



Join the World's Largest Energy Transformation and Healing Circle

**September 12, 2013**

**Interview with Lee Holden**



*Lee Holden:*

Internationally-known  
Instructor of Meditation, Tai  
Chi and Qi Gong

**The Magic of Qi Manifesting:  
How to Unleash Your Unlimited Potential  
for Health, Wealth & Abundance**

Darius: Hello and welcome, everyone. This is Darius Barazandeh. You've been tuning into the You Wealth Revolution Instant Awakenings and we just finished an incredible intention session and it was so powerful. So many people have been writing in. So if you're here and you're new, this is what we do. I was just explaining to our guest, Lee, kind of our big mission of bringing a million people into this awakening circle and how we do it in 10 minutes before we get on. So share that with your friends and family, let them know what we're doing.

I want to also share something that we got in just to let you know the power of the intention session and kind of what it can do and maybe some things that it can bring into your life. When we get testimonials like this... I don't know exactly what causes some of these things to be set in motion, but I just want to be present to what can happen. We had Megan who wrote in. She said: 'I don't know who this needs to go to but please let someone know that my 15-year-old nephew was missing and had been missing for 5 days. This afternoon,' – and I believe this was on Wednesday - so this is yesterday - she said, 'At 2.50 Central I put out that energy that we wanted to find him in the energy circle. At 3.30 Central he was found. I know it was because of this. Thank you so much and I hope my testimony is posted somewhere for all to see.'

If you would love to share this with someone go to [youwealthrevolution.com/now](http://youwealthrevolution.com/now) - N-O-W.

And today we have an incredible guest who is going to be taking us through some amazing energetic work. So get ready, because you are going to be feeling energy move. You are going to be experiencing what that's like and what that can do in your life. And we're going to begin.

Now, let me ask you this question: What would it be like to unleash your already existing power for unremitted potential health, wealth and abundance? There is an energy inside of you. There is a life force. There is a pulsating, breathing, expanding, all-giving benevolent energy that wants to reach every cell of your body. It's the same energy that creates health. It's the same energy that creates abundance. It's the same energy that creates joy, love and, I believe, longevity, and we're seeing science back this up. It's the power that you have inside. How to bring it forward, how to make it real in your life, we're going to be talking about that. And a 3,000-year-old message for bringing this into your life and how it actually works.

So if you want your energy levels, if you want your inner vibration to resonant with your heart, to resonate in the vibration of abundance, of possibility, this is the right place. You're going to learn about the power of qi and being on purpose as well, and allowing the universe to flow through you.

How many of you feel like you are at the mercy of events outside of you? But what if everything – everything – was falling through you and you knew a magical doorway that you could open up through your body, spirit and mind that would let that happen?

Well, Lee Holden is here. He's going to share with us. And he discovered the healing power of this modality after experiencing injuries that nearly sidelined his

varsity soccer career at the University of California at Berkeley. Impressed at how these ancient practices healed his body and allowed him to return to playing, he made their study a priority.

Today he's internationally known as an instructor in meditation, Tai Chi and Qi Gong as well as a licensed acupuncturist, herbalist and the author of *Seven Minutes of Magic* published by Penguin in 2007. His popular library of DVDs have made him a regular fixture on American public television and over – get this – 105 PBS stations through the United States and Canada. His unique programs have been seen in over 50 million households. Now it's your turn.

Lee's expertise and down-to-earth style have made him one of the most popular speakers and workshop facilitators. He's even worked with world-famous healer Deepak Chopra, as well as Mantak Chia, a widely-revered Qi Gong expert.

Lee is also a stress management consultant to top Silicon Valley corporations like Apple, 3Com and Cisco, and he's been the on-the-set wellness consultant for several Hollywood film productions. He's a graduate of UC Berkeley with a Bachelor of Arts in Psychology, a doctor of Chinese medicine, and a graduate of Five Branches Institute of Santa Cruz.

Now, I want to read what Dr. Oz said about health and longevity. Dr. Oz, who many of you know, says: 'If you want to live to 100, do this,' - do Qi Gong. Deepak Chopra said: 'Lee's routines are a perfect blend of exercise to jumpstart your day and help you relax at night.' And one person – Wilomena – said: 'I was incapacitated. My doctor told me I needed a new knee and five new vertebrae in my spine. I hadn't driven since September and could no longer even get to physical therapy. I saw your DVDs, Lee, on PBS and thought: maybe this will work for me. Well, I have to say I am now your best commercial. I have the best story and I tell everyone I know. My doctor couldn't believe it when I told her I drove myself to my last appointment. I am ordering the 4-pack again to share with my family.' That's Wilomena.

So with the You Wealth love and power and energy let's welcome Lee to our incredible session. Lee, welcome to the You Wealth Revolution.

Lee: Why thank you. That was a great introduction. I love that last quote and that last testimonial. That was wonderful, huh?

Darius: Yeah. I mean, that is incredible what can happen when you get into balance with this energy.

Lee: Yeah, exactly. When you ignite that energy inside yourself one of the first things that happens is all this wonderful healing takes place and your body comes into this wonderful state of balance.

Darius: I want to do this: I want to go through your story. I want to hear how this happened and how you discovered this. I would love though for people who may be feeling like they're off energetically... tell us a little bit about what that may look like in their life. What were some signs and symptoms that this energy may not be really flowing?

Lee: Right. Well, it's a very intuitive thing, because the first thing that happens is we start to feel stress. I think stress is that first indication of energy getting stuck, stagnant or blocked in your body, because really what is stress but an interpretation of what's going on around you and how we respond energetically, how we respond emotionally and then physically.

So that's one of the first signs. Another sign would just be that 'oh, I can't sleep very well. I'm tired but my mind is overly active. I don't have enough energy to get all the things I need to get done. I'm starting to get sick more often. I'm holding tension in my neck and shoulders.' A sign that energy is imbalanced would be that you're getting irritated and frustrated at little things. Just an overall sense spiritually when we feel out of touch with our purpose, and our energy is somewhere constricted or stagnant. And when that energy starts to awaken and flow and circulate, we feel better in our bodies, we feel more emotionally balanced and spiritually lined up. So I think it really can touch ourselves in all those different layers. We call them 'the three treasures' – the body, mind and spirit.

Darius: And I've also heard you talk about the power of i for manifesting. A lot of people here, I'll be honest, are dealing with challenges of really manifesting the life that they want. Does this also have an effect in manifestation?

Lee: Absolutely, because everything that we want comes down to a certain kind of energy. When we manifest a new job, a new relationship, a new home, it gives us a quality of energy. It gives us love, it gives us a sense of purpose, it gives us security. It's some kind of feeling that we're looking for. We want to manifest this energy and experience inside of ourselves.

So in Qi Gong we say 'go in to go out'. So go in first. Move and circulate the energy inside yourself. Access the energy that's already there and you start to resonate with the right qualities outside yourself.

And what you said, the power of i... This term in Chinese means 'intention', and the way the character is formed is with a symbol of the mind, a symbol of the heart and a symbol of the power that goes along with it. The 'mind-eye-heart power' it's called. So what we visualize, what we put attention on and then what we have desire to do is what creates our reality.

So what we put our focus on tends to gravitate and pull energy in, and then how much heart energy goes along with that is really the power of the qi to bring that manifestation into existence. So mind-eye-heart power is how we manifest internally and then externally into the world around us, and that term means 'intention'.

Darius: Beautiful. And, everyone, know this: what you are seeking, what you really want is... I believe if it's in your heart, if it's really in alignment for good it is yours; you can have it. Let's help you to understand some methods to get you there.

