

INNER WELLBEING SUPPORT (IWS)

Supporting Jingshen Wellbeing

Inner Wellbeing Support (IWS) is here to help the Ren Xue community with matters relating to Jingshen wellbeing, including heart, consciousness, Shen, mental health, safety, and working and relating with others.

Who Are We?

We are a group of experienced Ren Xue teachers with professional backgrounds in health, mental health, and therapy. We work primarily with teachers and, when needed, may also support Ren Xue practitioners directly—for example, during or following a Ren Xue retreat.

How We Support You

When you contact IWS, the team will support you in exploring the issues you have encountered, either in your own practice or in a student's or a client's work. We will consider together how you might move forward safely and well with Ren Xue practice in this context.

Our work involves:

- **Support** – Providing initial support and helping people connect with available resources, both within the Ren Xue community and the wider health sector and supporting these elements to work well together.
- **Guidance** – Offering guidance on Jingshen wellbeing issues for teachers, whether relating to their students or their own development, and working with Ren Xue organizations regarding wellbeing, mental health, support, and safety.

- **Education** – Contributing to Teacher Training, Continuing Education, and other Ren Xue education programs, and creating Jingshen wellbeing related resources for RXI.
- **Event Care** – Developing resources, training, capacity, and support for wellbeing teams and participants at Ren Xue International (RXI) events.

How We Work

IWS brings broad scope and experience in understanding what works well within the Ren Xue context, particularly in relation to Jingshen, wellbeing, and mental health needs.

In our work together, we consider:

- the specific situation or needs, while respecting the privacy of all concerned.
- methods that may be most suitable, including method progression.
- intensity of practice.
- setting (e.g., class or one-to-one).
- current and future teacher and participant support.
- teacher experience and qualifications.
- other individual considerations.

At times, this may also include guidance about working with other health modalities alongside Ren Xue or, more rarely, considering whether it is necessary for safety to decrease or pause Yuan Gong and Ren Xue practice and engage with other support.

IWS is also happy to be a sounding board and welcomes consultation regarding the special requirements of the Fifth and Sixth Methods.

If you are wondering whether further exploration and support would be helpful in any of these or related areas, please contact the team at innerwellbeingsupport@renxueinternational.org

or

alternatively if you prefer to approach one of us confidentially, our individual emails are listed in our profiles below.

Scope and Boundaries

IWS provides consultation, guidance, and educational support within the scope of Ren Xue teaching and Jingshen wellbeing. IWS does **not** provide medical diagnosis, psychotherapy, counselling, crisis services or emergency care. Contact with IWS is **not a substitute** for professional medical, psychological, or emergency care.

When appropriate, IWS may recommend consultation with qualified health or mental health professionals and may provide guidance regarding the safe integration of Ren Xue practice alongside other forms of care.

Teachers and practitioners remain responsible for their own professional decisions, actions, and the application of Ren Xue practices, and for practicing within their level of training, experience, qualification, and for seeking consultation when needed. IWS assumes no liability for any outcomes arising from the application or interpretation of guidance, support, and resources provided.

In situations involving immediate risk to safety, teachers and practitioners are advised to contact appropriate local emergency or crisis services promptly.

IWS Team

Jackie Blunt, New Zealand

jackie@renxueinternational.org



journey.

I am a Ren Xue teacher and Yuan Ming practitioner with a background spanning wellbeing development, education, and health care. I first encountered Ren Xue in 2005, while balancing a busy career and young family. The experience profoundly shaped my personal and professional

I am passionate about cultivating life through inner exploration and realisation and about supporting people to explore health,

wellbeing, and life challenges in ways that foster harmony and wisdom. I enjoy finding the connections between all elements and manifestations of life, and integrating Ren Xue, Yuan Gong, and Yuan Ming with insights from Western and Chinese medicine to help people become creative in their own lives and move forward and grow.

