Master Li Jun Feng

LEGENDARY CHINESE MARTIAL ARTS FILM STAR, SPIRITUAL TEACHER TO OFFER FIRST L.A. TRAINING

"Awakening the Soul" Sheng Zhen Qigong Workshop Purifies the Physical Body, Calms the Emotions, Opens the Heart

LOS ANGELES, CA – Li Jun Feng is a legendary name among both martial arts film aficionados and in the worldwide Qi Gong community. Throughout the 1980s, Li was one of China's biggest martial arts movie stars, alongside Jet Li (no relation) with whom he worked. Li Jun Feng's fame as a martial artist and film star spread worldwide among fans of the genre. For the past 20 years, he has also developed a worldwide reputation as the developer and master teacher of Sheng Zhen Wuji Yuan Gong, a profound expansion of traditional Qi Gong.

This May 9th through 11th, Californians and others on the West Coast will have a rare opportunity. The venerable Master Li Jun Feng – who turns 70 in October (but looks 45!) -- will be teaching Sheng Zhen Wuji Yuan Gong in Los Angeles for the first time, accompanied by his daughter and master teacher Li Jing. The two-day workshop, *Awakening the Soul*, will take place at the _________________ Hotel on Saturday and Sunday. An Introductory Event on Friday evening will precede the workshop.

Traditional Qi Gong is a Chinese system of prescribed physical exercises or movements performed in a meditative state. It is the cultivation or gathering of fresh, clear Universal Qi (essential energy) into the body, mind and heart. The three functions of Qi Gong are purifying the physical body, calming the emotional body, and opening the heart/elevating the spirit.

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Sheng Zhen Wuji Yuan Gong is a specialized form of Qi Gong practice that "restores man to his original Self." According to Li Jing, "Awakening the Soul" is one of the forms in Sheng Zhen Wuji Yuan Gong. It is a sitting practice which consists of eight movements. The meaning of each movement is very beautiful and profound. The movements are easy to learn.

"Awakening the Soul" has a meditative aspect, leading one to the origin of life, For those who want to start to meditate, this form is very helpful and powerful. **Awakening the Soul** can open our hearts like the other forms of Sheng Zhen practice, but it works more directly on the soul, connecting the soul to the origin. When we practice this regularly, we come to a healthy living style; inner beauty and goodness will unfold -- little by little we gain the understanding of human life and of naturally living a happy life.

"Sheng Zhen Qigong believes Qi with unconditional love is the most powerful healing. Through **Awakening the Soul**, our lives may become an expression of the inner joy which is our essence. May the experience we gain from **Awakening the Soul** add to the ever-expanding world of the heart, the place where all answers are found, and lasting fulfillment and true freedom are experienced."

Practitioners of Qi Gong say it has pervasive health benefits:

1) Purifying the Physical Body

Qi is the essence, the origin of life. When fresh qi is flowing freely through the body, it opens the meridians, removing disease (stagnant qi) and keeping the body healthy. When qi is moving freely, it increases the flow of blood and oxygen to every cell. Its smooth, uninterrupted movement can lower blood pressure, strengthen muscles and boost the immune system. The Yin and Yang balance is automatically restored.

2) Calming the Emotional Body

Qigong is also good for emotional health. Clean qi can wash away stress, sadness, worry, anger, jealousy and anxiety. It replaces these negative emotions with a profound sense of inner peace. One becomes a naturally happy person.

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3) Opening the Heart/ Elevating the Spirit

Through Sheng Zhen Qigong movement and meditation, the body and mind become very calm. This state of peace allows the heart to open to its natural state of unconditional love. The unconditional love of the Universe floods into and out of the heart of the practitioner, producing a state of wholeness, of oneness with All. When one arrives at this state, there is a sense of merging with everything everywhere. The practitioner returns to his natural state, a state of perfect well-being.

