



INVITATION FROM YUAN TZE

GROWING REALIZATION & WISDOM – WHAT ARE THE OBSTACLES BEFORE YOU?

DUNEDIN, NZ RETREAT 2026

Dear Ren Xue family,

The upcoming retreat will take our inner work to a new level. If you have been tuning in to the Qifield, you may already have felt its pull—**go inward to do the real work.**

Now the real work begins.

The theme of this retreat is **What Are the Obstacles Before You?** What are the obstacles that are truly standing between you and your growth? To find them, we need to turn inward and dig beneath the surface—to uncover what may have been hidden from view, sometimes for much of our lives, yet continues to shape how we think, feel, react, and live.

Patterns. Identifications. The needs of human nature. The workings of the false self. Obstacles we may not even realize are there, quietly influencing our lives and standing in the way of our growth.

You will be guided to go inward to see those for what they are. The more clearly you can see what is operating within you, the more effectively you can transform it. Very often, gaining clarity itself can already be transformative.

But going deep is not always easy. What we uncover may surprise us. It may challenge us. It may be uncomfortable or even painful to face. It takes courage to look honestly at what we may have spent years avoiding, hiding, or simply not seeing. Yet if we truly want to change, this is work we cannot keep avoiding.

Are you willing to see what is really there?

A profound and powerful Qifield will support you to go as deep as you need to. It will be abundant in the Xin qualities of trust, openness, love, gratitude, and true respect—creating a caring and nourishing space in which you can feel safe to explore your inner world.

If you are willing to take up the challenge, this personal journey could be deeply rewarding. It could become a significant leap forward in your growth.

How to prepare for the retreat

If you would like to prepare yourself and get even more out of the retreat, here are three things you can start doing now:

1. *Practice going inward.*
Bring your awareness inward and connect with the inside of your body—for example, the Lower or Middle Dantian. Or simply connect with your good state of being relaxed, calm, and natural. Become increasingly familiar with the experience of turning your attention away from the external world and coming back to yourself.
2. *Practice Jue Cha.*
Cultivate the state of being relaxed, calm, natural, integrated, unified, and harmonious. From this special state, begin observing what is happening within you—your thoughts, your feelings, your reactions, and even the workings of patterns. See how much you can discover simply by observing yourself.
3. *Choose something you would like to work on.*
Is there a problem or issue in your life you would genuinely like to understand better? Is there something that keeps repeating? Something that continues to trigger you, trouble you, or hold you back?

You may wish to bring this with you. It can help make the teachings and Jing Gong (Still Meditative Practice) more directly relevant to your own life and give you something real to explore.

You do not need to know the answers before you come. You do not even need to know exactly what you are looking for.

Come with curiosity. Come with an open heart. Be ready to discover.

I very much look forward to doing this important inner work together with you.

Yuan Tze