



You are invited to

Global Awakening Day

About Global Awakening Day

In today's society, almost everyone is leading a busy life full of commitments and responsibility. Every day is precious because it is unique and cannot be relived. And every day can be made valuable and meaningful through what we choose to do and be. It is not surprising that special 'Days' of all kinds have been created to celebrate or remember something meaningful.

Today every individual and humanity as a whole are faced with one thing that is not only important but also urgent—awakening. Humanity is at a crossroads and to create a better future we need to make the right choice about the direction humanity should take. Only if we are truly awake will this be possible. For this reason, we created the Global Awakening Day, a symbolic event to draw attention to this important topic share and it with all members of the human family.

The Global Awakening Day is on the first Sunday of October, starting this year, 2019. It will be an event shared by all of the REN XUE family. We hope more and more people will join and make it a special day for the whole of humanity.

What Is Awakening?

Awakening has two meanings. One is awakening to the reality that life is run by all kinds of unhealthy patterns and is lost in the confusion and problems caused by them. When the unhealthy patterns are transformed, and the problems are cleared, one will gain clarity. This experience can feel like waking up from a long sleep.

The other layer of meaning refers to the state after the True Self manifests. Being in a state of pure awareness is awakening in a true sense.

The Meaning and Purpose of Creating the Global Awakening Day

1. Every human being has the potential for infinite realization and wisdom. True awakening is necessary for realization and wisdom to manifest.
2. When will this ongoing cycle of life dominated by unhealthy patterns and loss come to an end? This cycle has probably been going longer than one thinks. So long in fact, that it makes sense that we don't know what we don't know. But the only way to end it is to wake up.
3. Humanity has created and accumulated numerous problems, and some of them have become serious crises that are almost beyond the usual means human beings are able deal with them. This path that we have taken is no longer able to provide the security and order we are after. It is no longer a sustainable option. Where is a path that can promote the continual development of civilization? The only answer I can see is the immediate awakening of humanity.
4. For a long time, we have been in the habit of going outward to voraciously seek and grab what we want. Nothing seems enough to gratify the ever-growing greed. Ignorance and all kinds of aggressive behaviour are commonplace. Violence and brutality are no longer seen as unusual. Social problems and environmental problems are not showing any signs of relief. On the contrary, they are accelerating. Where does the hope and future of humanity lie? The only path that I can see to a brighter future is the awakening of humanity NOW.
5. We have good reason to believe that most people want to be healthy, happy and experience a strong sense of wellbeing. They also want to grow and make a contribution to the world. However, seeking answers in the external world does not seem to get us closer to such a life. We need to wake up to the truth that all these treasures are within ourselves, and the best way to uncover them is to attain realization and wisdom. The moment that realization and wisdom manifest, we have it all.

The Intended Effect of the Global Awakening Day

1. In the 365 days of a year, we can spare at least a day to focus on the work of knowing, facing, changing, and uplifting ourselves.
2. And to use this event to help more and more people awaken. Hopefully, they will start to understand the importance of attaining realization and even make an effort to work towards it.

3. When more and more people recognize the importance of realization and wisdom and make an effort to attain it, a collective consciousness, information and Qi field will start to form. When this field is strong enough, it will help establish a new value system and worldview which can truly support humanity to come back to a path of health and growth and for society to achieve true progress and harmony.

How You Can Participate

It is a day for yourself, for you to do something meaningful that you probably have always wanted to. You can use this special day to achieve unification—the unification of your own Jing, Qi and Shen and the unification of you, the world and the universe. It is also a day for you to return to your heart. From the most wonderful place in your heart, you can connect with everything and express your gratitude to nature, the universe, everything, and everyone.

You can also use this special day to envision what you would like to achieve in the year ahead and build the Qifield for it. Include your own growth and the work you aspire to do to help others and the world.

You can also use this special time to generously dedicate your best wishes for humanity and the world, from the very bottom of your heart

You can make today the most special day of your life. A day that you can dedicate your life to the benefit of the world.

Although we cannot rely on one special day to attain complete realization and wisdom, we can make a good start. From this day on, if you wish, every day can be used for the same purpose. I have every reason to believe that when we are on this path filled with determination and sincerity, we can expect to continually attain realization and wisdom. If more people participate, the world will be so much more hopeful and the future will be bright.