Now, Lee, you had a successful soccer career at the University of California, correct?

Lee: Yeah, that's right.

Darius: And then you had...

Lee: And I think what I'm finding is that people really want to first and foremost manifest vital energy in their body, and health and healing, because when we're healthy we enjoy life, and when our body is low vibration it's hard to enjoy even the most beautiful things. I was talking to a friend of mine and they were in Hawaii. And he got injured the first day he was there and he just couldn't enjoy himself because his body was giving him so much trouble.

So we might be in the most beautiful setting and situation, but if we have low energy or problems in our body, it's hard to really emotionally sync into where we're at. So from a Qi Gong perspective they say first take care of bringing this life force energy into a high level of vibration inside yourself, and then everything unfolds from that place.

So one of the goals of the practice is to bring our energy up and raise that vibration so we feel alive, we feel connected to ourselves and our surroundings, and then really come from that power to bring forth our excitement and our passion out into the world and just witness and be surprised at what unfolds from there.

Darius: Tell me a little bit about your story. When you had this injury, what happened? And then how did you end up discovering Qi Gong as the method to bring you back into this life force energy?

Lee: You know, it was quite fascinating. It was one of those things where you just felt really like it was an unfortunate event, and it completely changed by life around and was the greatest blessing.

I was playing very competitive soccer in college, and being a young man - about 19 years old - I was very aggressive. I'd been jumping up in the air to hit the ball with my head to try to shoot on the goal and somebody took my legs out. I landed on my tailbone and I felt this like nerve pain go down both my legs and I was like: 'Uh-oh, that not good.'

So I played the rest of the game and I woke up the next morning, I took one step out of bed and I fell over. I couldn't even walk. Immediately went to the doctors. They got me on pain medications, which didn't actually help the pain; just made me nauseous.

Darius: Exactly.

Lee: I'm walking around campus like I was 90 years old. I had to walk very slowly to all my classes, and it just kept getting worse and worse. And I remember back home I'd studied martial arts as a kid, and my martial arts teacher was also an acupuncturist and a Qi Gong master. I remember him demonstrating one time. He broke a big stack of bricks and I was really impressed. I probably was 11 years old. And I asked him how he did and looked at me and he just said: 'Qi.' And I was like: 'Wow, what is that stuff? I want some. Where do I get it?'



He then explained that qi was used for martial arts, but the most important part of the qi practice was for healing. So I went home and I got some acupuncture treatments. He showed me some Qi Gong exercises and it was like immediate relief. As soon as I walked out of his office I was 50% better. I went in for another treatment; I was 75% better three days later. And within a week or two I was fully recovered. The doctors from the team were saying I was out for the rest of the season and I just made this kind of miraculous recovery.

It was just so impressive to me that the power of this practice to activate the body's healing energy, once you unblock it, how powerful that was, and I was wondering why more people didn't know about it.

I was studying psychology at UC Berkeley at the time as well, and as I delved into the practice it just gave so many practice tools to take you from kind of where you are now, whether it's in a physical problem or an emotional problem, and how to guide you in the direction that you want to go.

Darius: And as you did that you then started working with more and more people and eventually even with Deepak Chopra.

Lee: Yeah, yes I did. I was on staff at the Chopra Institute. We're still doing some work together for their yoga teaching training. Qi Gong and yoga are very similar in terms of theory and philosophy on opening the body's energy pathways and getting a good workout - you know, this mind/body fitness energy program that gets us in touch really with our spirit.

So I was working with him on staff and I was doing all kinds of healing treatments on his friends, family, clients, and also helping out with the meditation practices. That was in the kind of mid-nineties.

Darius: Wow.

Lee: Yeah. I love integrating eastern exercises and meditations and practices with the western world and the western mindset. I mean, that's really what I love to do is create that bridge and make these ancient practices very practical for westerners; how to clear stress and increase energy and activate the healing inside ourselves.

Darius: Well, I'd love to do this. For those people that are wondering: how could this serve me? How could this help me? What are some different things you've seen as you worked with different people and maybe some of the different areas? I know we've talked about health, abundance and joy. What are some things you've seen happen as a result of this work?

Lee: Oh, wonderful things. Being on PBS has given me kind of a bigger net to cast out with this practice and really see what kind of feedback I get. It's been absolutely incredible. I had a guy come in just the other day. He's in my teacher training course and he was in a hospital bed when he saw... He was flipping stations and saw the Qi Gong show on PBS, and he watched and he visualized. He couldn't actually do the movements because he was sick.

They actually gave him a diagnosis of three months to live with a very rare form of leukemia. So he said: 'I'm going to do that. I'm going to do that practice some day.' He visualized himself doing it while he was in bed, did all kinds of visualization and breath work and Qi Gong types of exercises, and as he got stronger he started doing the practice. He was explaining this to the group. It was a year later and he's in full remission, full recovery. He's now teaching Qi Gong all over California.

Darius: Wow.

Lee: He had everybody in tears when he was telling his story.

Darius: Wow.

Lee: So it was just, oh, you know, these kinds of miraculous things can happen for people in health crisis, but it's those little miracles that can happen every day where we just need to turn around our energy, refocus, reconnect to our inspirations in our heart, and have some tools to be able to do that. And I think that's what this practice really does from a body health perspective or an emotional, spiritual perspective. Because energy is just energy. We can use it wherever we want, whether it's our bodies, our emotions, our minds, our spirits, and we can invest that qi, that energy, into wherever we need it most at that particular time in our lives.

Darius: That is an incredible story and I do want to say, you know, results vary for everybody.

Lee: Yeah.

Darius: So that's not going to be a typical thing.

Lee: Right.

Darius: But this energy I though believe has the ability to do miraculous things. What it is that they knew 3,000 years ago about this energy, Lee, that western medicine seems to have forgotten? What is it about this energy that's so powerful?

Lee: I think it's just like you said: it's going to be different for everybody. But really what it does is it activates your body's own healing potential. And sometimes it's just a matter of unblocking the circulation, this mind/body connection, opening up the nerve current, opening up the blood flow. And what they described as qi so long ago is sort of a combination of blood circulation, nerve current and emotional energy all put together. It's kind of that force in our body that animates everything. It's what's the force behind the heartbeat or the energy and electricity in your nervous system. This is something they call qi, and as that qi circulates and flows then it activates the potential inside of ourselves to find balance and equilibrium.

And I think what happens for a lot of people is it just activates their body's internal healing power, which we all know that the body has tremendous healing capacity, it's just sometimes it's clogged up, it's congested, it's not open. So it rewires the body in a particular way that activates that. So I think that's why some people get such miraculous results, is they get in touch with that healing power.

It also gives us an opportunity and a chance to listen in to ourselves. You know, sometimes the body has a message for us to shift directions, to take a new path in our lives, and if we can quiet the mind and be open to receive that wisdom from the body and wisdom from the heart then when we've heard that we take our life in a new direction; everything relaxes and opens and awakens and the body begins to heal again.

Darius: Yeah.

Lee: So I think it's some combination of that.

Darius: Yeah, it makes sense. You know, I think of this visual of a plant trying to grow without being connected to the right amount of sunlight. Maybe it's getting just like a tiny little squeak of sunlight through a cracked door for a couple of minutes and it's just not working. Then once you bring it into light... That plant, depending on what species it is, is going to do its own thing. It's going to bloom certain color flowers, it's going to grow into a tall tree, it's going to do something different for each person, and we don't even really know until we sit it out into the sun, until we give it that life force.

Lee: Right.

