed for freedom, peace and blessings.

"I pray in Jesus' Name." I began to pray; my heart filled with joy and newness. "God, please give me a happy, free and peaceful life." My prayer was very simple, but by saying it, I told God personally my most sincere wish.

This was my first prayer request, and God has answered me, just as a father would answer a child. Since then I have obtained the life that I had long longed for and that I am enjoying up to today. I learned that God is faithful and dependable. When you put all of your hope in Him, you will never be disappointed.

When we looked at the watch, it was already after four in the morning.

Full of thankfulness and also embarrassment, I said goodbye to them. They assured me that it had been their great pleasure to do this for me and asked me never to feel sorry for taking their time. They promised me that they would pray for me and made an appointment with me to meet again on Sunday. I learned then that this Sunday was Easter.

I tucked the Bible into my bosom on the way home, joyfully thinking about the wondrous experience tonight. All was quiet at night; the whole world seemed to be sleeping. I had no fear, feeling as if God were holding me in His arms. No evil spirits dared harm me.

Back to where I live. I did not sit in meditation, but went straight to bed. I lay down and felt like gigantic chains on me had been loosened. Thinking that I no longer had to sit in meditation, I felt boundlessly and sweetly happy. I fell asleep, and my soul rested.

### **3.5. WHO AM I**

It was Easter. On this day two thousand years ago, Jesus rose from the dead and made this day a dividing line for human history. I had had two free and relaxed days. I arrived at his house on time. He welcomed me like an old friend, and I found that a deep bond had formed between us, a friendship I had never had before, like sunshine in spring time shining on the frozen river bed in my heart that had just started to unfreeze.

After we had sat down, he asked me, "How have you been doing these days?"

I said with deep feeling, "I've been doing very well."

"Wonderful. Did you pray?"

Oh, right, how come I forgot to pray? I said very much ill at ease, "I forgot to pray. But I felt extremely well these days."

He said with concern, "We cannot depend on our feelings, unlike qigong practice, which depends totally on one's feeling. It is as dangerous as a blind person riding on a blind horse. Our Christian faith emphasizes facts very much. You should put your faith into practice in your life and verify what you believe. We should use God-given wisdom to analyze, evaluate and test what we experience in life. And Jesus said He must testify to us about Himself."

This was indeed a very truthful principle, completely different from the qigong ideologies that had been formed in me during the many years before. Qigong has its basis in feeling, which then produced facts. But Christ based our faith on facts, by which He had us verify our faith theories. I asked, "How should I practice?"

"Praying is the most direct means of practice. You can pray about general issues and also about detailed and specific things. When what you have prayed for is realized case by case, you will be shocked and know Who it is that you have believed in. Naturally, your heart will be fill with joy, and you will suddenly see the light and say, 'Wow! It IS so wondrous!' In the meantime, you should read your Bible and master as soon as you can the basic structure of the Faith. You had better start with the New Testament and try to understand all that is in the gospel and know God's plan and blessings for us." He explained to me joyfully, and I listened to him with great interest.

"One more thing. You should have fellowship with other Christians. You can go to church or get together often with Christian friends. In this way, you may, on one the hand, learn more truth and grow strong in Christ; on the other hand, you will know more Christian friends, those who know Jesus and follow Him, and you will start a new life totally different from before."

I learned a lot from his words, and this kind of real life was exactly what I had dreamed for. I began to realize how dangerous it was to live according to our feelings.

"What is most important for Christians?"

"This is a very good question. Always remember, the most important thing for Christians is love. Love Jesus and God and love all the people as we love ourselves." What wonderful principles! Love. Who would ever refuse it? Love. Who could live without it? I thought about it carefully and acquired some new knowledge of God.

"You can now pray if you would like," he warmly suggested to me.

What should I pray about? I searched for something in my mind and thought of the business that my family was doing. We were trying to run a restaurant and rented some rooms. We had done our very best to renovate the interior and were ready to start business when we suddenly received a notice from the government that forbade us to do so. What a most terrible misfortune it was! All of our efforts had been in vain. But I was already used to misery and numb to it. We rented another ideal site very soon, but others seized it within a week. They had a very good relationship with the owner. We were desperate and very low in spirit. This was my biggest concern at present.

I began to pray about it. "I pray in Jesus' Name. May God give us a good place to rent for a restaurant. Amen."

My friends joined me, saying "Amen," and showed they agreed with me in prayer about what I had just prayed for.

I felt a kind of comfort in my heart when I prayed, though I never thought what the result would be.

### **But what happened later made me understand who I am and what identity I do have!**

Time passed by quickly, and we got more and more interested in our conversation. Finally I could talk as a normal person with others. New life had indeed begun. My friend said they would like to pray for me, and I gladly accepted. He put his hand on my shoulder, and they began to pray. I felt a warm power permeate my whole body. Slowly I felt discomfort coming into my heart, and my body felt uneasy. I told them I would like to lie down, and they quickly made space for me on the sofa, and I lay down on my back.

I felt very exhausted or, I should say, very restless, as if something were going to happen. I closed my eyes. They continued to pray for me, and there was a kind of power covering me and filling the whole room. Suddenly, my body had a twitch. A power came into me. I was startled and opened my eyes immediately.

"What happened?" They asked.

"Nothing." I didn't know what it was, so I did not really care much about it.

They started praying again. Very obviously, greater power was at work. My body snapped again and wrenched violently. This time, I felt a power coming from within my body. Unlike the "spontaneous movement" in qigong practice, this power did not move my body into any movements but wanted to rush out of my body.

I sat up in a hurry and was frightened. He seemed shocked. Looking at each other, he and his wife exchanged their views. He then told me seriously, "Listen. Don't be afraid. You are ok. God is with you. We want to pray a special prayer for you. If the same thing happens again, you hold on and pray to God for His help."

I lay down again, deciding that I would like to see what was going to happen again. The words of prayer rose again, and my body began to twitch again. A strong power at my belly button pulled my body violently and pushed my head and feet upward just like in a twitch. I tried to hold on and seized the sofa fast with my hands. It seemed that there was more than one power in my body knocking side to side. These forces then combined into a single force and rushed fiercely, which bulged up the part of my body it happened to attack, like a trapped rabbit wanting to escape out of a sack. I opened my eyes and looked while it tormented my body.

Slowly I felt this power had suddenly become a person, a conscious person. Oh, God, it was me! No, it was impossible. Then who was "he"? I felt again that it was me. But then who was I? A terrible idea came up to my mind. There were two "I"s. One wanted to go out of my body; the other was at a loss. Oh, my God, which one was me! I shouted out loud, and my cries were filled with fear. Then I was taken into warm warm, and I opened my eyes wide open and looked at my hands and my body. My mind made a clear judgment that this was me, no problem, a real me. Yes, this was me! I was able to control my consciousness at last and calmed down a little bit.

My body got impulsive again, and it seemed that my whole body was going to be thrown out. I clasped tightly the mat I was sitting on, expecting the power in my body to go out soon. It rushed to my chest, and my upper body shifted to one side abruptly, and the lower part of my body was stretched out like an arch. I twitched for a long time, and I moaned desperately. At last, all that crazy power rushed out of my body. Instantly my body became like a deflated rubber ball and was softened. I lay completely still. Both my body and my mind felt very empty, as if everything had become static. My friend's gentle voice flew softly into my ear, saying, "It's ok now. You're all right. It's all over."

I opened my eyes slowly and felt as if a century had just passed by. I sat upright and looked at my body. I felt that I was myself, very real, and felt like I was cleansed thoroughly inside and out. My heart was thus extremely lightened. I was now very clear-headed. There was no doubt that I was I!

He looked at me with concern, and weariness on his face betrayed him. He told me that I had invited very strong demons into myself during the years of my qigong practice and that what had happened just now was the casting out of these demons so that Satan could no longer control me or defeat me because Jesus had saved me and made me a son of God.

Later I was surprised to read in the Bible about how Jesus drove out the demons from possessed people during his day. What had happened to me was very similar. Since then I have believed that my practice of qigong was actually the act of having the devil come into me and become one with my soul. I believed that my supernatural ability was actually the devil's supernatural ability. But the devil did not let me notice this fact and had always fooled me and made me lose "my ego" and become his slave. I understood at last how much my life had once been in peril! I was nonetheless saved, and I am full of gratitude to God and admiration for Him.



During the years since that time, whenever I recall that night's experience, I consider myself to be very fortunate, and I cannot help thinking: Why has Jesus chosen me? How blessed I am!

I had had dealings with too many evil spirits, who were now very unhappy to leave me. When my friends prayed for me again a few hours later, I found there were still other demons lingering in me. I was reminded that Jesus once drove seven demons out of one person. I really did not know how many evil spirits were in me or how many sins I had had. It was very late at night, and my friends were very tired. I left them and got on my bike to go home. I went to bed not long after I got back home, feeling complete ease in my mind, when my brother came in suddenly bringing me a piece of good news. He told me that he had just gotten a telephone call informing us the site for restaurant that we would like very much to rent was now available again for us.

Was not this exactly what I had prayed to God for hours ago? He answered me! I nearly jumped off my bed, and praise to God came out of my mouth for the very first time: "You are great, God!" How unbelievable! God had really listened to my prayers! So quickly He had given me a wonderful surprise! I was so happy and started to learn a little about God. God answered more of my prayers in the following days and assured me that His existence is a fact. He communicated with me and proved Himself through answering my prayers. All the help God gave me satisfied my biggest needs and was related to my daily life. He blessed me practically and made me see a lot of amazing and exact facts. The practice of my faith was full of excitement and the joy of success. Through the practice of prayer, I saw shocking results that brought me to complete submission to and admiration for God. Days later, I went to their home again and found that they had invited another younger Christian to help pray for driving the demons out of me. This young Christian later became my best friend. The three began to pray, and I began to twitch again, though much less violently. Truly there were demons driven out again. They repeatedly did this for me for one month, and finally during the last time I could lie in peace when they prayed for me. I felt as if I were sleeping in warm arms. I no longer had any struggles or tears, but only inexplicable happiness and peace saturating my body and soul.

I remembered what Jesus said: "I have come that they may have life, and have it to the full." He also said, "Whoever lives and believes in me will never die." I have been given this full and eternal life. Praise God!

**This is how I became a Christian. I hope all qigong practitioners who read my story will take it as a true experience and draw lessons from it. We have all erred and taken a wrong and foolish direction, which leads to disasters, death and hell. Only Jesus is our Savior, through whom alone can we have eternal life and enter into the Kingdom of God. I sincerely hope that you will face the fact and make a wise decision, which is your God-given freedom and right, not to be taken away by anyone. Jesus said, "He who has ears, let him hear."**

**Life is like a short dream and passes quickly. Whether you believe in heaven and eternal life or not, please do not let go your last chance in this world.**

**I pray for you, and I love you deeply.  
May God forgive you and bless you!**

### **3.6. THE TASTE OF HEAVEN**

The wonders of God always amaze His believers greatly. Why are there two billion Christians in the world? Why does the Gospel give millions upon millions of people hope of life wherever it is spread? Why do American presidents take their oath with their hands on the Bible at their inauguration? Why do many famous scientists believe in Jesus Christ? Modern science and technology have helped to spread the Gospel more quickly and more widely.

The rapid development of modern societies has proved the truthfulness of the Gospel. Jesus said, "This gospel of the kingdom will be preached in the whole world as a testimony to all nations." Over the past two thousand years, the spreading of the gospel has gone from its tiny infancy in its beginning to its development today over the whole world and has proved the prophecies of Jesus. When compared to the eternity of God, all the eminent figures in the long procession of human history—magnificent kings, so-called great people, celebrities, powerful autocrats, the luxuriant wealthy, and the ignorant arrogant—are but smoke disappearing into the air, leaving no traces at all or but pleasant flowers and fragrant grass that are merely burned up and never remembered, even in the place where they had once lived.

Truth does not need to be supported by authorities to be true. People long for truth like travelers in a long, dark night expecting the daybreak. Innumerable people do not know truth because they have never been shown the truth. When people who have been unable to see truth ever since birth at last have the blinders removed from their eyes, all lies are shown to be naught under the sunlight. Such people suddenly see the sky with tearful eyes. When I was finally able to escape from the death valley of qigong, I entered into a boundless Garden of Eden flowing with milk and honey, and Jesus' love filled my soul and body.

My language is too poor to express the happiness, peace and joy I experienced when I first believed in God and became a Christian. All the demons in me were driven out, and I experienced during that month a happiness that I had never experienced before, a kind of happiness that was like a warm cloud surrounding me. When I was on my way or stayed at home or lay on my bed, wherever I was, God's Spirit was always in me, giving me limitless peace. I was like a wounded prodigal who had roamed about for long years and was now back home. God's love showered upon me, like holy living water bathing my body and soul. I would not have regretted it, even if I had died soon. I often found myself wondering whether this was only a dream, for over the past years I had become numb to happiness and come to believe I would never have happiness in my life. I looked up at the bright sunshine, the blue sky and white clouds, and the green trees along the street and found them to be so real that I realized I was indeed enjoying great happiness. Oh, how wonderful life is! Oh, God, how much You love me!

Jesus said, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

My soul and body recovered rapidly, and I began to like my life and to realize that my life is pricelessly precious. I used to dislike my life and was obsessed by suicidal tendencies. After I became a Christian, I met a young Christian friend who helped to cast the demons out of me. He is a little older than I and like a big brother to me. He is full of love and often shows a holy light on his face. We often got together and enjoyed fellowship as we prayed and studied the Bible together. He has now become my best friend. When we were together, I experienced the love between Christians, a love which is sincere, attentive, and unguarded. It is a love that is shown in the treatment and forbearance of each other.

He taught me Bible truths and guided my growth in Christ. He prayed for me often and cared for me in all things, helping me to know Jesus and myself further. During this period of time, I not only had an actual happy feeling in my heart and soul, but was given timely and practical help in my life, for Jesus often answered my prayers. For me praying has now become both a necessity and a source of joy.

One summer morning, I went into the bathroom as usual. But when I looked into the mirror, I was stupefied. I found myself so greatly changed and full of grace and peace, my eyes so bright and clear, that I could not believe that these changes were all genuine. I looked closely at myself and found no change in my facial features. Yet my look was thoroughly different, and my whole person seemed to brighten up. I could not wait to go and tell my friend this surprising change. He was not surprised at all and told me that this kind of change happens

to every Christian because when we have the Holy Spirit in us, we are full of love and light, which will very naturally show on our face.

I continued to pray for the restaurant that my family was trying to run. We lacked the funds to start the business. Someone owed us a sum of money that was just what was needed for our restaurant business. We asked him to return the money to us, but he insisted that he did not owe us any money. It seemed that we had to go to court. We tried our best to retrieve the money before going to court, and the result was dramatic. This person suddenly took all the money to where I lived and returned it to us. We were greatly satisfied and started our business immediately. I was filled with gratitude and reverence for God.

God's blessings quickly reached every aspect of my life. My character changed greatly, and everyone around me noticed it. After some time they all changed their impression of me, now regarding me as a joyful person. I was all the time full of fervent enthusiasm and affected others around me. One day a girl wrote me a note, saying, "Why is your sky always so beautifully blue?" I put the note in my pocket and smiled at her, thinking, *I pray that you will know Jesus too.*

God answered my many prayers, helping me with big issues as well as small ones. I was no longer easily surprised at what God could do, just let my heart be filled with more and more joy and thankfulness and gradually forgot the hurt in my heart. I prayed more and more and would often suddenly gain new insight when I read the Bible. What I learned from my fellowship with other Christian friends started to be enriched. My trust in Jesus and my self-confidence had obviously grown. There was more wisdom in my action and speech. My outward appearance was tidied, just as my soul was refreshed. Jesus said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

One day, I was very excited to hear that Christians all over the world would pray for China on the same day. My country was very much in need of prayer. How much she was in need for God to change and bless her! How significant it was that God made all the Christians in the world pray for China on the same day! God had not forgotten the disaster-ridden Chinese and had His great love delivered to all corners of China through the prayers of all the Christians all over the world. I got on to my bike excitedly and traveled into a remote wilderness. At four o'clock in the afternoon, I sat on the bank of a big river and read the Bible. I began to pray and found it very different the moment I opened my mouth. For the first time I felt that God was listening to me while I prayed. My words were no longer spoken into an empty space. God was actually listening, just like a father listening very attentively to a child's gibberish. I prayed for Chinese people, for our government, and also for Christians like me in China, for all the lost souls, for all the evil as well as good people, for all those who had humiliated and hurt me, for all those who had loved me, and for all qigong practitioners... I prayed loudly while the bright, shiny pages of my Bible left on the grass in the sunshine were shuffled by the wind. Birds afar were gliding through the sky; the river in front of me rolled on with roaring waves. It rushed towards the sea, glistening with the bright sunlight. Wind blew across my face; my prayers traveled with it afar.

After the day of world prayer for China, my faith in Christ increased rapidly. I grew to enjoy thinking and analyzing a lot. I seemed to have grown much more mature over night. I observed the people around me. Some of them were always busy, some idle. They were either happy or sad, rich or poor. They had no faith and lived in order do what they had to do every day. It seemed as if none of them used their mind to do any serious thinking. It seemed as if nobody pondered over death. I began to have compassion for them, for they had never heard of the truth. They should be told of the truth.

Months later, my friends decided to baptize me. Jesus said, "Whoever believes and is baptized will be saved, but whoever does not believe will be condemned." Baptism is a

ceremony with a very beautiful significance. We decided to have the baptism on the afternoon of the following Saturday. And everything had been arranged well for it. I looked forward to my baptism. It was Saturday finally, and I got up quite early in the morning. I felt very much relaxed. Since I saw it was still early, I slept for another hour. But when I got up again, I felt dizzy suddenly, and my stomach was miserably uncomfortable. I struggled to get to the bathroom and vomited so badly that I was completely debilitated and felt dizzy. I lay on my bed and slept dizzily until the afternoon. My friends came to pray for me, and I felt good immediately and was even able to take in a little meal to gain some energy. They told me it was an attack by the devil, who wanted to stop me from being baptized. I got very angry and insisted that I be baptized. They said it would be better to wait for a few days since I was now physically very weak. But I insisted that I not wait, so they agreed. I went on my way to get to their place, and my bike suddenly got a flat tire. The owner of the bicycle repair shop at the roadside was very rude and refused to fix my flat tire. I was furious. This had never happened to me before. As I remembered that it was interference from the devil, I got even more furious, determining that I would certainly be baptized that day! I pushed my bike along, walking slowly and feeling very weak.

I was able to reach the destination and there met another Christian, who was very young. He had come just for the purpose of praying for me before my baptism. Those present prayed for me, and I confessed my sins to God. After praying for a little while, the Christian who had led me to the Lord asked me, "Why cannot you forgive in your heart those who have hurt you? God has forgiven you. He hopes you can also forgive others." He hit the nail right on the head, laying bare the truth with his penetrating remark. No doubt, the Holy Spirit revealed him the fact. When I became a Christian, I orally forgave all those who had hurt me, but did not really forgive them from my heart.

At this time I learned that nothing could be hidden from God. He knows all my thoughts and my heart's desires. I lowered my head and realized that I had to face this issue, which was a real challenge to me. The scenes replayed in my mind, showing how others had humiliated me, the bloody ground on that dreadful summer night, the huge wound on my brother's chest. I knelt down. Lord, could I forgive them? How could I be willing to forgive them? Lord, You know everything. It was as if I had something very heavy oppressing my heart. My eyes were full of tears, a great love flooded into my soul, and I was finally able to say, "Lord, I am willing." Immediately, I could no longer control myself and cried loudly as a child. All the rancor and hurt rushed out of my heart along with my tears. All the pains and fears that were still lingering in my mind disappeared. My heart was released and my soul freed.

After I do not know how long, they helped me to stand up, and in a tremendous light-heartedness, I accepted baptism. Each of my friends poured a gourd ladle of cool water on my head, and I felt refreshed both physically and spiritually. I was full of joy and peace. I picked up a gourd ladle and filled it with the pure water. I poured it down on myself from the top and refilled it and poured again. All the filth on my body and in my soul was washed away. I became a new person. Joy gushed out from the bottom of my heart, and I laughed. My friends began to play music and sing songs. The whole room was filled with joyful singing, which wafted out of the room together with our laughter. The singing and laughter rang under the starry sky and proclaimed to the physical world and to the spiritual sphere that this baptized person had risen together with Jesus and had become a new creation who was now traveling from this world toward heaven.

### **3.7. COUNTERATTACK ON QIGONG**

The spiritual warfare seemed to be never ceasing. One afternoon I passed by a wood on the school campus and saw a group of people doing a kind of gymnastics. When I looked closer I saw that they were practicing qigong! I was very much shocked and wondered when people here had started to practice qigong and apparently on such a large scale.

The next day I met a classmate in front of the dining hall after lunch who told me mysteriously that a qigong master had just come to our school recently to teach us how to practice qigong and quite a few were enrolled. So that was how it was! I asked her, "Did you enroll?"

"Yes, I did." Great excitement came up on her face.

I felt very sorry for her and thought about what I could do to help her. I looked at her compassionately and could not help worrying about her. Then I got an idea after a little while and said to her seriously, "I heard that it is very dangerous to practice qigong."

She was a little surprised to hear it, "Why? Qigong can heal diseases. I have poor health, and I feel I am going to die if I continue to get an attack of my old illness every year. I have begun to practice qigong, and I started to have a 'qi feeling' already."

I cried out with deep grief within my heart and thought about how I could convince her. I decided to let her know a little about myself and said, "Would you believe me if I told you that I once practiced qigong for seven years? I know exactly what qigong is about. It can heal illness, but it is also very harmful and very dangerous. You listen to me. Don't practice again. Don't wait until bad things happen and regret it."

She thought for a second and said, "I believe what you have said. But I have already paid. Let me practice for a few days, and I'll stop if I don't feel very well." I knew the common weakness of human beings and got another idea, "If you continue to practice it, you will be sick."

She looked at me half-believing and left. Two days later, she came to see me with great uneasiness on her face and said, "I really get sick from practicing qigong."

I sighed and said to her, "Qigong teachers will actually tell you that this is the so-called 'qi' attacking the focus of illness that you have had already in your body and that it is a good happening. They will encourage you to continue practicing and make you believe that when it is over your illness will be thoroughly eradicated."

"Yes, yes, yes," she was very surprised, "that was exactly what he said."

"Then won't you believe me yet? Qigong is dangerous." I persuaded her sincerely.

Praise God, she was a little afraid and asked me, "What should I do then?"

"Stop practicing it," I said.

"How about my illness?"

I considered it, and out of my mouth came some shocking words: "You will be healed by tomorrow morning."

"Really?"

"No problem."

She left, and I started to feel anxious. How could I be so boastful just now? What could be done? I hurried to see my Christian friends and told them about the situation. They all paid much attention to it and prayed to Jesus, asking God to heal that girl before tomorrow morning. I was anxious for the whole day and prayed for her whole-heartedly.

The next day, she came to see me excitedly and described what had happened to her. "I was still suffering from my sickness last night, so I thought, *I won't be able to get healed by tomorrow morning*. But guess what happened. I got up this morning and found myself completely healed."

I cheered in my heart. How great You are, Jesus!

She asked me curiously, "How did it happen?"

I thought for a short while and was about to tell her before I decided not to tell her the whole story. Instead, I said to her, "As long as you do not practice qigong, you will be ok. You can let other students know that qigong is dangerous."

She expressed her attitude, saying, "I won't practice it any more, but I cannot convince others."

"That's ok. It is good enough that you know about it," I said in order to comfort her.

I did not know yet how to evangelize then and failed to introduce her to Jesus. But God did not forget her.

I met her again years later in another city. We were both happy to see each other. She is a kind girl, and I tried to share the Gospel with her. I took her to a big church, and she readily prayed and accepted Jesus to be her personal Savior. We prayed for God to eradicate the illness that attacked her once a year. God quickly answered her many prayer requests. She got to know a lot of Christian friends and started her new life. Her illness never recurred.

She later shared the Gospel with her parents, who accepted. Her mother was healed of the tumor she had, and they all began to spread the Gospel actively. Many believed because of their testimony. All the Christians in the local area got together, and the church grew rapidly.

In 1996 I began to look in many different areas for those people who once learned qigong from me. I named this action "anti-poisoning."

I went to look for someone in a big city in May. I did not remember his detailed address, but only the approximate direction of his place in the city. I rode on a long- distance bus and suddenly felt very tired. It was hot and agitating. When I got to that city, I did not know when to get off the bus, so I thought that maybe I should give up this trip of evangelization. I prayed to God, saying, "Lord, if You would like me to preach the Gospel to this person, please just let me meet him on the street." I knew I had made a harsh request, but I was just trying to be sure that I was doing what God wanted me to do.

The bus stopped several times, and there were people getting off. I was not sure whether I should, so I decided to wait for a little while. After we had traveled some way further, the bus stopped again, and there were some people getting off. I followed and got off the bus. When I inquired about where it was, it was an area near that person's work unit. Hallelujah! I was immediately in high spirits and was greatly encouraged. I walked along, asked about the way, and soon got to a street near where he lived. I was wondering how I could find him since I did not have his detailed address when I suddenly heard someone calling my name. I looked up, and it was he calling me! I was filled with joy! God had answered my prayer! My problem was solved. This person told me that he had gotten off work a little late today; otherwise, he would not have run into me coincidentally in the street.

We had supper together and chatted in great joy after having not seen each other for years. We sighed with feeling about the incomprehensible and irregular changes of life. Naturally he asked me if I still practiced qigong. I found my chance and said, "I quit practicing qigong a long time ago. And it is for this reason that I came to see you. To practice qigong is a mistake, for it brings harm to its practitioners."

He was taken by surprise and said, "I stopped practicing a long time ago too. As soon as I realized there was something wrong with it, I ceased further practice of it."

I was very glad for him and told him about the dangerous essence of qigong. I shared with him the truth of Jesus Christ, through whom alone we could be saved and delivered from the evil spirits that came into our lives through qigong. I told him that even if you had quit a long time ago, the evil spirits would not let you go. Only the power of God could defeat the evil spirits. He was a sensible person who had a discerning heart, so he made a decision at once, saying, "I am willing to become a Christian."

I led him in prayer, and he accepted Jesus as his personal Savior, and thus my desire was accomplished. I then apologized to him sincerely about bringing harm to him through qigong. I said, "I am very sorry for ever leading you to practice qigong and making you suffer. Please forgive me."

"Please do not mention it. We have all erred. Now it is all past." Brightness began to show on his face, together with relaxation after being relieved and great joy.

I went to many other places and tried my best to find all those old friends who had started to practice qigong under my influence. God's miracles followed me and proved the Gospel that I preached. When I traveled afar, I especially felt the presence of Jesus. He went with me and kept me company. I was not lonely and was cared for. My fellowship in Him was wonderful and interesting and only to be understood between us two. I was greatly delighted to see my old friends accept Christ very readily and begin their new lives. These former qigong practitioners were very sensible about spiritual affairs and deeply regretted that they had not heard the truth earlier, the truth that they were now overjoyed at knowing.

During the years when I practiced qigong, there was a girl who knew a lot about my qigong practice. We had done a lot of research together and admired each other in this area. When I thought of her, I got on my way to the city where she lived.

We were both very happy to see each other again. When we had lunch together at a restaurant, I prayed for her quietly. Then I began to tell her about the danger of qigong and preached the Gospel to her. She reacted as if she was awakening from a dream and sighed, "Why did not God let me know all this earlier?"

I comforted her, saying, "It is not too late as long as there is still today."

"Yes. But after all I have missed too much goodness."

"We are fortunate. There are many qigong practitioners who are still searching." I tried to encourage her.

"I understand. I am very thankful to you for telling me all this. I will always have a small regret. If only I could live my life all over once again." Tears came into her eyes.

"The Bible says, 'Forgetting what is behind and straining toward what is ahead.' We will live forever in heaven in the future."

"You are right. I should have a new life now." Her expression brightened up.

I reminded her, "Would you like to pray to accept Jesus?"

"Why not?"

After she had prayed sincerely, she said happily, "Ah, it *is* very wonderful!"

I was happy for her and was full of gratitude to God.

She soon started to preach the Gospel to her friends so that they could also taste the sweet blessings from God.

My "anti-poisoning" action lasted for over half a year. Wherever I went, I witnessed the great power of God at work, sweeping away all obstacles. I learned a lot and was very often dumbstruck by Jesus Christ's doings. I sighed with emotion at what God could do. What is qigong in comparison? The work of the evil spirits could only give us more laughingstocks. My experience during this period of time helped to quicken my rapid growth in Christ. My life was full of miracles and the glory of God. I got more inspiration from the Bible and experienced more love in life. My soul was fully satisfied, and from it flowed a river of living water.

There were still many other people who had started their qigong career because of me. I was unable to find them all and share the Gospel with them. But I know God's wisdom is immeasurable. If He is willing, He will definitely let other Christians find them. None of the sheep that belong to Jesus will remain lost.

I also pray that God will let them see this book in which I have written down all my words for them. I apologize to them all deeply and ask for their sincere forgiveness. May my Lord Jesus Christ find them soon, and I wish to see them again someday in heaven. Amen.

## Chapter 4

### The Principles and Essence of Qigong

#### 4.1. WHY DO PEOPLE BELIEVE IN QIGONG

Qigong theory holds that, simply put, **qigong is to have one's body and soul, under their relaxed, static and natural conditions, naturally adjusted in order to reach the original state of "unity of man with heaven."**

We can find out that the word "natural" is exactly where the error is. My definition of qigong is as follows:

To put it simply, **qigong is to have one's body postures and movements (or imaginations) meet with the required conditions through specific methods in order for the body to get healed by "qi" and for the acquisition of supernatural supernormal capabilities. This "qi" and supernormal ability come from the evil spirits in the spiritual sphere. "Unity of man with heaven" is the human soul and evil spirits becoming one.**

Qigong is classified as Confucian qigong, Buddhist qigong, Taoist qigong, medical qigong, qigong of martial arts and folk qigong. Tibetan Buddhist qigong and Yuga both originated in Buddhist gong methods, but they have become different.

Almost all who know about qigong think it at least has some effect of improving the health and cultivating one's personality and character. This is even held to different degrees by those who object to qigong. Why? Because they have seen in others or experienced by themselves the indisputable facts. The most controversial aspect about qigong is as to whether the supernormal ability and spiritual phenomena are actually real facts. This issue has led to a conclusion which atheists are most unwilling to accept--the existence of supernatural beings. Hence, people respond strongly to qigong out of different motivations. Atheists think it is ridiculous and superstitious, rejecting firmly qigong's supernormal phenomena, which they take as mere jugglery or magic and lies, while theists and qigong devotees think they have found "scientific proofs" and believe that qigong is time-honored and that it is an unknown phenomenon of the human body and also a mysterious universe and life science.

