



REN XUE GUIDANCE FOR ONLINE EVENT

During this online event, qualified REN XUE teachers will be available to provide participants with guidance for understanding and applying REN XUE principles and practices.

During guidance sessions, participants may ask questions about the theories or methods, or ask for help resolving issues that arise during the retreat.

Some common topics that arise during guidance include:

- Opening the heart
- Changing patterns
- How to do a method
- [Understanding possible new experiences](#)
- Understanding the theories
- Having a good retreat experience
- Continuing with REN XUE after the retreat

For REN XUE Guidance, please email a teacher from the list on the following pages. We recommend contacting a teacher in your region and time zone. The teacher will respond within 24 hours to find a time to talk that works for you both and will send you a Zoom link.

REN XUE Guidance will be offered through Zoom, an online platform that uses the built-in video and microphone from either a computer or phone. Zoom is simple to use. Just follow the link provided by the REN XUE teacher.

If you have questions about REN XUE Guidance or need assistance, please contact Trina on trina@renxueinternational.org or your assigned support person

REN XUE TEACHERS AVAILABLE

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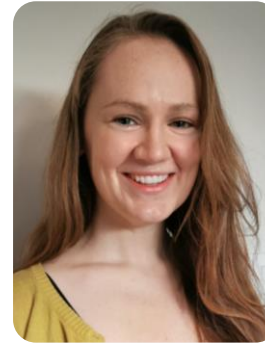
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