

SPRING FOREST QIGONG LEVEL ONE
QI ACTIVATION
MASTER MIND STUDY GROUP
FOR STUDENTS





PURPOSE OF THE STUDY GROUP

- Support each other
- Students can share wisdom with each other
- Deepen SFQ practice
- Grow confidence
- Build community and belonging

GROUND RULES FOR MASTER MIND STUDY GROUP

- Be kind and supportive, no judgement towards each other
- Respect and honor other group member's time for this is their SFQ study: do not sell, promote other products, services or disciplines
- Be on time
- Show up



**GROUND
RULES**

LEADER'S ROLE



Schedule meetings and send out Zoom meeting links



Host the meeting according to the structure provided



Be the timekeeper of the meeting



Manage the group communication



Ensure the members abide by the ground rules



Remind members of the next meeting time before the end of the meeting



Bring the meeting to a close



WHAT WILL THE STUDENTS DO IN THE BREAKOUT ROOMS?



Choose a leader



Exchange contact information



Decide the weekly meeting times
including the first meeting



STRUCTURE OF MASTER MIND STUDY GROUP

- Zoom meeting for 40 minutes (should be done within 35 minutes)
- Greeting for 5 minutes
- Sharing and updating with each other for 5 minutes
- Discussion on a topic for each meeting (20 – 25 minutes, about 5 minutes for each person)
 - Each group member may choose a question related to the topic from the list provided



TOPIC OF EACH MEETING

1ST MEETING

Discuss your experience of calling upon your Master's energy

2ND MEETING

Discuss where and how you feel your Qi and emotional changes when you practice

3RD MEETING

Discuss how Qigong practice has sharpened your awareness

4TH MEETING

Open discussion (your group decides what to discuss)

- Ideas include healing stories, personal awakening, deeper understanding of Level One Qi Activation techniques



**1ST
MEETING**

**DISCUSS YOUR EXPERIENCE OF CALLING UPON YOUR
MASTER'S ENERGY**

MASTER

Do you feel a stronger connection with your Master's energy? How does that feel to you?

EXPERIENCE

When you call upon your Master's energy, you tap into a bigger Qi field which will amplify your Qi field, so that you will have stronger sensations. Share your experience.

CONNECTION

Do you feel the connection in your heart, such as you feel more peace and confidence? Please talk about how you feel this connection.

QI FIELD

After you call upon your Master's energy, do you feel a bigger energy flows into your Qi field? Please describe your experience in your own words.

CONFIDENCE

How does your Master's energy impact your confidence?

HOW

How do you sharpen your skill of calling upon your Master's energy more quickly and effectively?



2ND MEETING

DISCUSS WHERE AND HOW YOU FEEL YOUR QI AND EMOTIONAL CHANGES WHEN YOU PRACTICE

SENSATION

Do you feel any sensations – tingly sensitivity, temperature changes anywhere in your body, such as warmth or cold? Talk about how and where you experience these sensations.

EXPERIENCE

When you are more present at your practice, you can notice more sensations. Share your experience with being more present in the moment.

EMOTION

Do you feel any emotional changes when you practice? Talk about which emotion, where within you that you feel it and anything else you notice with these changes.

DAILY LIFE

Do you feel any emotional changes in your daily life since you started to practice SFQ? Share your experience.



**3RD
MEETING**

DISCUSS HOW QIGONG PRACTICE HAS SHARPENED YOUR AWARENESS

EMOTIONS

Do you notice that your emotions play an important role in your health? How do you notice it?

EXPERIENCE

Many people feel happier and more peaceful after SFQ Qigong practice. Do you notice that also happens in you? Share your experience.

CONNECTION

Do you feel more connection with your own body? Are you more aware of sensations in your body? Share how you experience this.

UNIVERSE

Can you feel more aware of your connection with the nature and the universe? Please talk about this.

BREATHING

Do you feel you are more aware of how you breathe? Do you have a new breathing pattern? Talk about your experience.

LIFE

Do you feel you respond differently to things happening in your life? Please share your examples.



4TH MEETING

OPEN DISCUSSION (YOUR GROUP DECIDES WHAT TO DISCUSS)

STORIES

Share your healing stories or personal awakening moments.

RELATIONSHIP

How does Level One Qi Activation practice affect your life and your relationships?

WISDOM

Share one wisdom you have gained from your study so far and how it impacts you. Share more if you like.

YIN & YANG

SFQ includes Yin and Yang in the practice. Yin is the internal refinement and Yang is the movements. Talk about what you want to accomplish with your practice?

EXPERIENCE

Is there any movement that makes you feel more connection with your body? Share your experience.

UNDERSTANDING

Do you have deeper understanding of Level One Qi Activation techniques after practicing for a while? Please talk about it.





GROW AND SUPPORT ONE ANOTHER