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Q: Can you get much Qi from hugging trees? .....202

Q: Can Qi activated during Qigong practice affect electrical or electronic equipment? .....203

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.....204

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Q: When you spoke of Three Centres Merge and not getting disturbed by external noise, I had to acknowledge how a door shutting loudly or a sneeze can jolt me. Then I thought of home, of how I can feel like an unsheathed nerve with the chaos in life and kids. Granted, a health condition and some of the drugs I have been on for it have played a large part in that. Well, they've probably just helped me to see this part of myself better. But this is no excuse, and this is not how I want to be. How can I change/transform this situation? Stop it? Practise?????.....342

Q: How do you direct yourself inward and face everyday situations? It is easier on a retreat than in real life. For example, you are at a dinner party or out to dinner with a group of people and you don't want to talk about subjects that are not important to

you, but if you are quiet then people say you are too quiet, not sociable. Everyone is directing their energy outward. I wish to maintain a calm and natural state. How can I interact with society without appearing rude or uninterested?.....342

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Q: I am pretty new to the Qigong practice. Are the bright white 'halos' around Yuan Tze and Melissa (a bit less strong) and the big white bright balls near their heads evidence of me seeing the qifield? Pretty powerful. Thanks.....363

Q: Regarding practice of 'bi guan' – drawing everything inward instead of focussing outward, what if what you are seeing or hearing is very discordant or violent, do you still take it in? .....364

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Q: I have violent thoughts. I catch myself having them, and I think about something healthy. Is there anything else I can do? .....367

**Day 5** .....371

Q: I am eighty and have chronic fatigue syndrome, Epstein Barr virus and it is difficult to do the exercises. Can Qigong still help me?.....371

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Q: Quantum entanglement: What is it and what is its significance in relation to human consciousness? .....375

Q: Can you give practical techniques for changing the thought process and the consciousness? For example, if you have chronic pain that is present all the time, how would you change your thinking process and the consciousness? .....377

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Q: In natural conception (as opposed to in vitro fertilization), countless sperm compete aggressively to fertilize the egg. We could say that every human (or animal) is a winner since they gained life experience while thousands of other potential lives were

lost as they never made it to the egg. Since this competitiveness is so deeply ingrained in us, is it then unnatural to work so hard to undo our inherent drive to outdo each other?.....380

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Q: I do not deal well with conflict or negativity. Ever since childhood, I have done whatever I could to avoid it. Then I was blessed with a child who is very pessimistic and pushes things to the point of conflict within the family. This poses big challenges for me and the rest of the family, within life and parenting. This has greatly affected my health. Any thoughts on how to better work with/learn from this life I am in? ....385

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**Day 9 .....391**

Q: Radioactive fallout is a real threat, especially on the west coast of the US. It could potentially get to higher and more dangerous levels. What effect do Qi and a strong qifield have on radiation? How can our practice help and protect us? (Note: The radioactive fallout referred to resulted from the damage to the Fukushima nuclear plant in Japan caused by a tsunami, March 2011.) .....391

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Q: Does the subconscious have a qifield? .....397

Q: If I feel healthy, no problems. I can feel grounded and strong in the qifield. But, as soon as some pain or something happens in my body, like my stomach hurts, a headache etc, I quickly leave my body and cannot find the qifield, and I get all fearful. I know it is a pattern from childhood as it was a survival technique for me to leave my body as I was physically abused. How can I train myself to stay grounded in the body, no matter what happens with my body? Or, if I end up leaving my body, what is the fastest way to be grounded, to go back into the body? .....397

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Q: I live with someone who has very negative patterns in the way he speaks and thinks. He is very negative and judgmental about other people and about politics. He does this frequently. Is it unhealthy for me to live with him? Would it be better if I didn't live with him? Or should I just use this situation as practice and try not to cause myself stress by reacting negatively to his negativity?.....419

Q: Some primates naturally have a hierarchical order. For individuals low in this hierarchy, this causes significant stress/damage to a brain centre vital to consciousness (corticoid hormones damaging the hippocampus). Some other primates do not exhibit hierarchy but are primarily cooperative. Presumably this is all predisposed genetically and it seems that humans have inherited the same traits, proportioned differently in different individuals. Over the last century, humans have created structures (governments, corporations) which amplify the hierarchical traits by several orders of magnitude. This suggests that most humans on earth will suffer the same physical damage to brain centres of consciousness as the first primates mentioned. (Or already did?) What would be your thoughts on this? .....421

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