Darius: So for all of you, I mean, that's the way to really look at this.

I want to do this: I'd love for people to submit questions in to Lee so that we can kind of get into maybe some different things you're experiencing and we can at least give you some guidelines, maybe even devise some practices during the call for some of you. It's at [youwealthrevolution.com/now](http://youwealthrevolution.com/now).

A quick question came in from Mary, Lee: 'Can anyone do this?' You know, Mary might be somebody who maybe isn't as active as you or me might be and she's wondering can she do this. What level of mobility does she need to have?

Lee: Right. Great question. You know, anybody can do this. If you're breathing you can do Qi Gong, because Qi means 'life force energy' and Gong means 'to work with'. So you're working with your life force energy. So if you can breathe deeper, breathe more efficiently, more relaxed, you're going to start to do this practice. Even if you're lying down or seated you can just work on your breath. You can work with visualization and you can work with very simple, slow, fluid, graceful movements to increase the flow of this energy.

So it's a wonderful practice that anyone can do, and the reason I like it so much, it is so practical for, like we said, awakening the body's internal healing power, clearing stress and increasing energy. You could do it sitting in a chair. I like it as a workout because you can do it in the small space and you don't have to wear any fancy clothes. You don't have to get your spandex on and do to the gym. You can just do it in a little small space, breathing exercises. And the nice thing... it could be a real simple relaxing kind of workout and almost meditative movement or there's workouts that are very vigorous and a little bit strength and conditioning-building as well. So it really has a lot to offer for lots of people.



Darius: Now, we've got a lot of questions coming in about creating the life they want, staying inspired. So I'm going to ask you a general question. How can this help listeners here create the life that they want, the life they've been dreaming about?

Lee: Yeah, wonderful. I think that's what I love about this work as well is it helps to create clarity and a sense of purpose and a priority, because when we have that energy in our bodies it's almost like we have that fuel in the tank. We might have the most amazing car, but without the gasoline or without it being plugged in and powered up we can't get anywhere.

So we really want to work with two kinds of energy. One is what we talked about at the very beginning of this intention: that is sort of like the map, the guide, the steering wheel. If we just turn the steering wheel to the right and have a whole bunch of fuel in the tank, we'll just go round in circles. But if we have the right direction, the clarity of energy in the mind, we know where we want to go and then we also have this power inside, this energy, this full tank to get us all the way to where we want to take ourselves.

So we have intention, heart power, and then qi and live force energy, which is the fuel to get us to where we want to go.

So I think we need a combination of those two or three things to really create the life that we want, and with practice that's... You know, one of the first things we do is work on building this energy inside of ourselves and getting clarity on the direction that we want to take it.

Darius: A lot of people here ask about blocked energy or stuck energy. In fact we've used the term a lot 'blocks' and 'removing blocks' and memories and things. When we talk about this practice, how can this affect things that may be stuck or blocked? It sounds like it's definitely opening up that flow.

Lee: Yeah, I think you're right. I think we get blocked... You know, one of the first areas we get blocked is from emotional stress, from limiting belief systems, limitations in our mind. And then we can also get blocked from deficient energy in the body. So as we increase the energy the body it breaks open those dams where we've been contracted or constricted and allow this energy to flow and unleashes this unlimited potential that we have. And as it flows through the body we have more life force energy as it awakens in our minds; we get inspired.

Sometimes we limit ourselves – *I can't do this* or *I should be doing that*. And we enter into the moment in a whole new way where we get inspired. What I find is that you get this childlike kind of wonder and curiosity and inspiration that starts to get infused into your life where these doorways start to open, because you have more energy, you have more excitement, and you feel like you can follow your heart into creating the life that you want to live.

I think one of the blocks that we get is that feel like we should be doing something, because energy... we have this life force inside of ourselves and then we take it into action. And action should be enjoyable. So what we do should create a lightness and a joyfulness in our heart centers. If you ask kids... Like I ask my kids: 'Hey, what

did you guys do today,' and their answer is always: 'I played.' You know, we don't play enough. In terms of Qi Gong, as it's translated, it's not 'I practiced Qi Gong' it's 'I played Qi Gong', because the things that you do in your life should feel good and create lightness in your heart, and that lightness in your heart creates a free-flowing circulating energy. So when we feel like we *should* be doing something instead of we *want* to be doing something, that energy gets constricted.

Now, we all do things in western lifestyle and a modern lifestyle where we have to do things, where we feel like we have to do things or we don't want to but we do it anyway...

Darius: Right, right.

Lee: So the practice then helps us to clear that stress that gets kind of locked up in our bodies and get the energy to flow again more freely. So I think it works both ways. Whatever stress we have in our lives it helps us to not internalize and digest it. It helps us to let it go. And then it help us to get in touch with doing things that are in our hearts and in our minds, that inspire us, that bring us passion and joy and bliss and feeling good and invest our energy into those kinds of things more frequently.

Darius: I love it. I love it. What I was thinking we could do... I've got a question from Lorna and I'm going to go out on a limb here because I think there's maybe a practice or something we could do that might be short to not only help her get more in touch with where she needs to be but also a lot of people here, and really bring and ground this.

We have Lorna who says: 'I've been experiencing challenges in my relationships and finances. I long to live fully with an open heart and truly live in the flow and I'm not. Please help.' Lee, anything maybe come to mind that we can just to kick this off and give Lorna something special?

Lee: Absolutely. I love this idea of flow, because that's what we do in Qi Gong. We're training to be in the flow or kind of what athletes call 'being in the zone', where everything just goes your way. Athletes talk about it a lot, but we forget that in life we're all trying to be in the zone and be in our flow and being inspired and passionate and get this energy to go in an effortless way where we don't feel like we're struggling,

So we're always in the flow; it's just whether we're going with it or swimming against the current. Often we swim against the current or we stand there and push the river and we get tired. This is what we call stress. As soon as we start to relax and feel the energy that's already there, that's the nice thing. We don't have to make it up, don't have to invent it, it's already there. There's already a natural current flowing in your life. As you relax and let go you in-turn to that flow and it's almost like the whole universe supports you in what you're doing, because we're part of this whole universe and we want to feel like we're plugged into it and going with that flow and entering into this. In Qi Gong we call it 'the art of effortless power'. So that's what we train.

So I think one of the first things that we could do as an exercise is to just first feel our energy in our bodies to have an experience of it. And as we experience the energy then we can start to work with it, and as we say in Qi Gong, as you work with it you develop a wisdom or an expertise from those experiences.

Does that sound good?

Darius: Yeah, that sounds fantastic.

Lee: So I think one of the first things... How do we feel energy? So many people are kind of awakening into the experience and the energetic experience where they feel energy in their body. They feel the sensation of energy circulating but then they don't know what to do with it or how to utilize it in very productive ways. It's kind of like a 'wow, amazing, I feel some energy in my body'.

So we want to awaken that energy, feel it, experience it, and then move it in a direction where we want it to take us. One easy way to feel energy is in the hands. The hands are these incredible magical instruments that we have that actually connect to our consciousness. So our whole world is built between our consciousness and our ability to make things with the hands. So the hands have this incredible sensitivity and power that we want to awaken, especially for people who want to do any kind of healing work.

Let's do an exercise where we're going to activate the energy of the hands by just... What I want people to do is just rub their fingernails back and forth together. So you just take both hands in front of you, touch your fingernails, and then rub them back and forth together. These are ends of the meridian lines, the ends of the acupuncture points. And you do it fairly vigorously so that first knuckle and the fingernails rub back and forth together really vigorously.

