

EP42:

High Voltage Qigong & Activating Your Own Healing Powers

With Robert Peng

Colette:

Hi there and welcome to INSIDE THE WOONIVERSE, a podcast brought to you from the corner of Fringe and Domain. And I'm your host, Colette Baron-Reid. Joining us today is world renowned Qigong Master and Healer, the best selling author Robert Peng. And he is amazing. I can hardly wait to introduce him to all of you. Robert began training at eight years old and by the age of 15 he endured a 100 day water fast. I mean this story is like wild he'll tell us about it later. But it initiated a radical spiritual transformation and his amazing healing powers of which I have had experience, which I'll share with you guys later on too. It's so outrageous.

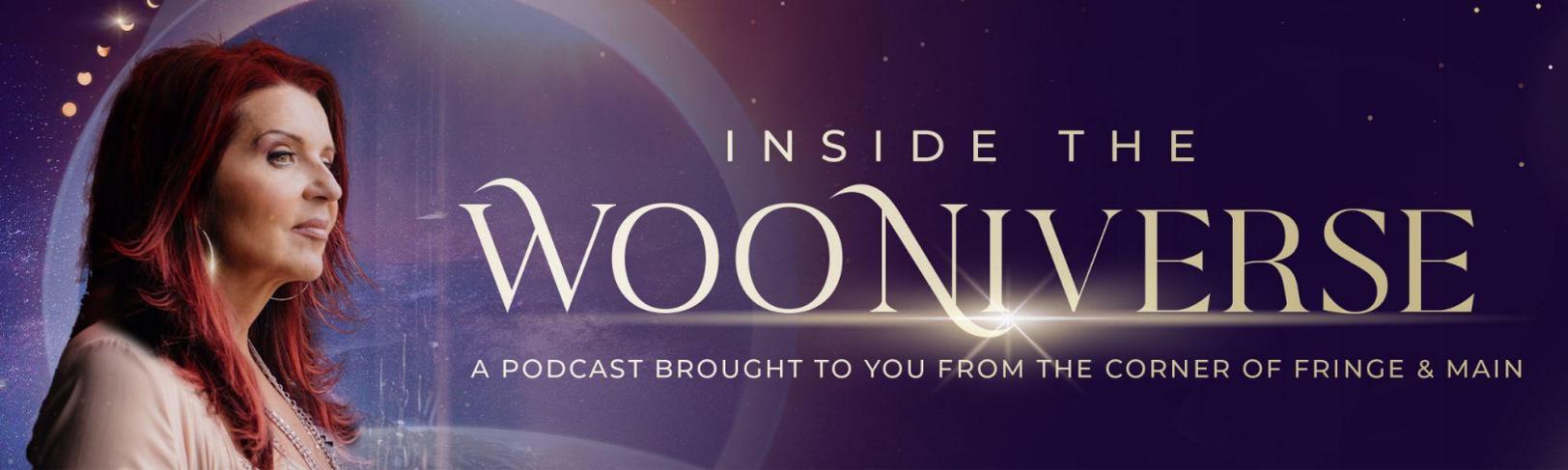
Anyway, for those who don't know, Robert is capable of generating healing energy through his hands with power equal to a potent electrical charge. He is a regular presenter at the Omega Institute, Kripalu Center for Yoga and Health, Esalen Institute, and many other organizations and schools. And he is the author of The Master Key, Qigong Secrets for Vitality, Love and Wisdom. For the last nearly 30 years, he's been teaching and helping countless people around the globe regain their optimum health and vitality and we are so grateful that he is with us today. Welcome, Robert. Yay.

Robert:

Thank you Colette. Thank you. So happy to see you again. Yeah, thank you for the invitation.

Colette:

Yes. Okay. Before we talk about your past, which I really want to dive into, I want to mention something because in the introduction I said that you're capable of generating healing energy through your hands with power equal to a potent electrical charge. Now I have had that firsthand



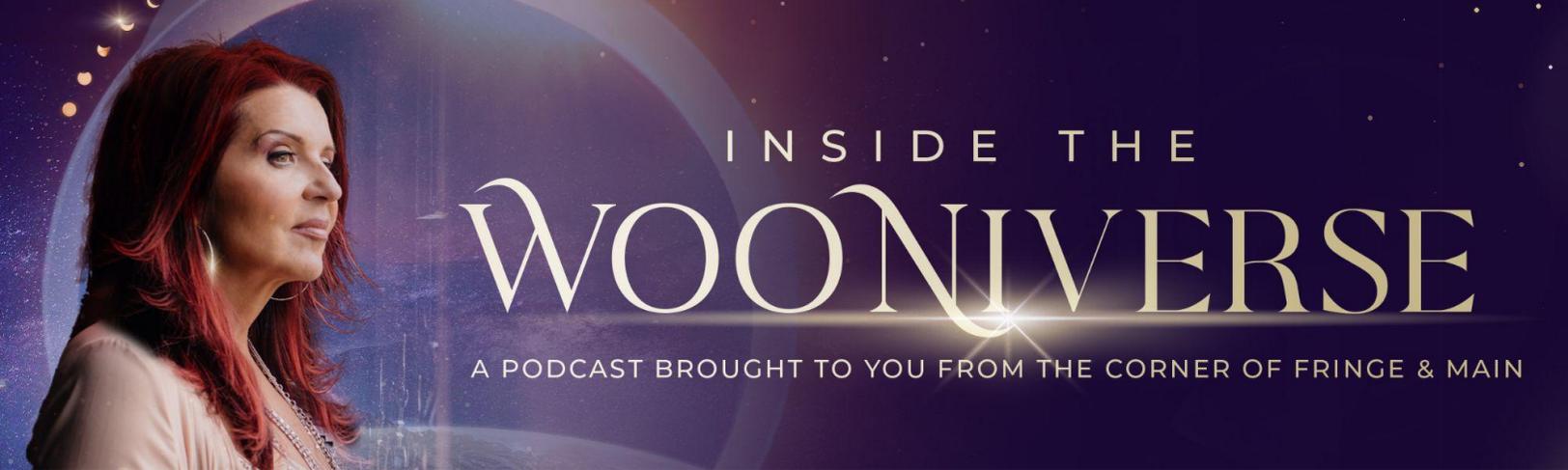
experience. I don't know if you remember, but I met you in New York. So I came for a healing session and you put your finger on my third eye and on my chin and zapped me and it was like, I literally felt like you took electricity and threw it into my body and you made a joke. This is how I was introduced to you. You kind of looked at me and said, "See no cords." And you may have, you started laughing and I was like, Holy crap, who is this guy?

And I'll never forget because I had a problem walking and I walked 37 blocks after the session with you. I was so energized. I was so blown away. And then my husband and I went to one of your workshops, which I'll share again later. But I have had firsthand experience with this. I find this outrageous and amazing. So let's go to the very beginning of how the heck all this happened. So let's go back to Hunan province in China, to little Robert. And where, how did you bridge that to this you?

