

Editors' Foreword

This book is based on the teachings of Yuan Tze, as expressed in a unique philosophy of life and prescription for life known as Ren Xue (人學). The literal meaning of this term in English is “the study of human life”, an accurate representation of the work Yuan Tze has done to develop the wisdom and deep understanding of life that are reflected in the pages that follow. For all the teachings in this book are based on ancient wisdom and have been tried and tested in Yuan Tze’s work on his own life and in his healing work with a great many people over the years.

Yuan Tze’s strong yearning to make sense of life manifested at an early age. He was a keen observer of human behavior and tried to work out the driving force behind it. He spared no effort to understand pain and suffering, his own and that of others. During his late teens, he started seriously working on life, diligently applying the wisdom he gained through his own efforts and from his teachers. In his early twenties, he started to use Qigong to help people but soon realized the scope of Qi healing was limited. While people initially enjoyed improvement, they frequently came back after a time with a recurrence of the original problem or with new ones. He realized he needed to delve more deeply to find the origin of health problems and to look for a real solution to illness. He sought answers to his questions through continually learning, working on his own life, and helping others. What became clear to him was that **the development of “Realization and Wisdom” is the key to making a real difference to health and life, and working on all major components of life, including the body, Qi, heart, and consciousness, is essential to make this happen.** To achieve this goal safely and effectively, a comprehensive system is necessary, a system that offers a path that incorporates these components in a coherent and consistent way. In 2002, this system became available with the creation of Ren Xue.

This book provides you with the basic teachings of Ren Xue. In it you will find an overview of life that will enable you to more fully understand the nature of your problems, and you will learn of the “tools” you yourself already possess – and how to access them – so that you can begin to take control of your life and address these problems. For this is not a book designed simply to describe a philosophy or to present information for your interest; it is a book that requires interaction, a book about changing your life. This can start the moment you open the first page. Whether it is working out how you fit into the totality of life, learning how you can use Qi to heal yourself or enhance your life, or probing to find and transform the deep underlying patterns that have been preventing your life from being the joyful experience it should be, there is work to be done. But what a relief it will be to do this work, for it will bring health, joy, and true wellbeing to your own life – and to the lives of those around you and beyond.

A special feature of this book is the use of personal accounts from students and teachers of Ren Xue who have been touched by Yuan Tze’s work in some way, be this through a direct experience of Qi healing or through making changes that have greatly improved their lives. These stories, which are interspersed throughout the book, are inspiring and instructive examples of how the teachings described in the book can be applied. We are indebted to the many generous and understanding people who have put their hearts and souls into sharing their often very personal stories with us all, so helping to bring the teachings alive. We recognize that there are many more people who have experienced profound changes in their lives through the application of Ren Xue teachings and have wonderful stories to tell. We would have liked to include all these stories in the book but, as you will doubtless appreciate, space limitations precluded this.

Since the book is a manual for life, it is definitely not a one-off read. It will be most effective if you return on an ongoing basis to whichever part of it is relevant to your life circumstances at any particular time. You may have a need to build up more Qi to strengthen your body and Shen, you may want to help your family with Qi healing, or you may be stuck on a seemingly insoluble

problem and seek inspiration from one of the stories that describes a similar situation. By using the book this way, your understanding will continually develop, and you will gradually chip away at your unhealthy patterns. You may even find that you make progress on the path of Realization and Wisdom and are able transform your life as a whole. What we have learned from Yuan Tze is that, if this work is done with an open heart, with trust, with gratitude, and with respect, it will not be tedious or difficult. It will be a joyous experience that enables you to give yourself the best gift possible – a healthy life filled with true wellbeing and wisdom, a life in which you can look forward to every day and find joy in every moment. How good is that!

With utmost gongjing,
Rhonwen Seager & Melissa Liu