## YUAN GONG SYSTEM

Use COMPLETE JUE in every moment to attain realization and wisdom

Transform and uplift unhealthy patterns of the consciousness

the flow of Qi in the channels

body; improve the quality, quantity and flow of Qi



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## **THIRD STAGE: XIN AND SHEN** TRANSFORMATION

To transform and uplift Xin Ling, Human Nature and patterns of the consciousness in order to attain realization and wisdom

## SECOND STAGE: **INTERNAL** TRANSFORMATION

To effect internal change on a deep level, enhancing the organs, channels, Central Channel, Qi Lun

## **FIRST STAGE: EXTERNAL** TRANSFORMATION

To improve and strengthen the whole body through gathering, integrating and transforming Qi