Robert:

Okay. Thank you. Well, you're so great introductions. You already brought me into the story of far far away. Yeah. Well actually a lot of people ask me, because Qigong spelled as Q-I-G-O-N-G. Sometimes they spell it as C H I K U N G. They're all the same thing. Traditionally it's a lot like Tai Qi. They have lineage, they have family lineage. Yeah. So a lot of people ask me though, did you get it from your parents or grandparents? As a matter of fact, no. Actually I got it from not family. My family doesn't know this kind of practice at all. It was from someone very special, very special. Because when I was eight years old, I had kind of symptom, the chest pain. Well I still don't know what it's called now because they didn't tell me or they don't have no diagnosis.

The symptom was that I have severe pain, especially when I run as a little kid you cannot stop running because you always want to run. Especially if I jump from a little higher place, then it's like someone is punching my heart. Very painful. So my mother and father brought me to doctor one after another. They give me prescriptions, but it didn't help. Yeah. So in the end, the doctor give me the best prescription. He said to my mother, say, "It seems that your son need to have a break." Meaning rest more. Yeah. "Even he had to stop the school. So stop, quit the school for half a year to see how that works". When I heard it said, "What? Yes." Yeah. Because when you were born you hated school. Then I was staying at home, supposed to stay at a home, resting. Yeah, sleeping, doing some reading.

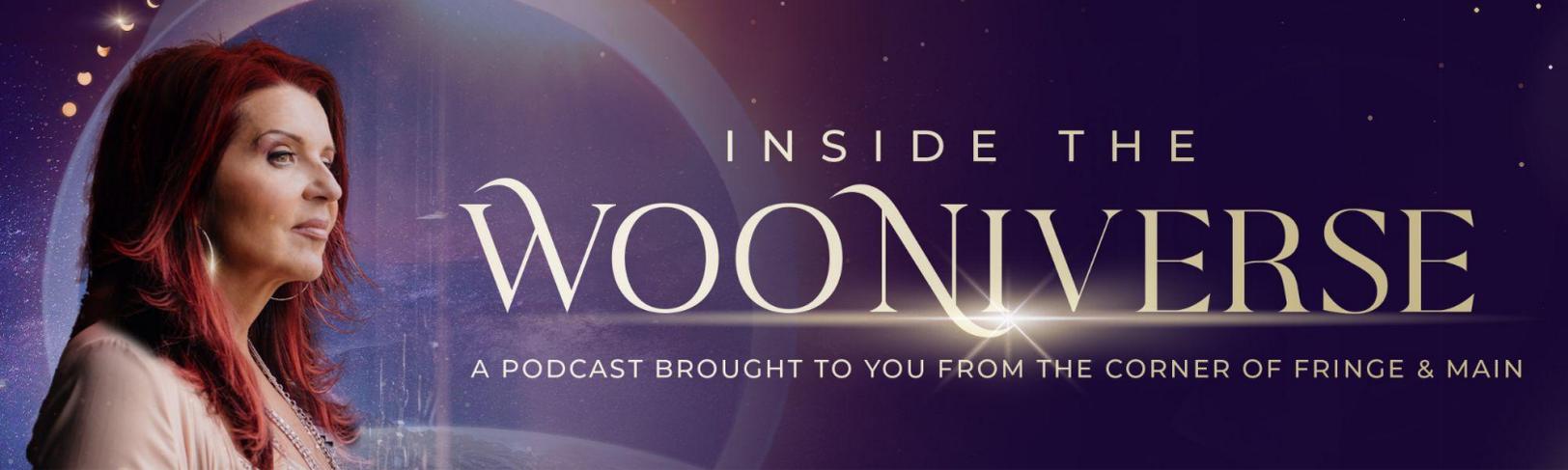


Then I find this best prescription is most horrible one. Because I've never had that. Those kind of time that when you like I was alone at home. It's horrible. And I say, "Oh, I was so bored. So bored." So I put up for three days. In the end I say I have to go out. Yeah. So I sneak out because my mother said, "No, stay at home." Yeah. I sneak out. Then not far from away from home. It's about two minutes walking. Just like it's a beautiful campus and it used to be a [inaudible 00:04:52] like hotel. Very high end hotel for the Soviet Union engineers. Because in 1958, China and Soviet Union are very good [inaudible 00:05:02]. So they send engineers to my hometown to build up iron and steel plant.

Colette:
Okay.

Robert:
With 20,000 workers and together with other families, it's about a 100,000 people. So those a 100,000 people, it's like little town and that place is the most beautiful place there. They have fruit trees, they have swimming pool surrounded by brick's wall. So for us it's a sacred place. It's a beautiful place. It's a mysterious place. Yeah. We kids, we actually went there many times. Either accompanied by the adults to need to some of the baths. They have hot water shower there. Or we climb over the wall with another five, six kids. Then we jump and coming back. So we did this a lot. But since I got sick I did much less. And also it's just for fun of climbing and jumping. Then I said, "I want to go there again." I went climb the wall. Jumping very, very painful. I couldn't care. So I just getting in there and I began to walk around, go to the swimming pool. This, I don't know why, I was just drawn there it is boiling room. The boiling room is like a house size.

Then I went there and then peeped through the door of the ballroom room. Then I see a middle-aged man was shoveling the coal into the burner. Yeah. Then he turned around. He saw me. Boil room is also mysterious. I said, "Oh, you want to watch the fire, right?" I say, "Yeah, yeah, yeah. I know". "Come in. Yeah, don't get burned." That's the first greeting. And this middle-aged man, actually he was about 85 at that time. But he looks like so young. He was my master. Yeah. That's the mad master of course. To start with. We didn't get in right away. He's just chatting," Why did you go to school?" I said, "Well, I have a serious chest pain. I have to



stay at home." And then after he heard this later I recall. But at that time I was a bit surprised. He stopped for nearly two minutes, just gazing at me.

Later I know he was doing the healing through his gazing power. Then after chatting, then about two hours I was looking the fire and then I can watch the fire for hours. It's like meditation. So I feel so good. Then when we left he said, "Well, feel free to come again." Then of course I came back again and again every day. Then until I think a few weeks, I couldn't remember exact days, but it's sometime later. One day from nowhere. He said, "Do you like Wushu?" Wushu means martial art. Yeah. "Do you like Wushu?" I said, "Yes. I like it." As a boy, yeah. Who will say no. "Do you want to learn it?" "Yes, of course. Nobody teaches me." I couldn't find a teacher. "I can teach you." I say, "You know Wushu?" "Of course." Yeah. Because he looks so ordinary. He looks like so kind and mild. Nobody will associate him as very strong martial artist. But actually he's a top martial artist.

Colette:

Top martial artist.

Robert:

Yeah. Top martial, because in his story later, he can freeze a wild bull because the bull are beginning to hurt people. He go there, on his forehead and they freeze it, foam going out. And he has to heal it right away. Because that bull is farmer's bull.

Colette:

Are you talking about a bull?

