

Speaker: The first step is really acknowledging this is your own body, this is my body. You're shifting from dependency on others to self-empowerment, self-responsibility. So start claiming that your own body has a profound healing already, profound spiritual meaning already. Then the next step is learning how to not only take care of this body but deeply coming back to this body with more love, with more kindness, with greater capacity of joy in the creativity. I can have influence to my brain. I can have influence to my heart. I have direct influence to the health of my organ, even my cell, even deeply my DNA. That is the journey of healing. That's the same journey of self-empowerment.

There is a saying, healing takes a village. The support of each other as a community is very much of human experience. We're all longing for that. But more importantly, it's almost the requirement of the deeper healing. When we're coming together, we recognize this deep common need for healing, common need for greater happiness, common longing for contributing to life in general. From that place, especially when we're practicing together with that common purpose, the energy becomes stronger and stronger.

Speaker: Beyond our personal energy, we are able to synergize the collective energy including the group energy and also able to tap into the energy presence we call the chi field, and that is the accumulative energy, power, wisdom, frequency and purpose of the collective and as well as accumulative years, even generational practices.

So when we tap into that, that means the healing becomes much more effective, much more powerful, and everything is accelerated. So from that place we can not only experience the effectiveness of our practice but also able to empower self. So when we experience that power not only in community but also in the stronger chi field, we are able to take that gift back home and continuously empower ourself and to be more self-responsible, self-disciplined, and self-initiative, and also deeply discover the relationship between the inner and the outer equally important.

So the more people gather together, then the stronger energy we're generating. And even more than one plus one equals two, one plus is more, one plus one is equal to three, even more. So when 50 people, 100 people, even more, or bigger group is gathering, the energy is exponentially amplified. So when you're in that energy field, you're experiencing the greater benefit beyond your personal resource of energy. You are able to tap into a collective energy bank much bigger than our personal reserve, personal bank. So by doing that, we're also able to contribute to the greater -- by participating in community in the chi field, we are also, simultaneously, not only benefiting ourself but also contributing to the healing of others.