Opposers of qigong have up until today never been able to propose convincing theories and proofs. Generally, the standpoint of the opposing side is their disbelief in the happenings of such things as supernatural phenomena. They deny actual facts because they lack in-depth practice of qigong or have no practical experience at all. Their conclusion is arbitrary and deduced completely from their own atheistic view without any factual basis. To qigong practitioners, such theory is not even worth refuting. But the recent famous figure who opposes supernormal capabilities, Sima Nan, has greater influence, for he can perform gongfu that qigong masters can, and when he sees that people believe what he has performed, he tells them that everything is fake, just magic. So his theory is very appealing to people, and his attack on the supernormal capabilities has afflicted a heavy blow on qigong. Sima Nan believes that qigong is a very good means for healing and improving health. He thinks it has a supernatural effect but no supernatural beings behind it. This is to say that his theory is in essence to limit qigong to the totally materialistic, atheistic realm while resolutely denying any claim of supernormal ability. This undoubtedly shuts the door that may lead from qigong to belief in the supernatural beings in the spiritual sphere, adds to qigong more scientific coloring, and in the meantime make more atheists feel very much relaxed about qigong. What is hard to understand is that while Sima Nan acknowledges the surprising



healing effects of qigong, his explanation of the principles of qigong healing is very ambiguous. In fact, I have my own view on Sima Nan, thinking that he quite probably believes in supernatural beings. He knows what his own qigong is like, and he does not want to deny supernatural capabilities. This sounds very paradoxical. But it seems true that his view contradicts that of Ke Yunlu, for his intention, or the practical result of his intention, can be said to fix people's knowledge of qigong unshakably on the ground of materialistic atheism.

We can see from the works of the famous qigong writer Ke Yunlu that he is a persistent intellectual, seeking for the mystery of life. He hopes to speak his thoughts and believes in the existence of higher life. He trusts "supernormal capabilities" to be true and worships the "universe," but he has not found any answers yet. His qigong theory was inspired by Yan Xin Qigong theory. Now he mainly focuses on theoretical research and has formed a higher and more comprehensive theoretical system. What is pitiful is that people like him linger still in a very limited thinking mode which is "materialistic." They may use all their lives to understand phenomena in this world, but there is one most important thing in this world which they do not understand and which is the true meaning of life. They spend all their time and even their own lives heading in a direction which will never give them an correct answer and which is an erroneous and dangerous road the exit of which is not heaven.

Anti-qigongists continue their fight against qigong out of different personal or other motivations, yet without substantial results. Few people quit practicing qigong because of their objections, for those who have benefited from the practice of it will not cease its practice. As for those who have acquired supernatural ability, they will even more crazily chase after supernatural power. Only a small group of people who have not had qigong practice or who have achieved very little effect in practicing it "see through" qigong and give up its practice under the influence of anti-qigongists.

In my qigong career I had seen many people get healed by qigong and many acquire supernormal capabilities. Some among them did not even believe in qigong and yet became devoted proponents of qigong, spreading it actively after they had benefited from qigong and actually experienced it. They usually preached first to family members and friends and let them benefit also from what they regarded confidently as truthful and practical. Their motivations were good. These people, even though they might have given up qigong because of the hardship in continuing its practice, were still sincere proponents of it. The joy I had had was unspeakable for being healed of my disease through qigong practice and for having acquired supernormal capabilities. I had also read many articles refuting qigong, but I disdained paying attention to them, thinking I knew most clearly what had happened to myself. *Guang Ming Daily* reported on January 24, 1987: "The Qinghua University Cooperation Team for Scientific Research on qigong carried out an experiment for observing the changes of 'information water' under the influence of qigong doctor Yan Xin's qi-emitting. They have discovered that external qi could cause structural change in those molecules that have physiological effects on organisms, thus preliminarily bringing to light the mechanism of qigong. The reason for qigong healing is causing the physiological effects to change. This discovery has upgraded our qigong research from the cellular to the molecular level." Li Shengping, a lecturer of the catalysis research division, who is one of the leaders of this cooperation team, explained to reporters about the above phenomenon and said that "we think that to further develop experimental research in this area will benefit not only the revealing of the effect of external qi on physiological effects on the molecular level, but will also have significance for modern basic research in biophysics and biochemistry." The overseas version of *People's Daily* also delivered this news on January 26. The Hong Kong newspaper *Wen Hui* reported on this too.

We can then see that experts in high-level educational institutions like Qinghua University had spoken only after they had made experiments. They had seen and also proven the

actuality of qigong supernormal ability, even though they had not understood the true principle of qigong.

Why then did knowledgeable intellectuals set off the trend of qigong?

Firstly, it is due to the many actual facts of qigong. The modern ideology of Chinese intellectuals is materialistic atheism. Their hearts' belief is science, which emphasizes facts. It is through their involvement in qigong experiments that some of these intellectuals came to acknowledge the facts of qigong. Their view brought about great influence on the society through media reports. In the Chinese mind scientists are trustworthy and respectable. But for more scientists it was in the beginning for the purpose of health improvement that they accepted qigong and some of them were healed and acquired supernormal capabilities. There were also a lot of intellectuals who, after witnessing the magical performance of Yan Xin and Zhang Baosheng, suddenly came to the understanding that some of the much-criticized legendary phenomena of feudalistic superstitions were not mere fabrications but actual facts. Though they could not as yet accept theism, they began to doubt part of the materialistic views and look upon the world and themselves from a new angle.

Secondly, Chinese intellectuals' atheistic ideology of culture made people's souls hunger. There is a latent conception of God in human nature. Humans have an instinct in the psyche for "worshipping," which is an undeniable truth. But since 1949 atheism has been the predominant ideology among people in China. They do not believe in the existence of supernatural power. "Man will triumph over nature" is a prevalent concept, so it is very easy for people to worship "man" himself. When they saw the phenomena of qigong supernatural capabilities, the intellectuals found they could not obtain reasonable explanations from their former ideologies, and they did not know what theory they could use to deal with such phenomena. Since they were unwilling to believe in supernatural beings and yet were strongly interested in this new thing which gave them considerable psychological satisfaction, they coined the new term "life science of the human body".

In the following section, I will introduce briefly some main supernormal functions and phenomena of qigong.

#### **4.1.1. PRACTICAL QIGONG**

1. It is known by almost all that qigong can heal diseases of its practitioners with rapid and remarkable results and enhance health.
2. The qigong practitioner can emit "qi" or "gong" to heal others. The emitter of qi can feel the qi coming from inside his/her body; the patients have obvious sensations like tingling, warm, cool, painful, itching, etc. But "gong" emission may not have any actions, for it uses just imagination and meditation to command orders such as "you are healed" to heal diseases. There have been many magical healing cases, like broken bones healed immediately, protrusions on the skin such as tumors disappearing instantly, the blind seeing, the deaf hearing, and the paralyzed walking.
3. Practitioners with penetrating power can see human intestines and things buried underground. Those who can hear sounds inaudible to others can receive instructions or guidance.
4. Remote gong function enables one to see things that happened in the past and that will happen in the future. For example, it can tell people what they have lost or what will happen soon. It can see what someone is doing in another town or city. It can also heal and transfer information remotely.

5. Some other supernormal capabilities can summon wind and rain and scatter clouds to let the sun shine through. It is said that qigong masters can even disappear and reappear suddenly and accomplish such feats as walking through walls.

#### 4.1.2. FUNCTIONS OF QIGONG FOR PERFORMANCE

1. Transduction by way of thinking—knowing a person's intentions and aspects of another person's thinking, transmitting imaginations to others, or knowing, without seeing, the words other people put down on paper.

2. Controlling temperature and blood pressure by imagination—having the readings on sphygmomanometers and thermometers fluctuate in seconds or a couple of minutes within a wide range.

3. Moving objects--shaking pills out of sealed bottles, moving objects from afar to near, and catching small objects out of the air.

4. Using imagination to burn things—burning to make holes in clothes by touching them with the hands or merely through the imagination.

5. Changing the color of liquid by using the imagination and making the upper and lower parts of the liquid in a glass have two different colors.

6. Changing the flavor of cigarettes and alcohol by imagination.

7. Displaying many different colors or even designs above one's own head.

There are still many other phenomena which we cannot numerate, but they are more or less the same. Their common characteristic is supernatural and nonsensical. These phenomena have caused strong responses and great controversies in the Chinese scientific realm and in Chinese society, and are without an explanation so far. Because materialism refutes or is unable to explain these phenomena which Chinese traditional belief in supernatural beings can but only acknowledge, but it does not have a scientific theory to analyze them logically, the principle of these phenomena has never been expounded. Besides, modern basic scientific experimentation and logical means have failed to make comprehensive and steady measurements of these phenomena with accompanying inference.

The purpose of this chapter is to illustrate the following: There is at present a huge population of qigong adherents in China. We cannot simply conclude that it is due to people's benightedness and ignorance or to the highly skilled tricks of great qigong masters. The reason people believe is that they have seen the facts and especially because their personal experience has convinced them and people around them. **Yet, because they do not understand the essence and principles of qigong, they are entrapped by superstitions and have their souls distorted and bound and become weary of life and slaves to the devil in a life which is painful and offers no other choice.**

People do not believe in anything without reasons, nor do they give up easily an ideology that is ingrained in their minds. But we can never forget that the most important thing for everyone of us, before death happens to us, is to understand the meaning of life, the origin and destination of life, and to be completely sure of what will happen after we die.

In China when you ask people the question "Do you believe there are heaven and hell?" most people will answer: "No, I do not believe so." If you ask again, "How can you be sure?" the answer will be: "I cannot be sure. It can be known only after I die."

Ask again, "What if you find out after you die that heaven and hell exist?"

Silence.

It goes without saying that it will be too late if you find out then.

This seems to be too big an issue and complex, but for Christians who believe in Jesus, the Holy Spirit and God the Father, it is a simple question which has a very simple answer: "I believe that there are a heaven and a hell and that I will go up to heaven after I die."

Why do Christians all over the world, no matter what color they are, how different their cultural backgrounds are, and how far apart their social status, all have the same answer to this question? What is it on earth that convinces people today of their belief in Jesus and such great assurance of the destination of their lives?

All reasoning people will consider this question. And the answer is very simple: "Because the existence of God is a fact and He proves Himself through Jesus Christ to all people who seek the truth."

#### **4.2. METHODS AND PRINCIPLES OF VARIOUS GONGS**

The numerous supernormal phenomena of qigong are actual facts, so I will not argue here whether they are true or fabricated. Because of my own personal experience, I know the supernormal phenomena of qigong and believe that their existence is true and not at all fabricated. **But I would like to remind qigong practitioners and people involved in the supernormal ability training all over the world, that most important is no longer how many supernormal capabilities you have acquired, but to understand where the supernormal ability has come from and for what purpose it has come. A sensible person should be clear about the reasons and principles of the things that he/she is involved in.**

In order to have a bird's eye view of the essence and principles of qigong, we have to understand the concept of the spiritual realm. The spiritual realm is a world of spirits. Contrary to the material world, its characteristic is that it cannot be felt by any sense organs, but only through spiritual interactions or through spiritual power and means or flair in the spiritual realm.

As in the physical world human beings often see at work the two kinds of forces, good and evil, there are good and evil forces in the spiritual world too. The evil spirits comes from Satan, the head of all evil spirits, who has innumerable little spirit beings working for him. It can be said that the chief evil spirit is Satan. He has personality and character and has his own thinking and working methods. He has in this world people who belong to him and represents evil. The Holy Spirit comes from God, the King of the universe. The Holy Spirit is omnipresent and has His own character, independent person, and thinking. He has authority and power and fully represents God the Father and Jesus Christ. God has in this world people who belong to Him and who represent righteousness.

We see that the results of the different work by the Holy Spirit and evil spirits are in strong contrast—such as goodness and ugliness, kindness and corruption, health and disease, light and darkness. The fruit of the devil through human lust is sexual immorality, impurity, debauchery, hatred, idolatry, witchcraft, discord, jealousy, fits of rage, dissensions, factions, envy, drunkenness, and orgies, while the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These are all listed in the Bible.

The spiritual background of qigong is evil spirits. Its characteristic is supernormal ability, witchcraft and idolatry. We have learned in chapter one the definition of qigong. To put it in a simple way, qigong is having one's body posture or movements and/or one's imagination meet with specific requirements in order to have the body healed by "qi" and obtain supernormal capabilities. Such qi and the so-called supernormal capabilities come from the evil force in the spiritual realm. Qigong is in fact like the witchcraft mentioned in the Bible.

Jesus has prophesied in the Bible that by the end of the world there will be people performing miracles and great signs. So we are not to ignore the power of evil spirits, which far surpasses that of human beings and which has the characteristic of being supernatural. The connotation of qigong includes "qi" and "gong." The thing that the practitioners feel moving in their body is "qi," and the supernatural ability of the practitioner is "gong." The standard to evaluate the level of the practitioners is "gong power." We refer to someone as having high "gong power" or as not having strong "qi," for the result of practicing "qi" is "gong."

Whether there is "qi" or the main and collateral channels in human bodies, we do not as yet have confirmed scientific proofs commonly accepted. Even if "qi" does exist, we can only say that evil spirits make use of the physiology of human body to cause people to have an undeniable feeling and make them believe that the result of qigong practice is caused by the functions the human body itself already possesses. The idea of the presence of evil spirits most strongly corroborates the above view. However, the goal of the evil spirits is "gong," not "qi", for the supernatural abilities displayed by "gong" come completely from evil spirits.

**Let us draw an analogy. There are many kinds of lies. One is sheer lies; another is half truth and half falsehood. If we look at the true part, it indeed tells the truth; but if we consider it as a whole, it is a lie. This is why half-true and half-false lies are more dangerous. When we analyze the danger of this kind of lie, it is very wrong to analyze the false separately from the true. Only when we survey an example of it as a whole, can we clearly see the essence and purposes of this kind of lie and prevent the evil results from taking place. Qigong is a half-true, half- false trick.**

There are still in the world many other things which have the same essence as qigong, even though they have different superficial formalities—for example, Yoga from India, transcendental meditation from America, still meditation of chan, and Tibetan Buddhist training. There are also many unknown training methods, but they are all the same.

**The most important method of gong practice is "entering into tranquility," and the goal is to achieve "soul tranquility," which is stillness of soul. The most important principle of the emission of gong and the performance of supernatural ability is believing one's own supernatural ability.**

The common characteristic of all the above-enumerated qigong-training methods is the adjustment of imagination. It emphasizes sensations and illogical intuition (deep-level consciousness). The deep-level consciousness is actually the remaining consciousness in human beings after the major part of the primary consciousness (i.e. the soul) is suppressed and logical power is almost gone. It is also called sub-consciousness. It is incomplete consciousness, partial consciousness. It is as if most parts of the body have been bound, while only small parts of it are active. These parts then become very active and sensitive, even though the overall ability has greatly decreased. As long as these parts are controlled, the whole body is controlled. Yet these small parts cannot indeed withstand a single blow. They are very weak and incompetent. The evil spirits come exactly at this time to attack one's deep-level consciousness and easily win. They gradually control one's entire soul. Hence the power of evil spirits is given full play through such people. This is their shortcut for manipulating this world. And it is in this way that they enslave the souls of the people whom they manipulate.

This is the true principle behind the different means through people acquire the power of the evil spirits. But those people are unaware of this principle, and they are running as quickly as if they were flying towards curses, death and the hell.

It is easy now for us to understand why qigong practice is the quickest way to acquire supernatural capabilities. There are uncountable gong methods, but "all means get to one

aim." They all have the same principle, having only different methods. In the section which follows, we will analyze the operating principles and methods of the evil spirits from the angles of various characteristics of gong methods and categorize them all in several groups.

#### **4.2.1. ELEMENTARY GONG METHODS**

The characteristics of this type of gong method are its many movements, or detailed steps. It is very much like setting-up exercises done to radio music, but having its basic training in imagination adjustment, focusing the imagination on certain spots and adjusting breathing and having a good healing effect too. It often comes with music or leading steps on tapes. People who practice this type of gong often do it for the purpose of enhancing their health. The creator of these gong methods emphasizes that they are elementary gong methods, which do not easily produce supernormal ability, but which have a very good healing effect on the practitioner's diseases and which improve the health of weaklings, and so on. There are some gong methods that have been handed down from one's own ancestors and some that have been copied from others. Such qigong masters have very low-level qigong and do not believe in supernormal abilities. They take this type of gong as just a tool for enhancing health, in the same category as cultivating one's character and soul and also taking care of one's garden by watering the flowers and vegetables.

##### **4.2.1.1. ANALYSIS OF PRINCIPLES**

It is not easy for the evil spirits to attack and control people. Their candidates must meet with one condition, which is to open their own door for them, since the evil spirits could hardly break in through closed doors. God created man and empowered his soul with the ability and sense of automatic repulsion. This is analogous to the human body itself that has certain resistance to diseases and self-protecting responses. When one's soul is free, evil spirits cannot usually get hold of him/her. The elementary gong methods are means to start to bind people's consciousness by having them repeat body movements and imagination steps. Such methods also strongly recommend practice every day, thus making the practitioner bind himself in his heart from the time he accepts qigong. After the soul begins to be suppressed, the evil spirits begin to heal one's diseases. (This includes the health-enhancing effect of physical exercises, though it is only secondary.) When encouraged, people will be more willing to accept bondage, to have their souls more and more limited, thus laying a foundation for the evil spirits to further get near them and occupy them, for the door of self-protection has been slowly opened.

#### **4.2.2. INTERMEDIATE GONG METHODS**

This level of gong teaches the combination of movements and tranquility, the so-called "extreme movements beget tranquility; extreme tranquility begets movements." There are obviously fewer movements and more imagination. Imagination focus spots become fewer and monotonous. There are still very good health-enhancing effects. At this time the practitioners' mind and soul have considerable changes. They become more inclined to keep quiet and to persevere. Practitioners of this gong level pursue complete physical health, long for higher gong methods, start to believe in supernormal abilities, and are able to heal diseases and train others in qigong practice. A few so-called "sensitive" people may acquire at this stage supernormal capabilities and signs. Intermediate gong practitioners who achieve ideal results strongly believe in qigong theories and have quick comprehension of the qigong methods.

##### **4.2.2.1. ANALYSIS OF PRINCIPLES**

Intermediate gong is a stage at which the evil spirits achieve preliminary success. At this stage practitioners no longer doubt qigong due to the health benefits they have obtained from it. As the meditation time increases, tranquility increases, and the primary consciousness, i.e.

the soul, becomes further suppressed and bound, while the deep-level consciousness, which is partial consciousness, i.e. the subconscious, begins to be frequently active. The evil spirits can further attack and tempt one's "remaining consciousness" and familiarize it with the feelings that they bring out, thus having the defensive door opened more and more for them. At this time, the evil spirits have already come into the practitioner's soul, but are not yet completely united with it as one. The soul is still fighting and struggling, though very weakly. Please notice that the longer the time of practice, the more seriously will the soul be suppressed. The attack by evil spirits is greatly weakened when the practice of qigong is not carried on. Yet the evil spirits will use other means, such as making one see strange signs etc, to stimulate one's qigong mentality and to cause one to pursue a superstitious living style.

#### **4.2.3. SENIOR GONG METHOD**

This type of gong usually does not have any movements, but only meditation, imagination. Breathing and body adjustments, and tranquility are important methods. Through tranquility the practitioner forgets everything, including him/herself, leaving only a little consciousness still active. The consciousness may even disappear for a brief moment and enter into a "void" status. The main practicing posture is sitting in meditation, which now becomes the most comfortable posture of the body. When I felt very tired, I would sit in meditation to get an inexplicable pleasure and degree of relaxation. At this stage the practitioner's temporal and spatial senses become abnormal. Supernormal capabilities are now easy to attain. The purpose of qigong practice centers on the acquisition of high-level gong power and supernormal capabilities. Practitioners obviously feel external power and help which they explain as cosmic energy and the power of "masters." People at this stage stay in "qigong status" all the time, for they think their energy has been connected steadily with that of the universe or of high-level "masters." Practitioners at this stage can perform strange signs and supernormal abilities that surprise even themselves. The main training methods of Taoism, Buddhism and Tibetan Buddhism are exactly high-level methods of qigong.

##### **4.2.3.1. ANALYSIS OF PRINCIPLES**

Practitioners of this stage can have direct contact and spiritual communication with evil spirits. People with high-level supernormal capabilities have their souls completely controlled by evil spirits which have already entered the practitioners and become one with their souls. Much of the thinking and consciousness are those of the evil spirits. The evil spirits' supernatural power becomes the power of the practitioner. Basically, we can say that this practitioner of qigong now becomes one with the evil spirits, which, on the other hand, become part of this person too, since the evil spirits and the soul of the practitioner have been united as one. From then on, the supernormal capabilities begin to be constant, and the practitioner is able to use them as he pleases. The life of this person at this time is in the greatest danger. He is on the verge of a precipice, yet considers him/herself as about to attain the highest state of enlightenment. He feels very much satisfied with the result of his efforts and would never want to doubt the origin and principles of his power. It is very hard for such people to have a thorough change, to wake up to reality and to realize their errors and mend their ways.

The above analysis of qigong principles is carried out according to the different levels of qigong. There are yet some areas that cannot be covered. In the following, I'll observe and analyze qigong from other angles.

#### **4.2.4. SPONTANEOUS QIGONG PHENOMENA**

The practitioner depends on meditations to adjust and relax his/her primary consciousness, especially for relaxing his/her own body. Beginning practitioners are often required to close their eyes, which can more easily cause the body to lose balance and hence activate the spontaneous gong. After some time of practice, the practitioners do not have to close their

eyes, nor do they have to meditate on the steps in order to set the gong going at any time. Practitioners have an obvious feeling of an external power inside their body, sometimes strong, sometimes weak, presenting all kinds of postures, even laughing or crying, running or lying down, dancing or martial arts actions, etc. Practitioners are very clear about what they are doing, but the consciousness of their souls has completely given up its autonomy. They become an audience of their own body's performances. Under most situations spontaneous gongs can be controlled, though sometimes they are uncontrollable, making crazy scenes without stopping. This kind of gong method has rapid and remarkable healing effect. It enhances greatly the practitioners' sensitivities to the spiritual realm.

#### **4.2.5. THE PRINCIPLES AND ESSENCE OF SPONTANEOUS GONG**

It should be said that spontaneous gong is intermediate gong. It uses rather direct means to allow the evil spirits to guide the practitioner. This gong method emphasizes very much mental innuendo, which is to be accepted actively by your consciousness, so that a great many posture requirements to bind the soul are rendered unnecessary and the evil spirits' guidance and manipulations are obeyed. Even though the subjective thinking of the practitioner can very easily control the spontaneity, the practitioner has accepted the concept of allowing it to happen "naturally." Practitioners take the spontaneity as instinctive movements of their own bodies, not knowing that evil spirits guide it. Most often, the movements and sounds in spontaneous gongs are inappropriate, even ugly. They make the practitioner look as if they were lunatic. This is because evil spirits bring about ugly things, and they shun goodness.

Qigong theories regard these phenomena as good and beneficial to humans, advocating things paradoxical to a beautiful concept of humanity. But because there is a sinful tendency in human nature and the sinful nature is always at odds with good human qualities, it makes man's ears itching and eyes heavy and caters to man's own lustful desires. The superficial benefits that qigong offers people make it very easy for people to accept it without any considerations. However, many people can sense that there is something wrong about it after they have reached a certain level, and they try to escape disaster at the last moment. These people should know that once one has opened the door to evil spirits in the spiritual realm, one can never depend on his or her own power and will to close it again. They can be rescued from danger only through knowing and believing in Jesus Christ. This is the personal experience of thousands upon thousands of qigong practitioners, including myself.

#### **4.2.6. The Principles and Essence of Gong-emitting Audiotapes and Information Objects**

"Qi-emitting" tapes of qigong master Yan Xin prove his "information theory." He thinks that the important principle of qigong is the communicating and transferring of information. He describes "qi" and "gong" as information that carries energy. This information comes from the universe. Man can accept it and pass it like transmitting TV programs. Once the human body is able to receive this kind of information, supernormal capabilities appear because the energy this kind of information carries is supernatural. When practitioners practice and receive this kind of information, they then enter into qigong status, which is "having had the feeling" as practitioners call it. This "information theory" holds that ordinary practitioners can receive this information only occasionally, hence their gong power is unstable, while high-level qigong masters connect themselves completely with this cosmos-information energy and are able to continuously make use of it. This is what is called "being in qigong status twenty-four hours a day." Qigong masters can become "masters" for others and transfer their own information to others or even onto objects that then become "information objects" and take with them the same power as that of the qigong masters. This is why many people can feel supernormal energy the first time they listen to Yan Xin audio or video tapes. They find it almost beyond belief and heartily praise this "information theory."



The "information objects" of qigong actually do not carry information but energy of the evil spirits. When I practiced qigong, I also gave others some information object to heal diseases; for example, I gave them some Chinese herbs, or a prescription, or a bowl of clear water. I just thought that it was an "information object" and told the pious seekers how to use it, or drink it, or carry it with them close to the body. They all received shocking effects. I often felt at that time like a supernatural being. After I became a Christian, I realized that when high-level qigong masters give others "information objects," the evil spirits living in qigong masters help and have other evil spirits to cooperate in carrying out the task. There are evil spirits following the "information objects" so that they can start to perform supernatural capabilities to either heal or perform strange signs when people use "information objects" as they have been told to use them. It is very ridiculous to watch how people are brought into submission and filled with admiration. Evil spirits are everywhere in this world. The Bible says, "Your enemy the devil prowls around like a roaring lion looking for someone to devour." When the soul of a person is occupied by the devil, it is exactly the same as being devoured by him. It is very easy for the evil spirits to cheat non-Christians, for these people do not know the truth in the real universe and are unable to discern the phenomena they have seen and experienced as what they really are. Human nature is proud, but when we look up at the sky, we will know how small human beings are. The size of the universe is beyond the human power of measurement, even at our greatest threshold of thought. We have to acknowledge that human wisdom and ability are very much limited. We are very imperfect and full of weaknesses and shortcomings like pride and ignorance. I am such myself. I was willingly enslaved by the devil for seven years. I was manipulated by evil spirits to assist them to destroy others and myself in this world, while thinking, "I am alone awake, while all others are drunken." I even thought that I was bringing blessings to all other human beings and to myself. Now I find it indeed ridiculous and lamentable, and feel intolerably shameful when I recall it.

#### **4.2.7. PRINCIPLES AND ESSENCE OF COSMIC LANGUAGE**

The biggest controversy and sensation caused by the woman qigong master Zhang Xiangyu is not so much about her supernatural ability and healing miracles as about her so-called "cosmic language," which is a "language" that cannot be understood either by others or the speaker him/herself. It is regular, though it does not have any specific meanings. An external force acts to have the speaker's mouth and tongue move spontaneously and utter "cosmic language." When Zhang first practiced qigong, she had spontaneous movements and had an untouchable and invisible "master" who spoke to her as a person does. Zhang hence has a deep experience with qigong and "supernatural beings." She has the evil spirits' help and has acquired the essential stuff directly without spending much time and energy in practicing qigong. People like her have extraordinary supernatural capabilities that give an even stronger feeling of "evil." But her problem is that she does not understand qigong theory and has no conscious control of her supernatural abilities, which are then very unstable and, as sometimes happens, cannot always be maneuvered.

The reason of this phenomenon is very simple. The "cosmic language" is in fact sounds made by the evil spirits through controlling human mouths and tongues. It does not go through the human mind. There are many different devils talking with her, one or more than a few of which may have been sent especially to be with her. This is why Zhang said she can speak many "cosmic languages." She can hear voices of many different "masters," some male, some female, speaking with her in Chinese. Maybe it is because she does not understand qigong theory that she makes use of the countryside talk of ghosts and gods to illustrate her case, which is made to sound very superstitious and very unscientific. Her case is in fact the same as other qigong methods and is also the doings of evil spirits, which use different forms of performances to suit different people.

After Zhang was put in prison, she must have been disappointed at her "masters," who may, on the other hand, have explained what has happened to her as an inexorable doom and as

practical miseries that are the best lessons to learn. All qigong practitioners should understand that the purpose of the evil spirits is to destroy a person and that never has it been to bless one.

#### **4.2.8. THE PRINCIPLES AND ESSENCE OF "QI-EMITTING" LECTURES**

Qigong master Yan Xin first started "qi-emitting" lectures. At these lectures little children can see several white human figures moving around the back of the lecturer, as if they were helping the lecturer to teach. The evil spirits are active in assisting the lecturer by performing supernatural actions. There are all kinds of evil spirits spread all over the whole audience. They cooperate actively with the lecturer to perform magic arts. They usually look for people with weaker souls among the audience. These people quickly respond, for their souls are frightened, and some began to cry, laugh, run, jump, faint, or suffer from shock. Then too, the evil spirits that some of the practitioners bring with them also set about to work. If these people are physically healthy, usually they do not have big movements, but just feel strong "qi feelings" and power infused into them. Hence the whole scene is managed by evil spirits and thrown into great chaos, yet usually without physical accidents and damages. At the climax, there will be paralyzed standing up to walk, the deaf listening, the dumb speaking, and other strange signs of this sort. So in people's mind these phenomena prove the "qi-emitting" lectures to be good deeds of good people, for they help to rescue and heal people and display the great supernatural abilities.

When I practiced qigong, I realized that the power displayed by "qi-emitting" lectures is not that of the lectures. This I proved through several experiments I made, which were really simple. Any qigong practitioners or even people who have never practiced qigong, as long as they have the motivation to attend the qi-emitting lectures, can get shocking effects from them. The only condition is that these people know it is a "qi-emitting" lecture that they are attending. Because the purpose of the evil spirits is for more people to accept and believe in the supernatural abilities that come from them, they will help any intentional or unintentional people who work for them. One thing that we should remember is that big qigong masters seldom give psychological explanations of whatever phenomena may take place. But after their first experience at the "qi-emitting" lectures, people will find it much easier later. It is very easy for strange signs to appear at big qigong masters' lectures, for they bring with them more evil spirits. The evil spirits living in them are big devils, which are very powerful. However, the most important deciding factor lies in the purpose that the devil wants to achieve.

#### **4.2.9. THE PRINCIPLES AND ESSENCE OF REMOTE SENSING, PERSPECTIVE, REMOTE PERCEPTION AND FORETELLING (FUTURE-TELLING)**

These supernatural capabilities have a lot of mysterious colorings. They look very appalling, and the performers find them intriguing too. According to qigong theory, these are some functions that appear after the practitioner's "tianmu" (the third eye) is opened. This theory holds that tianmu is between the eyebrows and is possessed by everyone. The tianmu of common people is closed. It can be opened only through qigong practice. When it is opened, the practitioner is able to acquire the abilities of seeing lights, perspective, remote perception and remote sensing. Under the influence of Buddhist culture, many children and women like to have a little red dot painted between their eyebrows. The little red dot means tianmu. When people practice to have their tianmu opened, they have swelling, painful, and even breathing feelings at the position of their tianmu. I used to be able to see with my eyes closed the outline of my hands when I woke up during the night. The outline was formed by lights. This is regarded as the beginning of one's tianmu being opened. These supernatural capabilities come also from the evil spirits. However, it is not easy for the evil spirits to display these supernatural abilities through people. They do it only through those qualified people that they appreciate a lot. Many people who have practiced for ten years, or even for a whole lifetime, are able to perform some low-level supernatural abilities. But some obtain

them very quickly. This type of direct supernatural abilities surprises the performers so much that they cannot believe it is true, and it is doubt that strengthens the conscious resistance of the soul and causes great difficulties for the evil spirits.