Robert:

Yeah. For them to plow the field, he freeze it from, stopping from hurting people. Meanwhile, he can still do the healing right away. At that time, I have no idea. No idea. He said, "You can do that. Well you'll see later. A few disciplines first come here every day at five o'clock. Yeah. No late one minute. No problem. Second. Yeah. Don't tell anybody." This is the most important because that is the peak time of cultural revolution. Yeah. Cultural revolution starting 1966. And then they're getting more and more serious. Then a lot of religion were banned. A lot of traditional practice were banned. A lot of movies are banned. We have only maybe the whole



year we have two movies made or one movie, political movies. So it's very, very serious time. Very boring time.

Colette:

And how old were you?

Robert:

I was eight years old. '72.

Colette:

You eight. Okay.

Robert:

Yeah.

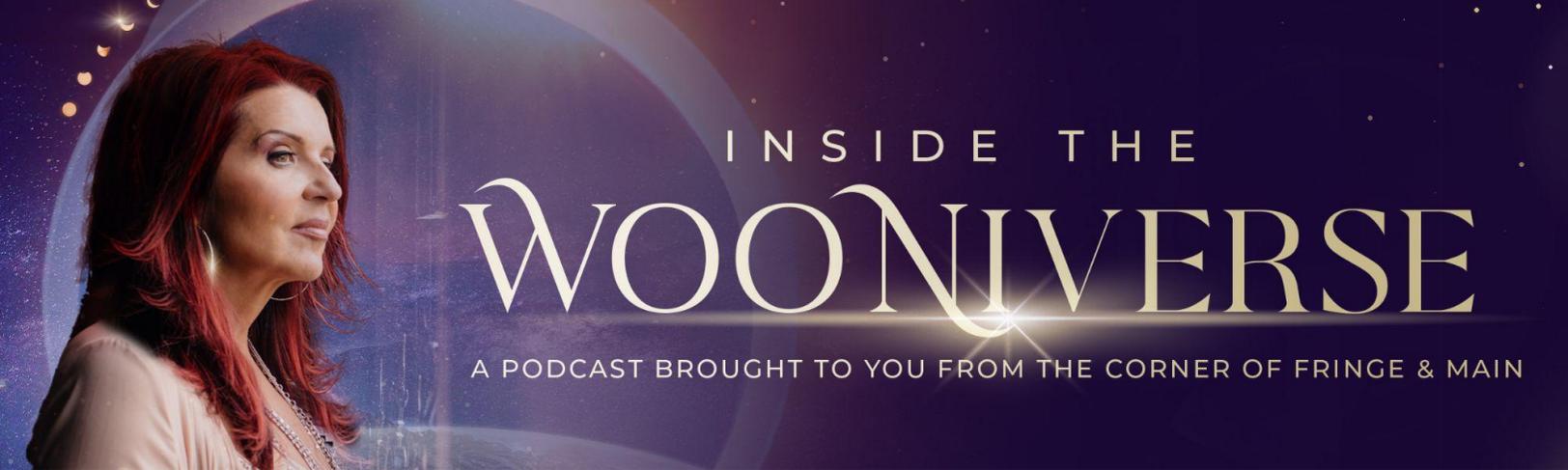
Colette:

1972.

Robert:

Yeah. So long story short, then I begin to practice with him. Yeah. Very diligent. I kept secret even from my parents and my brothers from to start. Then one day my parents, my mother was a bit concerned. I say, "You know, all these days you get up so early. Then they disappear coming home hungry." Right. And then I was not, I said, "Well, I was jogging. I was jogging." And they're not convinced. Yeah. Later I told my master, I said, "Well my parents concern." Then he thought a little while. Then he said, "Well ask your parents come to see me tonight." Then my parents went to visit him. Feel a bit strange, but they said, "Why?" Because most of them, they know there's a boiler room attending. Very kind people. That's all they know. Why did he invite me to visit him in his boiling room, which is his home.

But after two hours they were talking. I was waiting outside. I was not going inside. I didn't know what my master showed them. But when they got out, they're very excited. Nervous a little bit. They said, "Oh, follow the master. Follow the master. Go with him. We support you. We keep



secrets for you too." Yeah. And then they kept secret for us. And also I think even before that I got healed already.

Colette:

Right now. That's what I was going to ask. That you would've noticed that he healed you and you were no longer in pain, et cetera.

Robert:

So, one day my mother asked me, and say, "Oh poor boy. How's your chest pain?" I said, "Chest pain? Yeah. It's gone. I healed. Yeah. Nothing happens." But there's another thing. They're so convinced. Yeah. They convinced. So they say, "Well, we support you." Then I begin to be more free. Yeah. I don't have to lie to them. And then I practice and I remember that ever first practice as taught me was horse dance. Just standing there bending the knees, focus on than 10. It's grueling. 15 minutes. Actually after two minutes you begin to feel the thighs are like burning charcoal. Then Monday, then I have to do it every day before he taught me some fancy things.

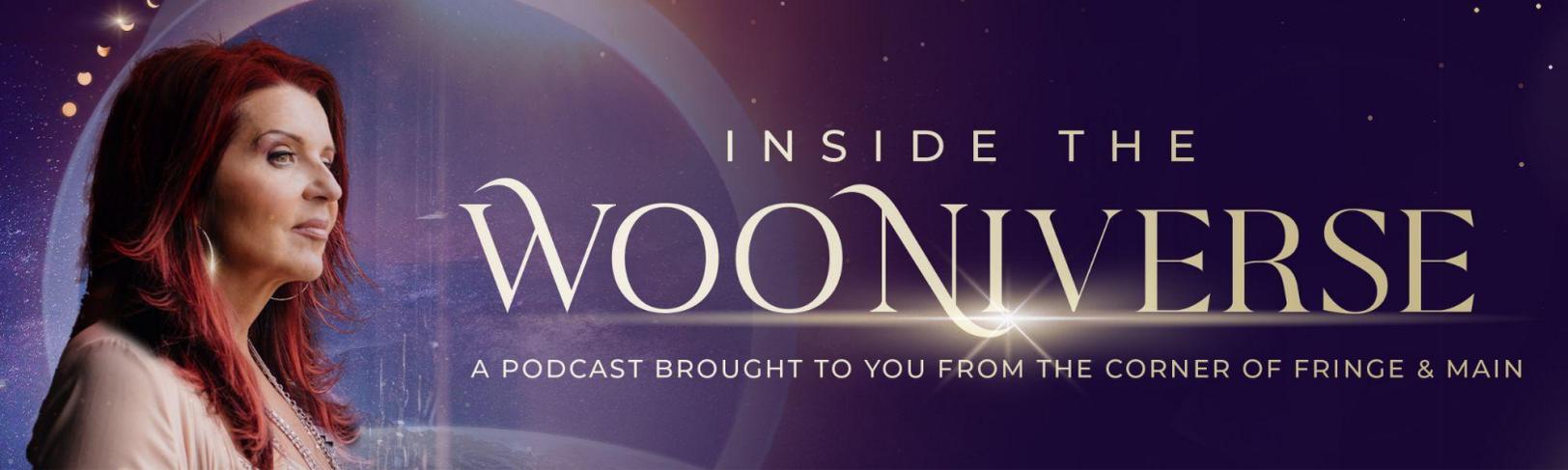
Martial art, eagle claw, iron face, all this. Then one day when I was doing the horse stand in the morning, after little I got in the trance, it feels somebody is putting the chair under my butt. Then the trance, I forgot the time when I returned, my master was very happy. He says, Whoa, you go through the crisis, you went another level. Because the guardian Qi that exude from a lower dantian are getting so much powerful. He's a normal small, normal punch or stick hit on you, won't hurt you. Yeah.

