

REN XUE

INTERNATIONAL

GLOBAL AWAKENING DAY 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!