Now, if you're driving don't do this. If you're driving do a different exercise where you just take one hand and shake it out to the side. That'll get the same thing.

Alright. Everybody doing it? Rub those fingernails together, activate those meridian lines. You do it for about 20, 30 seconds. After doing it, then put your hands down to your sides and just completely relax both arms and feel the electricity in your hands and your fingers. They should feel tingling and buzzing, electrical, energy-active. We call those the tips of the meridians and they activate consciousness. They're good if you feel kind of sleepy or low energy. You can do this as a 'wake up your energy' kind of exercise.

And now if you hold your palms facing towards each other and go a little closer together and a little further away you start to feel this electromagnetic energy between the palms, in the space between the hands. So this is that subtle life force energy that's inside of you as well as all around you.

How's that feel? Can you feel a little something in your hands, everybody?

Darius: Yeah, I'm feeling this and I'm also feeling heat. There's heat and tingling. What does that mean?

Lee: Heat and tingling, that is an experience of energy. You know, energy really is a bio-electromagnetic current and what we're doing is we're awakening that current in the body. And as that current awakens and moves and circulates all kinds of wonderful, magical things happen. And the interesting thing with holding this... we call it 'holding a qi ball'. As you hold this qi ball you notice that you can feel the space between your hands. It's not only inside your hands but you feel something in and around and between.

So as the energy awakens inside of you it affects the space around your body. And as we know, especially the heart has a big huge electromagnetic system that's actually 5,000 times bigger than the brain. So what's in our hearts has a tendency to manifest and attract and magnetically go out into the world and return back. In the same way that the physical heart has a pulse, there's an energetic pulse to heart as well. When the palms are together, this is your heart meridian. Actually the heart meridian ends in the palms of the hands.

Darius: So putting our palms touching, Lee, is actually doing what? Activating the heart?

Lee: It activates the heart energy, yeah.

Darius: Wow.

Lee: And it actually becomes stronger if you don't touch the palms together. Just have about four or five inches of space between your palms and go a little closer together, maybe to about two or three inches and then slowly a little further away to about five or six inches and you'll feel what we call the yin and yang energy or the electricity and the magnetism.

Darius: Everyone do that.

Lee: Way back when they didn't have words like electricity or magnetism they had yin and yang. So this is the experience of yin and yang energy. When yin and yang come together just like a positive and a negative pull of a battery or an electrical current, that's when you get the energy flowing.

Darius: Yeah, you feel that little resistance.

Lee: So you have to have the yin and yang balance. Resistance, yeah. And that was only after one little exercise. If you do 10, 15 minutes of Qi Gong, this power and this feeling and the sensation in the hands greatly amplifies, and the feeling of doing Qi Gong... usually people get really blissed out. They just feel really good, feel connected. I see people walking away from Qi Gong classes like they're just high on this life force energy. It's quite an amazing thing. Qi junkies, we call them.

Darius: Qi junkies. Well, I want everyone to do this: share what you're feeling. You know, let's do that position with our two palms facing each other but not touching, and just feel that resistance, feel that energy as you bring your hands closer and then further apart. It might be heat, it might be a little of resistance. I feel it incredibly strong and I also feel it, Lee, interestingly in my heart too.

Lee: Yeah, you feel it is there too.

Darius: I never thought of integrating that into my heart practice but I'm feeling very strongly in my heart.

Lee: Wonderful. And if you do a lot of heart work, intention setting, emotional kind of work, you'll feel it quicker moving through those channels. Because the heart is designed to give and receive. So the more that we send positive intention, positive energy out, the more we can receive. The qi will be flowing stronger because of this giving and receiving. So people with clear intention and doing a heart practice will feel energy very quickly. So this is how the energetics of the heart work most efficiently.

Darius: This is so incredible. We have Ann who just wrote in. She says: 'My crown feels prickly. It's an awesome feeling.' A lot of people... Terry said: 'When I pull my hands apart the energy feels stronger and stronger. I can even get my arms three feet apart.' So that's a huge energy ball she has created.

Lee: Yeah. Great.

Darius: Keep sharing what you guys are feeling and kind of what's happening.

Lee, to me it's all about this heart connection; it's all about the power of the qi and the energy, and then also something else. What is the power of i? And what I wanted to ask you about was the eye power and the heart power and the mind power. There's a combination here, right?

Lee: Yeah. Exactly. So mind-eye-heart power... So the mind is where we put our attention. It's like we have a... You know, in speaking of manifesting or creating the life we want to live, where we put attention energy goes. So if put a lot of energy on what we don't want... It's kind of like think of your attention like watering the garden. You put your attention on the weeds – you go: 'Look at all these weeds' – and the water's pouring onto the weeds.

Sometimes what we do is we focus on what we don't want and energy goes there. So in terms of energy manifesting this is something that we actually don't want to do. If you find your mind wandering into a space of worry and what you don't want, immediately just turn it on its head, turn it to the opposite. If you're thinking about what you don't want and what you're worried about, think about what you do want and what would be exciting, and turn the energy so that that hose of water and attention goes into the space and waters the garden that you do want.

So wherever you focus, whether it's what you want or don't want, the energy goes there.

Then the eye part is visualization. So how we visualize and what we put attention on directs the qi into this area. In Qi Gong we also say 'the mind leads the qi'. So that's why manifesting works is because you're putting attention and visualizing something the qi goes there and starts to water those seeds.

Then the heart power is how much desire and how much energy we have to bring into something. So we focus the mind, we put attention on it, we visualize, we use creative imagination, and then we bring in the energy and the heart, and how much



power we have creates the impact into the world.

Darius: Wow. It's very powerful. A lot of people have been writing in. Someone named Ha wrote in and they said: 'This is first time I've felt energy and it's between my hands. I feel a resistance. This is so exciting.' That was Hayley who wrote that.

So everyone, if you really want to know energy, if you want to start feeling this, do this exercise. And do the next exercise we're going to do with Lee. Do all of them, please, and relisten. This is what energy transformation is about. Very, very powerful.

Another person wrote in saying: 'I'm feeling it in my crown.' Another person said: 'I'm buzzing at different parts of my body.'

Lee: Wonderful.

Darius: Lee, let's do this: I would love to maybe take this to another level. What else can we do?

Lee: Absolutely. Why don't we do just a little flowing movement? You can do this seated or standing, and we'll do another little experiment. So when you do that qi ball exercise it's kind of a checking in to your energy system, a little inventory. So let's do an exercise and then we'll again go back to the qi ball.

This is called 'opening the flow'. So if you're sitting or you're standing, when you inhale I want you to lift your arms, float your hands up about shoulder height. Your arms are fairly straight. Not elbow-blocked but just almost straight. And then when you exhale float your hands back down. And do it very slowly as if you're moving in water. So you're standing in kind of pool of water or sitting in a pool of water and then you lift the arms up, you float them up slowly and then float them down slowly. And feel the air moving through the fingers and across your arms.

Now, the nice thing about when you do these flowing movements is your body will relax and your mind will relax and it helps to bring you into the present moment. So if you're feeling what your body's doing, your mind starts to anchor and drift into the present moment.

So feel the air move through the fingers and across the arms, lifting up on the inhale and floating the hands down on the exhale. Inhale, float the arms up about shoulder height. Really relax in your shoulders and neck and then exhale, float the hands down. Inhale, float the arms up, exhale, float the arms down. So your body enters into a state of flow and your mind enters into the state of being present. And this is what we call kind of a relaxed and harmonious mind/body state. Present moment awareness, energy flowing in your body through relaxation.