Colette:

I'm going to stop you right there because I want to ask you a question. So you mentioned dantian, what is that? Just for that listeners?

Robert:

Yeah. Dantian is, we call it elixir field where three dantians, upper dantian, middle dantian, lower dantian. They collect different kind of energy.



Colette:
Okay.

Robert:
Energy that is associated in the upper dantian provides you with wisdom. The wisdom, energy, like your energy to decide when you energy strong here you, you're guided is like you have GPS in your life of when you should turn left, you should turn right. When should you buy this stock or the other stock.

Colette:
Yeah.

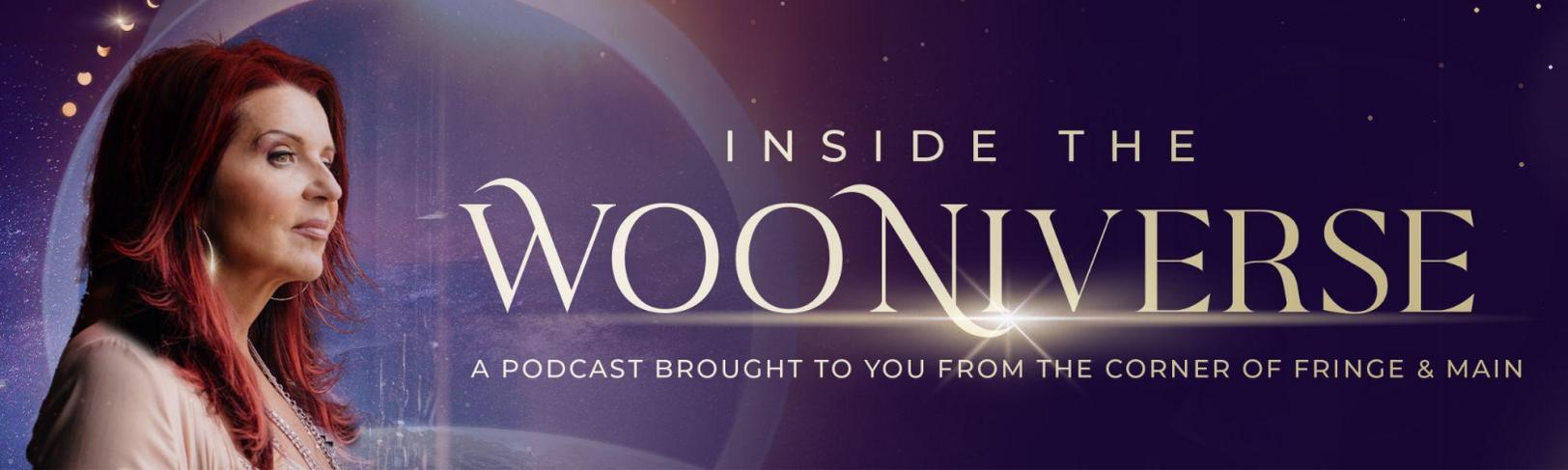
Robert:
People are good with wisdom Qi they are smarter. Yeah. That's one. We call it upper dantian. And middle dantian is connected with emotions and loving when here in the energy is strong and healthy, you feel loving and love. You have a [Buddha heart 00:13:02].

Colette:
Yes.

Robert:
But when it's weak then that [Buddha heart 00:13:06] becomes like a fragile glass heart broken easily or its very broken. Because if you're vulnerable you feel sad easily. Yeah. Then the extensions are the arm. When we meet an old friend, what do you like to do? You want to hug them.

Colette:
Hug them.

Robert:
The loving Qi are express in many ways. There's one way to express your loving Qi. And then you don't hug your friend with your legs. Right?



Colette:
Right. No.

Robert:
You kick them, right? Because they function differently because they are connected with the lower dantian, which is vitality. Right. Vitality power. Your sexual energy, your birth power that was stored here. When it is strong and healthy, you're strong. You feel you are dynamic, you are sexy, your [inaudible 00:13:50], all this are here. Are here. Then the legs are the extension of lower dantian that make a connect with earth Qi. So more rounded healthy and very strong at taking actions.

Colette:
So was that the purpose of him having you, you called it the horse dance?

Robert:
Yeah, horse. Like riding a horse.

Colette:
Riding a horse. Right.

Robert:
Also, I think the purpose he taught me is to do me the healing too. Because no matter how strong, powerful his healing energy is, it's always good that I build up my own healing power. So he's taught me this and then it's not only healing myself, but making me myself resilient, quite strong. So after few months after I keep practicing, I think three months after he test me, they say, "Good. Yeah, you are much more protected." Then amazingly he got a sledge hammer on the corner of his boiler room. He said, "Stay there." He was like swag hit on my belly.

Colette:
With a sledgehammer?

Robert:
Sledgehammer. Yeah.



Colette:

He hit you in your belly with a sledgehammer.

Robert:

Yeah, no hurting.

Colette:

Okay. And it didn't hurt you?

Robert:

Yeah. So he said, "Well keep going." Then he begin to teach more different forms. He's very happy. This what the bulletproof, that is bulletproof of energies are formed. You're not only good with this resistance of being heard, but also a lot of, like we say, if you get caught in a shower outside together with wind, very easy to get cold. But because the guardian Qi are strong is like you invisible clothes to make to adjust the body temperature. One of the show we did a lot when I were young was that we got a chopstick. Yeah. Actually I don't have chopstick here. Yeah, yeah. We got a chopstick. Is okay, I do the show?

Colette:

Yeah, totally.