There are three types of remote sensing. The first type of low level is to try to accept "information" through tranquility. "Revealing" ideas, thinking or answers appear in the mind, and they are found to be true. But this function is not stable, for the evil spirits have not yet become one with the performer. Or it may be due to the fact that the evil spirits in him/her are not capable enough.

The second type of higher level is to have the evil spirits telling the performer directly in a human voice things about the past, future, other people, etc. The characteristic of this phenomenon is its exactitude. But it is not stable. The evil spirits may under certain situations choose not to speak to the performer.

The third type of the highest level is the ability of the performer to see directly what he/she would like to know. The performers have pictures in front of their eyes, which they can look at while they speak. The main characteristics are stability and exactitude. Powerful evil spirits have become one with the performer. They show what they see to the performer, who then thinks that him/herself has seen it. Some people, especially witches in the countryside, like to use a bowl of water to see what they would like to see. This situation belongs to a slightly lower level.

Perceptive performers are able to see internal organs of the human body. They can see through things and see things underground. It is again the evil spirits that are looking. Because the performer's body and soul have been connected completely with the evil spirits as one, what the evil spirits see is what the performer sees. "Perspective function" in its beginning stage is to see lights that are invisible to others, like lights above the human head and light outlines of various objects.

Foretelling (future-telling) is to foretell to another person what will happen soon, mostly bad things. Sometimes earthquakes and other such events can be foretold. But historical or social events are seldom foretold. I found that the evil spirits do not know all things, especially important events of the future, which is an area where the evil spirits have very limited power.

#### **4.2.10. THE PRINCIPLES AND ESSENCE OF LONG-DISTANCE GONG EMITTING**

Qigong master Yan Xin is well-known for his "long-distance gong emitting." He once performed long-distance gong emitting to alleviate Deng Jiaxian's pain when he was suffering severely from cancer. The media reported this event. Deng is an atomic scientist. I have practiced long-distance gong emitting, the effect of which is even better than face-to-face gong emitting. When you have decided to do this, the evil spirits will set to work immediately. Sometimes the evil spirits in the local area will do it soon after they receive the command. The gong emitter does not do a thing. Sometimes when one is not even in qigong status, or even when one forgets, the evil spirits will not forget, but go and heal the sick or perform the appointed tasks. Hence, people in this world see many shocking phenomena. The devil does these things for the purpose of maintaining his theories in this world, so that these theories meet with facts, behave regularly. He wants to make them more appealing and the rules easier to master so that he can victimize and capture more people.

#### **4.2.11. THE PRINCIPLES AND ESSENCE OF DIVINATION PRACTICE, PALMISTRY, AND FENGSHUI**

The spiritual cause of divination is the activity of evil spirits. There are mainly three forms of divination. The first form is observing the situation and making logical analysis, plus guesses.

Actually, it is not divination. The second form is based upon the principles of the Eight Trigrams of *I-Ching* of the Zhou dynasty (approx. 1066-221 B.C.) in China. It takes effort in study and practice and has quite complex technical problems. The exactitude of this form has a lot to do with the moods and conditions of the person and is thus not very great. The third form is the evil spirits directly telling the person exactly what he/she has been asked about by transmitting the ideas or using human voices and pictures. The performer may also see pictures and even words and signs on other people's faces so that they can tell such persons what they have asked about.

There are also palmistry, physiognomy and fengshui. Palmistry is telling a person's fortune in the past and future through examining the lines of the hand. Physiognomy is fortune-telling through observation of people's facial features, the characteristics of their eyes, nose, mouth, eyebrows and ears. Fengshui is judging whether a certain place or building is auspicious according to geographical position or building structure. These three types of activity should be categorized as evil crafts of divination.

Divination is very much in vogue all over China. Whether they are officials, or businessmen, or workers, or peasants or soldiers, people are understandably concerned about their fortune. But believing in divination cannot improve your fortune, but rather can only cause you trouble and bondage. **Only God can change your fortune. It is only through knowing Jesus Christ that you will find a wonderful life. If you are willing to put Christian faith into practice, you will find proof of the truth of Jesus Christ.**

We have learned about the essence and theoretical principles of qigong methods and functions. In a word, the spiritual background of qigong is evil spirits under the control of the devil. The purpose of these evil spirits is to have human beings stray away from God through these means and to destroy human lives. After we have realized these basic principles, we are able to understand any qigong methods and qigong supernatural capabilities and are able to make explanations on them. It is now easy for us to understand the following phenomena:

1. Why does it happen sometimes that qigong masters' gong power disappears suddenly? Because the evil spirits have left them or stopped working through them.
2. Why do gong emitters require gong receivers to believe and relax? Why cannot they operate properly for people who do not believe? The evil spirits cannot easily win over people's souls because God has endowed human souls with self-protective ability. Human consciousness inclined toward resistance interferes greatly with the work of evil spirits. Only when humans are off guard is it possible for them to steal in.
3. Why do qigong theories tell people not to be afraid when they see anything or hear any sounds? Because being afraid causes people to be alert and arouses their resisting consciousness and thus makes it hard for the evil spirits to take control of them.
4. Why do qigong theories regard red-letter days in the lunar calendar, Buddhist temples, Taoist temples, tombs and night time as having strong qi fields and as having good information? This is because evil spirits like to flock to these places and like to act during those times.
5. Why are the diseased and little children quick to produce gong? Because their souls are weak and more susceptible to the evil spirits' captivity.
6. Why do some qigong practitioners go lunatic or even die? Some people have very strong souls, yet have accepted qigong logically in their mind. So the evil spirits have to fight with the soul fiercely and have to use unexpected means to destroy this person. They no longer try to manipulate the soul, but conquer it completely and bring this person's logical and

primary consciousness to a sheer "shock" and fully under their control. If they then ask this person to commit suicide, he/she will do as ordered. They may also simply kidnap the soul of this person, who will then die, or turn this person into a lunatic who will be like a walking corpse in this world and bring limitless grief to his/her family. Such lunatics should get help from Christians who will pray for him/her and drive out the evil spirits so that this person's soul can be relieved and healed and return to normalcy. Then if this person accepts Jesus as his/her Savior and confesses his/her sins to God, he/she will be saved forever, and evil spirits can harm him/her no more.

7. Why do some practitioners not have any feelings? Such people have strong logical thinking and less exquisite feelings. They either do not believe in qigong at all or do not believe in it completely. They may even have a resisting sense towards it, and both their physical health and soul's health may be very strong. Evil spirits will have really a hard time if they want to conquer this person. There may be other reasons, (e.g. there are Christians praying for this person). Under such situations the evil spirits would usually give up attacking this person. People like these are lucky, but qigong theories call them as "insensitive."

There are many other supernatural capabilities for the purpose of performance, which the effect of magic and skills resembles. There are some performances that are claimed as a show of supernatural capabilities but that are only deceitful tricks prevalent in the society for a long time. Yet if a performance is truly that of qigong and of supernatural abilities, it comes from the evil spirits.

There are many other cases and phenomena which we will not numerate one by one here. Qigong methods are "methods without set rules." The devil will surely work out through different people new methods one after another. The gong methods will be more and more abstruse, and the effect will be more and more remarkable and quickly achieved. There will always be people fooled by them. However, people equipped with the knowledge of the principles and essence of qigong will find it very easy to explain the always-changing methods of qigong methods and supernatural capabilities, for all the gong methods have the same spiritual background, which is the activity of evil spirits.

We have now concluded our discussion of the principles and essence of qigong. I hope all qigong adherents will give this presentation calm consideration. Especially qigong masters of high levels can understand very easily the danger of qigong. Knowing the basic qigong principles and phenomena will be helpful to Christians in their understanding of the essence of qigong. May Christians help more qigong practitioners to wake up to the danger of qigong and to know Jesus Christ, the Holy Spirit and God our Father.

#### **4.3. THE PRINCIPLES AND ESSENCE OF MARTIAL ARTS, TAIJQUAN AND CHINESE MEDICINE**

This is a very sensitive issue, and I am sure the conclusion will definitely hurt the national self-esteem of many Chinese. But I have to talk about this, and hope more people will see the essence of these things and know the root of falsehood in our traditional culture. This is as if to discover, out of love, the disease that a family member has so that our loved one can be healed. I am a Christian, and God knows my heart.

Martial arts, taijiquan and Chinese Medicine have had a long history. Many Chinese are indeed very proud of them. Chinese people would like to introduce these things to the whole world and hope they can be developed even more. The motivation is no doubt very childish. Why? Firstly, they cannot be widely spread in the West because the western cultural context does not emphasize these practices. Secondly, these all have in them the coloring of a fallacious culture and do not have a remarkable effect on society. Modern western culture has been successful. People would surely choose what is excellent.

Martial arts, taijiquan and Chinese Medicine are sharply different from qigong, for, materialistically, they are actual things that people can have direct contact with and master. Yet what people can see now is only their superficial and elementary phenomena, without knowledge of their deep connotations. In the following section we will discuss the principles and essence of martial arts, taijiquan, and Chinese Medicine separately.

#### **4.3.1 THE PRINCIPLES AND ESSENCE OF THE MARTIAL ARTS**

Why is it said that Tianxia gongfu chu Shaolin (Shaolin produces the gongfu in the world)? What is the difference between the martial arts and wugong? Why do some high level wugong masters indicate with regret that the martial arts have been lost?

The martial arts of Shaolin temple are a Buddhist gongfu. It is distinctly based on qigong. The Buddhist monks at Shaolin temple not only practice *wu* but also sit in meditation. If only skills of movement are involved in the practice, it is only martial arts, not *wugong*. The martial arts that are commonly known by people now are often purely physical wrestling skills, a sheer combination of strength and skills without any spiritual background. But for those who practice wugong, like those Buddhist monks at Shaolin temple and Taoist priests at Wudang mountain, the practice of martial arts and the practice of wugong are inseparable. Their practice of wugong is based upon qigong. The power of evil spirits is brought into play through the kicks and blows of the practitioners; hence wugong has an uncommon killing effect. Just like that of qigong, the spiritual background of wugong is the work of the evil spirits with only a difference of focus. The former puts more emphasis on healing and supernormal abilities; the later, on self-defense and attack.

In many stereotyped postures of martial arts, we can see traces of qigong (e.g. "operating dantian qi," inhaling and exhaling, and the starting and finishing movements which benefit the operating, lifting up and gathering in of qi). There are even some movement names of martial arts that have the characteristics of qigong.

#### **4.3.2. THE PRINCIPLES AND ESSENCE OF TAIJIQUAN**

Taijiquan is a type of wugong. Because its essential connotations have almost all been lost, the taijiquan that people practice now has mainly the function of enhancing health. Taijiquan was performed by a whole group of people on the opening ceremony of the Asian Games in Beijing in 1990. It symbolized the precious traditional assets of Chinese nation. It is proudly exclaimed as such to the whole world.

The basic significance of taijiquan has been taken from Taoist taiji eight trigrams. It is actually Taoist wugong. Taijiquan is a method of practice that stands between martial arts and qigong. Its spiritual background is the activity of evil spirits, the same as that of qigong. It is said that taijiquan is the movements that appear in spontaneous gong. Some people put the movements that are imitations of animal actions into regulated steps of taijiquan. Taijiquan emphasizes very much the keeping of the will, the leading of the qi through one's will, having qi come out from one's hands, and movements being gentle, elegant, slow, and full of natural grace. This is actually to maneuver the "qi" to move within the body and on the hands. Qigong practitioners can understand the meaning of taijiquan very quickly. When persons who already have qi practice taijiquan, they feel that their hands are very heavy and sticky, as if they were in the water. They have a distinct feeling of energy. People who obtain qi through taijiquan practice like to play taiji hand pushing. Two practitioners push hands with each other, and each feels such strong strength in the other person's hands that being a little off guard can have this one person knock off another through external power. From this the practitioners understand what taijiquan depends on to attack the other party, not just on simple skills. It is because taijiquan is still a qigong method that many practitioners of taijiquan today can very easily achieve healing and health-enhancing effects, even though they do not have the practicing skills of wugong. Taiji swordsmanship, with the practitioner holding the sword in hand while practicing, has the same principle as taijiquan.

Nowadays, many who practice taijiquan or taiji swordsmanship practice them as health-improving exercises without obtaining the "qi." But this is like having high possibility of wetting one's shoes when one walks too close to the river. The evil spirits have a lot of opportunities to intrude, even though one practices these exercises just as he/she would do physical exercises.

#### **4.3.3. THE PRINCIPLES AND ESSENCE OF CHINESE MEDICINE**

Qigong theory holds that Chinese Medicine and qigong came from the same origin. The principles of Chinese Medicine are supplementary Yin and Yang and the rules of main/collateral channels and primary qi. *Huangdi Nei Jing* is the classical work of Chinese Medicine. It is also a qigong work, a fact known to many high-level qigong masters and recognized in qigong theory. The idea that "experts see the essence in the origin" applies here. But lay persons do not easily believe that Chinese Medicine and qigong are really connected with each other. Especially because Chinese Medicine makes use of herbs to heal diseases, people find it even harder to believe it has anything to do with qigong. Almost all qigong masters but only a few doctors of Chinese Medicine acknowledge the close relationship between Chinese Medicine and qigong.

There is in *Huangdi Nei Jing* a classical theory highly praised by people in both Chinese Medicine and qigong areas: "Having a peaceful and happy mood, desiring nothing, following the operation of the primary qi, maintaining the introspective meditation of the spirit and mind, keeping illnesses at bay." These statements are commonly recognized theories for enhancing health and cultivating character. They are also qigong methods of keeping the mind-will. Great qigong masters search for a lifestyle of "having a peaceful and happy mood, desiring nothing." If it were devoid of its foundation in qigong, Chinese Medicine would be like taijiquan without qigong, unable to bring its genuine functions and effects into full play. Then Chinese Medicine would have been able only to give play to simple herbal healing. But the fact is that the theories of main and collateral channels and the real qi operating are also qigong theories.

There among the people is the highest-level work of Chinese Medicine. It is called "*zhou you shi san ke.*" (*Prescriptions of Incantations*) It is said to be the highest form of Chinese Medicine. It records many curse incantations. Healing methods no longer use herbs, acupuncture and acupressure, but instead curse incantations. There are recorded in this book healing incantations for all kinds of illnesses. Healing is achieved only through incantations, which are obviously incantations that can maneuver the power of the evil spirits. Herbs are indeed effective in curing diseases, the fact of which has been proven by science. But if herbs are used by the evil spirits as a cover under which to manipulate human beings, there is an area of danger and the problem of Chinese Medicine.

#### **4.3.4. YOGA FROM INDIA**

India is a mysterious country, being the place of origin for Buddhism and Hinduism, both of which are still believed in India. Yoga is a special physical exercise peculiar to India. Its characteristics are suffering and perseverance. Yoga practitioners are unbelievably restrained. Of course, when it is spread out over the world, Yoga has already lost its essence and become simply a health-improving method like gymnastics.

The methods of the practice of Yoga involve treating human body cruelly, putting the body in almost untenable postures, suffering hunger, swallowing strings in order to clean the intestines, keeping the same posture for a long time, holding the breath for a long time, or even cutting the tie under the tongue to stretch it long enough to reach the part that is between the nose and the mouth because in this way the practitioner can practice having the ability to breath little. Some Yoga practitioners are able to lie in hibernation underground for a month, depending on only the air in the coffin in which they lie, which is sufficient for them.

Usually, the hibernators will need many Yoga practitioners to wake them up through meditation.

The background of Yoga is the activity of evil spirits. After torturing a human body painfully for a long time and rendering the soul near collapse and very weak, evil spirits then easily capture and take control of the human soul. Then this person will have supernormal capabilities. The hibernation is actually what happens when the soul has left the body or when the soul is so completely controlled by evil spirits that it suffers from shock. This is why there have to be many Yoga practitioners to meditate in order to maneuver the evil spirit to have that person's soul returned and that person awakened. Generally speaking, this kind of training is hard for people to keep, yet those who do succeed usually have shocking capabilities. The point is that it does not have much practical meaning, for it does not solve any problems in human lives. Its practitioners are very miserable, for the devil likes to torment them. But they are willing to cater to the evil spirits, leading a hellish life while still in this world.

#### **4.3.5. THE TIBETAN GONG METHOD**

Tibet is an area with a very complicated spiritual background. Due to the long closedness and also to Buddhist belief, Tibet is scarcely influenced by outside cultures at all. Since 1951 the Tibetan religion has been influenced by the Han culture of China, mainly atheism, but with little effect. The geographical and religious features of Tibet help to preserve the traditional characteristics of Tibetan culture.

Tibetan Buddhism is mainly divided between the Red and Yellow denominations. Long-term training is mainly by means of the Tibetan gong method with the goal of supernormal capabilities as its major focus, though emphasis is also put on Tibetan medicine and the study of Buddhist theory. The major methods of practice of Tibetan qigong are sitting in meditation, learning gong from masters, and cultivating a belief in the reincarnation of the soul. Major functions include sense transmission by will, tianmu opening, keeping out the cold, sit-and-die, and light cremation, etc. It is said that light cremation is an unintelligible phenomenon. When a practitioner thinks he is going to become Buddha, he will sit in meditation in front of all followers. Then his body begins to radiate colorful lights and shrink gradually. When light cremation is complete, only the hair and fingernails are left. The bodies of the ones with slightly lower gong levels, cannot be completely light cremated. There will be left a very small body as hard as iron. This supernormal capability is rare. It is a big strange sign performed by evil spirits.

#### **4.3.6. SORCERESSES IN THE COUNTRYSIDE**

In the Chinese countryside a sorceress is known to all. Every local area has its own woman of supernormal capabilities called "divinities" like "xian gu", "huang gu" or "ban xian." Most sorceresses are old ladies, and there are not many of them. There is usually one well-known sorceress in a town or area. But they are spread all over China and are respected by the local people. They are "half a supernatural being" in the local people's heart. The major work of the sorceresses is to perform divination, the casting out of demons, and healing. When the local people have lost their ox or some other possession, when their children are strangely ill or have lost their soul "hun," when they need to ask about their future, or when they need to ask for help after a disaster, they will go to the sorceress for help. Before or after the sorceress helps them, they will give her money or other things in order to thank her. Even though they live in the poor countryside, sorceresses never lack such good food as chicken, duck, fish or pork. They are the first ones whose families become comparatively well off.

Of course, some sorceresses are false and do not have any supernormal capabilities. Genuine sorceresses are those who have supernormal capabilities, and quite a number are even well educated. High officials often go secretly to see the sorceress. Because



sorceresses can tell exactly what will happen, people believe in them after seeing things happen as they have foretold them.

The spiritual background of sorceresses is the activity of evil spirits, just as is that of qigong. The difference lies in the fact that the ability of sorceresses is given directly by evil spirits, not as a result of gong practice. When sorceresses perform divinations, the evil spirits speak directly to them or display a kind of "pictures." Sorceresses simply pass on the information the evil spirits have offered. When sorceresses drive out demons, the evil spirits will very often produce its effect within the sorceress, just as in spontaneous qigong. At this time the sorceress knows exactly what is happening, but is unwilling or unable to control herself. Evil spirits sometimes speak prophecies through sorceresses, imitating other people's voices identically, or even show vividly other people's facial expressions on sorceresses' faces. Those imitated are usually dead people whose living family members have come to ask about them. Hence people greatly fear and respect the sorceress's power, which is in fact the activity of evil spirits. The so-called driving out of demons is having the evil spirits that are on the victim cooperate and leave the person in order to perform a strange sign and to convince people. The calling back of souls is the same. In the countryside where a belief in ghosts and gods is prevalent, evil spirits are active, roaming all around, looking for people that they can attach to. Small children's souls are relatively weaker; therefore, the devils find them easier to get hold of. Sorceresses simply affect to call back the soul, and the evil spirits cooperate by releasing the soul of the "soul loser." The evil spirits like to have people worship them and like to go to the places where idols are kept. This is why, where people are very superstitious and worship idols, the evil spirits often display their supernatural powers and perform strange signs. To common people these areas seem to be abnormal, having a lot of strange things happening there. Please note that people worship idols because they hope the idols will protect them and bring them good luck. Worshiping a man's picture is also idol worshiping. We often see people put up the picture of a certain "great man" for the purpose of getting protection and good luck from it. Such actions are not only benighted and superstitious, but invite evil spirits as well.

The focus of this chapter has been on the principles and essence of qigong. I hope more people will understand the essence of qigong and more qigong practitioners will mend their ways after realizing their errors and find the true meaning of life. I hope more Christians will learn the principles of qigong and understand how to help qigong practitioners. There are many people in this world who are described by Jesus in the following passage from the New Testament: "This people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them." These people can never accept the truth and will lose all what they have, including their lives.

We are not to judge who will be saved or who will not be. We are to love all people and forgive all who are venomous toward us. We are to do what we should do according to the righteous principles that God has given us.

We would be happy to pray to God earnestly for more qigong followers to be saved and for more people to accept and know Jesus Christ.

## Chapter 5

# The Relation Between Qigong and Confucianism, Buddhism and Taoism

### 5.1. The Basic Relationship between Qigong and Confucianism, Buddhism and Taoism Confucianism, Buddhism and Taoism are shortened in Chinese as Ru Shi Tao

The close relationship between qigong and Ru Shi Tao is only known to some qigong personnel and researchers on Ru Shi Tao who happen to know about qigong. This relation explains why among gong methods are some methods of Confucianism, of Buddhism and of Taoism. But this relation is denied and derided by many scholars. Atheists believe religion to be a kind of outlook on life, worldview and philosophical system of ethical morals. Even some theists would not regard qigong as having any actual connection with Ru Shi Tao, for they do not know the essence and principles of qigong.

Yet qigong practitioners and people who have studied qigong theory would know that qigong has a deep relationship with Ru Shi Tao. The reasons are simple: First, Ru Shi Tao theories and qigong theories are similar or completely identical in many aspects. Second, many of the gong methods practiced have originated from these three religions. Practitioners of them get great help from the philosophical thoughts and detailed qigong theories of these three religions. Hence, they have concluded that qigong and these three religions have the same origin. Confucianism has the lightest qigong coloring of these three, and this is why Confucian gong methods are almost lost and are seldom known by people today.

Why do the Ru Shi Tao all have their own qigong methods? Is this a coincidence? What are the purposes of these gong methods? What connections do they have with the philosophical theories of these religions?

This is a very natural question. The answer to this question is the key to understanding the spiritual background of these religions. We will here clarify our views about this topic and then elaborate and prove our views in the next three sections.

Generally speaking, the spiritual background of Ru Shi Tao is the activity of evil spirits, just like that of qigong. The goal of Ru Shi Tao is exactly the same as that of qigong, which is also the purpose of the evil spirits.

We all know that the purpose of religion is to enable human beings to know about spiritual reality and get close to spiritual beings. Human beings have a natural tendency to worship God. God has placed this desire within the human soul. The purpose of the devil, however, is to prevent people from knowing God, to keep them far away from God so that they will turn to the worship of evil spirits. Henceforth, it is the purpose of the devil to set up various religions in this world so that people will believe and worship the devil and his evil spirits.

However, there is only one religion that God has set up through man. It is based on the Holy Bible and is called today Judaism before the coming of Christ and Christianity after the coming of Christ. Its purpose is to know and worship God. We will discuss this spiritual reality in Chapter seven.

Evil spirits try to tempt man through various religions with the purpose of destroying man's soul and life. Let us stick to Ru Shi Tao for an illustration. These religions are means to make people voluntarily get close to the devil, who can then control and enslave them. First, Ru Shi

Tao all offer views on life and death and philosophical theories of ethical morals. Yet these theories are very obscure regarding their views of life and death and the meaning of life and unable to survive any examinations by logic and analysis. But like almost all the rest of the religions in the world, their theories of ethical morals advocate the beauty of the humanities. No one will say to this: This is wrong. We will not because God has put the standard for right and wrong, goodness and evil, in the human heart. After people have endorsed these views, they start to accept the rest of the theories in Ru Shi Tao. If ever any theory contradicts the common morals of human kind, it will be rejected instantly. The evil spirits are not stupid. Though the motivation of the devils is vicious, they will resort to means not easily noticeable to people to dupe them step by step.

The evil spirits adulterate dangerous lies with easily accepted theories in order to catch people off guard and make them accept those views partially or wholly. This is the half-true, half-false lie that we have talked about in Chapter 4.2. Having people agree directly with the theories and then attracting them into practice are these religions' characteristic means of deceiving people.

Among Ru Shi Tao, Confucianism is the religion that has ethical morals as its main preoccupation. So it is not easy for people to discern its spiritual background. Up to the present, except for the few qigong personnel and Christians who know its spiritual background to be evil spirits, most people, especially Chinese, take Confucian culture as one of man's highest treasures. Yet modern Chinese history has not seen success but rather suffering and shame brought about by this mainstream element of Chinese culture.

The major aspects of Taoism and Buddhism are concerned with ghosts, gods, and determinism. They have distinctive qigong theories and gong methods. Their contact with the spiritual world is relatively more direct. It is easy for people to see that their theories are about ghosts and gods; hence atheists, in particular, reject them very readily. This is also why Buddhism and Taoism have declined much more quickly than Confucianism in modern times.

Like that of qigong, the purpose of all religions with the activity of evil spirits as their background is to have people believe, worship and be manipulated by evil spirits. The means of Ru Shi Tao for direct contact with evil spirits and for getting assistance from them is qigong gong methods. It is only that they are not called "qigong". In Confucianism such methods are called cultivation in ethical morals and cultural arts for the sake of becoming a righteous gentleman; in Taoism, such methods are called "unity of man with heaven, which is unity of man and with Tao"--in order to become immortals; in Buddhism, such methods are called cultivation of the heart and character for reaching nirvana and becoming Buddha. These gong methods are practiced by people everywhere. After the rising up of Chinese new culture (communist atheistic culture), Ru Shi Tao, especially Buddhism and Taoism, declined rapidly. Yet communist atheism is also a religion, having man himself as its god. This is why it is very easy for atheistic people to worship personages. Celebrities and the so-called "great man," or even popular singers or ball game stars or one's lover, can be made fetishes. Since the most recent decade, communism has been declining rapidly in China, but atheism has already taken root strongly in the hearts of intellectuals. At the same time religions of ghosts and gods have received overall recovery among the much less educated people in the vast country areas. Confucianism is greatly advocated throughout the nation. This time is the blank faith period for Chinese intellectuals. But since these intellectuals do not believe in Ru Shi Tao's essential theory of ghosts and gods, the evil spirits have promoted as a timely strategy the new way of qigong so as to delude knowledgeable intellectuals. In qigong evil spirits have taken off all their coverings in the forms of various religions and have presented directly their essential contents. They used to guide people timidly through the means of the various religions, but now teach people the most direct meanings of dealings with the evil spirits through qigong. Convinced by tons of facts, intellectuals accept qigong and study qigong as a new life science of the human body as an aspect of their atheistic mode of thinking. They set up a lot of qigong theories and propagate them to people from all walks of

life. Hence in a very short period of time, the intellectuals have formed a brand-new religion. The religion of qigong has already brought painfully miserable costs to the whole nation and will continue to do so. Woe to you, Chinese intellectuals!

We can see now that qigong comes from Ru Shi Tao and has been developed at the present time, trapping more and more people into its practice. Its dissemination overseas can no longer be ignored. In order for people to have a better understanding of the deep relationships and the principles, we will now discuss them separately.

## 5.2. QIGONG AND CONFUCIANISM

Why is there a Confucian gong method among qigong theories? What relationship does this gong method have with Confucian culture?

Confucius, the founder of Confucianism, lived in the Spring and Autumn Period, approximately between 552 and 479 B.C. His most important work is *Lun Yu (The Analects)*, which consists of over 12,700 characters. Confucius was a theist who worshipped the "sky", which is an obscure concept of God. In *Lun Yu* it is said, "Death and life are controlled by the fate; wealth and rank are decided by the heaven." Confucius also worshipped humans as deities. In Chapter 23, the Five Emperors' Virtue, Kong Zi Jia Yu (Sayings from the School of Master Confucius), we read that Confucius regarded the ancient Emperor Xuan Yuan as "born to be a deity, being able to speak very soon after birth." He also thought that the Huang Emperor's grandson was able to "administer righteousness as guided by ghosts and gods, teach the commonality through cultivation of personalities and characters, make offerings with sincerity and cleanness, and make inspection tours all over the country to pacify the subjects." Confucius called emperors and kings "sons of heaven" and worshipped ancestors as ghosts and gods. The Chinese traditional belief in ghosts and gods was thus incorporated into Confucian culture. The Chinese traditional gods include the god of thunder, the goddess of lightening, the god of wind, the town god, the god of plague, star of intelligence and music, Emperor Guan, the god of wealth, the door-god, the kitchen god, Mazu (guardian of navigation), the Father of Medicine, Emperor Yu, the silkworm god, etc.

Though there have not been found up to the present time any training methods like qigong in Confucius' works, his principle of "the origin of life" is completely identical with that of Taoism, qigong and Chinese medicine. In Chapter 26, On Life, *Kong Zi Jia Yu (Sayings from the School of Master Confucius)*, Duke Lu asked Confucius about principles of life and death. Confucius regarded life as consisting of the two parts *xing* and *ming*, which, when put together, form a synonym of the word "life" in Chinese. He explained this, saying, "Fen yu dao wei zhi ming, xing yu yi wei zhi xing, xiang xing er fa, wei zhi sheng, hua qiong shu jing, wei zhi si. Gu ming zhe, xing zhi shi ye; si zhe, sheng zhi zhong ye." (What has come from Tao is called "Life Ming"; what is shaped from Tao is called "Life Xing"; different shapes thus develop and this is called "Birth"; when shapes exhaust their capacity for change, it is "Death". Therefore, life Ming is the beginning of life Xing and death is the ending of life.) "Yi ying yi yang, qi ou xiang pei, ran hou dao he hua cheng, xing ming zhi duan, xing yu ci ye." (Yin and yang combine as odd and even intertwine with each other, together abiding by the Tao. Their combination is the beginning of life which has all its forms herein.) From these words we can see that Confucius' view of life is also about "Tao", taking Tao as the origin of life, which came into being through the interplay of yin and yang. This is a hundred-percent Taoist view of life, which holds that Tao gave birth to one, one gave birth to two, two gave birth to three, three gave birth to everything. Qigong and Chinese medicine also have this same view of the origin of life.

The disciplines Confucius taught his disciples were odes, history, human-heartedness, righteousness, ceremonies and music. His disciples were as many as three thousand, with seventy-two of them adept in all these subjects, which are typical of the Chinese cultural,

philosophical, and aesthetic spheres. Confucian qigong is a qigong gong method that the scholars discovered and summarized during the process of their reading, penmanship and painting practice and playing of music. Or it was inspired in them in a state of spontaneous gong? When they were engaged in these activities, they entered into a qigong state, having all their thoughts concentrated on their reading, calligraphy, painting and music to the extent that they reached a selfless realm, just like qigong practitioners entering into a void state through sitting in meditation. The effect of Confucian qigong is mainly to upgrade the level of artistic creativity and at the same time to enhance physical health. This is a different phenomenon from common artists' being intoxicated with self-satisfaction. Confucian gong practitioners took qigong practicing as a foundation, emphasizing meditation, breathing and imagination, with the purpose not of improvement of skills but mainly of endowment of their artistic works with an effective vibrating power, giving them a sense of "energy," and in the meantime achieving the effects of physical healing and the enhancement of health. Please notice that this is not the same as the usual benefits people get from art for their health and mind.