Good. And now after you do one more, bring your hands and take your palms so they face towards each other again and bring them a little closer together – they're not touching – and then a little further apart. And feel the energy now as it activates and awakens in your hands.

Bring the hands a little closer together – about two or three inches – float them apart four, five, six or even further apart – and feel that qi ball, that electromagnetic energy, that life force.

This is your life force energy. This is the power that moves everything in your body. It moves consciousness. It moves the heart. It's the power behind the breath in the lungs. It's the life force energy that animates everything inside of you, but it's also the life force every that makes the universe work. It's the bridge between everything.

How does that feel?

Darius: I feel just this huge expansion of my heart. It's like I'm breathing deeper. I feel a lot more energy coming in.

Everyone share what you're feeling as you do this. We had Terry in Ohio who said: 'As my hands float up and down I visualize two circles making an infinity symbol in front of me glowing in yellow light.' So Terry's added something to this.

Lee: Added a little visualization. Wonderful.

Darius: Yeah. Dionne from Vallejo says: 'I can feel my heart opening,' – very much like I felt – 'and I can feel the presence of the energy ball in my hands. It's opening. It's beautiful.'

So a big question for Dionne is: how does this change maybe the state you were in when you started this call or before you got into this call? Because now your body is resonating. Not just your thoughts, not just your intention, but your body. And that's a big piece of it, Lee, I believe, because we talk so much about creating the life that you want, activating energy, and so many people are feeling like this is a mind thing or heart thing. It's also a body thing, correct?

Lee: Correct. You know, in Qi Gong we don't distinguish the energy of body/mind spirit. It's not different energy. It's energy in a different state, much like water. It can go into a state of ice or it could be in liquid or it could be vapor. So the most condensed form of energy of water would be ice. This would represent our bodies. The liquid nature of water would represent mind and emotion and the vapor would represent spirit. But even though it's vapor, liquid, ice it's all H<sub>2</sub>O.

So the energy inside of us, that's why it's not separate. Too often in the west we separate everything – this is our body and these are our emotions and this is our spirit – they're all three separate. But really they're the same energy flowing back and forth, because as vapor condenses it turns back to liquid, condenses into ice, ice melts into water, evaporates into vapor. They go back and forth. That's why what we're feeling emotionally in our hearts has such a big impact in our bodies and what we do in our bodies has such a big impact in our emotional worlds. We have to integrate all of ourselves so that we feel wholeness, and when we feel wholeness we feel fulfilled in our lives; no matter what we're doing we feel this wholeness.

You know the word 'holy' and 'healing' and 'wholeness' all come from the same word. So we were talking about healing before. When we integrate and bring this energy into a feeling of wholeness inside of ourself, that's truly what activates our

inner healer and our inner resources.

So it's a wonderful experiment to go like: How do I feel now? Do 5, 10, 15 minutes of Qi Gong and then notice how you feel afterwards. It's quite extraordinary, even just a short amount of time like 5, 10 minutes.

Darius: Yeah. And I'd love for somebody that really feels like they're having some big challenges to write in after doing this and let me know what they're feeling. So continue to practice. It's something all of you can do while you're listening in. I just want to see what a few people have been writing in.

From Stone Mountain, Georgia, G2 said: 'I am feeling much lighter than before.' Monique Bicker in the Netherlands writes and says: 'I am swimming. I feel I am swimming in the sea. I love it.' A sea of love, I think she said. Carla from New York City: 'This is very cool. I love it.'

So people are feeling this energy in a very big way.

Lee: Wonderful. Now, once you feel the energy, this is... You know, we talk about manifesting and creating the life we want. One of the keys is to activate this energy first to get this energy moving in your system, and then from here once you feel the energy, connect to the power of your mind.

Now take that energy into your mind and visualize. Infuse your intention with this energy and it becomes much more powerful. So you can feel the energy moving and circulating in your body, drop into the present moment and then have an intention, bringing an image forth in your mind of something that you want to create in your life. And bring a lot of vibrancy to it. So see it, hear it, visualize it, experience that intention as if it's happening right now. So we just go beyond time and space and give that message to that energy of what you want to create and then this is where the miraculous magic comes from the practice, is that we have a fully powered system and clear intention on what to bring into our lives.

Darius: Okay. So now, everyone, follow that next step and let us know what you're feeling as we begin really almost like adding different layers to this, activating different layers.

Lee: Yeah.

Darius: Megan, who was the one who gave us a beautiful testimony that I read at the beginning, says: 'I feel so awake, like I just had the best night's sleep. It's incredible.'

Lee: Yeah. That's great. If you do 15 minutes of Qi Gong it's like a two-hour power nap.

Darius: Wow. Wow. Wow.

Lee: And we've all heard about visualization and manifesting and setting goals and intentions. What this practice does... it just gives that whatever practice that you're doing, whether it's heart-based or intention-based, it just gives you that much more fuel behind the intention. It gives it more power to really allow it to arrive and land on the mark.

Darius: Yeah. Well, I want to do this. We've got a lot of people writing in. I want to get some questions that came in from people that have been dealing with things and whether you've seen benefits or what your feeling is on stuck energy.

One person - Resi - is asking about how can she stay focused and motivated and connected.

Lee: Great. So I think focus and motivation... again it's a heart thing. Because when we feel like we're enjoying what we're doing, we don't have to go like: oh, I have to do it. So I think tune into your heart center. If you just close your eyes and take a couple of deep breaths and feel the energy. In much the same way we were feeling that qi ball feel the energy of the heart. And as you get in touch with it, the heart will communicate. The energy of the heart will communicate with us and guide us. It's a wonderful guide into certain directions.

So if you think about things in your life that you have some decisions to make about should I do this, should I go in this direction, should I take that job, should I in-turn to this space? Instead of thinking about it from a mind and a mental space, from a thinking space, drop into the heart mind and drop into the energy of the heart and then walk a few steps in each direction, staying connected to your heart, and notice which path gives you the most joy as you're walking down it. And the path where your heart feels the most joy and feels the most alive, that's usually a fantastic path to take.

Darius: Lee, I'm going to ask you do that again and just slow it down and maybe we do it as an exercise, because that... I felt my cells just start to expand and I really want to go through it...

Lee: Wonderful.

Darius: Okay. Maybe we'll just take a few minutes. Let's do that. Everyone get ready. Please do this. We're going to turn this into pretty much an exercise and it's going to be big awakening for a lot of people. So follow these instructions.

Lee: This will be... we'll call it the Heart Qi Manifesting Exercise. So in the same way, if you wanted to do this at home and do a full routine you do the activation exercise with the fingertips, the opening the flow with that flowing movement of bringing the arms up and down with the breath, feeling the qi ball. When you feel the qi ball it awakens the energy in the heart meridian and into the chest, and then tune into the energy in your chest and into the energy of your heart. So if you can, you just close the eyes and listen inward. We call it the heart-mind. It's the intuitive wisdom of the heart that's so powerful.

And the heart is the best area to come from energetically to make decisions, because we want to make decisions that bring us the most fulfillment, the most joy, the most compassion in ourselves and out into the world. So as you tune into the heart you can then visualize from your heart space going down a few different paths. So we have a decision to make. Should I do this, should I do that? Visualize yourself going down those paths and take both paths or take three paths. And notice... just tune into your heart energy. Does it feel heavier or lighter? Does it feel more vibrant,

tingly, awake as you go down that path? And these are messages from the heart that's giving you an affirmation. This is the affirmation of yes – yes to life, yes to that life force energy.

And then if your heart feels heavy or depleted or any kind of negative sensation in the heart, this is a response of a no, or a 'this isn't where my heart wants to go; this isn't the path that's going to lead me to the most fulfillment.'