Robert:

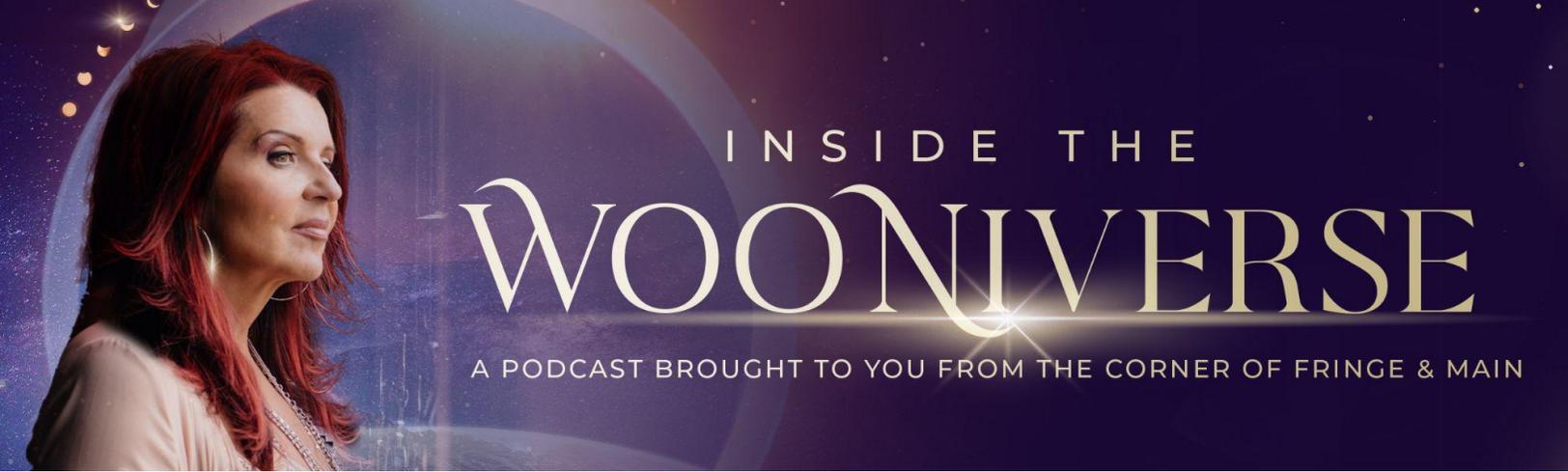
Actually the spear in the end. So what we find one of the most vulnerable place that is here, because where you get choked, you just cannot breathe.

Colette:

Yeah.

Robert:

One thing we train to do is make all this then you are protect with the guardian Qi. So I just hope it doesn't go through. Yeah. You count three, two, one. Okay. When I say ready.



Colette:
Oh My God. Three-

Robert:
Ready, okay.

Colette:
... two, one. Oh my god. It's stuck in your throat.

Robert:
All right. So all those-

Colette:
And that didn't hurt at all?

Robert:
No. Because that is the guardian Qi, that was say, guardian Qi here.

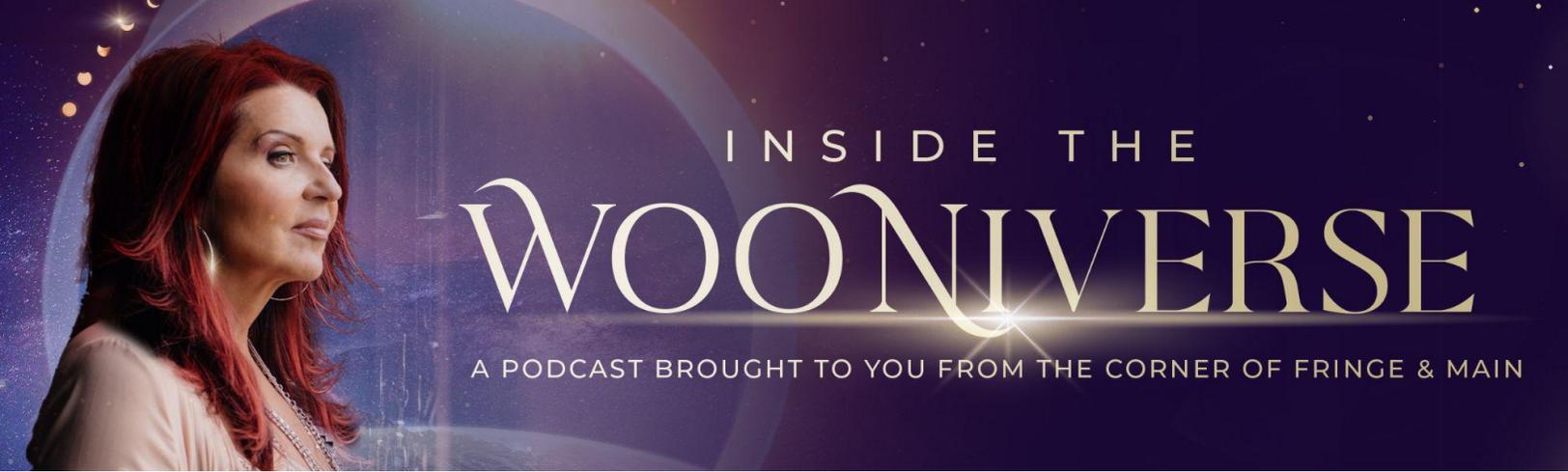
Colette:
That is freaky. Yeah. Just so freaky.

Robert:
And-

Colette:
I've seen you do that in a workshop too. I mean I was completely blown away.

Robert:
Did I do it?

Colette:
Yes you did. Well you sure did. You did a lot of things.



Robert:

Because I stopped doing it for a long time. Yeah.

Colette:

Yes you have. Yes. So he taught you. So basically let's kind of get it in layman's terms. So basically what he taught you is how to use your energy in such a way that you were, like you called it bulletproof. That in the most vulnerable parts of your body, that normally a normal person or normal, a person who doesn't know how to do that would stick a chopstick in this part and basically-

Robert:

Get killed, yeah.

Colette:

... kill themselves. Right? Yes. I get that. I know exactly what you just did and you scared me when you did it in the workshop. Because I was like, oh this guy's going to kill himself. But no, I mean it is amazing. So this person who is obviously a master of Qigong became your master. And how many years did you study with him? Because I've actually seen the evidence of all of this firsthand and I'm incredibly amazed. And then there's still the cultural revolution. So you have to hide, right?

Robert: Yeah.

Colette:

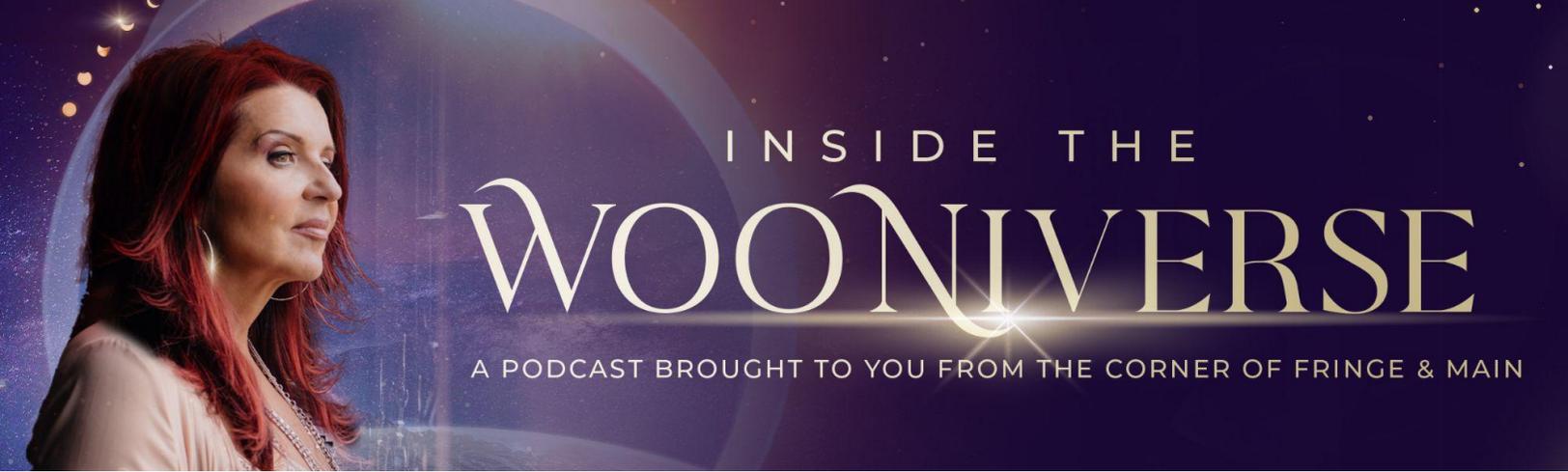
Yes.