There is in "Tian Fang Zi," **Zhuang Zi**, the following story about a Confucian gong practitioner. "Monarch Song asked for painters to paint pictures for him. A lot of painters came, and all prepared their brushes and ink except one—who took off his coat and sat in meditation. At this Monarch Song said, 'This is a true painter!'" This is a Confucian qigong practitioner. This story was found to be out of place, without any context in the book, but it was described earlier in this book that Duke Lu lamented that the State Lu had no one who knew Tao as Zhuang Zi had. This is because Confucian theories are, on the surface, ethical, political, and philosophical and have no obvious training content. It is the so-called "Ming hu li yi er lou yu zhi ren xin," meaning that Confucianism is much about superficial ritual, and little about knowledge of man's own "mind and consciousness." (Note: In ancient times it was believed that "xin zhi guan ze si", i.e. the function of mind is thinking, while the practice of qigong is exactly the training of mind and consciousness.) But later Duke Lu found that Confucius was "the great Confucian" who knew about "Tao." That is to say, Confucius was a man who knew the way of training. (We will discuss later in detail that the training of "Tao" is actually the Taoist qigong method of practice.) In this context it is natural to relate a story about a Confucian qigong practitioner who was a painter knowing about "Tao." Zhuang Zi, Duke Lu, and Confucius lived during different periods of history, and the story from *Zhuang Zi* is only a fabrication, but Zhuang Zi was trying to illustrate thereby the point that the ideal state that Confucian culture, with Confucius himself as its leading figure, was seeking to achieve was actually that "Tao" taught by Taoism.

What is typical of Confucian qigong is the practitioner's seeking for external power and inspiration. It has its own method of practice. Usually, artists endeavor to improve their inspirational and artistic level through drills, thoughtful research, and comprehension. The difference between Confucian artists and other artists is like that between wugong and physical training, with the first having the spiritual background and the other without it. We can understand this through the fact that some Christian artists are inspired by the Holy Spirit in their artistic creativity.

Confucian qigong is nearly lost, due to its method of practice that involves cultural and art forms such as reading, penmanship, painting and music playing. Being suitable only to scholars, it was very much limited in propagation. Today, there are Confucian qigong "salons" only in the very high-level qigong realm, where a very few qigong personages are still working hard to unearth this "national treasure" called Confucian Qigong.

According to the **Kong Zi Jia Yu (Sayings from the School of Master Confucius)**, "Kong zi wan er xi yi." (In his later years, Confucius studied the **I-Ching**.) And Confucius said, "Jia wo shu nian, rou shi, wo yu yi ze bin bin yi." (If I were a few years younger, I would come to a perfect knowledge of the **I-Ching**.) Confucius liked reading the **I-Ching (The Book of Changes)** in his old age and was regretful that he was not a few years younger, for he would

otherwise have made a thorough research of the *I-Ching*, from which he was sure to learn a lot. What is the *I-Ching* about? What did Confucius find in it?

Confucius greatly admired the *I-Ching*. He made a considerably deep research into it during his lifetime and left behind great volumes of his views and theories as a result of this research. This is why the *I-Ching* is regarded as a classical theoretical work for Confucianism, high on top of the whole list of Chinese classics. Textual research has been unable to uncover the identity of the author of the *I-Ching*, but it was probably someone from the Zhou dynasty. The *I-Ching* consists of two parts: "Jing" and "Zhuan." "Jing" is mainly about divinations and fortune telling through the Eight Trigrams. And the essence of true divinations and fortune telling is to enter into a qigong state. The *I-Ching* uses obscure and enigmatic language to describe the basic principle of everything in the world. The fundamental theory it teaches is that of yin and yang and can be illustrated by the taiji eight trigrams. The logo on South Korea's national flag is a very inexact design of the taiji eight trigrams.

Confucian theories and the essential meaning of the *I-Ching* are identical. The *I-Ching* provided Confucius with higher theoretical guidance especially with regard to his view of life and worldview. During his later years his philosophical views further matured, and he realized that in his own views were the same connotations as in the *I-Ching*. And the *I-Ching* is the book with the most obvious background of evil spirits. It is the highest theoretical authority of Taoism, Buddhism, Chinese Medicine, wugong, divination and qigong. What Confucius had wanted to make a deeper study of in the *I-Ching* would be its theories with their very strong spiritual coloring. It is very difficult to understand the profound mystery of the *I-Ching* without practical experience in qigong. Some qigong personages believe that the *I-Ching* was written during a qigong state. In other words, it was written by a man who had the guidance of evil spirits.

After one is clear about qigong, it will be easy to understand the principles of all kinds of religions, supernormal ability training, divination and the *I-Ching* that have the activity of evil spirits as their spiritual background. But only after we know God through Jesus and understand the Holy Bible can we know the essence of all kinds of religions, supernormal ability training, divination and the *I-Ching* that have the activity of evil spirits as their spiritual background. Even if evil spirits raise up more things in any new guises, Christians will be able to see exactly what they are.

### **5.3. QIGONG AND BUDDHISM**

The highest realm of Buddhism is nirvana, which is entering into bliss through training so that there will be no death and no more pain of reincarnation. The "eightfold path" and "eight commandments" in Buddhism regulate principles of training and also of wrong deeds that are not to be performed. They are the basic Buddhist worldview of life and moral ethics. Many people easily accept Buddhist views, but many of them do not carry out training according to its regulations because it is training that requires a lifestyle of escape from the world and because its taboos and commandments are all contradictory to human nature. Buddhist scripture is obscure and hard to understand. People's knowledge of Buddhism today is not obtained from their own reading of its scripture. Instead, their understanding of Buddhism is based only on what they have heard about it, not on understanding through direct study of its theory. Buddhists today do not train themselves like the Buddhist monks, but go directly ahead to acquire and to worship Buddhist idols in order to receive blessing.

Buddhist practice includes two parts: the first is abstinence, abiding by the taboos and commandments; the second is sitting in meditation and imagination. The former binds human nature and one's consciousness, subduing human souls and making them weak; the latter consists of typical qigong practices, which are standard means of the evil spirits to captivate human beings.

There are many Buddhist books offering philosophical and theoretical guidance on life and the world. Buddhist training is mainly the training of the human heart and nature. Many Buddhist terms and concepts are not easy to understand. They can be understood only after they have been experienced. For example, "chan" is a general term of Buddhism, just like "tao" in Taoism. "Kong" (emptiness) and "wu" (nothingness) are the selfless state of the practitioners. "The one self" and "the true self" are terms meaning that the practitioners find a "true self" while endeavoring to forget "the one self." Both qigong practitioners and Buddhists who have reached this level know exactly what this "true self" feels like. The essence of this "true self" is the evil spirits that have become one with the soul within. Qigong practitioners at this level have acquired many supernormal capabilities. Buddhist monks at this level can also experience a special "wisdom," capabilities, and "the blissful feeling" of the body and soul. This feeling indicates that the practitioner has entered into an "empty" state, in which the practitioner feels self satisfied and then empty, no longer feeling one's own existence.

Temporal and spatial senses begin to become different at this time. Practitioners at this level feel that they have already attained the highest state of enlightenment, and for them sitting in meditation has become an enjoyment. The so-called "chan ji" (chan strategies), an abstruse, mysterious, and comprehensible but unspeakable mode of thought, has taken shape in them. It is a kind of combination of learning, feeling and experience. It is a kind of inexplicable thinking carried out spiritually by the evil spirits now residing in them.

In Buddhism there is a "six-word true verse", which is actually an incantation. There is an incantation that Buddhist monks never quit saying, "a mi tuo fu", which has the effect of worshipping evil spirits. There are many qigong practitioners who like very much to hear these words. People who are sensitive to spiritual affairs have a direct feeling of the energy in these words. Some uneducated old ladies who believe in Buddha devotedly, even though they do not know any "chan ji," simply repeat these words every day, over ten thousand times sometimes, and strange things happen. For example, they can see and hear strange things. They can also have very comfortable feelings, enjoy good health, and feel the great and dreadful power of "Buddha." They will thus respect the "Buddha" even more. Yet the "Buddha" is an evil spirit. Now there are even audiotapes of "a mi tuo fu." Pious devotees of Buddhism listen to them repeatedly and very effectively enter into qigong state in this way. Hence we see that such a level can be arrived at without strict practice, or theory, or logical processes. Just as is said in Buddhism, "Law is without set rules, all laws point to the same one goal." "Giving up the one self brings forth the chan strategies." These theories expose the motivations and means of the evil spirits thoroughly. As long as humans worship these evil spirits, they will let them reach the highest realm because the purpose of the evil spirits is to have people give up their souls and bow down willingly before them.

It is recorded that before Sakyamuni, the founder of Buddhism, yuanji (which means "died"), he said to his disciples, "Wu you zheng fa yan zang, nie pan miao xin, shi xiang wu xiang, wei miao fa men, bu li wen zi, jiao wai bie chuan, fu zhu yu ru, ru dang hu chi, chuan fu jiang lai." The meaning is approximately: "The 'fa' (the truth, the law) that I preach indeed exists but is hard to comprehend. It is an experience very subtle and inexplicable through any words and languages. I impart it to you now, and you should continue to spread it to future generations." These words by Sakyamuni reflected his experience, which is the experience of a human dealing with evil spirits. It does not have fixed patterns, for the goal of evil spirits is to use the most suitable means to captivate and enslave deluded human beings.

The training principle of Buddhism is for humans to suppress and give up their souls and consciousness and to accept Buddhist practice and learning with a sincere heart. After Buddhists have realized this principle, they discover that all scripture teaches the same principle and aims at the same goal. They hence find it no longer necessary to study any scripture, but proceed immediately to sit in meditation and just experience it to reach a very high level, or state, in which evil spirits and human souls unite as one. This is also described by Buddhism as follows: after one's "dunwu" (attaining sudden enlightenment), one will

discover that "I am Buddha and Buddha is I." This Buddha is evil spirits; the abstruse and mysterious "chan" is the experience, views and modes of thinking that the evil spirits living in humans engender in them. This is all of the "truth" of Buddhism.

Some qigong gong methods, especially those of high levels, extract exactly the essence of Buddhism for practice so that practitioners no longer have to experience the perplexity of "endless bitterness," but rather discover very soon the "limitlessness of power of Buddha." Practitioners of these gongs can in a few days, or months or years learn the "chan" and "fa," both of which Buddhists in the past had to spend a whole lifetime to learn or could learn only through the endeavor of several generations. They thus acquire shocking supernormal capabilities and unusual modes of thinking with very abstruse views. When they talk about their practice, the deeper they understand the gong, the less they speak, and the more confused the listeners become. This is why many old Buddhist monks with "very profound training" used gestures but seldom used words to answer questions. According to some records, before Sakyamuni entered into nirvana, his disciple Wenshu asked him questions, and he reprimanded Wenshu severely, "I have practiced in this world for forty-nine years, and I have not said a word, Wenshu." For forty-nine years he did not give a word to of instruction to his disciples. From this one is to see that Sakyamuni had "thoroughly awakened to truth."

After Buddhist qigong practitioners have reached a certain level, their heart's desires will become light and unimportant, just like a totally exhausted person lying on the bed, desiring nothing. They can smell strong fishy smells in meats, so they do not want to eat them. Even if they eat any by chance, they will have an upset stomach or even throw up. Soon they begin to hate to see any meat on sale and start to have pity for and cherish the lives of animals. In addition, Buddhist practitioners have receding sexual desires, sleep and eat less, and engender in followers an emotional attachment to and respect for the ferocious and ugly idols of Buddha.

If researchers into Buddhism do not understand the practice of qigong and hope to make a study of the principles of Buddhism through the numerous Buddhist works, they will be like one trying to swim across the Pacific Ocean depending on his own power. The best thing for him to do is to return to the place he has set off from. Buddhist qigong is indeed the highest level of qigong. After one has understood qigong, he/she understands Buddhism and will therefore renounce Buddhism. Once one knows about Jesus Christ, he/she will give up qigong quickly like escaping from a poisonous arrow.

Former Buddhists and qigong adherents who have become Christians have deep experience as to how those evil spirits of the "unlimitedly powerful" Buddha are incompetent and unintelligent before God. A little prayer will render the work of the evil spirits through man ineffective.

While worshippers of the evil spirits can only get a few pitiful "good feelings," they get no help for either their physical health or their lives or fates. The price they pay is not only the heavy bondage they have to endure for the rest of their lives in this world, but also their loss of eternal life. Though they may not believe this yet, they will have to come to face God's Judgment someday.

#### **5.4. QIGONG AND TAOISM**

Taoism was founded by Lao Zi (also called Li Er) who lived during the Spring and Autumn Period, and it was fully developed by Zhuang Zi into a systematic philosophical theory. Lao Zi's most important work is *Tao Te Ching*, which has five thousand characters. Zhuang Zi's most important book is *Zhuang Zi*. As the classical work of Taoism, the teachings of *Tao Te Ching* cover life, the world, politics, military affairs and qigong practices. *Tao Te Ching* is also



a classic of qigong theory and gong methods. The major Taoist training method is sitting in meditation.

The highest realm of Taoism is "Tao," which is living forever and becoming immortal through "the union of Tao and man." Lao Zi explained in *Tao Te Ching* what "Tao" is. He said, "You wu hun chen, xian tian di sheng; ji xi liao xi, du li er bu gai, zhou xing er bu dai, ke yi wei tian xia mu; wu bu zhi qi ming, zi zhi yue dao." What he means is: "there was something undifferentiated which has existed before the sky and earth were formed. It is hard to describe its features, but it is still and silent, independent and never changing. It does not have a beginning or end, but moving in endless cycles, and is everlasting. This thing is the origin of everything in the universe. I do not know its name, and call it 'Tao'." (Some people mistake this "Tao" as referring to Jesus Christ. We will discuss this topic in Chapter 7.27.)

Lao Zi further explained the principles of "Tao" as begetting everything. "Tao gave birth to one, one to two, two to three, and three to everything." This principle is simple but very abstract. Taoism uses the taiji eight trigrams to illustrate this principle. The whole circle symbolizes "Tao," and two half circles symbolize yin and yang, which interplay with each other. The whole circle goes round and round, moving in endless cycles. This logo, together with the principle it symbolizes, becomes the theoretical foundation for Taoist qigong, Chinese medicine and divinations.

Lao Zi holds that human beings should seek for the realm of "Tao." He explains that it is a realm of "doing nothing." And the realm of "doing nothing" is "heaven and man united as one," and "Tao and I united as one." "Tao" then is "I" and "I" am "Tao." Though different in approach, this achieves the same result as the Buddhist "Buddha is I and I am Buddha." The realm of Tao's "doing nothing" is the same as the realm of the "void" in Buddhism. Their essence is becoming one with the evil spirits.

Lao Zi proposes "Tao" as the essence of the world. He says "Tao can be described, but not as the eternal Tao; it can be named, but not by an eternal name." Lao Zi's understanding of Tao has come from meditation and experiences as in qigong. Just as Sakyamuni learned about "Buddha," he has learned about the existence of "Tao." In *Tao Te Ching* Lao Zi not only talks a lot about politics, the humanities, and military affairs, based on the principle of Tao, but he also elaborates very deeply and in much detail on a large number of training methods in the style of qigong that many contemporary scholars, especially Westerners, are at a loss to comprehend when they research these qigong theories. Lao Zi says in the twenty-first chapter of *Tao Te Ching*, "Tao's becoming things is very dim and evasive; evasive and dim, yet it seems to have images in it; and dim and evasive, there is something there." All qigong practitioners who have reached a high level have experienced this realm of meditation. This is a state of super-level qigong. It is an actual method and a real experience. The sixteenth chapter of *Tao Te Ching*, says: "Zhi xu ji, shou jing du, wan wu bing zuo, wu yi guan qi fu. Fu wu yun yun, ge fu qi gen. Gui gen yue jing, jing yue fu ming. Fu ming yue chang, zhi chang yue ming." This means: "After I have attained the climax of my soul's emptiness and kept myself in the realm of peace and quiet and doing nothing, I observe the return of all things which act in concert. For though they are in their multiple forms, each of them returns to its roots. Returning to the root is called stillness; Having this stillness is called return to the essence of life; return to the essence of life is the principle of nature; knowing the principle of nature is enlightenment."

The above words are a high-level instruction of qigong, revealing the highest level of entering into quiet in qigong, which is being indifferent to fame and gain, and nothingness and which leads to the state of "heaven and man united as one and return of man to nature."

In the forty-eighth chapter of *Tao Te Ching*, Lao Zi illustrated another Taoist principle of "the realm of doing nothing": "Wei xue zhe ri yi, wei dao zhe ri sun; sun zhi you sun, yi zhi yu wu wei, wu wei er wu bu wei." These words mean: Learning knowledge is beneficial, while you lose by practicing Tao. When more and more is lost, nothing needs to be done in the end. Then the practitioner will obtain "Tao," and there is nothing that is not done.

Zhuang Zi, (approx. 369-286 B.C.) lived in the Warring States Period. He further developed Lao Zi's Taoist theory, equating "Tao" with "non-being" and holding that the world comes from "the non-being which gives birth to something." Later, people refer to this Lao Zi and Zhuang Zi as "Lao Zhuang".

In *Zhi Bei You*, Zhuang Zi elaborates: "Tao bu ke wen, wen er fei ye; Tao bu ke jian, jian er fei ye; Tao bu ke yan, yan er fei ye." Tao cannot be heard, for what can be heard is not Tao; Tao cannot be seen, for what can be seen is not Tao; Tao cannot be conveyed by words, for what can be conveyed by words is not Tao. How similar and inter-linked this is to the Buddhist principles of "fa" and "chan" that Sakyamuni taught.

Also, according to the *Zhi Bei You*, "The Emperor said, 'Wu si wu lu shi zhi dao, wu chu wu fu shi an dao, wu cong wu dao shi de dao.'" ("When you have no selfish desires or concerns, you will know Tao. When you are bound to no place or duty, you will feel at home with Tao. When you follow no rules or methods, you will obtain Tao.") This describes the process of practicing. When you have given up all selfish desires, you then begin to know "Tao." When you are not bound by anything and yet do not do anything, you can keep "Tao." When you do not seek "Tao" through any means or ways, you have obtained "Tao." This process is the same as that of Buddhist and qigong training. From the Buddhist cutting off of "the six roots" (six human desires) to the relaxing, diving into quiet, and getting rid of distracting thoughts taught by qigong, from Buddhist attentive and willing training to the renouncing of worldly affairs and long-time practice encouraged by qigong, finally from the Buddhist "realm of void" after "sudden awakening" to "man's twenty-four-hour connection with the energy of the universe," which is actually staying in a qigong state twenty-four hours a day—these are all completely identical processes of principles, even though from different approaches. They all have the same result, which is reaching the realm of union with evil spirits.

During the process of Taoist training, a lot of things will happen to destroy the happiness of life. Such things happen often. And because the practitioners do not have time and the mood to do things that should be done, they lose more and more in life, so that they can desire less and less and have a quiet heart, having really nothing much to do. This is so-called the "realm of doing nothing." If practitioners continue their training, they may obtain "Tao" and reach the highest realm of "heaven and man united as one, Tao and me united as one." At this time the practitioners will begin to acquire powerful supernormal capabilities for performing magical signs of all sorts, as if there is nothing that cannot be done. This shows that the evil spirits have become one with the practitioner. Qigong practitioners, especially of very high levels, have deep experiences of this phenomenon.

In his important work the *Levelling All Things*, Zhuang Zi described Nan Guo Zi sitting in meditations. Nan Guo Zi exhaled and inhaled, with a stupefied look on his face, as if his soul had left his body, and he had entered into a selfless realm. His friend was compassionate with him and said, "Why do you torture yourself like this? You look like you are dead! You were not as such when you sat in meditation before!" Nan Guo Zi replied, "I have renounced all worldly gain. You can hear only what common ears can hear, but I can hear the sounds of all objects in the world." Nan Guo Zi was exactly the type of Taoist qigong practitioner who had "lost" something. But he had obtained supernormal hearing ability, for which he would rather think that he had lost little but gained a lot. He was sure that he would soon reach the realm of nothing impossible (i.e. nothing cannot be done).

In the first part of Zhuang Zi's famous work the *Autumn Floods*, the conversation between the river god and the god of sea describes how all rivers flow into the Yellow River and how the Yellow River flows into the sea. It says, "Wan chuan gui zhi, bu zhi he shi zhi er bu ying; wei lu xie zhi, bu zhi he shi yi er bu xu." This means: "All rivers flow into it without stopping, yet it never overflows. Wei Lu (one of the three gates of the spine) releases it unceasingly, yet its own supply is never diminished." The work also says, "Zi yi bi xing yu tian di er shou qi yu yin yang." (This is an analogy of heaven and earth and the provision of qi from yin and yang.) If

we consider only the philosophical meaning of this book, it will be very hard to understand the implicit meaning of qigong practice in "wei lu xie zhi" (wei lu releases it) and "shou qi yu yin yang" (provision of qi from yin and yang). Qigong personages and doctors of Chinese medicine know that the rivers here are paralleled with the "seven main channels, eight veins, and twelve collateral channels." The Yellow River symbolizes the ren artery and the du artery. The opening up of xiao zhou tian (the small microcosmic orbit) is to let "the qi of yin yang" run through all the channels. The route of xiao zhou tian begins from dan tian (also called qihai, the sea of qi), through the perineum to the coccyx, runs up to the du channel over the top of the head, and goes down to the ren artery into dan tian (qihai). Sometimes the qi easily leaks out of the acupoint of the coccyx and other acupuncture points below it and debilitates the gong power. But this happens only when the practitioner's gong level is low. When it gets higher, "heaven and man unite as one, and human qi is connected with the yin and yang of the universe," then "bu zhi he shi zhi er bu ying; bu zhi he shi yi er bu xu." (it never overflows and it is never diminished.) Qi is continuously refilled into dan tian (qihai), and it never overflows or lacks. Though I think the main point of these words by Zhuang Zi may be to illustrate his philosophical views, we can also find out about Zhuang Zi's "theory on qi operation" in qigong practice.

Now, let us discuss Taoist "alchemy." The aim of alchemy is to give humans immortality. There are two kinds of alchemy; one is the "internal elixir," and the other is the "external elixir," which is made in stoves through chemical means. The latter is said to have been the cause of the invention of gunpowder.

The making of the "internal elixir" is a Taoist qigong method of practice. The way to make an internal elixir is to imagine there is a bright little ball at the dan tian under the belly button. Meditate and breathe according to some detailed steps. There is in the beginning none at all or a very little and dim elixir. Gradually, it grows bigger and bigger, brighter and brighter. It can help to keep out the cold in winter and prevent sunstroke in summer. Usually it takes many years, even decades, to "plant by imagination" an elixir. The hard "Buddhist relic" left after a Buddhist monk's body is cremated is this type of elixir. The method of practice for producing internal elixir is a qigong method of imagination, which is "one idea superseding thousands of ideas." Once a person has the internal elixir formed, this person will have very good health and a long life. Taoist practitioners believe that after they have attained the highest state of enlightenment, they will never die.

The "external elixir" is produced by using sources in the material world through chemical means. An elixir is made in this way, using a stove and other utensils. Taoists hope that this kind of elixir will make people immortal.

Why did Taoists ever try to make external elixir? In some Taoist books, some metaphors like stove, fire and herbs, etc. are used to describe the making of internal elixir. If ever some people misunderstood the true meaning of them, they might quite possibly use real stoves to make elixirs. The alchemy that is talked about often nowadays refers to the making of external elixir. The Taoists who produced external elixirs also practiced qigong, having only a different view as to the meaning of elixir and the methods of producing it. Emperors during some dynasties in Chinese history had great interest and hope in external elixirs.

Because of the yin-yang supplementary principle of Taoism, practitioners of Taoist gong are allowed to get married. There is a special practicing method called "fang zhong shu" (method inside the chamber). It is a Taoist gong method that produces very strange signs: A phenomenon called "ma yin cang xiang" happens to some male practitioners. Their genitals can be contracted so as to be like those of little children and can get normal at the practitioners' will. Their sexual ability will be enhanced. "Zhan chi long" happens to female practitioners. Their menstruation is stopped, and their breasts are contracted so as to become smaller, never to recover their normal size again.

There are also in Taoism external practicing methods. People no longer have to take the internal practice method, which is qigong practice, but directly start dealings and communications with evil spirits through some means. It is similar to the performance of supernormal capabilities and special signs. The following is the fu lu shu method: the drawing of some word-like signs, which are the so-called "words of immortals" to suppress the demons and heal diseases. The following is the nian zhou shu method: incantations for healing diseases, expelling disasters and ferocious animals, etc. There are also divinations. And qi rang shu is pleading to the evil spirits for blessings and for the avoidance of disasters. Bu dao chang is more complex. Altars have to be built, incense burnt, offerings made, gods invited and seen off, scripture read, and ceremonies chanted, with decoration with candles lit on candlesticks and also accompaniment by music. The priests have to bathe and change and abstain from meat, fish and liquor. The purpose of these external methods of practice are for the practitioners to help the common folk to cross the sea of bitterness in this life, to do good deeds and cultivate all kinds of virtues, and to become immortals. They are in essence types of qigong training, having the same goal as qigong, which is to become immortal and never see death.

Furthermore, the Chinese traditional belief in ghosts and gods is also incorporated into Taoism, just as it has been incorporated into Confucianism. This is natural, for all these phenomena are all the same in essence, being cultural phenomena with the activity of evil spirits as their backgrounds.

In a word, all the Taoist practicing methods are actually the present-day qigong practicing methods. Their spiritual background is the activity of evil spirits, which intend to lead people astray from the true meaning of life toward destruction and death.

## **5.5. A BRIEF SUMMARY: THE SCHEME OF THE DEVIL**

Why do the Ru Shi Tao have different gong methods and phenomena, even though they achieve the same results and have the same purpose intended for them by evil spirits?

What evil spirits want to do is to delude, destroy and enslave human beings. And they hope to destroy more and more people. So they raise many different religions in the world at different times. Each of these religions seems on the surface to have its own traditions, individual theories and training methods. The Ru Shi Tao are exactly religions as such. A plurality of religions can involve more people. Different people may have different religious tastes. One may not like Confucianism, but he/she may have an interest in Buddhism, or he/she may willingly accept Taoism. Whichever among these religions is chosen, the evil spirits achieve their purpose. The reason that evil spirits provide each of the Ru Shi Tao with different practicing methods, theories, and phenomena is to maintain the special characteristics of these religions. But once the practitioner's level of knowledge of theory and practice of it reaches the highest realm, he/she will discover that all methods have the same origin and all ways lead to the same destination. Then their worldviews and views of life are formed, stabilized and hard to change. The evil spirits, at this time, will let these people see the same results of Ru Shi Tao and all other heathen religions in order for them to respect each other for the religion each has and to be all jointly used by the evil spirits.

Why do the theories of the Ru Shi Tao and of contemporary qigong all relate to a philosophical elaboration of politics, view of life, worldview, ethical morals, and qigong training methods? (Even though there have not been discovered, up to the present time, any explicit qigong theories of practice in Confucianism.)

Scholars who do not know about the principles of qigong take the theories of the Ru Shi Tao as philosophical systems of theory regarding politics, military affairs, culture, ethical morals, view of life and worldviews. This understanding of Ru Shi Tao is very incomplete and unilateral, for the purpose and training methods of qigong are very important parts of Buddhism and Taoism.

Some people who are modern qigong practitioners regard Buddhist and Taoist theories mainly as the elaboration of qigong theory. I cannot agree with them. The philosophical systems of the Ru Shi Tao are also very important theoretical parts that these religions want to explicate.

The reason why the evil spirits raised up the Ru Shi Tao is that they wanted more people to believe in and worship themselves. Because the training methods of Buddhism and Taoism are not easily promulgated to society, only few believe in either Buddhism or Taoism. But through the supernormal capabilities and strange signs performed by a few, the evil spirits prove to people that the theories of these religions are truthful. And since Buddhism and Taoism have their own complete philosophical systems, many more who do not like to make any efforts in training can accept these philosophical theories as a kind of cultural belief. The evil spirits try to support the beliefs in ghosts and gods in these religions. For example, they try to make people believe in and worship idols, the devil, and evil spirits by performing magical signs in various ways through people who believe in these religions. Hence the evil spirits are more than happy to set up erroneous philosophical systems for more people to accept as their cultural beliefs so that these evil spirits can achieve the purpose of having people worship the idols and the evil spirits themselves.

The greatest characteristic of Confucian theories is that they avoid talking about qigong-like training methods directly so that these theories can form a complete philosophical system, with ethical moral theories as its major component. This religion does not have qigong-like training methods for direct contact with its spiritual background. It is not through physical or spiritual experiences that this religion's theories are proved. Hence it must be through logical thought and practice that this religion's folly and spiritual background is discovered as a general rule.

We have discussed in the second section of this chapter the similarities between Confucian worldviews and values and those of Taoism and qigong. They all use the same theory as their theoretical classic, which is *I-Ching*. In "Tian Fang Zi," **Zhuang Zi**, the following is recorded: Confucius met with Scholar Wen Bo and Lao Zi, both of whom were Taoists who had "obtained Tao." He asked questions about Lao Zi's "soul travel" (i.e. the "soul leaving the body" in qigong) and witnessed it. He thus then had a deep understanding and experiential knowledge of Tao. He highly praised "Tao" and had great reverence for it. Zhuang Zi, on the other hand, highly praised Confucius and regarded him as the only person who knew about "Tao" in the State Lu. We can see that it was the Taoists who proved Confucius' philosophical theories through their training methods and that his theory is exactly about "Tao." What Confucius lacked was the practical experience of "Tao." The apex of his philosophical view is exactly "Tao." Hence we know that the highest realm of Taoism and the highest realm of Confucianism are one.

Besides, Confucius' belief in ghosts and gods and his ethical views which encourage inequalities between humans (such as "male superior, female inferior" and "monarchs have unlimited authority over their subjects, as do fathers over their children") all expose the fallaciousness and the evil background of Confucian culture.

Now qigong, as a newly raised religion, is being used to carry out the devil's plan throughout China and even throughout the whole world through a "fact first, theory second" plan. When tons of shocking facts came about, people having materialistic and atheistic thinking modes started to research qigong theories from scientific angles. But they were disappointed and set about to find theoretical proof in the Ru Shi Tao. They did find what they needed but without real satisfaction. Now as a result of the research and reflection of a few qigong theoretical representatives, with Ke Yun Lu as the foremost figure, a qigong philosophical system has been formed, which has incorporated all the essential theories of Confucianism, Buddhism, Taoism and Communist atheism.

For thousands of years the Chinese people have suffered deeply under these erroneous cultural systems engendered by religions with their backgrounds based on the activity of evil spirits. The Chinese have paid a heavy price for their fallacious beliefs, yet, up to the present, when we analyze these erroneous cultural systems, we always emphasize that we should look at them dialectically and that there is still some good and truthful content in such cultural systems. This is true of these systems, but just as we have discussed in the first section of this chapter, all religions and philosophical systems in the world teach the basic ethical morals of human beings, the goodness of humanity, and wonderful expectations. Otherwise, they would have been rejected the moment they appeared. But why have most of them actually led to the degeneration of human societies and of individual human beings? Why have they been inescapably unsuccessful and discarded? Because their essence and purpose are wrong.