Today, I serve as Practitioner Development Manager for RXI, coordinator of the IWS, a member of the Norms and Ethics Council, and part of the development team of the future Ren Xue Training Centre in Golden Bay, New Zealand. Alongside these roles, my own life cultivation, teaching Ren Xue, and practicing Yuan Ming remain essential expressions of Zi Du, Du Ren in my life.



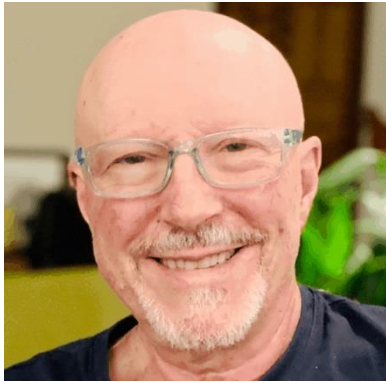
Monica Simms, California

monicasimms@psychotherapist.com

As a psychotherapist in private practice for 35 years, I worked with individuals and couples. I spent 20 years volunteering for my local rape crisis center where I trained interns, worked with staff, and acted as a clinical consultant. I loved my work, learned so much from each one of my clients, and felt honored to be part of their healing journey.

In 2011, I started to study Ren Xue and Qigong and incorporate it into my work. I found Ren Xue and Qigong naturally supported the work I was doing as a Somatic Therapist treating deep trauma. A Somatic approach aims to resource and empower the individual to tap into their own innate healing.

My personal gains from Ren Xue have been many. I find a more settled place inside and greater depth of peace and balance in my daily living. I have found that there is easy curiosity when I talk about this work and others are drawn to it. I have completed the six years of teacher training and enjoy teaching in the growing community my classes are creating in our small town. I have retired as a psychotherapist, and at this point in my life, I can again make a commitment to volunteer and am excited to be part of the IWS team.



Rich Danon, California

keyofqi@gmail.com

I live in Marin County in Northern California. My primary field of work was in adult inpatient psychiatry. I retired in 2020 after 40+ years working as a psychiatric nurse.

I'm grateful for the opportunity I had in helping people with acute mental health challenges, often involving substance abuse and addiction, to increase balance and stability in their lives. I appreciated working alongside a multi-disciplinary team of caring providers.

I began studying with Yuan Tze in 2009. I'm a level 6 Ren Xue teacher and I offer Yuan Gong classes and practice groups, incorporate Yuan Ming in working with cancer survivors, and have enjoyed serving as a member of the IWS team since its inception in 2019.

The Ren Xue system of uplifting health, wellbeing, and personal transformation is what I'd been searching for, having explored many other teachings and practices.

Ren Xue continues to enrich my life with growth, greater awareness, more joy, and deeper clarity of purpose. It has proven to be a dynamic way of contributing to life in both fundamental and profound ways.



Aiyanna Sophie, New Zealand

contact@aiyannasophie.com

I've been deeply immersed in the world of Ren Xue since 2008. I have a background in medicine, naturopathy, Traditional Chinese Medicine, kinesiology, and somatic therapy.

During my time in natural and allopathic medicine, I noticed that emotions and mental patterning were having a profound effect on the body and how they were expressed in the form of symptoms and illness.

This is why in my practice an important focus was helping people to achieve balance through acknowledging and processing the underlying patterning and emotions of their symptoms.

When I came across Ren Xue, many missing pieces of the puzzle fell into place and I found the strength of Qigong next to pattern and emotional work to be remarkable.

It is through my own healing journey and processing of childhood trauma, as well as observing this in my clients, that it became apparent to me that many patterns start with trauma. I have a special interest in intergenerational and developmental trauma and how this plays out in people's lives.

Learning more about trauma, alongside the profound wisdom of Ren Xue about patterns on the heart and consciousness levels, has helped me to understand and transform the limiting and painful effects of it. Hence, I completed a certificate in somatic trauma therapy to complement my practice, and now offer deep pattern work including Ling Yuan, Tong Yuan, Qi Therapy and Somatic Therapy, full time.