

Master Mingtong Gu's Self-Care Recipe For Challenging Times



5 essential questions for your practice:

1. What is most life nourishing for you?
2. What is most essential in your life?
3. What is your purpose or driving intention?
4. Who are you as human in this time?
5. What is your highest vision for yourself and for Life?

Main ingredients - start here:

(A) Go inwardly to open energy flow and reduce stress. It's difficult to do anything effectively if you are stressed and your heart is closed. The main cause of immunodeficiency is stress. Reducing stress is your #1 priority right now, as well as for your optimal long-term health and wellbeing.

(B) Connect your mind and body to discover your inner energy and inner resources for Life

(C) Connect with Source Energy - Cosmic Light - your inner wholeness, and your community through the energetic connection that goes beyond distance, time, and any feelings of isolation

Your daily checklist:

- ✓ Cook and eat healthy food - give more time to cooking, eating, enjoying, and appreciating the basic nourishment of life
- ✓ Sleep more to let go of mental stress and busyness during overwhelming times
- ✓ Spend time in nature outdoors or an indoor garden; Nature is powerful medicine
- ✓ Reach out and connect with loved ones & community via phone and internet to curb isolation
- ✓ Practice pleasure: listen to music, dance, engage in a hobby or anything that gives you childlike satisfaction and joy
- ✓ Most importantly, practice more Wisdom Healing Qigong - mindfulness & energetic moving meditations, sound healing, and visualization that allow you to keep your energy moving, open your heart, calm your mind, and reconnect with the Source Energy of love, compassion, and joy