In Chapter 4.2, we talked about types of lies, among which the "half-true half-false" lies are the most dangerous. Therefore, when we analyze our traditional philosophical culture or contemporary philosophical culture, we should analyze it as a whole. Our direct motivation should be to find out about its essence and purpose. What we really need to do is to seek the truth. This is reality and is also wise.

During the most recent years, the gospel of Christ has been spread throughout China with shocking speed. The number of Christians is increasing by exponential numbers. Millions upon millions of Chinese are enthusiastically coming to know about Jesus Christ, the most famous and the greatest figure in human history, the Savior of all human beings, and the all-powerful representative of God. The Bible says that "the truth will set you free." People accept Jesus, get to know the truth, and witness God's doings in their lives. Then, joyfully, they share the Gospel, the most wonderful news in the world, with their family, friends, and even strangers around them.

May all Chinese understand that only God can liberate the Chinese people and endow all who believe in Jesus Christ with blessings.

## Chapter 6

### The Danger of Qigong

"Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the LORD, and because of these detestable practices the LORD your God will drive out those nations before you" (Deut. 18:10-12).

#### 6.1. THE DANGER OF QIGONG TO ITS PRACTITIONERS

After we have understood the principles and essence of qigong, we know that it is extremely dangerous and harmful to the practitioners themselves, their families, the society and the culture. When a new religion has been newly started by evil spirits, it breaks out with tremendous force and victimizes a lot of people severely.

Among all the harms it does, that done to the practitioners themselves is the greatest and the most direct. I practiced qigong for about ten years. I can hardly bear to recall my experiences with it. I have deeply experienced the danger of qigong and the cunning and viciousness of the evil spirits associated with it. I have also witnessed many qigong practitioners just like myself, who are helplessly entangled in the hellish quagmire of qigong. They are desperately swallowing the bitter fruit they have planted within themselves. They are like blind slaves weeping in the dark, not knowing there is light in the world.

The harm qigong causes its practitioners is reflected in their worldviews, views of life, moral values, character, personalities, spirituality, consciousness, thinking modes, and practical lives. We will discuss in the present section in detail the harm qigong does to its practitioners. Please be aware that the various kinds of harm discussed below are comprehensive and are inclusive of the situations faced by practitioners of all levels.

##### 6.1.1. THE DANGEROUS INFLUENCE OF QIGONG ON ITS PRACTITIONER'S WORLDVIEW

For people who do not have any religious beliefs or who have very vague worldviews or views of life, qigong is tremendously dangerous. Qigong was started at a time when most Chinese had lost all beliefs. Atheism was the main worldview for most people. I started to practice qigong precisely at that time.

The first experience people get with qigong is the "qi" sense. What follows immediately is the magical healing of diseases. This inflicts a great shocking effect upon the practitioner's mind. Since people cannot find out why, they accept very naturally the theories of qigong gong methods as the only theoretical explanation available. Hence, the concept that there is a mysterious "qi" existing in human bodies is accepted. Qigong theories explain "qi" as a fundamental life matter existing in human bodies and the natural world. They hold that it is consistent with the theories of Chinese medicine. "Qi" runs in the channels of human bodies and thus opens up blocks built up in them and heals diseases in this way.

As the gong practice goes deep, the practitioner can emit "qi" and achieve great effect in the healing of other people's diseases. The practitioner thus further experiences the power and incomprehensible mystery of "qi." Because the practitioner feels debilitated after emitting "qi," it seems to comply with the theory that holds "qi" as an essential energy of the human body.

The practitioner then practices harder, hoping to get more real "qi" and expecting to obtain energy-carrying "qi". The evil spirits come gradually then into deep contact with the practitioner.

When supernormal phenomena start to happen to the practitioners, phenomena like hearing or seeing something, they will find that many of these phenomena tally with the folk beliefs of ghosts and gods. Atheism begins to shake, and qigong theories become authoritative. Qigong explains those strange phenomena as good things and as information.

As the practitioner still furthers his practice of qigong, he/she begins to attain supernormal capabilities and is able to "emit gong" to heal the diseases of other people. It is no longer the method of "qi-emitting." Supernormal capabilities cause most people to give up their materialistic view, for qigong is mainly guided by consciousness and has imagination as its method of practice. This is a very different from the atheism and materialism instilled in the Chinese. What should people believe in? Of course, they choose to believe the facts and their own experiences and logic. They thus accept the traditional belief in ghosts and gods and the qigong theories that can explain these phenomena.

After reaching the above realm of qigong, its practitioners start to reflect on the principles of the world and the universe and of ghosts and gods. Though they do not as yet have any systematic theory which provides a clear explanation, they have already rejected their atheistic view. They now believe in ghosts and gods and become theists. According to my investigation and logical analysis, most qigong practitioners hold that ghosts and gods in all religions are the same. For many reasons these people's view of ghosts and gods has not become of representative of all qigong philosophical theory.

Some other qigong practitioners still hold that qigong is a "science" and "materialistic." They take the so-called ghosts and gods as the information and energy of humankind and of the natural world. They too begin to hold reverence for the ghosts and gods and idols in the traditional religions. They consider ghosts and gods and idols as reflections and communications of information, hence worshipping of these idols brings good information and upgrades gong power. They do not regard these different happenings as results of the ghosts and gods' doings, but as caused by information that has come from man and the universe. Though they do not believe in ghosts and gods, they have already started to worship the evil spirits and idols. The materialistic and atheistic mode of thinking, adulterated with theory about ghosts and gods, produces a very characteristic worldview of qigong, **with its main features being worshipping the mystery of the universe and humans themselves and the concept of not believing in, yet worshipping, ghosts and gods.** Hence the materialistic and atheistic mode of thought holds that all the ghosts and gods in all religions are mere superstitious terms and that they can all be explained in terms of qigong. According to this view, many founders of religion are qigong masters. In this theory, words like "mysterious", "abstruse" are very frequently used. **The concept of perceptual knowledge is the principal part of qigong theory.** In a word, qigong is regarded as scientific and materialistic. This view is the leading theory among contemporary practitioners of qigong in China, and it is a theory that can be taught without violating the law.

### 6.1.2. HARMS TO THE PRACTITIONER'S VIEW OF LIFE

As the new worldview is formed in the practitioners, their new view of life is established on this new base.

The practitioner's view of life is strongly deterministic and pessimistic, tinted by an inclination for escaping the world. "Let it be" and "follow one's sense perceptions" are the main characteristic of this type of view of life. This view of life is held for the following reasons: First, qigong theory holds that in order to reach the desired high realm of qigong, the most important thing to do is to have a clear heart with few desires and to get rid of selfish ideas



and personal considerations. Practitioners are required to lay down worldly affairs such as any concern for loss and gain, including job, career, hobbies, reputation, wealth etc. This theory is like the "all things are empty" of Buddhism, the "doing nothing" of Taoism. Many people find it hard to give up those many things. They cannot get their "six desires cleaned" and are unable to achieve good results from practice or even to continue their practice. Yet the majority of Chinese intellectuals have in their possession no scholarly honor or official rank or benefits or wealth; hence they have no problem giving up such things. These intellectuals become outstanding figures in the qigong field, especially in its theory, of which they are qualified to be called the founder.

Second, due to the obscure power that they have experienced in their qigong practice and that they feel is controlling their lives and the traditional theory about ghosts and gods that they have already accepted, they hold a deterministic view about their lives and decide they do not have to make any specific effort to cause any particular things to happen for them. "Let it be" becomes a classical view of life for qigong practitioners. Thus they simply obey the guidance of "the power that determines human fate," and by doing this, they have given up their primary consciousness in a broad sense and started to follow the leading of evil spirits. This view of life brings direct harm because the practitioners grow more and more averse to the many practical things in their job and life, for these practical matters are contradictory to the moods that qigong practice requires. After some time they develop an inclination to escape the world, which is yet a goal they are unable to realize. The result is that their enthusiasm for, and concentration on, their work and life are greatly lessened and many benefits in life due them are lost.

Because of the different view of life that qigong practitioners have in relation to that of the people around them, they are looked upon as strange people and are treated coldly or are regarded as queer people to be respected but kept at a distance. Very few persons show them any understanding.

For the above reasons practitioners gradually withdraw from the society and are discarded by communities. They have their spiritual life blocked, are lonely, and are helpless mentally and spiritually. They have to lead a life of seclusion within qigong, savoring by themselves the loneliness of life.

### **6.1.3. THE HARM OF QIGONG TO THE PRACTITIONERS' MORAL VALUES**

The moral values of qigong are basically a combination of Confucianism, Buddhism and Taoism. They includes no murdering of human beings (qigong practitioners of high levels do not kill animals either), no robbing, no stealing, being ready to take up the cudgels for a just cause, controlling one tyranny by another, and correcting mistakes while upholding righteousness. In a word, the moral values of qigong encourage beneficent deeds in addition to respecting Buddhist monks, Taoist priests and idols, having no desire for scholarly honor or official ranks, and making no fuss about loss and gains.

One of the motivations for the practitioners to abide by qigong moral values is to acquire a higher level of gong power. This motivation to moral values is a half-true, half-false theory. It can easily delude people and lead them to worship the devil, evil spirits and idols, thereby distracting them from God and the true meaning of life.

### **6.1.4. THE HARM OF QIGONG TO THE PRACTITIONERS' CHARACTER AND PERSONAL QUALITIES**

The qigong worldview, view of life, moral values, and especially qigong practices determine the character and qualities of the practitioner.

According to qigong theory, to possess the ideal character of the practitioner is to be loving, kind, gentle, persevering, patient, modest, slow to anger, on guard against impetuosity, and magnanimous. Actually, beginning practitioners try to abide by these rules out of their enthusiasm, but later they become queer, irascible, impatient, and even cruel, callous and unfeeling under the long-term pressure their souls go through and the disturbance from the evil spirits within them. The practitioners usually do not notice the change that happens to them, but they find that friends are distancing themselves from them or exhorting them.

In the first place, the practice of qigong emphasizes one's feelings, and "following one's feelings" is its classical principle. In the beginning, it is "feeling the qi" and "the state of qi." At high levels, it is the feeling of one's own soul and of evil spirits and of things in the natural world. The pet phrase of qigong practitioners is "feeling." As the practice deepens, the practitioners live almost completely in their feelings. The first feeling they have when they get up in the morning decides their mood of the day. When they feel good while practicing qigong, they can be excited for days. Having such a lifestyle makes one very sensitive, changeable and impetuous.

Second, many qigong practitioners believe in ghosts and gods, yet qigong theories do not provide any views on the origin or destination of life, giving only the meaning of life at the highest level of qigong, which is immortality. Therefore, these practitioners ponder over the meaning of life only on the basis of the traditional beliefs in ghosts and gods. As to the atheists, they are even less able to find a direct answer to the meaning of life. However, the many supernormal phenomena that appear with qigong practice give them great encouragement and make them believe that qigong will be able to explain the meaning of life sooner or later. For most practitioners of qigong, what will happen after death is unsure, so they often worry, have anxieties, carrying their bafflement with them all the time.

Finally, practitioners believe in divinations and omens and believe feelings and dreams are foretokens of happenings in their lives. So whenever they see any natural phenomena in the natural world or sense a different attitude of others towards them, or suddenly get a strange feeling, they will analyze the implications of these things, which will then make them happy or sad. Especially are those qigong masters who perform supernormal abilities to heal others more bound by their feelings and under the pressures of life, having no freedom in their lives at all. The evil spirits manipulate and get control of practitioners through influencing their feelings.

In a word, the change in the practitioner's character is an obvious mark of the danger qigong inflicts upon people.

Now, let us take a look at the change of the practitioner's moral character. Practitioners pay a lot of attention to their moral character images. Most common practitioners abide by qigong virtues, restraining themselves, watching their words and deeds, and trying their best to present themselves as being detached and magnanimous. These people help to build up much fame for qigong in the society. Adherents of qigong generally hold that the social mores and morals will be bettered if everyone practices qigong. But the fact is qigong has very little influence upon one's moral character.

Most qigong practitioners have little change in their moral character after they start to practice qigong. They acknowledge only orally qigong virtues and abide by them superficially. Even though qigong theories hold that evil deeds will be punished, the fact is that practitioners with poor moral character are not affected at all in their qigong practice by the evil deeds they perform, but, on the contrary, they achieve better effects for doing those things.

Through the discussion of this chapter, we discover that the strange impressions people have about qigong practitioners come mainly from their character and morals, while their

deep impressions of those with supernormal capabilities come from the supernormal abilities and strange signs they display and perform.

#### **6.1.5. THE HARM OF QIGONG TO THE PRACTITIONERS' SOULS**

The character and morals of the practitioners inflict direct influences upon people around them, but the harm by qigong on the soul afflicts directly the practitioners themselves. For a lot of qigong practitioners, the worst misery is the pain of their heart.

First, the practitioner's perplexity about life and the universe causes great puzzlement in his/her heart. This is true even with high-level qigong masters. Though they can do many things that other people are not up to, they are powerless before the problem of life and death. They may believe that they very possibly might attain the highest state of enlightenment and live forever, but they are unsure about it.

Second, long-term training in imagination and complex mediation steps severely tortures the practitioner's heart. This is called by qigong adherents "tempering one's character." Its purpose is to trample on human nature and make it weak and suppliant without any power or consciousness for resistance. Sometimes when the imagination process is excessively complex and lasts for a long time, it exhausts the practitioner's heart and even causes him/her to vomit. After his/her soul has been tortured like this, he/she will feel very uncomfortable when practicing qigong. Yet the problem is that the gong may start by itself in daily living without warning and is uncontrollable. Practitioners will then have the following symptoms: their moods fluctuate wildly, sometimes desperate, sometimes hopeful; they are often world weary, making light of life; they are sometimes extremely cowardly and do not want to do anything.

When the practitioner feels hurt in his/her heart and soul, it is the period of time when his/her gong power increases the fastest. This is the practitioners' biggest comfort and is the only driving force for them to continue practicing. They use the very popular principle "the more you lose, the more you will gain" to explain their pains.

#### **6.1.6. HARM BY QIGONG TO THE PRACTITIONER'S CONSCIOUSNESS AND MODE OF THINKING**

The practitioners' view of life, worldview, and knowledge and experience of qigong form in them a peculiar consciousness and mode of thinking whose characteristic is "everything being decided by consciousness" and whose logical thinking is based upon feelings and produces different ways of logical analysis.

First, when good or bad things happen to the practitioners, they think that they should neither be happy when good events occur nor feel sad when bad events occur. They try hard to adjust their consciousness, believing all things that have happened to them are due to happen as they actually have, that such events are unavoidable. "When the old man on the frontier lost his mare, who could have guessed it was a blessing in disguise?" They call bad things good and good bad. It is the so-called traditional cultural consciousness of "inter-transformation between blessings and disasters." Hence the practitioners gradually lose the consciousness of avoiding misfortunes and seeking happiness.

Second, human consciousness and feelings are believed to have a deciding effect on one's life. This can be well illustrated by the qigong-like mode of thinking as related to illness. When someone is ill, qigong masters always find reasons to make the patient believe that the illness has been caused by his/her consciousness or mood. For example, they will say it is because the patient has too strong desires and expectations in life and that his/her consciousness suppresses his/her health so that the physical body has to take on some

diseases to achieve balance with the excessively strong desires. As long as the patient lowers his/her expectations and desires, health will be improved.

Qigong theory holds that the happenings of things are decided by "the degree of purity" of one's consciousness and feelings. If bad things happen, it is because a part, even if it is a tiny part, of one's consciousness has believed it would happen. It is the same case with good things. This is the so-called theory of "conscious wholeness." For example, if your consciousness believes event A will not happen and your consciousness has no doubt at all about it, leaving no loopholes at all in your consciousness, then there will be no information about event A entering into your consciousness and feelings, and event A will not take place because you are in "conscious wholeness." In contrast, if you hope for something to happen, it will happen.

Such thinking and consciousness will focus people's attention more upon their own feelings, moods and deep-level consciousness and away from observation of the outside world. They are often self-reflective, but do not actively seek to solve the problem itself or analyze the principles of objective things. They always try to adjust their own sub-conscious and feelings in order to determine the coming about of events. What actually happens is that they cannot deal with even a simple thing in life. Let us see another example. A seriously diseased person goes to see a qigong master. It may happen that the qigong master is unable to heal this person. If this is true, the qigong master will say to this person, "You do not completely believe in qigong in your heart, for your imagination does not cooperate with me, and my information cannot enter into you. I cannot heal you in this way." Or the qigong masters will say, "Your consciousness has caused the disease in you; such and such expectation and desire of yours are too strong. If you are unwilling to give them up, nobody will be able to cure your disease." How will this patient feel? He/she will be saddened. If he/she believes what the qigong master says, he/she will endeavor to adjust his/her own feelings, state of mind and consciousness. He/she will be trapped in a prison of feelings and have his/her soul bound up.

Furthermore, qigong theories teach the superstition of "cause and effect retribution." What is generally believed is that "cause and effect retribution" refers to good returns for good deeds and evil retribution for evil deeds. But qigong practitioners think the reference should be broader, believing that if someone harms animals (especially snakes) or does evil things to idols, qigong masters, Buddhist monks or Taoist priests, then this person will be severely punished. This is very typical of evil spirits' principles. In the Bible the snake is the symbol of Satan. Yet in the Chinese traditional belief in ghosts and gods, the snake is a lucky totem. In fact, qigong practitioners and people accepting the traditional lore about ghosts and gods often feel that "good people are not rewarded for their good deeds and evil people are not punished for their evil doings." They find this hard to understand and can only say "it is not time yet" to explain it and to comfort themselves.

In conclusion to all the above, qigong practice leads to a morbid consciousness and mode of thinking. It causes people to think and do things from a wrong starting point and enter into a vicious circle. In such a mode of life, practitioners ignore the practical principles and reasons of things, stray away from scientific thinking and wise principles for handling things, and lack a logical thinking method based up facts, resulting in erroneous behavior and language, queer ways of doing things, and passivity in all things. Their life is like playing hide and seek. They are losers in life, having no certainty about anything nor any overall vision of the significance of their lives. Let's discuss the last aspect of harm.

#### **6.1.7. HARM BY QIGONG TO THE PRACTICAL LIVES OF ITS PRACTITIONERS**

There is no more severe damage from qigong than that to the practical lives of the practitioners. This harm includes not only the results of the harm to human nature listed

above, but also those most practical, most actual miseries that practitioners of qigong are unable to explain.

As the practice goes deeper, the practitioners lose more and more of the happiness of life and grow tired and helpless. The things that happen to them can roughly be placed in the following categories:

1. A qigong practitioner is often thwarted in all areas of his/her life, including his/her study, work, career and love. Many of the practitioners' basic skills for carrying on living degrade after they start to practice qigong. They find unfortunate events coming in rapid succession, and they are all unforeseen, as if a piece of stone were to come crushing down on their head.
2. The qigong practitioners cannot heal their own diseases with qigong, and they feel heavy hearted because of this.
3. A practitioner's family members may meet with mishaps and strange events, even though these family members do not practice qigong or believe in it.
4. The practitioners will get injured from accidents for unforeseen reasons that may be man made, or related to the actual practice itself, or for other reasons.
5. Practitioners will be excluded, attacked, and misunderstood by others.
6. Practitioners will be perturbed by dreadful sounds, visions, shadows, and other strange things of this sort, either during the night, whether or not in dreams, or during the daytime. They have these experiences either for a long time or a short time, and, as a result, are very nervous and exhausted both spiritually and physically.
7. The practitioners may suddenly become lunatic because of what they say they have seen or heard. They may also become dull witted and remain close mouthed.

Most of the cases listed above seem, on the surface, not to have any direct relation to qigong practice. Not only qigong practitioners but also any people may have unhappy things happening to them in their lives, so it is not easy for people to see that those things have to do with qigong. But if we pay even a little attention to the occurrence of these phenomena, we find out that they tend to share the following characteristics: they are strange, abnormal, illogical, totally unexpected and seemingly very unlucky, weird, unbelievable, and like living under a strong curse.

We read in the Bible that God hates most for people to worship idols and evil spirits. The practice of qigong brings God's anger upon the practitioner.

It is a good thing that many practitioners give up practicing after they have experienced the strange things mentioned above, but it is not good enough. If one does not know Jesus Christ, he/she does not know God and will not be able to get away from his/her misfortune at all because evil spirits will not let one go easily and human power is absolutely too weak to defeat the devil. As to how to win a victory, it will be discussed in detail in chapter eight. Qigong practitioners and performers with supernormal abilities should understand that only through accepting Jesus Christ and through the power of God can they overcome evil spirits and enter into God's protection and blessings in order to enjoy the happy life that God has prepared for them. There is no other choice whatsoever.

## 6.2. THE DANGER OF QIGONG TO SOCIETY

The greatest function of religion is to form in human societies a cultural ideology by providing an entire philosophical system, including a worldview, a view of life, and ethical morals.

Since qigong is a new religion in China, its philosophical system is still in an embryonic form and is just now beginning to exert its influence on the culture and society. Chinese culture as a whole is moving rapidly from atheism to theism. Qigong's influence forms a false cult characterized by worship of idols, evil spirits and even of humans themselves, and this cult leads the entire society into danger.

First, no matter what education they have received, all qigong practitioners take qigong virtues as moral principles and believe in the existence of incredible supernatural powers in human beings. Their pride grows with each passing day. They worship human beings themselves and also idols devotedly. Even atheistic practitioners, in order to increase their qigong power, worship idols and great qigong masters with supernormal capabilities. For qigong practitioners the most important goal in life is to reach a higher level of qigong, to obtain more powerful supernormal abilities, and to be like a god. They give up many desires and expectations of life, are reluctant to spend time seeking material gains or spiritual life and gradually lessen their social involvement.

Second, due to some strange methods of practice, qigong practitioners are believed to have odd behaviors, which lead to strange cultural events. For example, years ago, there were innumerable practitioners coming to the Temple of Heaven to collect energy. Because it was said that the ancient trees there have a strong "qi field," many took various postures in order to collect "the energy of trees," causing passers-by to find them both amusing and annoying. Since the Temple of Heaven was the place for offering sacrifices to gods or ancestors in ancient times, evil spirits frequent this place. There were also people who played, either at home or in their work units, tapes of qigong masters' teaching or of "nan wu a mi tuo fu," repeatedly chanted. The evil spirits ran wild in those places, making strange atmospheres.

Also, due to the traditional qigong system of clans and groups and attacks on each other and rejections of each other, many cell groups and sub-societies are formed. Qigong disciples adhere to their own clan or group and worship their own head master. In each clan or group, there is their own peculiar sub-system of philosophy. Although they abide by qigong virtues on the surface, they need to give vent to the tremendous pressure their souls undergo because of the intrusion of evil spirits. They thus interfere with the normal order of other people's daily living. Many qigong disciples pay their masters blind obedience, a fact which leads to many severe evil results.

Generally speaking, qigong practitioners are passive and have a pessimistic view of life. They ignore study, work, career, and love and show no interest in new things, but instead worship ancient people and culture. They think Chinese culture is the most profound, the most enduring, and the most outstanding culture, rejecting the excellent culture of the West and looking down on science and technology. They think qigong can solve the fundamental problems of human beings, taking physical health as the most important thing in life and immortality as the highest goal. They hold an attitude of escape toward modern civilization because they are unable to deal with the issues of life. Qigong exerts a negative influence on society.

When qigong endangers the society and culture, it surely endangers the state in the political sense. Because of its spiritual background of evil spirits, qigong forms an erroneous culture. We know that from the Holy Bible that God bitterly detests the worshipping of idols and evil spirits and human arrogance and conceit as well. He always punishes countries, nations and individuals that believe in evil spirits and worship idols.

When an individual starts to practice qigong, God's anger comes upon him/her, and he or she will then live under a curse. When a country or nation has a lot of people practicing qigong, God's anger comes upon this country or nation. Just like the harm that qigong brings to individuals, the harm inflicted upon the country may seem on the surface to have nothing to do with qigong, even though the connection is incontrovertible. The disasters are due to God's anger. At the climax of trend toward qigong in China, the whole world saw the disastrous events that happened to this country.

On the other hand, God blesses individuals, nations and countries that believe in Him. Now, because of the revival of Christianity in China, God's blessings are upon China. It is estimated that there are slightly more Christians than qigong practitioners in China and the difference will be much greater within one or two years. The number of Christians is growing much faster than that of qigong practitioners.

More people will begin to see the harm inflicted by qigong upon individuals, the society and the nation. More people will get to know God through Jesus Christ. This is the hope for China—both individuals and the nation as a whole. No doubt, the truth will win the victory. In fact, He has won already!

## Chapter 7

### The Forum Of Qigong And Christianity

Suppose a friend asks me questions, and I try my best to answer, using all the views I know. Your corrections will be greatly appreciated.

**Question 1.** What essential differences are there between qigong and Christianity?

Answer: These two are as far apart as east and west, as light and darkness. The background of Christianity is the Spirit of God; while the spiritual background of qigong is the evil spirits in league with Satan. Qigong leads people to destruction. It is a way to hell. Christ gives eternal life to people. He is the only Way to Heaven.

**Question 2.** What are the highest realms of qigong and of Christianity?

Answer: The highest realm of qigong is "heaven and man united as one." It is a union of man with evil spirits. There are different realms of different levels for different practitioners. There is no talk of the highest realm in Christianity, for all believers of Jesus are the same. They can all enter into Heaven without differences of levels of realms.

**Question 3.** What is the difference between the qigong worldview and that of Christianity?

Answer: The worldview of qigong is worshipping the universe, though not knowing the origin of the universe. It worships humans themselves and regards them as the spirits of the universe, though not knowing where they have come from or where they are going. It teaches a belief in ghosts and gods, though not knowing about them.

The worldview of Christianity is worshipping God the Father, Jesus the Son of God and the Holy Spirit, believing God has created the world and everything in it and human beings in His own image, and believing in an inevitable end for the world and for human beings on this planet.

**Question 4.** What is the difference between the qigong view of life and that of Christianity?

Answer: The qigong view of life is to "let it be," to stand aloof from worldly success, to be disillusioned with the mortal world, and to take everything in the world as meaningless. It holds that practitioners who have reached the highest realm can live forever. Others' lives can be reincarnated.

The Christian view of life is love of life. It encourages earnest living under God's blessings, the seeking of happiness, and finding the true meaning of life. Christians know they will surely enter into Heaven and enjoy eternal life after they die.

**Question 5.** What is the difference between qigong moral values and those of Christianity?

Answer: The moral values of qigong come from Confucianism, Buddhism, and Taoism. They include performing generally recognized good deeds; avoiding generally recognized evil deeds; no killing of animals; respecting Buddhist monks, Taoist priests and high level qigong masters; and the worship of idols.

The highest Christian moral value is love, which is love of God, Jesus God's Son, and the Holy Spirit and also love of one's neighbors as one loves oneself. Love is the principle behind all words and deeds (Matthew 22: 37-40).

**Question 6.** What is the different between the ghosts and gods in qigong and those in Christianity?

Answer: Qigong theories about ghosts and gods are very obscure and inconsistent. Generally speaking, they believe that ghosts are the souls of dead people, that devils are evil people whose qigong has reached the highest level, and that immortals are qigong masters who have achieved the highest realm of qigong. Another theory about ghosts and gods is



that of Confucianism, Buddhism and Taosim.

In Christianity, the devil is Satan, who is a fallen angel. God is the Creator of all.

**Question 7.** What is the difference between the special signs in qigong and miracles in Christianity?

Answer: The special signs performed in qigong are disruptions of the normalcy in human bodies. They come from the evil power of the devil, but are misunderstood as coming from the power of man. And the special signs performed do not have much to do with practical daily living.

The miracles in Christianity have as their starting point God's blessings on people and God's glory. They are performed by the Spirit of God. Humans do not have supernatural power, and we can only pray for God to perform miracles. The miracles are closely related to people's practical living.

**Question 8.** What is the difference between the faith of qigong and that in Christianity?

Answer: The faith of qigong is absolute confidence in humans. The results of all supernormal capabilities, special signs and events are decided by this confidence.

The faith in Christianity is trust in Jesus the Lord. It is from this trust in Jesus that faith and confidence come. The results of all miracles and events in Christian lives are decided by this trust in Jesus Christ.

**Question 9.** What is the difference in ways of worship between qigong and Christianity?

Answer: Worship in qigong is the worship of invisible masters and masters still living on earth and includes their pictures and all kinds of idols in temples. Postures have to be pious. Incense and paper have to be burnt for ghosts and gods. Money offerings are made for getting protection from the ghosts and gods.

Christian worship is worshipping in spirit and truth. Postures have nothing to do with piety. Money offerings are made for people in need and are made under the encouragement of love, not for the purpose of a good return.

**Question 10.** How do the fruits of the Christian life differ from those of qigong life?

Answer: Fruits of life are simply the results that a faith brings to one's actual living. Qigong suppresses one's heart and soul and is like a fetter upon the practitioner. Every major issue that is vital to one's happiness in life, such as one's career or marriage, is eventful, with strange mishaps hanging around.

Christianity releases one's soul and gives peace to one's heart. It gives freedom in life, and in all things that are important to one's happiness of life there are God's care and blessings coming along. Unimaginable, wonderful joy and events appear in life.

**Question 11.** How is the theoretical origin of Christianity different from that of qigong?

Answer: Qigong theory lags far behind its practice. There is, up to the present time, no very consistent and systematic theory. Buddhist and Taoist theories are the main sources and bases of qigong theory.

The theoretical authority of Christianity is the Bible. It has been written at different times by over forty authors over a period of 1600 years. It was completed almost 2000 years ago. The main content is historical fact, written in very common and easy-to-understand language.

This is not the case with the theory of other religions. No one has been able to discover and prove contradictions or untruth in this Book, which has sold the more copies than any other book in the world.

**Question 12.** How do their historical witnesses differ from each other?

Answer: Qigong comes from Confucianism, Buddhism and Taoism, all three of which have been declining. Confucianism is still quite popular in Asia, but only its ethical morals are accepted, with other aspects such as its worldview, its view of life, and its political views having been almost discarded.

Christianity started from a small beginning, but the number of believers in it continues to

increase, and it is spreading all over the world. It originated with the Jewish people in the small country of Israel, but it is accepted by peoples of all nations in the world. There are two things that develop the most rapidly in the modern world. They are science and Christianity.

**Question 13.** What is the present situation of Christianity in the world?

Answer: According to some rather authoritative statistical data, in 1979 there were about 1 billion Christians all over the world, and by 1996 the number had increased to 2 billion, approximately 40 percent of the world population. Christians have covered all corners of the world.

**Question 14.** What is the situation of Christianity in China?

Answer: According to Chinese official statistical data, there were about 300 thousand Christians in China in 1979 and about 18 million Christians in 1996. The second figure may not be accurate because there are a great number of Christians who do not attend the public church and therefore cannot have been included in the number. There were altogether about 12 thousand churches in China in 1996. The number of Christians has been increasing even faster since 1996. According to another quite authoritative statistic, there were 20-30 thousand people becoming new Christians every day in just the country areas of China in 1998.

