

## **January 19, 2013 Jim Nance, Vibrations of the Heart**

Master Jim Nance will lead off our 2013 agenda with a discussion on the Vibrations of the Heart. He will lead a group meditation for 30 minutes, lead a group healing meditation, teach a technique for healing the heart and talk about raising our vibration with heart energy.

Master Nance is the first of Master Lin's more than 250,000 students to have ascended to the high level of qigong master. He is also believed to be the first African-American in history to be certified as a medical qigong master. After a decade of intense and dedicated training, Qigong Master Chunyi Lin certified Sydney James "Jim" Nance as a 2nd Degree Spring Forest Qigong Master.

An outstanding athlete Jim Nance was on a path to the NBA when serious knee and back injuries changed his career path to elementary education and counseling, working with inner city youth. In 1995 he met Chunyi Lin and, he recalls: "In just that first session, eighty percent of my pain was gone. What I experienced with Master Chunyi Lin was an immediate kind of release and relief. I felt like a load had been lifted off my shoulders and physically I felt like I could move again without a lot of discomfort. That really piqued my interest."

Since that time he has been devoted to the study of Spring Forest Qigong, using the energy techniques he was learning to assist others in healing physically, mentally, emotionally, and spiritually. He became Master Lin's teaching associate in 1998 and continues to work in that capacity.

Master Nance is certified to teach all four levels of Spring Forest Qigong and works with people in private healing assistance sessions at the Spring Forest Center. Master Nance's topic on the 19th is "Vibrations of the heart," teaching us techniques for healing the heart and for raising our vibration to a higher level through heart energy. We can anticipate that he will share his own experience of the past few months, moving to a higher level and give us some tools that will help us on our own journey. Those familiar with Master Nance know that each time he shares with us, it is a journey of discovery for him as well as us and it leaves information at the cellular level that seems to find its way to the surface when we need it.