Robert:

It's still there. Yeah, it's still there. We were together for every single day together, living together nearly. Which is like for nearly 10 years.

Colette:

10 years.



Robert:

One day he had a conversation. He said, "Well for all these years I've taught you different forms of Qigong, martial arts, breathing and meditation. All this will give you a good way of doing martial art. Well I give you the choice you can keep on going with martial art. I can teach you more. Yeah. Teach you more. Then you may get involved with some competition. You can be famous. Yeah. And you can join a lot of competition." Well the best example at that time, he didn't say I just put on here, but it is Jet Li. Right? Jet Li.

Colette:

Oh sure. Jet Li.

Robert:

Jet Li is one year older than I. He won championship when he was 14 in Beijing in a row for three years. Then when he was, I think about 16, 17, then the movie director in Hong Kong found him and then made a big movie. Shaolin Temple.

Colette:

Yeah, we've seen all the Jet Li movies. Yeah.

Robert:

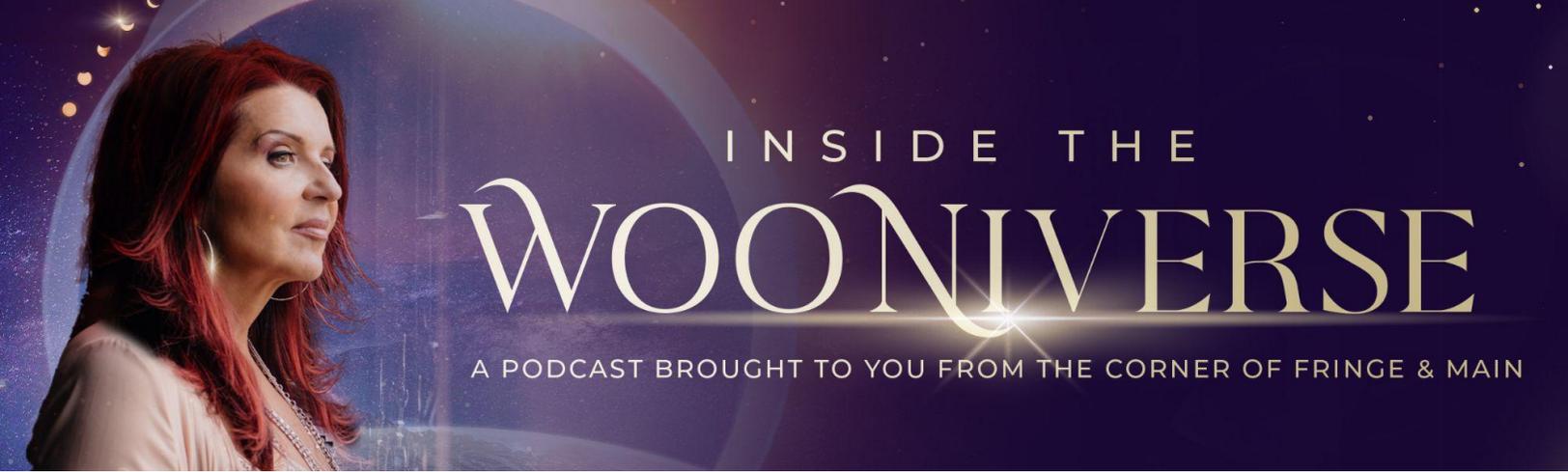
That is the early one. That is the first.

Colette:

Yeah. The Shaolin Temple. Big best seller.

Robert:

Become famous overnight. Yeah. So if I keep it this way, that is like the top I can do. Right. Then he said, "Well another one is more hermit. It's not so public, but more internal journey. You can use the same energy I taught you and transfer it into a healing power." It was so democratic. This was not like a master saying things. He said, "I give you a few days to consider. Yeah. Either way I'm happy to guide you." I, at that time actually already witnessed a few times, many times that some neighbors, some friends visited him, some people already know he has healing power among very small circles and how grateful people were when they are healed. So when



he asked me to think about for a few days, I didn't waste a second. I say, "I don't want to wait. I want to do the healing."

I can see, I can feel the relief of my master. I think he intentionally likes me to take the second choice. And I said, "Great." Then he stopped teaching me all the martial arts. Then he begin to tell me more kind of breathing and meditations, guiding the energy along the meridians that they can project the energies. Fast forward a few days more. Then in 1979, well the cultural solution finished 1976. Then you took a few years, you reform, you wake up. Right. Then in 1979 he got a telegram from the abbey of his monastery, tell him to return to reconstruct the monastery. Then he showed me telegram. He said, "I have to leave now." My God, I was so sad, because all this '72 to '79, it's like how many years since 7 to 8 years, nearly 10 years. We were together every single day. So after I started practicing I began to live double life, going to school and return practice with him. Nobody knew I was doing this and life is so beautiful to me.

So I thought, this is internal. As a little boy, you don't think that is changed. Then all of a sudden say he's going to leave. I was so sad. So I told my parents. Then my parents prepare some gift for him. Yeah. A bag for him to carry some stuff. Then we would send him through the train station back to the monastery. After that I begin to visit him about twice a year in my summer winter vacation. So then the very sacred time was happening when I visit him in the monastery. Because after all this years of training, he knows that I need another transformation. In his word, is a change in your body, not physically. So on the second trip I visit him, I was expecting some wonderful time for a few months together with all the little monks because they have in the mountain they have beautiful trees and everything is so attractive. But right, that night he said, "Well we're going to do big one. Big one. He mentioned many time, big one is silent dark retreat.

Colette:

Silent dark retreat.

Robert:

Yeah. I was dark and also alone. He said, "We're going to do big one tonight." So I said, "Okay good." Of course, I was excited about this. Then he brought me to the basement of the temple. They have a very underground basement, winding. Then they have a few chambers, or say



room? Yeah. A few rooms for the retreat. Dark, no light. Then this one place for toilets. Yeah, sure.

Colette:
Right.

Robert:
Yeah. When I was there, I was the only one and he brought me to one of the little chamber that's about, yeah, several feet, long and wide. And he said, "You stay here." Yeah.