It is estimated that by 1998 the number of Christians in the mainland of China had increased to approximately seventy million.

**Question 15.** How about the situation of other religions in the world?

Answer: Some data show there were about 1 billion Muslims in the world by 1996, 0.76 billion people believing in Hinduism, and 0.33 billion believing in Buddhism.

**Question 16.** What is the situation of other religions in China?

Answer: Chinese official data holds that in China there are approximately 4000 Catholic churches, 3000 priests, and 5,000,000 Catholics.

There are approximately 70,000 Buddhist temples and 200,000 Buddhist monks and nuns.

There are over 1000 Taoist Temples and 10,000 Taoist priests and nuns altogether.

There are approximately 30,000 mosques and 20,000, 000 Muslims.

Data are unavailable for other religions such as Confucianism, which does not have any external formalities. But aspects of Confucian culture are still the vital part of Chinese culture. Also, although there are about 40,000,000 Communist members, belief in Communism has become nominal.

**Question 17.** Who is Jesus?

Answer: Jesus is a true historical figure. Born around the beginning of the Christian era, or more likely between 5 and 4 B.C., he was a Jew from Israel. In about 30 A.D., Jesus was crucified by Pilate, the governor of Judea, which was under the rule of the Roman Emperor. Jesus was resurrected three days later.

The first four books in the New Testament of the Bible record the life of Jesus, his teachings, and the miracles he performed. He made the blind to see, enabled paralytics to walk, and cleansed lepers. He walked on water, rebuked the wind and raging waters, and brought the dead back to life. He was resurrected from death and ascended up to heaven to sit at the right hand of the Almighty God.

Jesus was not an emperor, a politician, a philosopher, a military scientist, or an artist, but he is the most famous figure in the whole world. He has exerted the most significant and the most powerful influence in human history. Wherever His Name becomes known, great effects result.

Jesus is the Son of God, the plenipotentiary Representative of God, and the only Savior of all human beings.

**Question 18.** Why do we say Jesus is not a qigong master?

Answer: The divinity of Jesus proves that Jesus is what he himself claims to be, the Son of God, Savior of all human beings.

**Question 19.** How is the divinity of Jesus proved?

Answer: First, the Old Testament was written between 1,500 and 400 B.C., but it contains over three hundred precise prophecies about Jesus. For example, Daniel 9: 25-26 prophesied the exact time of the crucifixion of Jesus. The length of time from the beginning of the rebuilding of Jerusalem to the death of Jesus is exactly  $7 \times 7 + 62 \times 7 = 483$  years. Why was He so precisely prophesied about? What could His identity be?

Second, the miracles Jesus performed are the greatest of all and have never been surpassed by those performed by anyone else. He raised more than a few from death and was Himself killed, then resurrected on the third day. He revealed himself to several hundred people during the following forty days and ascended up to heaven in front of a whole group of people.

Third, Jesus' prophecies about the later situations of Israel and about the development of Christianity have all come true.

Finally, Jesus' teachings have the authority of God. For example, He says, "I am the way and the truth and the life. No one comes to the Father except through me." He also says that whoever believes in him may have eternal life. There is no one in human history who can speak with such authority except the one with the identity of God.

**Question 20.** Was Jesus really resurrected?

Answer: It is recorded in the Bible that Jesus was crucified on the cross, put in a tomb, and resurrected on the third day. Many people do not believe this recording to be true. Some have done very interesting logical reasoning.

It is also recorded in the Bible that the disciples followed Jesus and witnessed many miracles He performed. They believed Him to be God, called Him their Lord, and were very faithful to Him. But after Jesus was arrested, they all ran away except Peter, who followed Him secretly. When Peter was later found to have been with Jesus, he denied Him three times. Even though the disciples had witnessed Jesus' bringing the dead back to life, their faith in Jesus were small and shaken in dangerous situations. Yet after Jesus died, His disciples were suddenly firm in their faith and preached publicly that Jesus is the Son of God. The government and religious people of that time had outlawed their activities, and the situation was more dangerous than it was when Jesus was arrested. Then why did the disciples suddenly become so bold and so courageous if there was not supernatural truth behind their activities? The government immediately forbade their preaching, and they were thrown into jail, beaten and even killed. Yet they followed one after another in sacrificing themselves for preaching that Jesus is the Savior. Their faith never failed.

Now give this a thought. What on earth happened after Jesus died that made the disciples put complete trust in Him and fear not even death for His Name's sake? Before Jesus died, they dared not to publicly acknowledge Him; after He died, they preached openly and would not quit, even though they were cruelly persecuted for so doing. Why?

Before Jesus' death the disciples had witnessed many miracles which He performed, including bringing the dead back to life, and they had heard many teachings of Jesus. Yet they did not completely believe in his divinity and his identity as the Son of God during His life on earth. What else then could it have been that made the disciples completely believe in Him, besides the fact that Jesus Himself came back to life, joined the disciples again, and ascended to heaven before their eyes? Nothing else.

**Question 21.** Did any humans see Jesus after He went up to Heaven?

Answer: It is recorded in the Bible in Revelation 1:12-16 that the Apostle John saw Jesus again after Jesus had left the earth and ascended to heaven. Several famous contemporary

Christians like Jonathan Edwards and Kenneth Hagan also claimed in their books to have seen Jesus.

**Question 22.** Why do human beings have to die and suffer misery?

Answer: According to the Bible, misery and death are the penalties for sin. They are punishments by God (Ge 3:16-19; Ro 5:12).

**Question 23.** Why did God not prevent human beings from sinning?

Answer: This is a very good question, for which many Christians and theologians in history have sought an answer. Yet there is no satisfactory result up to date. The following answer is only for reference.

God endowed human beings with free will. He hoped human beings would love Him, but He did not force human free will, but wanted to enjoy human beings' voluntary love for Him. He hoped that human beings would choose to reject evil.

**Question 24.** Will there be an end for the world?

Answer: Yes. Jesus has prophesied about it. In the last book of the New Testament, the Book of Revelation, the end for human civilization and the world is prophesied.

**Question 25.** Did you believe in the prophecy that the world would end on August 18, 1999?

Answer: No. For Jesus said that no one knows when the end will come except God alone.

**Question 26.** If God is omnipotent, can He make a stone so heavy that He Himself cannot lift it?

Answer: This is a very popular paradoxical proposition in universities.

Since the presupposition of this proposition is that God is omnipotent, then there is no such a thing in existence as "a stone so heavy that He Himself cannot lift it up." "Omnipotent" does not include "cannot". The conclusion contradicts precondition and renders this proposition invalid.

The hidden quibbling in this proposition results in the overthrow of its own presupposition.

**Question 27.** Does the "Tao" in Tao Te Ching refer to Jesus Christ?

Answer: It absolutely does not.

The founder of Taoism, Lao Zi, who lived during the Spring and Autumn Period of China, wrote in his book Tao Te Ching: "You wu hun chen, xian tian di sheng; ji xi liao xi, du li er bu gai, zhou xing er bu dai, ke yi wei tian xia mu; wu bu zhi qi ming, zi zhi yue dao." ("There was one 'thing' which has existed since the time before the sky and earth were formed. It is hard to describe its features, but it is independent and never changing. It does not have a beginning or an end, instead moving in endless cycles, and is everlasting. This thing is the origin of everything in the universe. I do not know its name and call it 'Tao'.")

It is written in John 1:1-4: "In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of men." From these words in the Gospel of John, we know that the "Tao" (logos) refers to Jesus Christ. It is important for us to go back once again to the "half-true, half false lies" in chapter 4.2 for an illustration of this topic.

First of all, the devil knows about God the Father, Jesus and the Holy Spirit. So it was written: "There was one 'thing' which has existed since the time before the sky and earth were formed.... It is independent and never changing.... This thing is the origin of everything in the universe." These three statements are close to the truth, but they are not complete and are only partial.

Second, the devil's purpose is to delude human beings. So he covered up, rejected, and distorted the truth. So it is said, "You wu hun chen... ji xi liao xi... zhou xing er bu dai." (There is something, which is muddy and turbid...It is silent and lonely. It does not have beginning

nor end, moving in endless cycles, and is everlasting.) These three statements give a vague and abstract concept that is very different from the concept given by the Bible. They help to mislead people. For according to the Scripture, Jesus has a distinct person and identity, which is "the Word was God. He was with God."

Hence, it is the half-true, half-false lies that the devil made use of to get the conclusion that "wu bu zhi qi ming, zi zhi yue dao." ("I do not know its name, and call it 'Tao'"). The concept of "Tao" was thus established. We can now see that it was under the guidance of evil spirits that Lao Zi wrote these words.

Please refer to chapter 5.4 of this book for the essence and principles of this "Tao" taught by Lao Zi. Without knowing the principles and essence of qigong and the relation between qigong and Taoism, it is very hard to comprehend this issue. Some rational concepts have to do with other concepts with spiritual backgrounds, so we should consider not only their superficial philosophical concept, but also their spiritual significance. When we try to find out about something, we should not allow the half-true, half false lies to confuse us.

**Question 28.** Why does the first chapter of the Book of John in the Bible in the Chinese version use "Tao" to refer to Jesus Christ?

Answer: Chinese Bible translators know the best about the answer to this question. But each nation's language carries with it that nation's cultural characteristics. It may be true that translators of the Chinese Bible could not find a better word than "Tao" for translating "the Word," or they might have misunderstood the meaning of "Tao."

The Chinese Bible has been translated from the English Bible, which has been translated from the Hebrew, Aramaic, and Greek manuscripts.

In the English Bible "Tao" in the Chinese Bible is actually "Word" in the English Bible. Its direct meaning is "word." Yet with the first capitalized letter, it has a deeper meaning, which is too hard to explain in human language. Why "Word" then?

"Word," as used in the Greek New Testament actually has two meanings. One is the words spoken by the mouth; the other is the "meaning of one's thinking," which is in one's head but not spoken out yet. People express in words the "meaning of the thinking" in their head, and before the words are formed, the "meaning of the thinking" must have been formed already. What is the equivalent for this "meaning of the thinking"? In Greek it is "word"; in English it is "reason"; there seemed to have no exact equivalent in Chinese for it.

Yet the more direct reason may have been something else. In Greek, the word "word" contains a concept of "a rational law that controls everything in the universe," when it is used to describe cosmological ideas. It is purely philosophical idea, which is understood by the Israelites as "God." We all know that the New Testament Bible is written in Greek. Apostle John, the writer of the Gospel of John, used the word "word," which can be understood by both the Greeks and the Israelites. The English translators were faithful to the original text and translated it directly into the word "Word." Because this word did not include the over-all meaning of the original word, they capitalized its first letter and made it into a word used only for the Bible commonly accepted by all.

The second sentence of John 1:1 "the Word was with God" clearly shows the different person of Jesus Christ from that of God. And we learn from the third sentence that this "Word" is God. Jesus Christ is God.

Personally, I think the word "Tao" used in Chinese translation of the word "Word" is inappropriate. Even though we know, that considered literally and purely philosophically, the word "Tao" is a very suitable translation, for Chinese who, up to the present time, are still under the strong influence of traditional culture tinted by Taoism, the word "Tao" has a

misleading effect, tending to cause confusion and divergence of views. Again, as we have discussed in question 27, some rational concepts have to do with other concepts with spiritual backgrounds, so we should consider not only their superficial philosophical concept, but also their spiritual significance.

**Question 29.** How do you view human wisdom?

Answer: Human wisdom is very limited. For example, human beings are unable to answer the question of whether the universe is finite or infinite. If the universe is finite, what then is there beyond its limit? If it is infinite, that is equally incomprehensible, for how can anything be infinite? What is infinity?

**Question 30.** What does Christianity say about science?

Answer: Science is part of truth, but a very small part of it.

**Question 31.** What does Christianity say about human rights?

Answer: Because the Bible says all are equal before God, Jesus respected human rights even when He was still on earth. He gave freedom to people and made friends with them. God endows people with rights for survival, freedom and happiness. Nobody can rightfully rob them of these rights. The spreading of Christianity will surely cause human rights to be respected.

**Question 32.** What does Christianity say about religious freedom?

Answer: The first in the world to propose religious freedom is Christians. God has given humans beings free will, and though He hopes everyone believe in truth, He does not force them to do so. People who object to religious freedom have fear in their hearts. Truth does not fear.

**Question 33.** What is the Christian view of the union of church and state?

Answer: The union of church and state inevitably leads to corruption. Catholicism is an instance. Jesus said, "Give to Caesar what is Caesar's and to God what is God's" (Luke 20:25).

**Question 34.** What is the difference between Catholicism and Christianity?

Answer: In AD 590 Gregory I was chosen pope and established Catholicism. With Christianity there is no man who is the authority. All people are equal, having Jesus as the authority for all believers and the Holy Bible as the theoretical authority. With Catholicism, the pope is the authority and has the power to give commands. In the Christian church no one can command another. Catholicism worships not only the Trinity, but also the Virgin Mary. The Bible says that Mary is mother of Jesus, but also a human being who does not have divinity. Worshipping Mary is worshipping a human, an idol, which is detested by God.

**Question 35.** How do you explain the Trinity of God?

Answer: According to the Holy Bible, God, Jesus, and the Holy Spirit are the triune God. We can say that God the Father, God the Son and God the Holy Spirit are the triune God. They are different "persons," but each of them is God.

This is a little difficult to understand. Here is a parable for an illustration. The grapevine consists of the branches, the leaves and the grapes. When you point to the grapevine and say, "This is a grapevine," You may be pointing to the grape, or the leaf, or the branches, but it does not matter, for whichever you are pointing toward, you are talking about the grapevine.

**Question 36.** Why does Christianity emphasize evangelization?

Answer: Jesus sent His disciples to preach to the whole world because God hopes to save all people, not wanting any of them to perish. Christian evangelization is carried on out of love.

**Question 37.** How does one become a Christian?

Answer: By saying a prayer out of your own willing decision to become a Christian and by believing in Jesus Christ.

**Question 38.** How does one say a prayer to accept Jesus?

Answer: When you feel so moved in your heart and would like to know Jesus, say a prayer like the one just below. It would be better if you say it aloud.

"Dear Jesus Christ, I believe You are the Son of God and the only Savior of my life and of all human beings. I believe You died on the Cross for my sin. I ask you to please forgive me of all my sins. Please enter into my life right now and take charge of my whole life. I am willing to follow You. Please make me eligible to enter heaven and enable me to enjoy the full life you have given me. I ask You again to please forgive my sins and wrongdoings and give me power to overcome all my bad habits and flawed character, quality and style, speech, ideas and actions, such as [here you can say these specific things quietly in your heart]. Jesus, please give me abundant faith, love, hope, and wisdom. Please give me eternal life. In Jesus' name. Amen!"

By coming to know Jesus in this way, you have come to know God.

**Question 39.** What if I still have doubts after I have prayed to accept Jesus?

Answer: It does not matter. This happens to many new believers. Human hearts are not controlled by logic, but God knows our hearts. The Bible says, "It is with your mouth that you confess and are saved" (Ro 10:10). To say the prayer to accept Jesus is to confess with our mouths our faith in Jesus Christ. It does not matter how strong your faith is at the moment. God has accepted you. The Holy Spirit is with you. You pray to communicate with Jesus Christ, who will definitely prove to you in your life that He is the Christ, the God. There are not many people who have complete faith from the very beginning, but such people are more blessed.

**Question 40.** How can I communicate with God through prayer?

Answer: Praying is the most attractive thing about Christianity. Praying is done in Jesus' name. It is free communication with God. I would recommend that you pray to Jesus directly when you have just become a Christian, so that you can have a very good foundation. You can pray for blessings, help and forgiveness for sins you have confessed, for sharing your emotions, and giving thanks and praise, etc. When you are a newborn baby in Christ, you can pray for God's blessings upon you. Pray for the detailed help you need and pray specifically for that help. When your prayers to God are answered one by one and many things you have asked about happen miraculously and precisely as you have prayed, your faith in Jesus will grow, and very naturally, you will not be able to help thanking and praising Him. Please note that you should not feel ashamed for asking God for blessings. For God is your Father, and He wants you to be happy. He has a lot of blessings in store for you when you ask for them.

After you have accepted Jesus, it is very important for you to learn about Him.

**Question 41.** How can I learn to know about Jesus?

Answer: Through praying to Jesus, reading the Bible, and having fellowship with other Christians.

**Question 42.** How do I read the Holy Bible?

Answer: You can start with the New Testament. The first four books of the New Testament are records of Jesus' life from different angles by four disciples. Bible reading helps you to understand theoretically your faith in Jesus Christ and enhances the practice of your faith. In the Bible are written words out of the mouth of God for human beings.

**Question 43.** Where can I buy a copy of the Holy Bible?

Answer: Bibles are sold only in churches in the People's Republic of China. Hopefully, someone will give you a copy.

**Question 44.** How should I pray to Jesus?

Answer: Please refer to the answer to question 40.

**Question 45.** What about my fellowship with other Christians?

Answer: You can go to church, or have fellowship in small groups of Christians. You can go wherever you are able to learn to grow in the Lord. Nobody can rightfully bind you. At such gatherings there is no human being that is the authority. You are allowed to question even the teachings of the pastor because humans are fallible and may speak wrongly unintentionally. The only theoretical authority is the Bible.

**Question 46.** How does the state of mind of someone praying differ from the meditation and imagination of qigong?

Answer: Your state of mind is relaxed when you pray. What you speak in spirit and truth is the most sincere. God hates hypocrisy and lies. When you pray, do not try to adjust your own ideas and imagination as one does in qigong practice. Do not try to make efforts in your heart because your moods and feelings have nothing to do with whether or not God answers your prayers. It is God, not you, who is to make the thing happen. You just simply speak what you have to say.

**Question 47.** Do Christians have to read the Bible, pray, and attend the church?

Answer: It is not that they must do these things, but that they need to. Just as eating and sleeping are indispensable, one reads the Bible, prays, attends church, and has fellowship out of one's own willingness, not because forced to. Because one feels he/she can learn something, it is a pleasure for him/her to do these things.

**Question 48.** What is the most important thing for Christians?

Answer: Love is the most important quality or action. We are to love God our Lord Jesus Christ, love our neighbors, and even our enemies.

**Question 49.** Why should I love my enemy?

Answer: Because even though you too have a lot of sins in God's eye, He loves you and forgives you. It is easy to say but not easy to put it in practice to love your enemies. You may not be able to do it all your life, but it does not matter. The important thing is that God's Love keeps filling you up and therefore the love in your heart will not stop growing. We are always doing better.

**Question 50.** What is the principle of action of Christians?

Answer: Love. (Please read 1 Corinthians 13: 1-8.)

**Question 51.** What does Jesus ask of Christians?

Answer: Jesus said, "If you love me, you will obey what I command" (John 14:15).

**Question 52.** What is Jesus' command?

Answer: The center of Jesus' command is love.

**Question 53.** What ceremonies are there in Christianity?

Answer: There are two ceremonies, one being the baptism, the other Holy Communion. These are required by Jesus.

**Question 54.** What effect can be achieved through joint prayers for a specific issue by many Christians?

Answer: Jesus said, "If two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven." Therefore, many people joining together in praying for something will cause the Lord to value and answer our prayers.



**Question 55.** Why should we pray for the government?

Answer: So that the government will do what pleases God.

**Question 56.** The Bible says that we are saved by faith. What does faith mean?

Answer: The Bible says, "Faith is being sure of what we hope for and certain of what we do not see." Faith includes belief based on the foundation of Jesus and also trust in God. Our prayers and our expectations of heaven are all based on this faith. (Please read Hebrews 11:1.)

**Question 57.** What is that faith mentioned so frequently in the Bible?

Answer: Christian faith is trust in God our Lord Jesus Christ. Because we believe in God, we can rest completely assured. For example, when we pray for help, we do not know what will happen exactly, but we believe that God has heard our prayer request and that He will surely make things happen as long as those things are good for us.

**Question 58.** How is the faith in the Bible different from the confidence of qigong?

Answer: The "faith" that Christians often talk about is not self-confidence, but trust in God the Lord Jesus Christ. How things will happen is decided by God's will. People who pray do so in order to let God know their requests. It is because of their trust in God that Christians have confidence in themselves, while the confidence in qigong is absolute self-confidence, which decides whether things will happen or not. Qigong practitioners are themselves determiners.

**Question 59.** What does "spirit and truth" mean?

Answer: The Bible says that whoever worships God must worship in spirit and truth. (Please read John 4:24.) This is very hard for qigong practitioners to understand. We should know that we are not to think that the more we pray, praise the Lord, read the Bible, and attend fellowship meetings, the more we will please God. None of these things is obligatory. God wants you to do these things often, but He wants you to do them from your heart, out of willingness and pleasure and without feeling forced to do so. God loves the sincerity and honesty in people, and He hates hypocrisy and lies.

**Question 60.** What does Christianity think of lies?

Answer: God detests lies extremely. It was because they were cheated by the snake's lie that Adam and Eve, the first parents of human beings, sinned against God. Chinese like to categorize lies into three groups: malicious lies, kind lies, and innocent lies without good or evil intentions. Chinese think the last two kinds of lies are not wrong. Christianity regards all lies out of any motivation as sin. Christians speak only truth, or else they remain silent.

**Question 61.** What should I think of fate?

Answer: Christians know the result of their fate, even though they do not know the details of their fate. Therefore, we should use God-given faith, love and wisdom so as to do our best in everything. If someone thinks his/her fate is bad, he/she should have that fate changed for the best through knowing Jesus Christ.

**Question 62.** What is my right attitude towards pastors?

Answer: Pastors are Christians who teach the Bible and administer church activities. Pastors take on duties, not positions. They are equal with all other Christians, and they are fallible too. They can even teach wrong ideas. Pastors are not authorities.

**Question 63.** How do Christians look at themselves?

Answer: I am a Christian. God is my Heavenly Father. Jesus is my friend and brother. I sometimes please God, and sometimes anger or grieve Him. I endeavor to abide by Jesus' commandments, but I sin unavoidably. As long as I sincerely repent, God will forgive me. God also disciplines me. I know how precious I am in God's eye. He loves me more than my parents love me. I will be with Him for ever and ever in Heaven in the future.

**Question 64.** How should we spread the gospel?

Answer: We spread the gospel out of willingness, not reluctance. Evangelization is done out of love. Evangelization is not the most important, but love. All actions have to be the results of love. Only evangelization out of love is pleasing to God.

**Question 65.** What does Christianity think of marriage?

Answer: Jesus said, "What God has joined together, let man not separate." (Please read Matt. 19:3-6.) Marriage is holy and should be highly respected. Christians are very careful in choosing their spouse. And after they have decided to enter into matrimony, they are determined to stay together all their lives.

**Question 66.** Do Christians have to marry Christians?

Answer: It is not that they have to, but that they are happy to. Without a common belief, common views and easy communication will be impossible, and naturally, sweet love will be impossible too. Christians choosing Christians as their spouses is a very practical decision.

**Question 67.** What attitude should Christians have towards daily living?

Answer: Christians live with care, in faith, love, wisdom and hope. They ask God to bless their lives. For Christians to enjoy the happiness of life is God's will because God is our Heavenly Father.

Christians do not escape this world, but conquer it, for Jesus has conquered this world for us.

**Question 68.** What do you think of the present trend toward sexual freedom in China?

Answer: Materialistic atheism inevitably leads to sexual freedom. For the sake of the Chinese traditional "saving face," many people hesitate to get a divorce, but they go for that extra-marital sexual freedom that has become very prevalent in China. Pre-marital sex has become common. It is sinful and is detested by God.

**Question 69.** What is the mainstream culture of China at present time?

Answer: Chinese mainstream culture consists of two components: some ethical morals of Confucian culture and a materialistic worldview and view of life.

**Question 70.** What do you think of the direction of China's development?

Answer: Christianity is developing and spreading far and wide. It will become China's mainstream culture, which will produce corresponding political, economic and social systems. This process can be estimated to take the next thirty years for its completion.

**Question 71.** How should I treat qigong practitioners and people who believe in other religions?

Answer: We should love them, have compassion towards them, and pray for them. If they are willing, we can lead them to the truth of Jesus.

**Question 72.** What do you think of the technology of cloning?

Answer: As a scientific technology, it is not wrong in itself, just as gunpowder is not wrong in itself. It all depends on how this new technology is used. From this we should know that things told in the Bible like the Virgin Mary bearing a child and God making woman out of one rib of Adam are not anything to be fussed about.

**Question 73.** What do you think of the British "Diana phenomenon"?

Answer: It is an obvious symptom of the faith crisis of the UK. When God is gradually forgotten, humans themselves can very easily become idols to be worshipped. The tremendous zeal exposed in the "Diana phenomenon" shocked the whole world. Even though the worshippers do not represent all British people, they depict a strange picture of the UK for the whole world.

**Question 74.** What about the British "football rascal phenomenon"?

Answer: It is also a symptom of the faith crisis and the degeneration of humanity. Some people worship football and its related items, which they use to fill up their spiritual emptiness and also as a kind of vent.

**Question 75.** What about the Chinese football fad?

Answer: Football has become a spiritual prop for many Chinese. This is a typical manifestation of the faith crisis. Through the football fad people find their attention shifted from the various pains and dissatisfactions of actual life. "Football" has become a synonym for "national self-esteem."

Please note that "enjoy football playing a lot" and "football worshipping" are totally different, the former being an entertainment, the latter a spiritual prop.

**Question 76.** How should we understand U.S. president Clinton's attending of the worship service at Congwenmen Protestant Church in Beijing during his visit to China?

Answer: On Sunday morning, June 18, 1998, US President Clinton attended the worship service at the biggest Protestant church in Beijing, Congwenmen Church, and even delivered a short speech following the pastor's preaching, emphasizing the call for religious freedom. He quoted Acts 17:26 from the New Testament and undoubtedly taught a lesson from the gospel for Chinese people. He encouraged Chinese Christians and served as a propelling power for Christian evangelization of China. He greatly baffled at the same time millions of Chinese people, who wondered: Oh, my! Is the American president also so superstitious?

**Question 77.** What do you think of the development of Christianity in China?

Answer: Christianity is developing rapidly in China. This is a great blessing from God upon China. Christianity has churches as its operating units. Influenced by the mainstream culture, the Chinese church has an important problem demanding prompt solution: The setting up of a perfected church mechanism.

We can say there are two types of mechanisms:

- a. An open-church mechanism in the society.
- b. The non-open house-church mechanism.

Setting up a perfected church mechanism is an important guarantee for a healthy development of the church. Without a perfect mechanism, the church will be troubled with a lot of problems once it grows large, even though any harm remains unremarkable when the church is small.

Depending on man's faith and moral virtues for a healthy operation of the church will certainly meet with failure because even Christians have tendencies towards sin and sin constantly.

**Question 78.** What does the mechanism of a public church include?

Answer: The open-church mechanism includes the following:

- a. A system for democratic election.

All members of the church elect directly and openly members of the church committee, whose duties will be to take care of detailed church affairs and to serve the church. (See Acts 6:3-4 in the New Testament.)

They also elect directly the pastor and other clergy, whose duties will be to organize the detailed activities of the church, to serve the church, and to carry out each one's duty according to the gift each one has received from the Holy Spirit.

The principle for election is selecting people on their merits who love the church as their own bodies.

- b. A perfected financial system.

The church committee appoints the accountant, cashier, auditor, and other church financial personnel.

- c. An efficient overseeing system.

All members of the church oversee all members of church committee and all other clergy.

The church committee oversees the work of the clergy and the financial personnel.

- d. A system for appointing and removing church workers.

All members of the church or the church committee can vote directly to remove unsuitable workers. Ways and processes taken to remove personnel should set up so as to avoid hurting these personnel emotionally.

**Question 79.** What does the mechanism of a family church include?

Answer: House churches should not be very big, especially in the cities. The number of believers for each house church will function best with around 6-8 in the cities and around 15 in the countryside. Even though each house church has a small number of believers, a lot of house churches spreading out in the whole local area can form a large system and be connected with each other freely and equally. There will surely be apostle-like believers who will serve to connect and instruct the individual house churches.

As to the very sensitive issues of leadership and financial organization, these will be discussed and studied in my other book.

**Question 80.** How does one set up the mechanism of a church?

Answer: First, the mechanism of the church has to be set up even in the beginning when there are few members.

Second, decisions about the mechanism of the church must be discussed and made by all members. No one is to be regarded as an authority.

Third, the mechanism of the open church should be put down in written form and perfected through long-term practice.

Finally and most importantly, the setting up of the mechanism of the church is not to run counter to biblical teachings.

## Chapter 8

### How to Overcome the Interference of Evils Spirits

#### 8.1. WHAT IS THE INTERFERENCE OF EVIL SPIRITS

Interference from evil spirits is the direct disturbance and attack by evil spirits within people who are sensitive to the spiritual realm and who can have direct dealing with evil spirits, so that these people feel disturbed in their souls and are harmed spiritually and physically. How much blessed are people who have never been disturbed by evil spirits! They would never know the inexplicable pains and depression of people who suffer severely from the interference of evil spirits. Some people are disturbed for years or decades or even for all their lives by evil spirits that will allow them no peace. They dare not to tell others their misery, for no one believes or understands them. They have to make a stand against evil spirits with their own weak souls and lead a hellish life.

Here are some causes for the interference of evil spirits:

1. Some qigong practitioners worship idols of various religions and perform supernatural abilities.
2. Family members practice qigong, worship idols and exhibit supernatural abilities.
3. Some people were born to be attacked by evil spirits because their parents worship idols.
4. Some people suffer sudden physical or emotional blows.
5. Being present at places that evil spirits frequent is also a cause for getting interference from evil spirits.

Evil interference takes various forms, but all for the purpose of taking away peace of heart, tiring out the souls, and causing spiritual, emotional and physical damage. We will now illustrate each of these disturbances individually.

1. Evil spirits come to a person and rouse him/her suddenly from sleep. This person feels unusual, but cannot find any causes. Many people have this kind of experience. It is a very slight disturbance by evil spirits.
2. Evil spirits suppress one's soul when one is asleep and rouse this person suddenly from sleep, yet his/her body becomes stiff and cannot move. He/she is out of control and is horrified and eager to cry out loudly, but the voice is lost or only a very small sound can be produced. People of some areas keep twigs from peach trees under their pillows to solve the problem. This superstition originates in Taoism and is no way to solve the problem but pleases evil spirits all the more. Twigs of peach trees may keep evil spirits away for a while, but they are also traps laid by the evil spirits that will drag people deeper into dealings with them.
3. When one is asleep, evil spirits suddenly suppress his/her soul and seize him/her by the throat. This person wakes up in great surprise and can hear human voices or human-like voices or even feel the temperature or weight of

evil spirits. In such cases turning on the lights will stop the disturbance. But such events cause many harms to the sufferer. Even if it happens only once in a night, the sufferer will feel very dispirited and inert and exhausted spiritually. Sometimes it gets worse when evil spirits launch attack so frequently that the sufferer simply cannot get to sleep or close his/her eyes.

**4.** When one is sleeping with lights on or during daylight, evil spirits still come to attack and suppress this person's soul, causing this person to experience horrible events in dreams.