So you can just use that heart energy as a decision-maker, because what we truly want is for our hearts to feel alive, to feel good, for ourselves to feel... to bring in fulfillment, joy, compassion and to be in service. We take our energy from our hearts out into the world and then we're in service. When we're in service and bringing out hearts out into the world, then the world responds back and resonating by bringing us exactly what we want.

Darius: I love it. I love that exercise. I'd love to hear what you experienced and maybe what the path was for you and what came forward with that.

Lee, I want to ask this question. I know you're not a medical doctor. I'm not either, so we're not going to give a medical opinion here. But as lay people, why do you feel people get sick? I mean, what is the body being out of alignment, the body being in a state of ill health... what is really causing that?

Lee: Right. You know, in Chinese medicine and Qi Gong, what we say in terms of energy is the energy is imbalanced. So somehow the energy has gotten imbalanced and usually there's a small imbalance that starts. Like we have stress in our lives, we get tight neck and shoulders. Usually if we listen to the body we do something different. Like we're sitting on the computer for an hour, our neck and shoulders get tight. But what we do is we push on. We say: 'No, I've got to get this done.' So we sit at the computer for, let's say, 8 or 10 hours and then the energy gets a little bit more stuck or stagnant, and then we do it day after day. We kind of go into a stressful situation day after day and push through that stress and then the body's going to have to talk louder to us. Maybe we get a headache, maybe we get actual stiffness in the neck.

So the body will always be telling us something. In fact, one of the Qi Gong teachers... somebody asked him: 'Do you ever get sick?' – because he was talking about this wonderful power of healing. And he said: 'Oh, yeah. I get sick all the time, but it's usually for just a few seconds.'

So you catch the problem before it actually manifests in the body. If you can feel the energy getting stuck, it won't actually manifest in the physical body. So the precursor to physical problems often is an energetic imbalance. Much in the same way we could feel the heart, the direction, we can start to feel that in subtle ways in our body. When we become sensitive, we take care of it on an energy level and then it doesn't have to manifest or talk so loudly through our bodies.

Darius: This is incredible, and talking about healing and vibration I want to ask you about this. You do something called healing sounds and you have sounds - or discovered - that actually connect to internal organs and detoxifying clear internal tension. Tell me about that technology or that ancient wisdom.



Lee: Yeah, the healing sounds is a wonderful ancient Qi Gong exercise discovered by a medicine Qi Gong doctor. It was probably 1,500 to 2,000 years ago. They became very famous because of their effectiveness in activating the body's internal healing and releasing blockage much in the same way that we talked about, that there's the physical energy and the emotional energy, let's say, or we described it as ice and water.

So the heart, for example, we say... We have the heart. It pumps blood. And if the heart is working efficiently then we have a good circulatory system. The energy of the heart we would say is love and compassion and joy, and this is the energy of the heart. We can't do an operation on the heart to give it more love. It's an energetic quality. So in the same way that we feel love in our hearts, in Chinese medicine we've mapped out the emotional energy associated with all the internal organs. So we say, for example, anger and frustration come from the liver and sadness and depression come from the lungs, and if we are experiencing these kinds of emotions they can affect those particular organs.

So when we do the healing sounds what we say is that we're composting or recycling negative emotional energy or negative physical energy and we're utilizing that compost to grow positive energy. So negative energy can be utilized to transform it and use it as an agent to grow positive energy in the same way nature does all the time. It takes old energy, un-useful energy like our garbage. We compost it, we put it on the earth, and it gives us back a garden.

So energy... it's amazing. If we utilize it in the right way it can be very efficient. So we can take negative and turn it into positive. So the sounds is a practice that does that. We use those especially when emotional energy has created physical problems. Emotional stress leads to negative physical impact, and we unlock or unblock that pattern and utilize it in a way to grow positive energy from the body in terms of healing and emotional transformation in those organ systems.

Darius: Wow. Wow. I want to share what Alhandra said. She said: 'Wow. I feel amazingly clear doing that exercise. I did three possible paths. Two of them didn't feel good at all and one of them felt a nice expansion. Thank you.'

Another person – Mary – said she's been feeling her heart beating noticeably with more power. Not harder or faster but somehow more powerful and stronger. 'A good feeling.'

Tons of people writing in. One person – this just came in: 'I have Lee's program. I practice it sometimes,' – so they've been doing it sporadically. 'But I become so much happier and energized when I did it in the practice today, though I noticed a much stronger and large qi ball I almost didn't want to stop. So much energy and love that I wanted to share with the globe.' This Zoya who's been doing in part-time.

I want to talk about a little bit of your deeper work, but one thing that I would love to bring up that I think of the audience would be interested in some of the work you did with Dr. Rachel Carlton Adams on pleasure and actual sexual secrets, because there's no doubt that the energy of our body comes through in all the different chakras, including the sacral chakra and our sexual energies. And that's a big part

for a lot of our audience and maybe it's many times not flowing in the way that it was intended by the creator.

Lee: Right. Wonderful. Yeah, because sexual energy again is just energy. It has a big impact on our emotional health and in our physical bodies. We call it 'the three treasures'. We say that sexual energy leads to life force energy leads to spiritual energy. So almost all spiritual practices have some practice that connects to the sexual center.

Now, in Qi Gong we say that this is a great source and a well of vitality for our bodies, and excitement and energy, and it's the creative force. So if we want to tap into that and bring our creativity out into the world, it's some of that energy, because it gives birth to ideas, it gives birth to our inspirations. It's the oneness energy. So when we utilize sexual energy with our partner we can give new life, right. So we either use it to procreate and give new life or we use it for great connection, intimacy and the feeling of bliss.

So the practice, when we did it in the Qi Gong world, is to amplify that blissful feeling and get it to circulate into every cell in the body. So it's a wonderful, wonderful practice.

One of the first projects I worked on with one of my Qi Gong masters, he handed me a manuscript that was called *Sexual Reflexology* and I was like: 'Wow, that sounds interesting.' And it was a whole book on doctors... Ancient doctors were prescribing different – depending in the ailments – different sexual positions to bring energy to the person in need, and it was described as healing through pleasure.

Now, in the west we have a system of healing through pain, and I find that healing through pleasure would be much more fun. I mean, imagine going to your doctor and saying I have this and that problem and he says: 'I'll write you a prescription. Okay, you're going to do home and do this four times a week and that four times a week.' You'd be like: 'Okay, that's much better than having surgery.'

Darius: Yeah.

Lee: So it's a healing through pleasure. When the body feels good, healing happens. It's a really powerful energy, so we want to be able to utilize it in beneficial ways, because sexual energy when it's used in the right way it brings great fulfillment to our lives and when it's used in the wrong way it really brings a detrimental affect.

Often we say sexual energy is just a force, like fire. If we use fire in the right way it can cook our food, warm our houses. If we use fire in the wrong way – we put it on top of the roof – it creates great destruction. So bringing consciousness and awareness into this really powerful part of ourselves is extremely important and will lead to all kinds of things that we were talking about: greater health and vibrancy, ways in which we can bring our creative energy out into the world, deepen our intimacy and bring forth this wonderful blissful energy that makes life so fun and worth living.

