

## Editors' Foreword

This book is based on the teachings of Yuan Tze, as expressed in a unique philosophy of life and prescription for life known as Ren Xue (人學). The literal meaning of this term in English is "the study of human life", an accurate representation of the work Yuan Tze has done to develop the wisdom and deep understanding of life that are reflected in the pages that follow. For all the teachings in this book are based on ancient wisdom and have been tried and tested in Yuan Tze's work on his own life and in his healing work with a great many people over many years.

Yuan Tze's strong yearning to make sense of life manifested at an early age. He was a keen observer of human behaviour and tried to see the driving force behind it. He tried to understand pain and suffering, his own and others'. During his late teens, he started working on life seriously, diligently applying the ancient wisdom he learned through his own efforts and from his teachers. In his early twenties, he started to use Qigong to help people, but he soon realized the scope of Qi healing was limited. While people initially enjoyed improvement, they would frequently come back after a while with a recurrence of the original problem or with a new one. He began to wonder where health problems originate and to look for a real solution to illness. He sought answers to his questions through continually learning, working on his own life and helping people. As he gained clarity, he started to see the need for a comprehensive tool, a tool that people can use to understand their lives and their problems and to deal with these problems effectively. In 2002, this tool became available with the creation of Ren Xue.

As the subject of the book is healing, you may think that it is focussed solely on physical health. But healing is not just about fixing symptoms; nor is it only concerned with eliminating diseases. Healing in Ren Xue refers to healing the whole life, and it is only by addressing every aspect of our lives, especially the more problematic, that we can discover the causes of our problems, be they physical or non-physical, and start to deal with them.

The brief from Yuan Tze was that this book should be accessible to people who are unfamiliar with Ren Xue but are seeking to improve their health and lives in some way, and it should also be useful to teachers and students who have had Ren Xue and Qigong experience. Quite a challenge to avoid overwhelming 'new' readers or underwhelming experienced students and teachers – or so we thought. But, as is always the case with the teachings of Yuan Tze, the information this book contains is relevant to readers on every level. If you are unfamiliar with Ren Xue, you will find an overview of life that will enable you to more fully understand the nature of your problems, and you will learn of the 'tools' you yourself already possess – and how to access them – so that you can start to take control of your life and address these problems. If you are already familiar with Ren Xue, you will find a recap of what you have already learned in a format that provides ready access to the particular information you are seeking, and you will also discover that the book offers you some new insights that may help you deal with any 'blocks' in your life and provide you with an opportunity to take your understanding of health and life to a deeper level.

As the preceding comments indicate, this is not a book designed simply to describe a philosophy or to present information for your interest; it is a book that requires interaction. For it is a book about changing your life, and this can start the moment you open the first page. Whether it is working out where you fit in the totality of life; learning how you can use Qi to heal yourself or enhance your life; or probing to find and transform the deep underlying patterns that have been preventing your life from being the joyful experience it should be, there is work to be done. But what a relief it will be to

do this work for it will bring health, joy and true wellbeing to your own life - and to the lives of those around you and beyond.

We do not make this comment without substance, for a feature of the compilation of this book has been the profound effect on those who have worked on it. We think it is fair to say that all of us – the story-writers, the proof-readers and the illustrator – have been touched by the experience. We ourselves have appreciated this wonderful opportunity to examine our own lives, to look more deeply at our “Achilles’ heels” and to see how application of the teachings can help us get beyond the patterns that cause so much suffering and inhibit our life development. We feel deep gratitude to Yuan Tze for this opportunity.

A special feature of this book is the use of personal accounts from students and teachers of Ren Xue who have been touched by Yuan Tze’s work in some way, be this through a direct experience of Qi healing or through making changes that have greatly improved their lives. These true stories, which are interspersed throughout the book, are inspiring and instructive examples of how the teachings described in the book can be applied. We are indebted to the many understanding people who have put their hearts and souls into sharing their often very personal stories with us all, so helping to bring alive the teachings. We recognize that there are many more people who have experienced profound changes to their lives through application of Ren Xue teachings and have wonderful stories to tell. We would have very much liked to include all these stories in the book. As you will doubtless appreciate, space necessitated limiting the number we could include.

Since the book is a manual for life, it is definitely not a one-off read. It will be most effective if you return on an ongoing basis to whichever part of it is relevant to your life circumstances at any particular time. You may have a need to build up more Qi to strengthen your body and Shen, you may want to help your family with Qi therapy or you may be stuck on a seemingly insoluble problem and seek inspiration from one of the stories that describes a similar situation. By using the book this way, your understanding will continually develop, and you will gradually chip away at your problematic patterns. What we have learned from Yuan Yze is that, if this work is done with an open heart, with trust, with gratitude and with respect, it will not be tedious or difficult. It will be a joyous experience that enables you to give yourself the best gift possible – a healthy life filled with true wellbeing, a life in which you can look forward to every day and find joy in every moment. How good is that!