**5.** Even when one is not sleeping at night, he/she hears very strange sounds or sees ghosts' shadows, etc. and gets so frightened that he/she has to be in bed with another soul or sit up in bed reading, listening to songs and music until falling asleep after daybreak.

**6.** Some people see dreadful ghosts, monsters and other images of this sort the moment they close their eyes. When they look, they also see on other people or in places strange or dreadful images or signs, etc.

**7.** Some people can see in the daytime ghost-like shadows. They can hear human voices talking into their ears. Evil spirits disturb them so that even when these people are doing something or saying something, they are often disrupted in their words and moods.

**8.** Some people have terrible ideas coming into their minds like a desire to commit suicide or they prophesy about dreadful events that will really happen later. So they get worried about terrible thoughts coming into their minds like birds startled by the mere twang of a bowstring. They live in the dark shadows of all kinds of dread and bafflement.

**9.** Some are so much victimized by evil spirits' sudden attacks that they fall down in fits of convulsions or in a coma or they pass out and never come back alive.

**10.** Some little children are attacked by evil spirits and fall asleep in a coma for days. When this happens in the countryside, their parents will ask people to "call back the souls" for them. They think the problem is solved in this way, but actually they have allowed more evil spirits to come into the children and cause a lot of problems in the future.

**11.** Some people are bound up by evil spirits and troubled by epilepsy, convulsions, lunacy, abnormality, idiosyncratic behaviors, and melancholic characters. Please note that not all these symptoms are disturbance by evil spirits. But I personally think that in most cases they are attacks launched directly by the evil spirits.

The above is just a very general list of disturbances by the evil spirits, but there are actually more. Evil spirits are always using different tricks to achieve the most effective results from their attacks on different people according to these people's specific conditions. Some people suffer from one of the above cases; some suffer from several. The attack happens either once in a month or in several months or happens several times. With some people it happens once in a few days and every day. Some tolerate these disturbances by themselves, daring not to let others know. Some do let others know; they are taken to a lunatic asylum as they are then regarded as being lunatic, and they really go mad in the end. Some cannot stand the torture and commit suicide. Some suddenly become mentally

disordered and become vegetative persons. More miserably, some attacks by evil spirits result immediately in death.

I would like to say to those who for years persistently resist evil spirits with unfailing will power, "My friend, I admire you! Keep your mind and soul sober. Remember, knowing Jesus will put all your miseries at an end."

For all those who wish to get rid of the disturbances of evil spirits, the only way to solve the problem is to accept Jesus Christ and put one's trust in Him, for only He is the Son of God and the Savior of all human beings.

May all Christians help people around them who are bound by evil spirits. Love them, have compassion for them, and give them practical care, for you can understand them, and you have the authority God has given you, with which you can easily defeat the evil spirits. May God's glory be manifested! Amen!

## **8.2. INVISIBLE WAR**

### **8.2.1. THE FIRST ENCOUNTER**

During the year I became a Christian, a lot of demons were driven out of me. Evil spirits that had disturbed me for many years fled away at last. My life was very peaceful, and I always had joy in my heart.

An event that happened later made me realize that the evil spirits had just withdrawn for a little while. They returned and started all over again. It was a very cold Spring Festival. I went to visit a teacher of mine. She was expecting me while her family was out. After exchanging greetings, she suddenly asked me about qigong. I was shocked and did not see why she was mentioning it. Yet it seemed to me that she had something to say to me. So I was greatly concerned, and she started to tell me what she had to say.

She said she began to believe in the existence of souls, ghosts and gods because of some experiences she had had since her father died. She talked about many hurts she had before, and tears ran down her cheeks. I comforted her and told her I that I knew about qigong too, which surprised her. Our conversation about qigong did not continue.

Very soon, after a year had passed by, some business I was doing led me to her home again. She came out to meet with me, and again she mentioned qigong. Her face was gloomy, and her mood darkened. I began to pray for her in my heart and told her that qigong is dangerous and may destroy its practitioner. She sighed after hearing my words and shared with me about her qigong experience.

It was years ago that a mere chance led her into the practice of qigong. She began to have supernormal abilities one week later and could perceive through human bodies and know hidden things about others. Her qigong master was greatly overjoyed and formally accepted her as a disciple. She bowed sincerely to her master in front of many people and acknowledged him as her master. But after not long she started to hear voices talking in her ears, mostly during the daytime. She was so scared of them that her spirit almost collapsed and she had to quit practicing. People around her thought she had gone too far in qigong and gone lunatic. For years she would suddenly hear voices talking to her while she was teaching her students. She was so seriously interrupted that she completely lost her place and could not continue to teach. She knew for certain that she had not gone mad, but even her family would not believe her.

I had deep compassion for her after hearing her miserable experience with qigong. I told her that I understood her and that she had not become lunatic. But I told her that she should

totally stop the practice of qigong immediately; otherwise, the situation would get worse. I intended to lead her to know Jesus, but she said at once, "No, no," that she would just like to be a normal person as before she practiced qigong, not dealing with any spiritual things. She also told me that a young man had suddenly come to her home the day before and told her that should continue to practice and that there would be no disturbances after she had reached some higher level. It seemed to her that it was a strange coincidence that I came today and told her to quit the practice. She was at a loss as to whom she should listen to. I realized that it was a very serious case. It looked like the evil spirits valued her a lot. I was very much concerned for her and said, "Do you believe in him or in me?" She hesitated a little bit and said, "At least I know you and know who you are. I'd better trust you."

I was very much encouraged and decided to pray for her. She was afraid, so I prayed for her quietly. I decided to wait until the problem was solved and explain to her later. I said to her seriously, "Now I am going to drive the evil spirits out of you in my way."

"What should I do?"

"Nothing at all."

I prayed for her quietly: I prayed in Jesus' Name, "O Lord my God, please drive the evil spirits out that are disturbing her. Please save her and let her accept You as her God."

Nothing happened after I prayed.

I looked at her and said with confidence, "The evil spirits will leave you alone."

"Really? That will be wonderful!" She looked at me, half-believing what I said.

I comforted her and left.

I was lying on my bed that night when I repeatedly thought about this issue. I began to feel uneasy and realized that the evil spirits would not easily leave and might even come to trouble me. I left the lamplight on when I went to sleep. I prayed for a while and listened to some praise songs before I fell asleep.

At about midnight the evil spirits came just as I expected. They jumped on me all of a sudden and roused me from sleep. I struggled hurriedly and heard the evil spirits say to me, "Why did you tell her those words?" I was unable to overcome them in the struggle and cried loudly in my heart, "Please, Jesus, save me!" As soon as I said this, it was like a huge hand seized the evil spirits and threw them far away. I heard the miserable cries of the evil spirits rapidly dying out in the distance, and they were completely gone in an instant.

For the second half of the night, I slept peacefully and soundly until daybreak.

I met her in the street several days later, and she told me how incredible it was that there were no longer evil spirits talking in her ears. She was very happily astonished and also found it hard to believe how incredibly easily the problem had been solved.

She later became a Christian. The evil spirits have seldom attacked me since then. It has been the most relaxing time I have had since I first started to practice qigong —no disturbance by evil spirits at all.

### **8.2.2. PRAYING FOR QIGONG MASTERS**

One winter night, I had already gone to bed when a Christian friend suddenly came to see me and told me a well-known qigong master who enjoyed great popularity in our country had come to propagate qigong in our city.

This Christian friend had practiced qigong before and had suffered badly. We discussed the spiritual background of the whole event and decided to launch an attack on our own initiative. We planned to go and pray at the teaching site the next day in order to attack the evil spirits of qigong in the spiritual realm. He left, and I went back to sleep without any extra thoughts.



I did not know what time it was when a white light sudden roused me from sleeping. I opened my eyes and saw that my room was full of white light. I knew evil spirits had come. In order to find out if that was true or false light, I looked up to see the huge picture that was on my wall, but I could not see anything except the white light. While I looked, a round shape suddenly appeared on the wall, and I tried to look closely at that thing, wanting to see what it was. Very quickly, the round figure turned large and came out of the wall like a sculpture. Oh, my! It was a hideous face.

I almost howled out loud and hurriedly stumbled to reach the switch and turned on the lights. The light drove away darkness in the room. I searched the room, but did not find anything! There were even obvious traces of commotion when the evil spirits left. I looked at my watch. It said one in the morning. I was very angry, but could not do anything. I lay down again and kept the lights on until daybreak.

The next day my friend came to meet with me and told me he had been attacked by evil spirits the night before. But his case was much less serious. I shared with him the attack I had had as well.

We found out that undoubtedly it was because we had planned to pray for qigong masters that night. The evil spirits attacked us before we did them. They were really smart. My friend found this hard to understand and wanted to know how to get rid of this kind of disturbance. I told him that many Christians knew about this situation of mine. Most of them believed that since I had been a Christian for a long time, I should no longer have such problems.

I agreed with them, but the fact was that the evil spirits had never ceased their attacks on me. I felt very much ashamed about it, yet could not see why it was like that. Then I shared with him a testimony. On one summer day I met a Christian by chance in the street, whom I had not known very well and had not met for over a year now. But when he heard that I was having a lot of disturbance from evil spirits, he invited me wholeheartedly to his home. While we were at his home, he asked me to pray together with him and ask Jesus what the cause of these disturbances was.

We began to pray and ask Jesus for His revelation. It was all quiet in the room. After about seven to eight minutes, he asked me what revelation I had received from Jesus. I said I had received none. He told me that the Lord had told him the reason that the evil spirits attacked me was that, deep in my heart, I was still complacent about, and proud of, my previous supernatural abilities.

I was greatly stupefied, for he was exactly right and had aired precisely my innermost secret. My soul prostrated itself before the Lord. How well the Lord knew me! I knelt down on the floor and was filled with shame in my heart. I confessed to God with my entire heart, soul, and mind, asking for His forgiveness.

Since then the evil spirits seemed to have disappeared forever. Since then I have truly believed that Christians can receive revelations from God and that it really happens that God speaks in person to some Christians about some specific things. After hearing my testimony, my friend was full of exclamations and immediately asked me, "Why then do evil spirits continue to attack you?" "I don't know why." "We should not be afraid of them!" "I'm not afraid, but disgusted at them," I said. "Why does God not simply stop this kind of attack by the evil spirits?" he asked. "I believe we'll know God's will about this some day." God did not forget about this, and years later He answered this question of ours and unraveled our puzzlement.

### **8.2.3. A STORY ON THE TRAIN**

On a beautiful summer day, I completed my work of evangelism in an area and started my trip back home in an completely happy and relaxed mood.

I got into the air-conditioned compartment beautifully adorned. I lay down on my bunk and rested comfortably, recalling the miraculous and awesome doings of God in that area. I could not help but sigh with some emotions and thought of a few words a Christian had written:

#### **Resting in His Faithfulness**

When we recall past events,  
We are amazed at  
Deeds we have performed.  
We know very well,  
It has not been our craftiness,  
But the wisdom of God;  
It has not been our strength,  
But the omnipotence of God;  
It has not been our will power,  
But the faithfulness of God.

Recollecting the past events, I had deep feeling about the wonderful meaning of these words. Seeing through the compartment window the flashing by of fields, mountains and rivers, villages and cities, I imagined the great miracles God was going to do in this huge land. I was so filled with a sense of pride and dignity, and expectations, that the sense of a holy mission welled up within my heart. How much more I hoped to do for God's ministry! How much I hoped to see millions upon millions of people all over China praise God freely and loudly! How much I hoped that China would soon be a country that pleased God and that God would richly bless her people.

My mind brought me to the darkest day in human history two thousand years ago, when Jesus Christ hung on the cross, dripping huge drops of His blood on the ground. Then I saw the cheerful tears of people who received the Gospel; I saw the stern faces of persecuted old missionaries; I saw toddling kids with little Bibles in their hands in churches at Christmas; childish laughter went up to Heaven....Tears filled up my eyes. O Lord, my God, send me! I am willing to obey You! How could there be any places that I would not like to go, anything I would not like to do? What else do I have that I cannot give up? Lord Jesus, I want to be like you, today, tomorrow and the day after, and forever I will go forward, with no turning back.

The train slid into a tunnel, and my thoughts calmed down. Gradually, I fell into sleep. Suddenly, in a dream I seemed to be with Jesus. O, yes, my heart began to welcome Him wholeheartedly. A light flashed instantly. No, I was wrong. It was evil spirits! I gave out a loud yell and sat upright. I could not stop screaming even after I had opened my eyes. Many people came to see me and asked me if I had had a nightmare. I calmed down and told them that it was nothing and apologized to them. They left and I leaned against the back of my bunk, soaked with sweat, as if I had just had a seizure of some sort.

I felt guilty and ashamed. I pondered and asked why. I asked Jesus, "Why?" I heard no answer, only the rolling vibrating sounds of the train wheels running fast forward.

### **8.2.4. THE DEVIL DOES NOT BELIEVE IN TEARS**

When we wept sadly before God, He would be very sorry for us and take us closely in His arms. He would give us the greatest comfort and fill our souls with endless love.

If we cry before the devil and evil spirits, they are just as happy as they could be. Satan uses our own tears to humiliate us.

Just at the time I decided to write this book, I met with unprecedented attacks by evil spirits. The price paid is heavy, but the victory is also tremendous.

### Monday

I received in the evening a telephone call from a Christian friend who said, "You know very well about affairs in the spiritual realm and know a lot about how evil spirits use means like qigong to destroy people. Why do you not write down all your experiences so that more people will understand these affairs and avoid many disasters that are avoidable." He also said that he felt moved to share with me a certain thought of his, and he wanted to make a suggestion to me.

I responded immediately and was somewhat awakened to a very important fact. I started to draft the outline at once and decided to put it into book form. I prayed to Jesus for His blessings upon this book and earnestly considered its contents. For years after I became a Christian, I had always tried to avoid recalling my past, especially my experiences with qigong. I feared my feelings when I recollected my practice of qigong. But on that night, I realized that I was going to remember carefully and very much in detail my history of qigong practice and do all over again my research into the rubbish-like qigong theories and principles. The thought of the book reminding and helping many people who are practicing qigong just like I used to filled me with passion and enthusiasm. In addition, I regarded myself as a strong Christian, no longer fearing the remembering of my own history in the devil's camp.

Soon, the outline was made, and I read it over and over again. I was satisfied with it and lay down to sleep.

It was not long afterward that I was suddenly roused from sleep. Evil spirits came and pushed down on me. I struggled to get up and turned on the lamplight. I did not care a lot about it and left the lights on while I went back to sleep, for the evil spirits had haunted me once the night before too.

The moment I fell asleep, the evil spirits attacked me again. I sat up immediately and got very angry. I could not do anything but pray and ask Jesus to bind the evil spirits and get rid of them. My prayer was quickly effective, and nothing happened during the second half of the night.

### Tuesday

I planned to start writing the book this night, but due to the disturbances of the previous night, I felt both mentally and physically exhausted, and hence I decided to go to bed early and delay the writing of the book for a day.

I sensed an unusual atmosphere in my room, and I thought for a little while about it and prayed for Jesus to protect me. I lay down to sleep.

At about one in the morning, evil spirits attacked my soul, and I turned on the lights and sat up right. I was extremely angry and looked in every corner of the room, trying unsuccessfully to find the fellow who had attacked me. I knew the evil spirits were looking at me, but did not know what their purpose was. I prayed for the Lord's protection and lay down again.

As soon as I fell asleep, the evil spirits jumped on me again, and immediately my arms and legs felt as if paralyzed and could not move a bit. I flew into a rage and said, "I'll kill you!" This was to no avail. I realized that I was tricked and cried to Jesus for help. I struggled out of evil spirits' control at last and sat up. I saw the orange light of my lampshade on my bedside. I was surprised that evil spirits were now not afraid of lights! This was the first time that I had

met with such a thing. What had been effective ways to keep them away did not work now. What had happened?

I turned on the bigger lights in my room, and the bright light hurt my eyes. I kept my eyes shut and sat up on my bed disheartened. I then thought of my book. Ah, that was the cause! The evil spirits had gone too far! How disgusting! I was very tired and sleepy. I knelt down by my bed and prayed: "Lord Jesus Christ, please protect me and bind the devil and give me a good sleep. And also please protect my writing of the book." After I had prayed, I slowly fell asleep with the bigger lights still on.

After I did not know how long, I roused up again. I began to have fear and realized how weak and helpless I was. I got up and sat down at my desk. Looking at the lamplight, I did not know what to do. Finally, I decided to ask other Christians for help. I dialed the number of the friend who had suggested that I write the book. It was four in the morning. He answered the phone with a heavy sleepy tone in his voice. After he heard me, he thought that all these attacks had to do with my writing of the book and comforted me. We prayed together over the telephone, and then he said he would call immediately another Christian and ask him to pray for me too.

After the telephone call I went back to bed and fell asleep in about ten minutes. It was broad daylight when I woke up. I took a long breath. Ah, the day had come at last. For a whole day I tried hard to look as if I were in high spirit, even though I felt exhausted mentally and physically. My colleagues asked me with concern why I looked so terrible today. I just said I had not had a good sleep the night before, while I wanted so much to give the evil spirits a fierce beating.

### Wednesday

Night came again. I prayed earnestly before going to bed, hoping to have a good sleep. I left the lamplight on.

At about midnight I was suddenly aroused up. The evil spirits arrived and were right on my body. I hurried to turn on the bigger lights, as frightened as a tree leaf shivering in a wild wind. The room lightened up, and I felt relieved at once. I nervously looked around. Finding nothing unusual, I still could not let it go and went to look under the bed. I saw myself as very silly, for I knew evil spirits are invisible. I was just trying to find some comfort for my heart. I started to realize the important significance of this book that I was going to write. Evil spirits seemed to hate this book a lot. Since this was the case, I should be happy about it! When I realized this, I laughed to myself and was determined to put as much effort as I could into the writing of this book and let more people know about qigong and about the evil spirits' tricks and methods. But then my thoughts turned and said to the Lord, "O Lord, I can't even solve the problem of myself of being disturbed by the evil spirits; how will I tell others how to defeat the evil spirits? Besides, I am now so much troubled and exhausted by them that I can't even start to write. Lord, why don't you help me?"

I knew that Jesus must have His special plan that I did not know yet. Throughout my Christian life God had always answered my prayers. Even though He might not answer me right away, He always let me know why He had not at the best time later on. In my previous experience of driving out evil spirits, praying and keeping the lights on always worked. Why did not these things work this time? Why did God delay helping me? I could not understand and was even a little unhappy with Jesus.

I thought of a very respectable Christian and made a long distance call to her. She was awakened from sleep but recognized my voice at once. I told her about the book that I was going to write and about the attacks I had had by evil spirits. She was surprised to hear what

was happening, for I had been a Christians for years. All these things should not have happened. And she immediately prayed for me over the telephone.

I felt a little peace after the phone call, but just lay down on my bed, not daring to go to sleep. I was extremely sleepy, but the moment I closed my eyes, the evil spirits instantly got on me, and I had to open my eyes, wearing out my sleepiness in this way. Finally, I was careless enough to fall asleep. Evil spirits jumped on me, clutched my neck, and pressed my soul. I did not struggle this time, feeling extremely sad, and I said to the Lord, "O Lord, You see what they are doing to me. Why don't You stop them from so doing?" At last I could stand it no more and cried out to the Lord for help. At this point the evil spirits disappeared immediately. I sat up in my bed, feeling extremely disappointed. I did not understand the Lord's allowing the evil spirits to torture me like this day after day so that I could only look at the outline of the book without being able to write anything.

I was very exhausted and lay on my bed. I closed my eyes for a little while and then opened them, persisting in my struggle against the evil spirits. The evil spirits began to make some sounds. They made a noise in the garbage can at this moment, and at the next they were in the computer. I did not care, but just wanted to call them names. Sometimes when I closed my eyes, evil spirits came to murmur at my ears. I could not hear them clearly, but they did not stop and even very annoyingly imitated my friend's voice.

It went on so until it was finally daybreak. I looked at my watch. It was 4:30. A sense of peace rushed into my heart, and I felt all the evil spirits were gone. I went to sleep immediately, as peacefully as in a quiet tent, having no dreams at all.

#### Thursday

I went to work in the morning and yawned all the time. I did not want to speak to anybody but rested my head on my desk and slept.

There was an unexpected event (not a direct attack by the evil spirits) at night, and I did not sleep for the whole night until daybreak. I was saddened almost to death and did not go to work, but slept all day long.

#### Friday

A friend called in the afternoon, reminding me of the fellowship meeting tonight. I felt indeed physically reluctant to go, but after many hesitations I did go.

At the fellowship meeting I told a respected Christian about my situation. He was very much concerned and asked the whole congregation to pray for me. They all stood in a circle around me and prayed specifically for me. After praying for a little while, they all quieted down. I felt nothing special, not even the moving of the Holy Spirit. I got very disappointed, and then a sister walked to my side and started to pray for me. I sat quietly on the carpet, and gradually I began to feel as if a hard piece of frozen ice were beginning to melt in my heart. The Holy Spirit was moving in my heart, and a comforting power seemed to touch my heart. I could not help wanting to cry. Realizing that so many brothers and sisters were around me, I tried hard to control myself and not to allow myself to cry. Yet that power grew constantly and was full of God's Love. Eventually, tears rushed out of my eyes.

I wept silently, tears running down like rain. My throat became very uncomfortable, and I could no longer keep from crying aloud. Between spasmodic sobs I poured out all my heart's troubles and bafflement. Out came all the fears and torment I had suffered for the past several days. I knew I was in God's church, within the body of Christ. I felt as if in a restful harbor. Since my baptism I had never cried like this. But since I had become a child of God, this was the worst trouble I had experienced.

I calmed down after a long time and re-discovered my long- lost joy and peace. I started on my way back home. Lamplight in the dark night looked beautiful just as my mood was then. As soon as I got back home, I went to bed and slept in great peace.

Just a little while passed before evil spirits attacked me. I was greatly surprised. I turned on the lights and got up. Tonight's attacks were more severe. I could see clearly that several evil spirits were taking turns attacking me. I could not shut my eyes, for they would stop only when my eyes were open. I could feel that they would very soon let me see what they looked like. I was not afraid, but I could not go to sleep either. I made telephone calls, contacting a number of Christians, several of them in other cities. They were deeply concerned for me and also surprised. They prayed for me, and one of them suggested that I give up writing the book and reminded me that I should listen to some delightful music. This was a good idea! I played my favorite tape of Christian songs. The atmosphere was greatly changed. Even though I could not close my eyes yet, at least I did not feel lonely.

I was later so tired that I made up my mind to simply close my eyes; then I fell asleep. Immediately evil spirits woke me up. I had indeed no choice, but opened my eyes for a few seconds and closed my eyes for another few seconds until daybreak. I got up in the morning and looked at myself in the mirror. One of my eyelids was red and swollen and already festering.

#### Saturday

I could not continue to live with such disturbance going on. I thought for a whole day about what I could do. I remembered that I could avoid them when I slept with someone else in my room. So I called my brother, who was very much shocked to hear what I told him, but agreed to come to be me over night.

But then he called me in the afternoon and told me his girlfriend was sick and that he had to take care of her and therefore could not come this night. I could not stop sighing and asking the Lord, "Why is it like this? What on earth is Your purpose?"

The night was coming, and I was worried. I suddenly thought of a Christian who was a university student who had once prayed for me about a very important issue. I dialed her up, told her about my difficult situation, and asked her to pray for me. She listened to me, then asked me to come over to her place, for she had words for me and also a book to show me. I got on my bike and rode to her place quickly. She was waiting for me at her dormitory, with a book in her hand, when I arrived. She told me that there was a way to solve the problem. When evil spirits come, declare to them: I am a son of God, and in Jesus Christ's Name and by His Authority, I command you evil spirits to leave my room.

I did not really think it would work and also found her suggestion to be nothing new.

So I told her, "There is a whole bunch of evil spirits in my room."

"Then let them all go away."

I did not say anything, thinking to myself that it was not so easy!

She explained in a very relaxed tone, "Do not be afraid of them. No matter how many they are, they are merely small devils."

I brightened up. All right, they were only little devils, nothing significant. I was greatly encouraged. This was a very unusual Saturday night. It was raining slightly outside, but my room was brightly lit.

I skimmed through the book she gave me. It was an account by a Christian about procedures to defeat evil spirits, the procedures which she had told me already.

When I started to bed, my room began to become crowded and in a commotion. I knew those devils were getting ready. I decided to try the methods she had told me and make a proclamation to the devils. But the moment I tried to speak, I strangely found myself

completely speechless. A huge fear covered my heart. I was much astonished and wondered a lot why I dared not even speak anything. I suddenly realized the devils were afraid of what I was trying to say. Good! I was greatly pleased at finally finding out about their weaknesses. I proclaimed loudly, "Evil spirits, you hear me. I am a son of God. In Jesus Christ's Name and by His Authority, I command all of you to leave my room, never to be near my room again." Then, I repeated the above words, without any fears at all this time. My heart relaxed immediately.

I said them for the third time and was really pleased with myself and very refreshed. I turned out the bigger lights and left the lamplight on. I hesitated a little and then turned out the lamplight as well, thinking I could turn it on again if the evil spirits returned. I lay on my bed and looked at the dim streetlight that was shone through my window. I felt uneasy and anxious, daring not to close my eyes, for I wondered how badly the evil spirits wanted to hurt me tonight. Finally, I willfully forced myself to close my eyes.

### Sunday

It was broad daylight when I woke up. I experienced no disturbance at all. I wanted to hail my success and loudly praise God. My soul was soaked in joy in the beautiful morning sunlight. I had no time to think further about it, for I had to take a tourist group out today. So I left home quickly.

I had a great day with the tourist group. I looked at the high blue sky and beautiful white clouds on the meandering Great Wall. My mind and body were extremely relaxed. I pondered over the dramatic miracle. How unbelievable it had been! For the past week my life had been like a nightmare. Now I had at last had some peaceful sleep. The evil spirits were all gone after I had said a few words. So simple? So easy? Unbelievable! My sufferings of the previous days were now like a century away, and I felt as if nothing had happened to me. I was reminded of the tenth chapter of Luke in which the seventy-two returned with joy and said to Jesus, "Lord, even the demons submit to us in your name." Jesus said to them, "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."

I suddenly saw the light and obtained a thorough understanding. Jesus has already given this authority to Christians. I had known this a long time ago. Why did I not practice it? How stupid I was! Now I realized why God had not answered this prayer request of mine, asking Him to bind the evil spirits. Jesus wanted me to get a deep understanding of my identity as a son of God through this lesson. He wanted me to learn how to use the authority He had given me. I was like a child that had grown old enough to walk but did not know how to. So the parents made up their minds to let the child walk, not giving him any help and not allowing others to help him so that he could learn to walk by himself.

A few days later, I read a book on Christian authority. I was very much amazed at the profound knowledge of the author in this area. Much of the book talked about exactly what I had just learned through my experience of the past few days.

It was through this careful plan that God had made for me that I had made great process towards maturity in Christ. I was not only relieved of the embarrassing perturbations of eleven years, but also had had my prayer answered that I had made before I started to write this book, so that I now could share with others this precious learning. Days later, I used this authority to help several others, and the result was once again vibrant, greatly amazing me.

### **8.2.5. PROCLAIMING VICTORY OVER EVIL SPIRITS**

For a whole week after defeating the evil spirits, I slept peacefully every night as if in heaven. I gave my testimony in church, and all were happy for me, praising the wonderfulness of God. Then a few days later, some of us Christian friends went out for a holiday together and stayed at a sanatorium.

I wanted to take a shower in the afternoon the first day we arrived, but there was no hot water. The attendants told me water would be provided only in the evening. I decided to take a cold water. But after I turned on the tap, the cold water turned rapidly warm. I was extremely pleased and enjoyed Lord's love and care happily. It was very interesting that as soon as I had taken a shower, the water turned cold again. I lay down on my bed, feeling clean and relaxed.

I slept at night in the same room with two other Christians. The moment I fell asleep, I was suddenly roused and saw the shadowy profile of a Christian who was also a tourist on our team in a white shirt, looking out of the window meditatively. The shadow disappeared instantly. I was very much surprised but did not know what had happened. I turned on my side and went back to sleep again without praying about it.

I was aroused again at about 12:50 at midnight and found that evil spirits had jumped on my bed and almost started to fight with me. In an instant I could hear my heart beating violently. As if having gotten an electric shock, I jumped off bed and seized my friend who was sleeping on a bed close to me by his arm. I tried my best not to cry out and told him that evil spirits had come. As a good friend of mine, he knew my case very well. He got up sleepily and started to pray for me. Then I remembered to turn on the lights. The other Christian was awakened too and gave me some words of comfort.

I was very much saddened. I had thought that evil spirits would not bother me any more, but I was wrong. Other evil spirits could come to attack me on certain occasions. But, after all, I could defeat them and drive them all out before I went to bed.

On the next morning, we learned that at least four other friends were disturbed to different degrees by the evil spirits, among whom three were seriously attacked. They had to pray until one o'clock before they could go to bed. One of them had previously worshipped evil spirits, performed special signs, practiced divinations, and prophesied. She had been a typical "half-mortal" before becoming a Christian. She had been perturbed by evil spirits for years and though the situation got better after she became a Christian, she was still often knocked to the ground and put in a coma by the evil spirits. After hearing their cases, I became deeply compassionate toward them, told them about my experiences, and gave my testimony.

A few days later, they came to see me and complained that they could get nearly no sleep at all after they returned from the holiday. The evil spirits attacked them fiercely, yet none of the Christians around them had experienced this kind of things. So they came to see if I could help them.

I told them that we would solve the problem right here and now, that we would pray to drive the demons out. I also told them that every Christian has this authority. They were very much surprised and admitted that they were Christians with small faith. I explained further to them that as long as you are a Christian, you have this authority, even though you may not know you have it, because it is authority that God has given every Christian. It is like a prince inheriting his dignity and authority from his father the king.

I asked two Christians to pray for a sister whose case was very serious. She definitely had evil spirits in her, for she had performed supernatural abilities and had not been prayed for to



drive out the demons when she became a Christian. We began to pray for her, everybody saying, "Evil spirits in ..., in Jesus' Name and by Jesus' Authority, I command you to leave her body."

Very soon her body began to be in spasms. Her hands tightened, as if she were struggling very hard. A few minutes later, God revealed to me quietly that the evil spirits had left. Just as I was wondering if it was true, I saw her hands loosen their grip at almost exactly the same time. She was relaxed and opened her eyes, saying, "The evil spirits have left, for that face is no longer there in front of my eyes." She closed her eyes to make sure that it was true. "Truly, it is gone!" She was very excited.

We prayed to drive out demons for another sister. She did not have many reactions. We just simply prayed for still another sister who we thought had only the slightest level of disturbance.

They called us the next day and told us happily that the two who had been prayed for to have the demons driven out were relieved completely from these perturbations. One of them was especially excited, telling us that it was the first time in many years that she had overcome the devil's humiliation of her. The sister with the slightest case was no longer disturbed directly, except for the fact that she was aroused from sleep sometimes. We later prayed for her again to drive demons out, and she was relieved completely too. I was very happy to have witnessed these wondrous doings of God, for which I shouted aloud in praise to Him. I reminded these Christian friends that sometimes when we did something good that angered evil spirits, or at places where evil spirits were active, or for other reasons or under some other conditions, evil spirits might come again to attack us. But we are no longer helpless. We are absolutely capable of conquering evil spirits and can proclaim our victory over them.