The practice of Sheng Zhen Wuji Yuan Gong was founded and developed by Master Li Jun Feng whose story is an example of human destiny prevailing over multiple obstacles, shifts and turns in direction, and the vagaries of the Communist Chinese political system.

Li Jun Feng was born in China in 1938. The grandson of a doctor of traditional Oriental medicine, Li had hoped to study at a medical university. However, in 1950s China, those decisions were made exclusively by the state, so Li was directed to China's best university teaching Physical Education. There, he wanted to develop his skills in volleyball and fencing, but was directed by the school to major in wushu, or Chinese martial arts. Destiny was clearly at play ….

Always #1 in his studies, Li excelled and became a leader in his wushu classes, serving ultimately as president of his class in 1960. It was also in that year that his school developed a team to demonstrate wushu to visiting dignitaries. Li was chosen for the team and appointed its leader. In 1965, a French television show, "A Day in the Life of a College Student," focused on Li. It was so popular that a Parisian documentary company produced a film about Li's practice of kung fu.

Upon graduating from university in 1965, Li was assigned by the government to a job as a marksman in Hebei Province, but his destiny called again and he was reassigned to coach the wushu team there. In 1971, his amateurs participated in a competition against the
pros … and won! The Chinese government immediately made him the chief coach of their professional team; he served in this capacity from 1974 to 1985, coaching men's and women's wushu teams that thrilled Olympics audiences by winning scores of gold medals.

Li's life changed dramatically in 1982 when a Chinese film director asked Li to help him find a kung fu actor. May were interviewed but the right one was not found. Finally, the director approached the principal of the school where Li was teaching and asked to meet Li. The government forbade Li from becoming an actor, but when destiny is at play, even governments hold little sway!

The initial wushu film in which Li starred as an actor was a huge hit throughout China, winning awards for both Li and the film's director when it was released in 1983. It was the first Chinese nationally-made feature film, following on the heels of Shaolin Temple, Jet Li's blockbuster the year before, made in Hong Kong. Li Jun Feng made many more films in China, becoming quite famous nationally as a martial arts film star.

At the height of his film career, in 1987, Li's home doorbell rang. "Heavenly Mother sent me to look for you," said the simple man standing there to the nationally-famous movie star. For 20 years, Li Jun Feng 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 Li's life would never be the same. Destiny at work once more ….

Also, in 1987, the government of The Philippines invited Li to coach their national team. Initially, Chinese officials said no, but after a year of negotiations, finally issued Li a government passport (which gave him greater freedom) and authorized the move. In The Philippines, Li coached tai chi, kung fu, and traditional qi gong from 1988 to 1991. While in The Philippines, Li practiced, practiced, and practiced his meditation.

On his return to China in 1991, Li visited Master Zhang's hometown. They meditated together in the backyard of his modest home, and in the park, surrounded by barking dogs.

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"The movements will be given to you," Li’s teacher told him. Then one day, after a year of practice, while on retreat with his 18-year old daughter Jing, Li Jun Feng received the unique movements that would become the core of his Sheng Zhen Wuji Yuan Gong practice. It was the beginning of Li’s work as the teacher of a practice that returns people to an experience of their essential nature, of unconditional love, of Oneness.

Afterwards, over time, Li and his daughter, Jing, clarified the meaning of the various movements, and, while her father wrote them down, Jing spoke the contemplations that accompany the movements. In 1995, Master Li founded the International Sheng Zhen Society, giving formal structure to the work he had been doing, and opening the door for him to spread his work around the world.

Now Sheng Zhen Wuji Yuan Gong is practiced in 15 countries on five continents, with certified teachers in most of these locations. Master Li’s home base is now Austin, Texas, however he travels worldwide, teaching the practice, training and certifying teachers, and spreading the message. "In heaven," he says, "there are no religions. It is all the same. Our work is to bring this experience of unconditional love to all those on earth who are ready for it. This is what I am blessed to be able to do."

And we are all blessed to be able to receive this great gift from this special man. For more information and Los Angeles registration information, visit www.shengzhen.org.

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