Colette:
For how long?

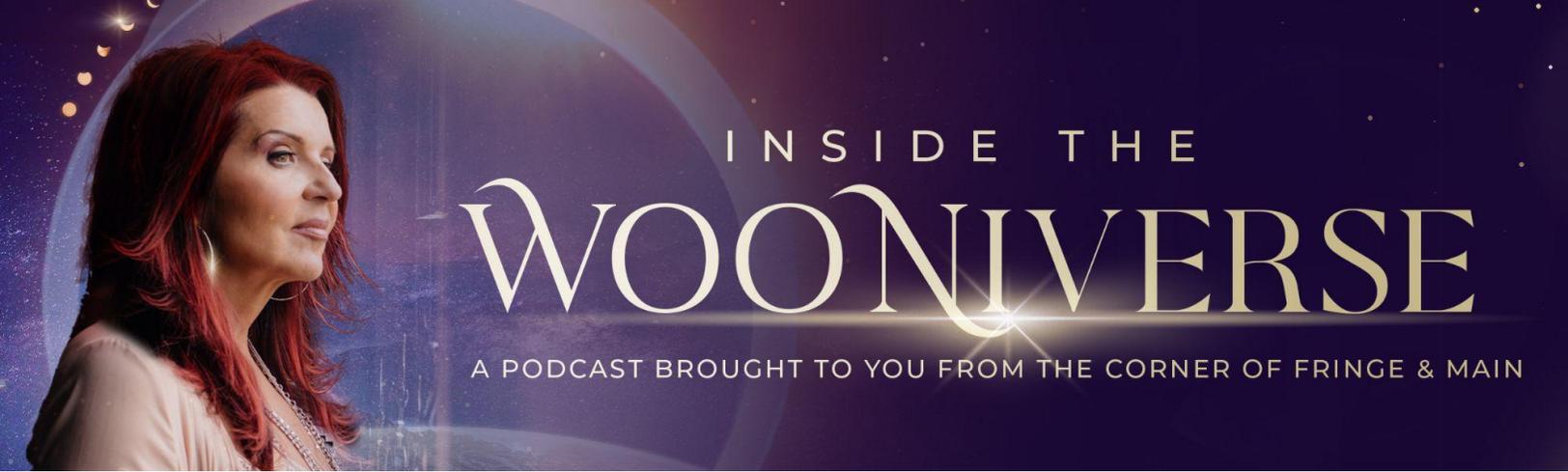
Robert:
A 100 days.

Colette:
Oh, this is the 100 day. Oh-

Robert:
Days.

Colette:
Wow.

Robert:
Then he, the only light I could see was the lit incense holding in his hands. Because he come to visit me every day, instructed me for half an hour, one hour and he'll go. Then he will put that sticks in a bowl with eyes. Then just stick on it. That goes for another one or two hours. Then disappear, pitch dark. So what I practice in the darkness, even including the movement practices I do in the darkness. Yeah. Then of course after few days I been lost to what day it is. I think about, well the first 20 days is not really just water. Three jujube a day. Jujube is like Chinese dates because...



Colette:
Chinese dates. Okay.

Robert:
Yeah. Chinese dates. It's not that sweet. And then that's the meal for your day. So actually that trained me very, very elaborate ways of mindful eating.

Colette: Oh, interesting.

Robert:
Because when I first eat it, then I thought, my god, I finished my meal already, one meal. Then I the second one begin to chew it very mindfully. Then for some time you begin to get very insightful. The insightfulness bring me to the root of how these dates come from. Amazing. Brings you the end of the dimension of the world. Beautiful things. Then after 20 days, just pure water. Water is enough. They have a big jar in corridor there that's at no-

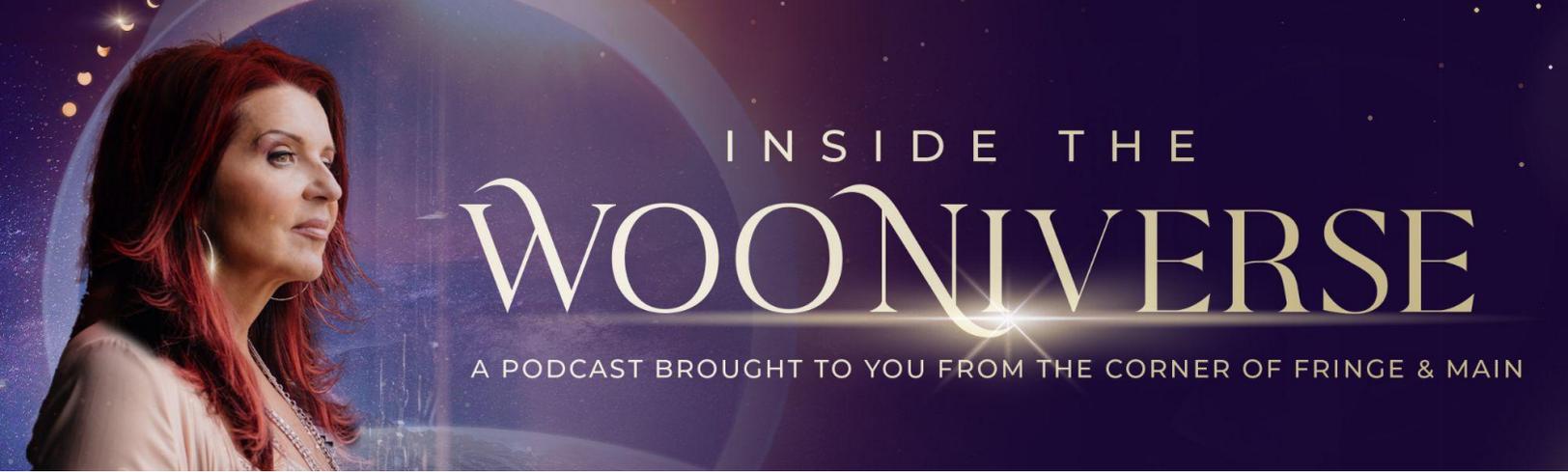
Colette:
So 80 days, no food, just water and you in the dark.

Robert:
Yeah. For exactly not 80 days.

Colette:
But close, yeah.

Robert:
Because last 15 days, the last 15 he began to come back first some little juice. Then after few days it can be a little peach. Yeah. So gradually allow my stomach to get used to normal life again. So very, very strict. 60, 70 days.

Colette:
And so that was life transforming for you and that gave you some extraordinary insight when you were there?



Robert:

Yeah.

Colette:

Oh I love that so much. Okay, we have to take a little break now more with Qigong Master Robert Peng when we come back.

And we are back. Robert, let's pick up on what we were just talking about and that you now teach people. So let's kind of segue from all of this experience. Then you had to leave China. Let's pass a little bit further. How did everything that you learned inform the work that you do now?

Robert:

Yeah, well what we mentioned the zapping power, zaps.

Colette:

The zapping power. Yes.

