

Jing Li tells about her father:

My father, Li Jun Feng, was born in 1938 in China. He has lived a life rich with experience and has gone through some special times. During the “Great Leap Forward” (1958), he was a high school student. While he was a student in Physical Education University of Beijing the three-year famine (1960–62) ravaged the country. During those years, the best marksmen in the country organized a hunting team in order to provide food for people in Beijing. My father was part of a team that was sent by the University to hunt for wild goats in northwest China. While in the desert, he had a brush with death. My father and his partner lost their way and until they were found, were without food and water for four days.

After graduating from the Physical Education University of Beijing in 1965, he was assigned by the government to work in Shi Cha Hai Sports School of Beijing as a coach to teach Wushu (known as Gong Fu (kungfu) or Chinese Martial Arts). The Cultural Revolution started the following year.

As chief coach of the Beijing Wushu Team, he led his team to win the national championship in professional competitions for 12 years consecutively (1974–1985). His athletes won 56 gold medals in national competition and 25 gold medals in international competitions, 81 gold medals in total. Wushu is one of the precious components of Chinese culture. As the head coach of the Chinese National Wushu team, my father brought the team to many countries to present this aspect of Chinese culture to the world.

My father’s coaching career was a tremendous success. But during those years, people only saw his outer glory, not his inner stress. There was the constant pressure of always having to coach the team to win. On the other hand he was also looking for a new challenge in life. The Beijing Wushu Team was already the best professional team in China, and the Chinese national team was always the best team in international competitions. Was there a more meaningful work for him than being a successful Wushu coach?

In 1982 my father’s life changed dramatically. The Chinese government approved the proposal of making the first national Gong Fu (kungfu) film. My father was chosen for the lead role. The movie was called “The Honor of Dong Fang Xiu” (in Chinese: Wu Lin

Zhi). This was my father's first experience as a movie actor. The movie became a huge hit throughout China, winning awards for both my father and the director when it was released in 1983. My father went from being a very successful Wushu coach to becoming a film star over night. But he still felt something was missing in his life. Success in his career and being famous did not lead him to contentment. What was missing in his life? He was looking for something more.

At the height of his movie career, in 1987, one day, our doorbell rang.

"Heavenly Mother sent me to look for you," said the simple man to the famous movie star. For 20 years my father had attempted to master the art and science of meditation, but it had eluded him. On that auspicious day in 1987, his meditation teacher, Master Zhang, found him, and my father's life would never be the same.

My father and his meditation teacher received Sheng Zhen Wuji Yuan Gong. This is a system of Qigong practice. It does not only concentrate on physical and mental health, but it also has the power to open the heart and to bring people into a harmonious and happy life. "May contentment and peace reside in everyone's heart" is the wish of Sheng Zhen Wuji Yuan Gong. Sheng Zhen means "unconditional love".

Often my father reminds his students: "In order to solve a problem, only trying to cure the superficial symptoms is not enough, we have to find the root cause. The problems in today's world and our societies are caused by selfishness, and selfishness leads to separation. Stress, negative emotions and hatred are stored in a closed heart. An open heart allows us to love ourselves, and to see the natural beauty in each human being. "To open the heart with Qi and unconditional love is what is unique in Sheng Zhen Qigong. Why is opening the heart so important? Because opening the heart can change our attitude towards life. Things that used to bother us or make us angry are no longer there when the attitude is changed. To live a happy life and to live in a peaceful world is not a dream!

The movements of Sheng Zhen Qigong are graceful and elegant. There is a meaning behind each movement. When people do the movement and meditate on the meaning, the mind becomes quiet. Once when people find the balance in life, the Yin Yang balance

between human and nature can be improved. If there is love in every one's heart, there will be less competition in this world, and hatred will be dissolved in the love between races and nations. Then, all people will see the common goal of all religions. Humans create conflict. In heaven, there is only unconditional love.

Sheng Zhen Qigong is a way to change people's attitude towards life. Sheng Zhen Qigong is a vehicle that transports people from a lake to the ocean. My father realized that to let more people experience the power of unconditional love was the new beginning of his life. He will be 70 years old this October (2008). The inner contentment that comes from unconditional love was that which was missing in his life. Now he lives in the United States and travels to different part of the world to share the gift of Sheng Zhen to people who are ready to receive it.

Jing Li, May 2008.

View a documentary film of Sheng Zhen Qigong:
<http://de.youtube.com/watch?v=9V5MyeUuK78>