

# KUNMING STONE FOREST RETREAT

## On-site Planetary Connection with Master Yang

Every day is different when you travel with Master Yang. He is an extraordinary Chi Master whose invisible activity seems to move the whole universe. I recently spent an incredible 3 week retreat with him in Kunming, China. We went there to work with a particular natural location, about an hour outside of Kunming, called the Stone Forest - an ancient geological rock formation that extends as far as the eye can see, covering more than 500 square kilometers. Once a shallow sea, 270 million years later it is now an impressive landscape. Tens of thousands of massive stone pillars push up through the ground, eroded by wind and water. These towering grey formations crowd up hillsides and topple down valleys. They form bizarre shapes, tall archways and narrow passages. They are like stone cathedrals or a naturally occurring Stonehenge on a massive scale. As an ordinary visitor, the scenery is amazing enough but visiting there with a Chi Master like Master Yang adds a whole new dimension to your experience, the result of which feels like an indelible change in the very structure of my chi.



*Towering cathedrals of stone in the Kunming Stone Forest.*

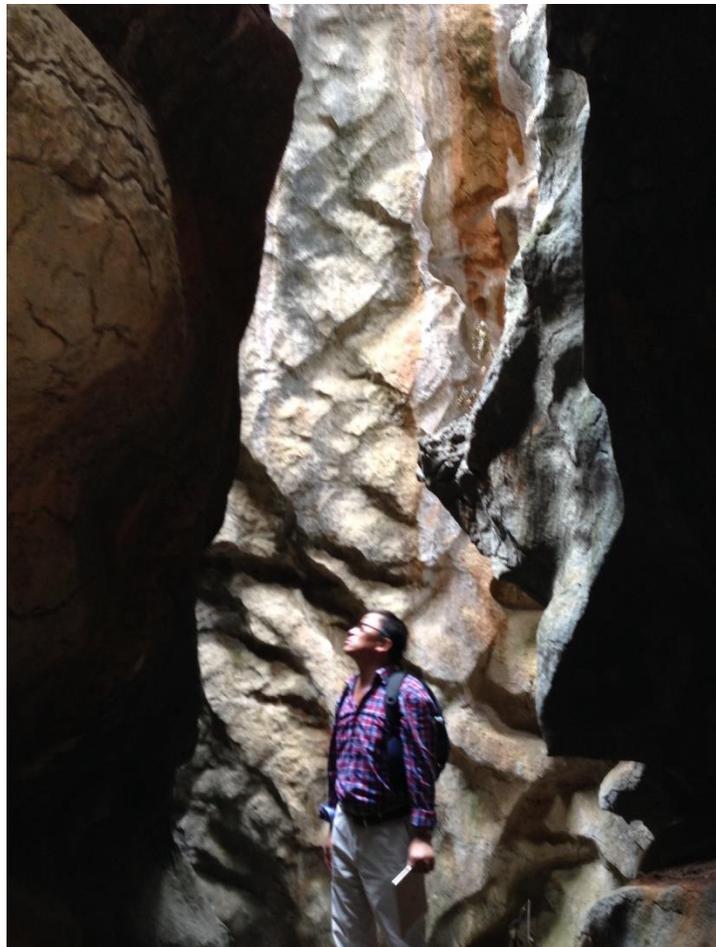
Since travelling to China with Master Yang for the first time in 2000, I realise that some places on Earth are closer to Heaven. In the true meaning of Feng Shui, these natural locations have an inner harmony - an energy balance that the soul can recognise. When practicing in these places with him, this natural feeling is amplified. You can feel Master Yang's deep communication with the chi of that place. He calls it up from underground and invites it down from heaven. He supports an effortless energy exchange within that helps the human body become balanced, at one with the environment, and able to deeply absorb the natural energy of the place. It feels like being completely free and like being totally at home all at the same time. The soul feels supported to overflowing.

This was the same practicing experience I had with Master Yang at the Stone Forest only the energy of that location was quite different from anywhere else I have visited with him. It was as though the rocky outcrops had been gathering energy from the stars for millions of years and we were able to move directly inside that energy. When I finally sat to practice, I felt my chi extending many meters down into the ground and then high up through my crown, many meters into the sky. I felt a clear, pure, strong, expansive energy filling me inside and my heart started radiating outwards like a pink universe full of stars. I felt without boundaries – invisible – yet more present than ever and openly connected to the whole Stone Forest site. These private moments spent amongst the stone pillars will stay with me forever. Now I know why Master Yang calls it 'On-site Planetary Connection.'

This description of my practicing covers only a few moments of my focused awareness on site, but in fact the chi connection with the Stone Forest had started many days before arriving there. From time to time I would feel it from our hotel room – an inner stillness, an energy movement, a subtle shift, a calling - inner preparations clearing out old energy to make room for the new.

I have learnt that it takes time to make deep Feng Shui connections, to establish the link, to communicate with the chi and start to absorb it - to gradually allow it to change your vibrational state. It takes time for the energy to find its home within you and for you to stabilize at a new level. From start to finish, all this important energy movement was initiated and continually supported by Master Yang. His caring and experience enabled me to connect in a way I could never have achieved on my own.

*Master Yang watching the Chi moving inside a Stone funnel.*



After leaving the Stone Forest, at the end of our time in Kunming, there was still more work to do – ‘Harvest Time’ as Master Yang calls it. These are the most beautiful days of any retreat. It is a time where you feel as if you are brimming with treasure and can hardly contain yourself. It’s your chance to look inside and see what you have achieved. Through quiet practicing you can confirm the new energy quality, care for it and start to make it your own. I spent most of this time practicing in my room but we still had one last site to visit before we left Kunming - a 900 year old Buddhist Temple set high up in the forests of the Yu’an Mountain.

The Bamboo Temple, as it is known, is a large complex famous for housing 500 sculptures of enlightened Buddhist practitioners or ‘Louhans.’ The day I spent at this temple I felt like I was one of them. I was floating on a cloud. The sun filtered through the leaves of the massive beech trees in the temple grounds, birdsong from the forest filled the air and fish leapt in the pond. Master Yang practiced with us on the high ground at the far end of the temple buildings where the Stupas of the Old Masters are located. I felt all the practicing I had done during the entire retreat coming together into a whole that was greater than its parts. I felt all the practicing I had done over the last six or seven years culminate in this one timeless moment, in this holy place. Many messages became clear to me about the true nature of my heart and the direction of my life. I was so glad to have made this trip.



*The Bamboo Temple, Yu’an Mountain, Kunming – Harvest Time.*

Now that I have returned to Australia, I am still exploring the energy connections I made with Master Yang in China. I feel supported by the power of the Stone Forest and can see the energy continuing to change inside my body. A strength has come back with me from the retreat that I know I will rely on in the coming months and years. I can feel the energy in my local area already responding to the change in vibration. This Planetary Connection feels so much like the missing ingredient, the something everyone is always striving for but can never find. I understand Master Yang’s deep desire to share it with as many people as possible. It is a profound blessing to have his support and be touched by this experience.

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