### **8.3. DETAILED METHODS FOR OVERCOMING THE INTERFERENCE OF EVIL SPIRITS**

I hope people who have suffered from disturbances and attacks by evil spirits or the relatives of such people, whether you are Christians or not, will join in our following discussion—if you would like to override disturbances and attacks. Please note also that it is very helpful for defeating them to know their methods and weaknesses. Such knowledge often helps one to get twice the result with half the effort. First of all, there are some concepts one must be really clear about:

1. The triune God is Master over the universe and everything in it.
2. Satan is only a fallen angel, whose ability surpasses that of man, but who, compared with God, is impotent.
3. In this world God has given only the name of Jesus as the power to defeat this world and Satan, together with all the devils under Satan.
4. Christians can defeat evil spirits only by through Jesus' Name.
5. We should understand the victims' pains, value them, and give them compassion and deep love. Even though they are idiosyncratic and gruff and sometimes hurt us, we should forgive them because in most cases it is the evil spirits in them that have done the hurting.

Now we can talk about the detailed methods for overcoming the interference of evil spirits. We will list here, in as much detail as we can, some cases we have experienced, suggesting specific ways to solve each problem. We have categorized all cases into two groups. The first group has two subcategories as follows:

**1.** When we help people who are disturbed by evil spirits because they have practiced qigong and other meditation and training methods or because they were born with supernormal capabilities, we should, in the first place, have them give up qigong or the other practices, accept Jesus as their personal Savior, sincerely confess their sins, and ask for God's protection. Then we should exercise our Christian authority and drive out the demons in Jesus' Name and by His Authority.

**2.** When we help people who have incurred evil spirits because they have worshipped Buddha or other idols or performed various kinds of evil crafts, such as divination, palmistry, mayi physiognomy, fengshui, spiritism, consulting the dead and incantation chanting and writing, we should lead them to accept Jesus Christ, confess their sins, and ask for God's protection; then we should drive out the demons in Jesus' Name.

Even if some people who conform to the above two cases feel no disturbance, they should be prayed for to have the demons in them driven out if they want to become Christians. Evil spirits are very subtle, and we are not to disregard the importance of driving them out; otherwise, there will be future troubles. It would be better to have a group of several Christians pray together and exercise Christian authority. The evil spirits in those people are usually many in number and more capable and subtle. Now we will take a look at the second group.

**1.** People who are in a coma because of having had a shock, having been knocked over, having frequented temples and tombs, or having seen ghostly shadows should be prayed for to have the demons driven out of them in Jesus' Name, and the evil spirits should be commanded to loose the victims' souls and leave them immediately. Among this type of victims are mostly little children and people of infirmity or sickness.

**2.** As to those who are schizophrenic and lunatic, we should first pray for them and then try to find the causes because some of them have corporeal causes rather than spiritual causes. The way to test this is to pray in Jesus' Name. When you mention the Name of Jesus and the patient gets frightened and uneasy and struggles or even runs away, this patient is possessed by evil spirits. We should then exercise our Christian authority and drive the evil spirits out in Jesus' Name and by His Authority.

**3.** Those diseased with autism should be prayed for. We should drive the evil spirits out of them in Jesus' Name and by His Authority. We should lead them to accept Jesus and chat with them often and listen to their heart's desire. Urge Christians of bright and cheerful dispositions to make friends with them, go together with them on outings, and sing songs with them. Also try to develop their self-esteem.

**4.** People who have become vegetable-like because of sudden shocks and deep spiritual frustrations should be prayed for constantly. Drive the evil spirits out of them in Jesus' Name and by His Authority.

**5.** If persons are epileptic, deaf, dumb or blind for no specific reasons, we should first of all lead them to accept Jesus Christ, confess their sins, and ask God for healing. If you are sure these ailments have been caused by evil spirits, then drive the evil spirits out of them in Jesus' Name.

**6.** Something to be noted here is that Christians should both go to see a doctor for many diseases that they have and also pray for the Lord to heal

them. Fellow Christians can also perform their authority and rebuke the evil spirits in Jesus' Name and by His Authority and have them leave the patient.

If your case is like any case described above in the two groups, you must accept Jesus as your personal Savior and become a Christian before you can completely get rid of your bondage and enslavement by the devil, for evil spirits will come back again after Christians have helped to drive them out of you if you do not accept Jesus and become a Christian. Jesus has said, "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation." Therefore, if they do not have Jesus in their heart as their new Master, their final condition will be very dangerous.

Here are some further points of attention for your reference:

- 1.** If you are victimized by evil spirits, you can ask Christians around you who know about spiritual warfare and know how evil spirits work to help you, or if you cannot find any Christians around you, you can pray by yourself to accept Jesus as your personal Savior (please see chapter 7,38), confessing your sins sincerely and asking for God's protection. Then you can use the authority God has just given you and in Jesus' Name command the evil spirits to leave you. The evil spirits will be frightened instantly and obey you because you have now become a child of God.
- 2.** If your relatives or friends are victimized, it would be better if you become a Christian first and then help them. If they do not accept Jesus, you can pray for them in secret and ask God to change their heart and protect them.
- 3.** Under some situations, evil spirits are very hard to deal with, and it takes fasting by Christians to drive them out. Please read Matthew 17:14-21. You will see that the effect of exercising the authority of the believer is closely related to the depth of faith of the believer. Mature Christians with strong faith achieve powerful results from their prayers and from the exercise of their authority. During the process of praying to drive out demons, the laying on of hands should be adapted to the specific situation. But to avoid suspicion, it is recommended that the laying on of hands be practiced by Christians of the same sex. Christians of the opposite sex should pray earnestly near by for the demons to be driven out.
- 4.** When you pray to drive evil spirits out, you should speak directly to the evil spirits. For example, you should say, "I command you evil spirits to leave this person's soul and body...." Speaking to the evil spirits has the effect of the performing of the believer's authority. This is especially important.
- 5.** While helping the victims, you can ask many other Christians to pray for them and also provide practical care for them. Let God's Love show through you and touch their souls.

Evil spirits are not anything to be afraid of. What should be feared is people's rejection and ignorance of the truth. Truth sets people free. But thousands upon thousands would willingly be bound and reject the truth, choosing to be enslaved by the devil and by ghosts. They do not know what they are doing. Jesus said, "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."

The Bible states: "Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him."

It is a great pity for Christians not to know their identity and value in God's eye and not to know how to use the authority God has given them. As a result they suffer pains that could have been avoided and miss a lot of blessings. The Holy Spirit often worries for us and intercedes for us with groans that words cannot express.

May more people become Christians and get relieved of bondage and enslavement by evil spirits. May more Christians heartily and effectively help people disturbed by evil spirits and enable them to defeat evil spirits, trample the devil underfoot, and give all glory to Jesus Christ, the Holy Spirit and our Heavenly Father on high. Amen!

#### **8.4. SUGGESTIONS FOR SPIRITUAL SCIENCE**

The spiritual world does exist, just like this material world that our eyes can see. Its truthfulness, regularity and qualities of having been created and of being intriguing are all undeniable. Yet there is also a huge difference between these worlds, even though they have inseparably close inter-connections between them.

**First, the spiritual world and the material world have the following principal characteristics:**

1. The material world can be clearly and substantially perceived through the senses, while it is through the functions of the human soul that the spiritual world can be known.
2. The material world is within the spiritual world just as humans stay within the air which surrounds them. The material world depends on the spiritual world for its existence and is controlled by it.
3. The spiritual and the material worlds exist harmoniously and interplay with each other, with the spiritual world in the dominating position, even though, on the surface, they are not interrelated.
4. The spiritual and material worlds interplay with each other through certain media, the most important and crucial of which is human and is described in Genesis in the Bible as "a living being."

**Second, the spiritual and the material worlds interplay with each other as follows:**

5. There are at present two supernatural forces existing in the spiritual world: the Holy Spirit of God and the evil spirits of the devil. The Holy Spirit is in the position of control. This is why, in the material world of human beings, there are also two forces of good and evil. At any period of time in history, righteousness is in the dominating position among human theories. Human beings are the major media in the reflection in the material world of the spiritual warfare between the two forces.
6. Due to the human composition of body and soul, human beings can connect the spiritual and the material worlds. Even though humans are media, they are independent and complete persons when dealing with the material and spiritual worlds, for they have been endowed with free will. Having complete and independent sovereignty over themselves does not contradict humans' being controlled by the spiritual world and limited by the material world. This can be illustrated by the principle that an object's being static with

reference to the earth does not contradict the fact that it moves with reference to the sun.

**7.** The material world is rich and full of various things. There are even higher and more wondrous beings in the spiritual world. There are in the spiritual world higher forms of "matter," which consist of totally different elements from those elements which compose the material world. The basic composition of the spiritual world and the conveyance and operations of energy in the spiritual world are even more different and even higher. There is something in the material world which has both materiality and spirituality—time. In the spiritual world there is no time. Thus that world is eternal.

**8.** The human soul and body may interplay with each other, with the body as the vessel of the soul. In the world of God people are endowed with a different and everlasting body, i.e. the "spiritual body." We can say this is "a higher form of matter of the body" in the spiritual world. After Jesus was resurrected, His body became a "spiritual body." The material world has resemblance to the spiritual world but is a world characterized by a lower form of existence. The material world that humans live in will be destroyed because the spiritual warfare will then have been completed, evil forces will have been destroyed, and everything still existent will be filled with the Holy Spirit. The material world will then have done its mission, and the new world will appear. The new world and God's world will exist simultaneously throughout eternity. This new world is a world that God will prepare for His loved ones.

Throughout human history people have always instinctively searched for the reasons and principles of the existence of the world and of humans themselves. They have never stopped searching. Some are adept at exploring the material world, and their genuine discoveries have set up the system of "material science." The modern development of material science has been very heartening.

Some other people have been interested in exploring the spiritual world. Their discoveries have formed religions. But due to the special features of humans and the spiritual world, these people often go in the wrong direction. Or maybe some people have discovered the existence and power of the evil spirits in the spiritual world, followed the various theories and regularities that the evil spirits have suggested to them, and allowed themselves to be controlled by evil spirits. Thinking that they have found out about all the principles and theories of the spiritual world, they spread them to others.

There are still others who have found out about the existence and power of the Holy Spirit and also the evil spirits in the spiritual world, and then accepted the Holy Spirit. These people benefit from the Bible, which expounds all the truths about the material and spiritual worlds and forms the system of "spiritual science."

Within human cultures are many subjects having the duality of both material science and spiritual science, for example, philosophy, painting, music, and literature. Modern sciences such as psychoanalysis and psychiatry all have a very strong flavor of the spiritual world, even though those who are involved in these fields may be engaging them purely from the angle of material science. Due to their duality of "spirituality and materiality," there are often intense controversies during the process of their development. The very sensitive and strong responses by people, both rational and instinctive, testify to the conscious or unconscious acknowledgement and attention people give to forces in the spiritual world. Research in these areas cannot give a bird's eye view of the whole truth; neither can it result in a consistent and stable law for describing principles and phenomena—without an approach that covers both the material and the spiritual worlds. A totally material approach may achieve a conclusion that has the same effect as "blind men feeling the elephant."

We know that truth comes from God. Both material science and spiritual science are parts of truth, and all parts of truth are supplementary. Therefore in modern times the development of science and of Christianity has been both rapid and simultaneous. They are the two developments that have attracted the most attention and have brought to all human beings astonishment, encouragement, and expectation.

The material science of the early modern times is regarded as "classical science." It describes the principles of purely material science. We know that there appeared some other sciences later that are superficially contradictory to the "classical science," but actually explain the fact that material science is moving towards spiritual science while it continues its search in the material world. Moreover, both the material and the spiritual worlds do exist and are closely connected to each other.

Great discoveries of material science in modern times have convinced people of the fact that many material things which do exist cannot be perceived directly by the human senses. These invisible worlds of atoms, microorganisms, electromagnetism, and also the immense outer universe are all complex, ordered and powerful. Though modern material science has not really yet touched the spiritual realm, we have reason to believe that, if God allows it, human beings will be able to achieve within a limited period of time a level of understanding which will enable them to prove by the means of material science the existence of the spiritual world and to learn to make use of its operating principles. This achievement will perhaps require much additional progress of science, and it would therefore be hard to estimate how long it will take. But by studying the Bible and putting its teachings into practice in spirit and truth, we can quickly and directly find out about the truths of the spiritual world and benefit from this discovery and acceptance of the truth.

The above suggestions and views, understandings and discussions are provided for your reference only. Corrections are greatly appreciated. The limit of human wisdom makes it very hard to know about God's world while we are still in this world. However, we believe that those who are blessed and enabled to enter into God's world eventually will learn about everything and enjoy the eternal life given by God. In the Bible God has given us all truth. After all, the condition that God requires for us to enter into His world is simple and easy to accomplish as long as we are willing. Amen. All glory belongs to God.

## Chapter 9

### The Dark Night Is Almost Over And The Day Is Breaking

#### 9.1. THE FIRE OF TRUTH

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him (John 3: 16-17).

Jesus said, " I have come to bring fire on the earth, and how I wish it were already kindled!" Two thousand years have passed by, and this fire of truth has been spread all over the world as the Gospel has spread. People all over the world may know God through Jesus. Generations of Christians have entered into Heaven, while generations of non-believers of Jesus have been scorched by the fire of truth. The world is always repeating this comedy and tragedy. The themes of heaven and hell, life and death have become the constant topic of this long historical play.

Recently, the fire of truth has started to burn in the land of China. The irresistible force of the raging fire burns up death and corruption. Idols and evils disappear fearfully in the fire. Pains and tears are wiped out. Delusion and bondage melt away like wax, for wherever the fire of truth reaches, the enslaved are relieved, the sick are healed, opponents of truth fall prostrate, and saved souls enter into heaven. All people who have accepted the truth together form a strong force, rushing joyfully through mountains and valleys, plains and deserts, and their shouts of joy reach up to heaven. Wherever this force of truth passes, there is life, as in the return of green grass, rushing rivers, thick forests and as in the turning of desolate land into a fruitful oasis, with white doves gliding in the blue sky dotted with white clouds.

After the slumbering in darkness for five thousand years, the Chinese at last see the morning twilight, and are receiving the wonderful gospel. Millions upon millions of Chinese are accepting the truth and being set free. They are like slaves just freed who cannot believe that they can now leave their cruel master's farm and put on good clothes and enjoy food as good as the master's. They are also like a much cheated and abused former prostitute who cannot believe that she is now married to her faithful and much loving husband. They are still like an orphan who, having been sold, now returns to his own home and his willing and loving parents, yet is afraid that all this is merely a fantasy.

For five thousand years Chinese of many generations have shed tears that have formed a torrent like the Yellow River; they are given a humiliating name--offspring of the dragon. In the Bible it is said, "The great dragon was hurled down—that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him." Who was it that told the Chinese they are offspring of the dragon? Who told the Chinese that they are sons and daughters of this evil animal? But we believed so, and so do millions of Chinese! What an awkward lie! What naked benightedness! "The emperor" has been in his "new clothes" for thousands of years. Yet this lie has always been regarded as a traditional asset by the Chinese people! Can it be unbelievable to accept that our ancestors were made by God?

The majestic Great Wall is considered to be a miracle. It stretches for thousands of miles, built for the purpose of resisting aggression by other nations. Yet they kept intruding over the Great Wall into China, rendering the Great Wall futile for its purpose. It became a mere

comfort, a witness of a nation's desire for peace but also of her powerless and ineffective defense of herself. When modern transgressors sailed across oceans and warred with China, the Great Wall ridiculed the very childish mode of thought of this nation, a nation that does not know what to depend on for her safety.

The culture that has given Chinese much pride for thousands of years is a mixture of Confucianism, Buddhism, Taoism and other heresies of the sort, and is a swindle that has lasted for thousands of years. The Chinese people have paid a heavy price for this culture and are still paying the price in their loss of peace and happiness. The modern Chinese have fallen into a culture of terror, of communism, and henceforth blood has become a symbol of happiness. A piece of red cloth covers the eyes of the many people who now forsook their traditional idols and accepted humans as their gods. Consciously or unconsciously, people have accepted ignorance, poverty, benightedness, ugliness and lies. They have become used to and even come to appreciate bondage, butchery, sufferings, autocracy and lowliness. God's anger is upon them. Death, curses and perversions of humanity pervade the so-called "shenzhou dadì" ("God's Huge Land"). Millions upon millions of people become enslaved to a few. People die in their hunger of both body and soul for hope while singing the ballad "Tomorrow It Will Be Better."

In 1980 God lifted the iron curtain that had covered the huge land of China. Now millions upon millions of people see the dazzling light that flashes across the sky as the gospel of God is spread again in China. Since 1995 the fire of the Gospel has become a blazing force that spreads across all of China. In the streets, in homes, in offices, in fields and factories, the good news from God is being spread to all people. They share together and ponder it, and smiles start to appear on their faces. Tears run down their cheeks, for God's blessings have come into people's lives, and joy and peace are now in their hearts. People are proud of being Christians and congratulate themselves for finding the meaning of life. They cannot help but share this joy with family, friends, strangers, the sick and the homeless. God's love waters people's hearts. Christians serve as the light and salt of the land they live in, bringing to others peace, respect and the goodness of life.

Why do people accept Jesus Christ so quickly? How do people manage to give up so easily the atheistic views instilled in them since childhood? How do people get to a higher level and forsake their traditional and fallacious culture? The answer is very simple. Truth sets people free and gives them happiness, freedom and eternal life. As long as people see the truth, truth will be spread as if it were winged. And the speed of its spreading is not limited by any man-made inhibitions. Because God has given humans free souls, no violence can impinge on them. They are forever free, even though human flesh may be suppressed.

The spreading of the gospel is a historical turning point for the Chinese people. With the increase of the number of Christians, God's blessings upon China increase also with each passing day. The facts of truth are constantly proving that only Jesus Christ is the Savior of the Chinese people and their powerful sustenance.

Our intention is not to expect the nation of China to be strong, but to expect those who have not accepted the Gospel to put their faith in Christ, for, from the Christian perspective, we are not divided into separate nations. We are all humans on earth, having the same value in God's eye. All people who enter into heaven are one family. By 1996 there were 2 billion Christians throughout the world.

Life is short and evanescent like flowers and grass. Our lives on earth will be gone in a very short while, as fleeting as meteors hurrying through the sky. People on earth have seen the hope and destination of humankind.



## 9.2. THE IMPORTANCE OF THE CULTURAL ENVIRONMENT

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

We have reasons to believe that the cultural environment and the political system interplay with each other. The political system produces its corresponding social system and henceforth its corresponding social formation. The cultural pattern of a country is a deciding factor as to its fate, just as a person's belief is to this person.

Creating a truthful cultural environment is crucially important, and it is undeniable that religious beliefs influence and decide the features of the cultural environment.

Chinese traditional culture is the culture of the Ru Shi Tao, a culture detested by God. Confucianism teaches the inequality of people, regarding emperors and kings as sons of heaven. It holds the traditional belief in ghosts and gods. Buddhism perverts human nature and worships idols. Taoism seeks for humans to become immortals. It is contradictory to God's way and worships evil spirits. The Chinese have been suffering from evil spirits' wanton destruction of them and eating the bitter fruits of their own choice. But from these people God hides His face, for He punishes nations and countries and individuals that worship evil spirits and idols and lets them see if the idols they worship can protect them.

Asia and Africa seem to be the two parts of the world that suffer most. They are also the two spots that have the weakest Christian faith. The worship of various idols is the most prevalent in these two areas. This is the biggest irony. Where have the gods that they worship gone? Why do they not bless people who worship them?

Europe and North America are the most affluent and the strongest areas in the world. They are also the areas where the Christian faith is the most prevalent in the world. Their culture is has been influenced by the Bible, and the God that they worship has actually blessed them.

Take America as an example. We all know that in 1620 the Mayflower brought passengers who were mostly Puritans going into exile under persecution by the British king. They arrived on American continent and started to build a new country with its basic culture on the foundation of the Bible. Before them a group of believers sent out by the British church had arrived at the coast of what was later called Virginia and set up a wooden cross at the seashore.

Within the short period of three hundred years, this country which has biblical culture as her basic culture has received abundant blessings from God and has become the strongest, the most affluent, the most democratic and the most free country in the world, exercising the most influence in the whole world and becoming the place for which peoples from almost all other countries, especially Asia and Africa countries, long day and night. For over a decade now, innumerable Chinese have rushed to America by fair means or foul and try to get a "green card" by every possible means. The Chinese in America have fully demonstrated their talents and intelligence and betrayed at the same time the ugliness and benightedness of humanity brought about by our traditional culture.

In American history there have been three revivals of biblical culture. Americans call the first one "the Great Awakening." It was started by a great father of American culture, Jonathan Edwards, and reached all parts of America. Christian culture was thus firmly established. After the War of Independence, the second Christian revival awakened American citizens like an alarm bell and further strengthened Christian culture. American blacks were freed following the victory of the Civil War. At the start of the twentieth century, science and technology convinced many Americans to discard biblical culture. Darwinism and the theories of Carl Marx and Friedrich Engels intensified an atheistic atmosphere. The dramatic plummeting of stocks in 1929 precipitated the economic crisis and depression that lasted until World War II. The Korean War, the loss of the Vietnam War, and the Cuban missile crisis all served to strike down the self-confidence of Americans. In 1980 one million

Christians marched in protest in Washington D.C., calling for Americans to return back to the Christian faith. Biblical culture was once again acknowledged and occupied the leading position. This is the third cultural awakening in American history. Since 1980 the economy, science, politics and military of America have all entered into a period of rapid development. America has thus become the leading country of the world with absolute predominance. Furthermore, the breakup of the Soviet Union, the dramatic change in Eastern Europe, and the self change of China all demonstrate the great power and the immeasurable wisdom of God.

When we read the speeches of American Presidents at their inaugurations, we find that almost all of them mention God and quote the Bible. The first American President George Washington knelt down on the hard, icy ground in a valley to pray to God at the crucial point of the War for Independence. Speeches made by President Abraham Lincoln, who led the Americans to win the Civil War, are full of the spirit of Christ. President George Bush's speech at his inauguration starts with a prayer, and President Bill Clinton set apart half of one day for attending the service at Beijing Congwenmen Church with Chinese Christians in his busy agenda during his trip to China in 1998. What should we learn from all these things? Are people who believe in Jesus to be laughed at, or do people who reject the truth show themselves to be stupid, conceited and narrow-minded?

Modern Chinese intellectuals seek at the risk of their lives for ways of strengthening their country and enriching their people. They have turned especially to the social system of the West, taking it as the fundamental means. They have seen the science of America and regard it as the means. They have learned about the economic system of America and take it as the key to treasure. But they have not seen the essential and deciding factor behind these phenomena, which is the environment of Biblical culture. Man can make efforts but cannot decide the result of their many efforts. Only God can enable human beings to reach their goal. God's help and blessings can quickly make a country strong and affluent, but the condition is such country has to please God, and the majority of her people must believe in Christian faith so that her cultural environment reflects biblical truth. Only upon this foundation can a valid social system be set up and operate with great efficiency. Under different culture environments, the same economic system may produce totally different effects. This is why some countries that have a Western economic system cannot achieve good results.

Wenzhou is the most affluent area in China. It has the highest percentage of Christians among all other areas in China. According to some statistics, its percentage of Christians has reached 70%. South Korea has the highest percentage of Christians in Asia, which is now up to 70%. In America the percentage is 80%, and in Sweden, 95%. The overall percentage of Chinese Christians is growing rapidly, being now, it is estimated, at 6%.

The Chinese people should know that for China to be a free, democratic, affluent and strong country, a biblical cultural environment is indispensable. And for a biblical environment to be set up, Christian faith must be the main belief of the whole country. Wherever biblical culture is spread, human rights are respected, idols are destroyed, and knowledge is esteemed. The most famous universities of America, like Harvard, Yale, and Princeton, were all founded by Christians. Many orphanages, hospitals and other beneficiary organizations of the sort in the world have been founded by Christians. It is time now for Chinese to look at Christian faith and biblical culture objectively and from a truthful angle.

Truth is the most effective weapon to defeat fallacies. Yet modern intellectuals who care for the country and her people have tried to use their materialistic views and modes of thought which have been instilled in them to fight against the cultural products of these materialistic views. How can such be easy? Therefore, they have shed tears and also blood, have failed and have become perplexed, and they may be preparing for another failure. The wild wind blowing across the square, fire and blood mixing together... What sorrowful scenes! Open

the eye of your soul, Chinese! Let the truth of Christ be our thought and our way of thinking, for it is the highest truth for human beings and the judge for all fallacies. History has testified and is testifying right now and will continue to testify to this truth. Truth and falsehood must collide, but woe to the representatives of falsehood! They will watch and be astonished and perish, for Jesus has already defeated the world for us.

The time will come, and it has come already! The long night of five thousand years will soon pass. The bright morning light is shining above the land of China. Please listen. Jesus said, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me." Jesus Christ has come to China. When He knocks at the door of your soul, never miss your chance, but open the door for Him and invite Him to come into your heart and be your best friend, and you will be a son/daughter of God. Amen!

### **9.3. THE SEASON OF THE HARVEST**

"I tell you, open your eyes and look at the fields! They are ripe for harvest" (John 4:35).

One day in April, I heard some news about an old missionary who was seriously ill and was going to leave the earth. She was, just like Paul, and had fought the good fight, finished the race, and kept the faith. The only thing that kept concerning her was that no one existed to take her place and to continue the work of God.

I began to pray for her, recalling her voice and smiles. She had been like a mother to me and had always encouraged me. Then I left to work in another city, and she often called me to see how I was doing. She remembered me in her prayers and was concerned for my health, my job, and my marriage.

In today's China groups of Westerners travel to China to spread the Gospel. Local people are also actively involved in God's Work. However, the number of people accepting Jesus is unexpectedly great. A huge ripe field needs workers to harvest it. In great hunger and excitement people jam into churches of a very limited size. Even the aisles and the courtyard are filled with people eager to learn the Word of God. They pray and learn with nobody to help them. They are often entangled in mistakes that should have been avoided. A pitifully small group of missionaries busy themselves travelling everywhere, calling out to God for more workers to harvest the field that they have sowed so that the sowers can rejoice together with the harvesters. Jesus said in Luke 10:2, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

During 1995 I found that churches in several different areas were not even filled up at Sunday services and that Bibles could be bought at any time. In the beginning of 1996 I returned to those churches and found them filled during services with people who arrived later than others unable to find seats. People had to wait in line to purchase Bibles. In the middle of 1996 churches grew rapidly and were fully filled during services. Double queues were formed for the purchase of Bibles. These Bibles were badly deficient, and purchasers had to pay the money first and wait for a long time for their turn in order to get Bibles. It was said that sometimes large numbers of Bibles were secretly purchased by staff members of government organizations. In 1998 I found that most churches had grown more than twice as big as they were at the beginning of 1996. There were more Bibles and reference books. Also, very often, people would find that those close to them were actually Christians too. The gospel had begun to be spread with tremendous fervor.

During this period of time, God had raised a large number of young missionaries. They are vigorous, full of energy, and well educated. They have good qualities and value wisdom. They bravely spread the truth of the Gospel to people whom they meet with in their lives and at their jobs. I know a young missionary who used to seek very hard for truth and who had

suffered much hurt and torment before he came to know Jesus. There was a big change in his life when God's love and blessings came into his life and soul. He is very knowledgeable and has strict logical thinking. Many people have turned to Christ under his influence. He is a good brother who would dare to die for truth. He wants to tell everybody around him about the truth. I admiringly called him a "reaper," and he just laughed heartily. China needs a lot of missionaries who are well experienced in Christ and live strong lives for Christ.

When I preached the gospel, I shared with people simple biblical truths and encouraged them to practice these truths through prayer. Very often, they would come back to me and excitedly say, "God really answered my prayers!" They started to study the Bible, have fellowship with other Christians, and pray a lot. They eagerly shared the Good News with others. Miracles occurred among those who believed in God and proved God Himself to those who accepted Jesus Christ. "In this way the word of the Lord spread widely and grew in power."

China needs not only good harvesters but Bibles as well. Aide Printing House, Nanjing, China, produced 3.5 million copies in 1996, which were loaded onto trucks that were waiting the moment they were turned out of the bookbindery. Usually, Bibles are sufficiently supplied to big cities, and large numbers of Bibles taken into China through various means ease the situation. May God remove hindrances and let all who hunger for His Word get copies of the Bible without great difficulties. I believe God has made this true already. Amen!

However, we are not to disregard the danger of qigong in times of harvest. Qigong is already beginning to ebb in the inland and coastal areas where more and more people are learning about its danger. But Satan has adjusted his strategies at the same time and started to produce simpler, more effective and miraculous gong methods. The evil spirits are relaxing their requirements and becoming more and more the initiators, trying their best not to inconvenience the practitioners, and they have begun to spread qigong in remote areas and frontiers. Some such areas started to learn about qigong in 1994. Since 1996 qigong has been well accepted and popularized in these areas, and, beginning in 1998, it has been gradually operationally established in such areas. One night, I got a telephone call from a Christian who said to me, "I have a problem now. My Dad has started to practice qigong and is enchanted by it!" Many people came to inner areas such as Shijiazhuang and Beijing to learn qigong. In 1999 the "Falun Gong Event" shocked the whole world, and falun gong enchants thousands upon thousands of people. How sad the situation is! At the same time, the spreading of Christianity in China and throughout the entire world has reached a grander scale. More and more people are giving up qigong and turning to Christ. The war between the Holy Spirit and evil spirits has been upgraded remarkably. But we can rest assured that the truth will definitely win and that we are more than conquerors. It is only that people going astray will have to pay a price that they should have escaped. The field is ripe, and harvesters must continue the harvest joyfully.

Last May I telephoned the very ill missionary and asked about her health. She was getting better, for which I was so very happy. I asked her family to let her know that I had decided to go and preach the gospel in her town and that I made the decision out of my own willingness, not under anyone's pressure. Later, I designed a picture on my computer, printed it out, and put it in a frame, which I sent to her.

This is a picture of sunrise. The sunlight is breaking through layers of clouds and brightly shatters the darkness at daybreak. The sky is full of happy surprises, though darkness on the earth is still resisting. A river reflecting the bright sunlight winds its way into the distance. The words under the picture are:

"There will be no more night ..." (Rev. 22:5).

Yes, there will be no more night in heaven. "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

The old missionary's son told me that his mother was very much comforted by my decision to go and preach in their area. She liked my picture very much too.

Three weeks ago, I called to ask again about this critically ill missionary. Her grandson answered the telephone. I asked him, "Is your granny doing OK?"  
"My granny passed away early last week."

I hung up the telephone, tears welling up in my eyes. She had finally left for heaven to be with God and with Jesus in paradise. She is forever free and living forever.

As for me, there is still a long way to go. I have no fear; my heart is filled with peace and assurance that tomorrow will be another splendid and exciting day.

I'm setting out, for that place, willingly and joyfully, even if I am not to come back again.