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Presentation by Peng Her, L.Ac.

Embracing Negativity to Empower Positivity

The vibration of the planet needs change and that change has to happen on an individual scale. Our thoughts and emotions ARE vibrations. The problem, however, is that most people, even the spiritually evolved, are running on negative vibrations more so than positive ones--myself included. And turning away from our negativity or not looking at it, doesn't make it disappear. Many of the solutions I've come across are mere short cuts & quick fix solutions, which are simply short-term solutions that temporarily patch or conceal the real issue to keep it out of sight & out of mind. If we are to harness positive vibrations, we have to come up with long lasting solutions. Luckily, I've been fortunate enough to have found a method that works when practiced diligently.

- THE PROBLEM: Quick fixes make people turn away or avoid negativity while "mustering up" the power to become positive. So you have to pause and ask yourself, "Is this REAL positivity or a false sense of positivity?" So people are smiling on the outside but slowly dying on the inside with this false sense of positivity. With the assumption that my 3rd eye is open, I see this ALL the time and everywhere I go, especially among spiritual groups. I know I'm not the only one who sees this as a growing concern. Because if we TRULY want to change our vibration, this method has to change.

- THE SOLUTION: My solution is very simple, "Embracing Negativity to Empower Positivity". By embracing negativity & coming to terms with them, only then, can we truly empower positivity.

Peng Her, L.Ac. has almost 20 years of qigong experience. He received a large portion of his qigong healing instruction under Arnold E. Tayam, Doctor of Medical Qigong at InfiniChi Institute in China. After discovering that he could use qigong for healing, he ventured into Traditional Chinese Medicine. He initially attended Yo San University and then transferred to the American Academy of Acupuncture and Oriental Medicine where he earned a Masters Degree. Peng conducts countless lectures & demonstrations on the topic of qigong. He's featured as a qigong expert on the Taking Charge of Your Health website, a program put together by the University of Minnesota Center for Spirituality & Healing and the Life Science Foundation. His website is <http://www.formlessformqigong.com>.