- Darius: Well, we've got one person... Carla's asking: 'Okay, where can I find out about the healing through pleasure and sex program?' So I guess it's probably a good time to talk about... For people that want to go deeper in the work, how can they do that and what do you have for them?
- Lee: Well, I have the audio CD set *Daoist Sexual Secrets*. It's a wonderful CD set explaining the power of the practice. It goes through a bunch of Qi Gong exercises like we've been doing and how to deepen our intimacy with our partners, how to awaken this energy inside of ourselves. It goes through something called the small heavenly circle where we get to connect to that sexual energy and transform it and bring it up through all the chakras or the meridians and awaken our higher faculties. It's a wonderful practice. It's really integrated the Qi Gong set. It's an audio course that I think we have available through the You Wealth Revolution.
- Darius: Yeah, let's do this. You've got actually quite a few things.
- Lee: Yeah.
- Darius: So you've put something together, a special for our group, and I'd love to kind of talk about it. Tell me first just kind of generally what's in here and why did you choose these items for our event and our listeners.
- Lee: These items I thought would be a wonderful blend that would integrate the practice and it would really give listeners a connection to all aspects, whether it's health, emotional balance, sexual energy or a way to utilize this in a great spiritual divine wisdom kind of way. So it'll give you tools and techniques to take your energy really in a direction that you want and also to really find harmony and balance as a full complete practice.
- I think it's a great offer. It's a ton of stuff and there's a lot of things in there that make it simple and easy to do every day, and then it also will give you things that you can really deepen into and come away with a really robust practice.
- Darius: I'm going to do this. Our share word – and I'd love to go through and talk about some of these different areas... We just got another question on weight loss so I want to get to that as well maybe while we're talking about everything.
- First of all, to get deeper access to Lee and his work we have put together through Lee something pretty special for all of you. I'd love you to take a look. It's at [youwealthrevolution.com/leenew](http://youwealthrevolution.com/leenew) – L-E-E-N-E-W. It's a brand new package and we've never offered it here. So it's at [youwealthrevolution.com/leenew](http://youwealthrevolution.com/leenew) – L-E-E-N-E-W.
- And on that page, Lee, the first thing I noticed was *Discovering Qi*. This is a self-healing, more vitality and effortless flow program. Tell me about that first program
- Lee: *Discover Qi* is an introductory level... I'm right here on the beach in my hometown showing simple Qi Gong exercises like we did on our call to awaken your energy. It has things to do in the morning to wake up with more energy. It's like a morning cup of qi. It wakes up and kicks everything off in the right way. And then it has things to do for relaxation. It's a real clear stress, increase energy program in an introductory.

It's simple to follow. They're short videos of about 15 to 20 minutes long. And there's also some simple audio meditations like we were talking about – how do we take our qi and utilize it for health and wellness balance and creating the life that we want.

Darius: Who would that be for? I mean, what type of person would want to...?

Lee: I think that would be introductory... I think that's people who want to just kind of explore this. It's for new people into the practice.

Darius: Fantastic.

Lee: I would say it's beginner/entry level, but even if you've done some... especially if people have done energy work that want to try it in a Qi Gong way and a really powerful way, it's a great first step.

Darius: The next piece is actually quite fascinating. We probably could have spent the whole hour talking about the Taoist ideas of the body being a light and an endless, timeless energetic essence and just feeling the body of this light. Tell me about the next piece, which is called *Your Body, Your Life*, as much as you can. This is pretty cool - *Tapping Into The Unlimited Energy Of The Universe*.

Lee: I think that one is more of a mediation side. It really delves into the spiritual practice of Qi Gong - being in the present moment; this whole transformation of emotional energy; goes through exercises like the inner smile; transforming your body and dissolving it into light; and then this Daoist aspect of awakening consciousness and what happened energetically and spiritually after the physical body dies. So how does consciousness and energy work, that's really what that program explores.

So it goes into basic meditations. It starts to go into a little bit more intermediate and in-depth of what happens energetically and consciously; how do these two sides of our ourselves we call the qi and the qin – the life force energy and our consciousness - how do they work together, and then how do they work together most effectively to create an awakening so that when our physical bodies die we gather our energy, we gather our consciousness in a way in which we can follow the light.

In Daoist ideas they talk about the light comes to everybody, and if we have enough energy we can follow the light really easily. It's an effortless kind of rebirthing process. And if our energy becomes too depleted then at the moment of death with the light comes we don't have the fuel or the energy to follow the light to where we need to go.

So it just kind of delves into those kinds of ideas and practices.

Darius: Amazing. I mean, that in and of itself would be one program and yet there's so much here. It's at [youwealthrevolution.com/leenew](http://youwealthrevolution.com/leenew).

Item Three is the Qi Healing Kit. This is another very powerful thing, because what I'm noticing here is as I've seen it too... I've seen this workbook with the energy self-assessments, taking people through and journaling and really getting clear on where they can detoxify their energy, where they can connect mind/body harmony together

and much, much more to boost immunity, to feel better, to reduce stress, to increase self-healing. Tell me about this piece. This is yet another one that would be a whole package, yet it's all included on this one page in this one offer. It's just amazing.

Lee: That one is really about healing the body. There's a program in there called *Qi Gong For Self-Healing*. It's included. The healing sounds work really relates to that as well. So that one you get stretches and self-acupressure points. You learn a whole bunch of acupressure points to awaken the body's own healing power. So it's a wonderful way to rekindle, ignite the body's energy for self-regulation, healing, more vitality and energy.

Darius: Wow. Wow. And Item Four is really a cool thing. At least it would be for those people that want to have something to do a light workout but a very powerful mind/body/heart workout - which I love about this because you can really take a daily exercise and actually make it a daily spiritual exercise. What is Item Four, The Qi Workout?

Lee: The Qi Workout... Again it's your AM/PM kind of workout that will start your day off with more energy. The AM workout really kind of ignites your energy, wakes it up; it brings focus and clarity to you mind. And then the PM workout clears stress and tension from the day. So it's kind of like your daily dose of energizing, get ready for the day, get inspired, gather your energy and take it into your life, and then at the end of your day what do you need to let go of, what do you need to clear so that you can rest, you can sleep well, you can recharge, you can transition from kind of a workspace to a family space or however you need to transition. It's that kind of everyday life Qi Gong workout.

Darius: You know, we had James Van Praagh yesterday and he talked about energy and how every day when we wake up we can have energy that we don't want anymore in our body and our systems and we have to release and let this go. We have to unplug from it or else it can make us sick.

You know, it sounds like doing this AM workout is actually part of that releasing of blockages and stagnant energy maybe that we've picked up.

Lee: Yeah, exactly. It's kind of like whatever energy you might have picked up, whether it's talking with your boss or spouse or family or kids... We pick up energy from all the relationships that we have in our lives and sometimes it's hard to distinguish or delineated what's our energy, what's their energy, how do I come back to my center and feel a connection inside myself? How do I not take on everybody else's energy so that I can stay clear within myself?

That's really what this practice is really good at. It just delineates where your energy is. We call it 'return to the mountain' – bring your energy back to your center, bring it back to yourself, and then it's easy to just let go of other people's energy; not take it on and now feel weighed down by life situations and other people's energy, especially if it's negative energy.

Darius: Wow. And then the other very cool thing, Item Five and the bonus. Item Five is the healing sounds. We had a question on that from Nancy she's asking: 'How do I use



those, Lee? Do I just listen to them or am I making the sounds myself?' That's a great question.

Lee: You're going to be making the sounds yourself. Each organ has a particular frequency. It's like each organ is an instrument. So you're going to vibrate and resonate and tune each of those organ systems so that it's in harmony as opposed to in a state of dissonance or disharmony. So as you make the sounds, again it's like tuning the guitar, tuning the instrument. Now your organ system is in harmony so that the physical body works more efficiently and the emotional energy from those organs is on that positive side, positive uplifted side.