More Details and Suggestions

1. **Date and time:** On October 6, 2019, Sunday, 9:35 am. Melissa and I the top of Mt Victoria in Wellington, New Zealand, and we will start at the above time. You are welcome to join us in person if you are interested. Alternatively, please feel free to synchronize your own activities with us or at any time that day.
2. **Choice of Venue:** If circumstances allow, hold the activity at the top of a hill, a spot that is nice and quiet. Go there with a group. Make sure it is a place that is easy to get to.

You can also hold it indoors, for example, a room for Yuan Gong practice, an activity center or your own house. You can also find a nice outdoor space such as your backyard or a

public garden.

3. **Participants:** All are invited. You can do it by yourself or with other people, including fellow practitioners, friends, and family.
4. **Format:** Whatever format you use, the important thing is to be in the best Xin Ling state with the 5 Xin qualities being fully present.

It is recommended that you be sincere, solemn, and maintain a sense of ritual.

A recording of the verbal guidance (see below) will be provided. You can also create your own recording. Alternatively, you or someone else can read the verbal guidance out loud.

Verbal Guidance

Let's get ready for the ritual.

Gently close your eyes and enter a relaxed, calm, natural, unified, and harmonious state.

Let's use the Six Verses to build a powerful Qifield. Feel the inside and outside of your body. Feel the world that constantly provides you rich nourishment and infinite strength.

Awareness inside the body, feel the emptiness and spaciousness within.

Expand this awareness out, becoming one with the universe.

Draw the awareness back to the body, calm and peaceful.

Open to the universe with reverence and utmost Gongjing.

Let the bright universe nurture the heart with compassion and love.

Feel relaxed, free and joyful, Qi flowing harmoniously and smoothly.

Now come back to your heart. From the deepest place inside yourself, feel the Kai Xin Verse with utmost sincerity.

Heaven, Earth and Human are all teachers with infinite wisdom;

I open my Xin Men to trust and love them unconditionally;

With gratitude in my heart, I receive the bright light of their love and wisdom and unify with it;

My Shen, Yi and Xin are fully aligned with the light of Dao;

With Gongjing, realization and wisdom are arising;

I am one with the light of the wisdom of the universe.

I feel a strong connection with myself, with all my fellow REN XUE practitioners and with the whole of humanity. I am one with the universe. I am the universe. The universe is me.

From the deepest place in my heart, I feel gratitude arising.

I feel grateful to the universe, to all lives in the universe, to all members of the human family, to all my family members, to all the people who are special to me. I am grateful to myself and all that I have experienced in life. I feel gratitude for everything!

I am ready now.

From the bottom of my heart I feel determination and strength.

I want to return to the inner space my life belongs to: the beautiful world of my Xin Ling. All the wonderful qualities of my Xin Ling, including trust, openness, love, gratitude and Gongjing will manifest themselves unconditionally. They will always be with me.

I am determined to do everything I can to help myself return to my True Self so it can manifest and continue to develop realization and wisdom. The bright light of realization and wisdom will lead my life forward on the broad, bright path of Zi Du Du Ren.

Deep inside myself, I feel oneness. I am one with all forms of life, all the people and everything in this world. We are all connected as one. We depend on one another, and we share the same destiny. We are all equal and part of the totality.

I am connected with everyone. From the bottom of my heart, I wish that eventually, everybody will awaken. Let us say goodbye to the false self and its ignorance and allow the True Self to manifest. Let's all live a new life and enjoy true freedom. Let the world be devoid of more pain and suffering and may the acts of self-harming and harming each other come to an end. Let's hold hands and show our love and care for one another. Let's help one another and walk together on the path towards health, happiness, wellbeing, realization and wisdom.

From the bottom of my heart, I wish that the world be devoid of greed, ugliness, brutality and ignorance. Let's all wake up and create a harmonious, beautiful world that is filled with unconditional love, selfless giving, hope and bright light.

Keep yourself in a unified and harmonious state. From the bottom of your heart, express to the world and universe what you would like to achieve with your life in the year ahead. (*Leave 2-3 minutes for this.*)

I am ready. All of this will begin with me, and my actions from this very moment.

Draw all the positive information back to yourself and store it in the innermost part of your being, in your heart, consciousness and Shen, so it now becomes part of your life.

Gently open your eyes. Welcome and embrace the world in front of you, the world that is changing and improving all the time.

Gratitude to everything and everyone!

We look forward to joining you in the Qifield

We hope that you can join us on this auspicious occasion to collectively help ourselves and society move towards a happier, freer future.

Much love and gratitude

Yuan Tze and Melissa