Darius: Wow. Wow. Fantastic. And then the other piece that's included in the *Daoist Sexual Secrets*. I'm going to ask you a question that came in from Louisa. She said: 'I'm single. I don't have a partner.' Is this something that you have to be married or have a partner to at least begin to use some of that sexual energy?

Lee: Absolutely you do not have to have a partner, because we all have that. You know, it's really about working with your own energy inside yourself and when you work with that energy inside yourself, whether you have a partner or you don't have a partner you bring it forth into everything we do. It's not necessarily just about sexual intimacy; it's about the energetics inside of our body. And when we look in where we have the energy of our consciousness, we have the energy of our heart, we have the energy of our sexuality, and these three powerful energies inside of ourselves. This program really teaches us how to how with them together inside ourselves. If we do have a partner then we cultivate that energy inside ourselves and we share it with our partners for deepening our intimacy and creating a deeper connection. And if not then we utilize it within ourselves to harmonize our own yin and yang energy and bring it forth into the world however we want to.

Darius: Wonderful. Well, that is excellent news. What I'm going to do... I'm going to share where it is. I'm going to take any other questions that may be coming in. It's at [youwealthrevolution.com/leenew](http://youwealthrevolution.com/leenew) – L-E-E-N-E-W. And the whole package is available for those of you that want to go deeper. It's all one thing. Someone's just asking are these individual? No, these are all included, everything from the workout to the Qi Healing Kit, to the bonus *Secret Secrets*, to the housing sounds to also the *Your Body, Your Light* audios and *Tapping Into the Unlimited Energy Of The Universe* and also *Discovering Qi*.

All of this is instantly downloadable, Lee, I believe. Correct?

Lee: Yeah, they're all downloadable. You'll just put them right on your computer or your pads or whatever. It's really easy to access them that way.

Darius: I get this visual of taking it like on a laptop or on an iPad or some sort of device and just going out in the forest and just, you know, being.

Lee: Yeah. That's a wonderfully way to do it. People do that all the time. I love how technology is supporting ancient wisdom. You can take it right on your phone out into the woods or on the beach or in your garden or wherever. It works.

Darius: Even at work.

Lee: Yeah, have a qi break at work. I have a little thing... we call them 'qi breaks' and it's little three-minute videos. Whether you have neck and shoulder problems... just utilize it in a little qi break.

Darius: Wow. Wow. Well, all of it is here. It is discounted at 72% for those of you that are interested. It's a \$454 package. It's \$127 for you. It's a special You Wealth offer. So it's there at [youwealthrevolution.com/leenew](http://youwealthrevolution.com/leenew) – L-E-E-N-E-W.

Debbie asked: 'Are these online or do we get mp3 for the courses?' I guess they're really mp3s and videos, correct?

Lee: Yeah. Yeah, they're downloadable and they stream. So either way.

Darius: Oh, well they are online then as well...

Lee: Yeah.

Darius: If you want to just watch them online or download them. So you can have them on your own computer and use them anywhere or you can be online and just stream and watch them through your computer, Debbie. Very, very cool.

Terry's got an interesting question about the sounds and he's asking: 'Is making the sounds yourself a form of toning?' – T-O-N-I-N-G.

Lee: Yes, it is. I mean, for example, the heart sound we say you can either vocalize the sound or you can whisper the sound. The sounds actually come from natural things that people do anyway. When somebody's frustrated, for example, people will sigh. Or if you're kind of waking up in the morning we yawn. So it's the science behind those sounds that we make to rebalance our energy. So the heart sound, for example, is H-A-A-A – so it's *haaaaaaa* - a long sound like that – and that releases stress, tension out of the heart. It's actually a wonderful sound to do before going to sleep because if the heart is agitated or in a state of imbalance even though our body's tired, it makes an overly active mind.

So you'll take a big deep breath in and you'll *haaaaa*. It's done in a whisper as a way to calm and clear the energy. So can either do them as a whisper sound like we just did or you can vocalize them and that will take more stress and tension out of the internal organs themselves.

Darius: Wow. Okay. Excellent. We had a question from Michelle – really great question. And we can't give medical advice here, so I'm going to just preface it with that. She says: 'I'm suffering from a disease that has my immune system really compromised and my body, mind and spirit are taxed beyond measure. This practice sounds like it's what I need. Am I right?'

And I guess the question really is: is this something that might help her to strengthen that immune system to strengthen just her energy, her essence?

Lee: Yeah. Absolutely. It's helped lots and lots of people, especially with immune function, because even as you clear stress out of your body your immune system works better. We know that scientifically that when we're under a great deal of stress our immune system is comprised. It goes down about 30%. The interesting thing is

when people are in an emotionally elevated state, like where they've just fallen in love, their immune system goes up 30%.

Darius: Oh my.

Lee: So this emotional state of how the energy circulates inside of ourselves really influences and impacts our physical body. Remember that emotions are just energy; they're just qi. They're not physical. We don't the body up and see emotions. We can't do surgery on emotion. They're just pure energy. So as we shift energy emotions change, physical body changes, immune function gets enhanced. We also know that the immune system goes down under stress. For me I think Qi Gong is one of the best things to transform stress back into vitality. And as you transform stress your immune system goes back up. And I think with people with any kind of problems I think Qi Gong is a great option to try it. It's only beneficial. It might not cure the disease but you might feel better; you might have more energy.

Lots of people with cancer do Qi Gong and it greatly helps the side effects of chemotherapy and the low energy that comes from that. It helps the energy system to recuperate faster.

Darius: Yes. Yeah, I believe that wholeheartedly. Absolutely. Lee, I know we've gone a little bit long. I just so much appreciate you being here and sharing. Any final words or anything you feel...

Lee: My pleasure.

Darius: Kind of as you feel this audience and maybe what they're dealing with and what they're feeling that you want to share?

Lee: Yeah. Well, it seems like you're doing a wonderfully exciting thing that touches on so many things that I'm passionate about – you know, bringing out your gifts out into the world. I think with an energy practice and a practice that has so much history, it's like a well-trodden path. You know, if you walk down the path and you know it's going to lead you to the top of the mountain... And this practice is 4 or 5,000 years old and I think it just has so much to offer. In modern life, with our technology that's supposed to give us less stress, we seem to be so much busier and our energy so much more scattered because there's too many things to pay attention to. It's an amazing way to rebalance ourselves from a modern lifestyle. And taking our energy and using qi as a way to increase our health and our longevity and to bring our heart's desire out into the world in a compassion, in a service kind of way is a very powerful profound thing to do in the world these days.

Darius: Yes, absolutely. Well, everyone, let's do this: let's send Lee a huge amount of love and thanks for being here. And I'd love to read you this from Tony that he just wrote in. He said: 'I have some of Lee's programs and they are life-changing.'

Lee: Wonderful.

Darius: So that is very, very kind, Tony. And Tony's asking whether we take PayPal. I do believe that we do. That should be on the page and I'll forward this to my team in case for any reason there's something else you need to know about that.

So let's do this: let's send Lee a huge amount of love and support and just thanks on the count of three – one, two and three. Sending that love and that support and that thank you for being here.

Lee, thank you so much. I appreciate it. It was incredible and we moved some big energy, my friend. I could feel it.

Lee: Absolutely. That's what we do, right? I love it. So thank you all for joining me today, and wonderful to be here with you all.

Darius: Alright. Thank you, Lee. Awesome job.

Lee: Alright. Thank you. Appreciate it.

Darius: Okay.

Lee: Have a wonderful qi-filled day.

Darius: You too.