Robert:

Actually it is sharpened during this 100 days.

Colette:

Yes.

Robert:

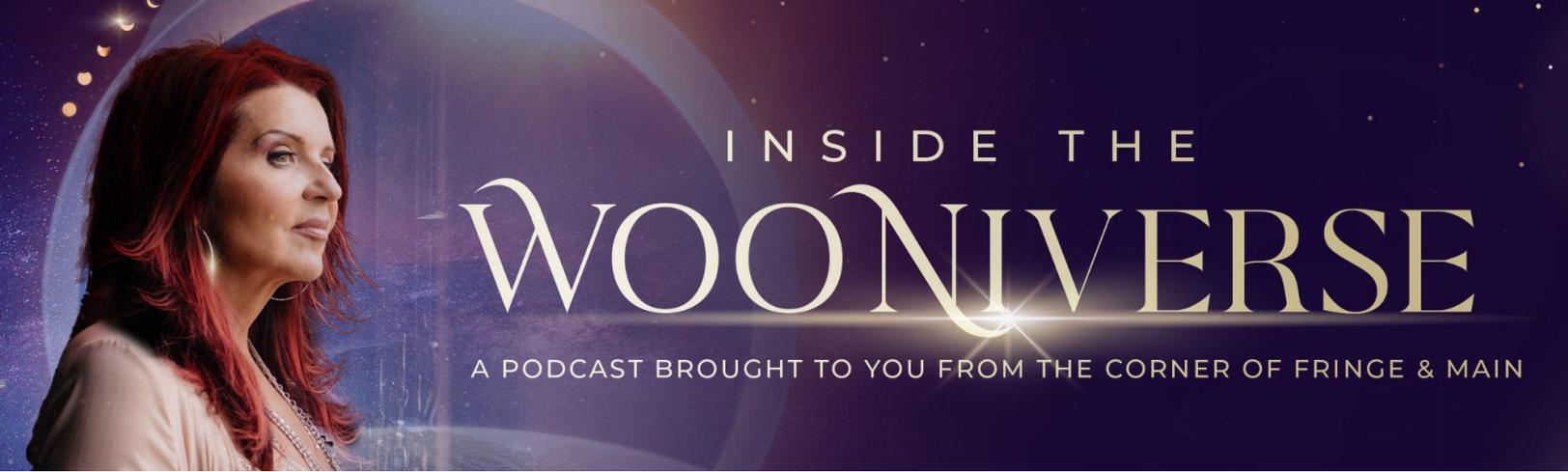
So when I was doing this, I think in the middle of the time, about 60 days sometime my breathing are getting so slow, very slow. Normally you do 3, 4, 5, 8, 10, even breath a minute. But if you do one breath in half an hour, is that-

Colette:

One breath in half an hour?

Robert:

Yeah.



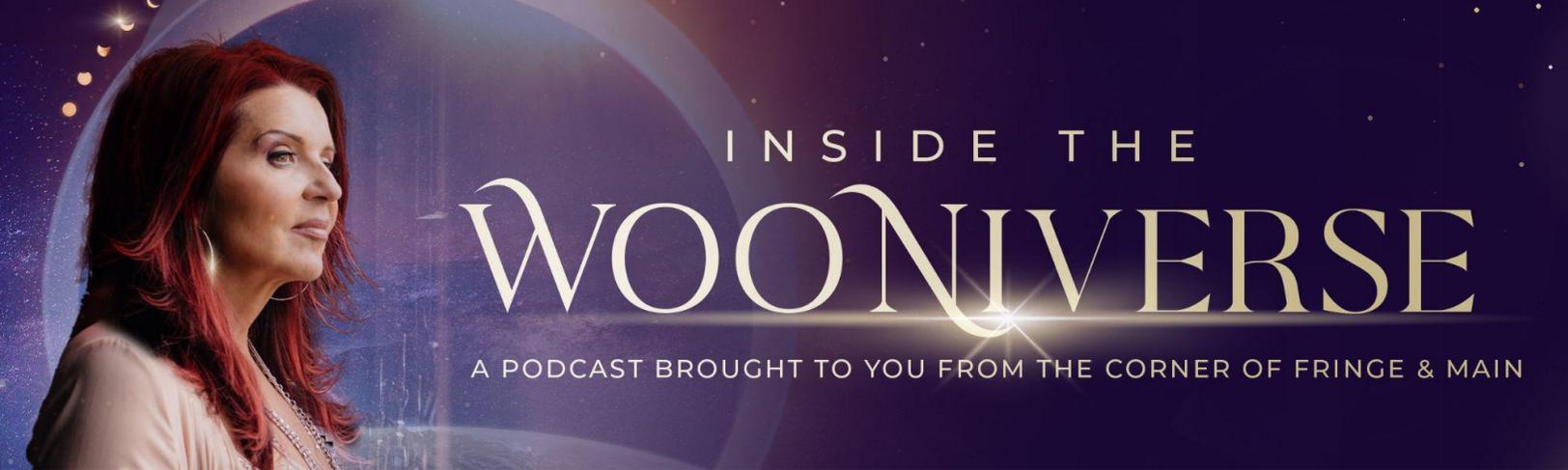
Colette:
Oh my God.

Robert:
Now you're not doing breathing at all. We call it small death. The small death.

Colette:
Small death.

Robert:
Because this is a time, if you don't have a sustainable energy to keep it going, that can collapse. Then you passed away, you would die. Then small death will be the big death. But also it's the very critical time to shift dimensions of energy that you're going to have higher connections. Then you are resource for energies constantly. Not just generating from yourself, but you are connected with high energy and along Yangtze River there are a few very steep cliffs and many, there are many caves out there. One of the mythologies says is that some practitioners, they do meditation there. They do retreat, they do big one themselves. Because they have no people to taking care. Then they just go there. Then the wolves, the tigers cannot reach there because it's on the cliff and then they may be gone. They don't care.

When they are reaching that level, the death is not the thing matter to them. They go, they die, they die quickly and happily. Anyway. But that is the turning point. They call it small death, big life. Because life are totally different ways. That was, I begin to feel a few things amazing. One is that I feel I was so strong, so strong. I can grab my fingers on the floor, which is the dirt floor. I can just go, grab the rocks. So I feel like it's a tiger strong. But meanwhile the other amazing thing is that I feel light because you're so powerful. I feel light. Then the third amazing thing is the zapping power. I can feel myself, because when I focus all the meridians through this kind of fasting, they are wide open. They're all off the blockages. So it's like super, super express ways for you to send the Qi. So as soon as I think about my fingers, yeah I can even hear the Qi like zapping here.



Colette:

Yeah. I heard it. When you've touched my forehead and it was my chin in my forehead. I will never, it was just like yesterday, even though it was 10 years ago. But I remember what it felt like. It was as if I was receiving energy that then went through me. It was coming through the points, but went somewhere else too. It was the weirdest feeling. I've never had any feeling like that ever again either. But it was like you electrocuted me. But in a really good way. I don't know else to say that. In a good way.

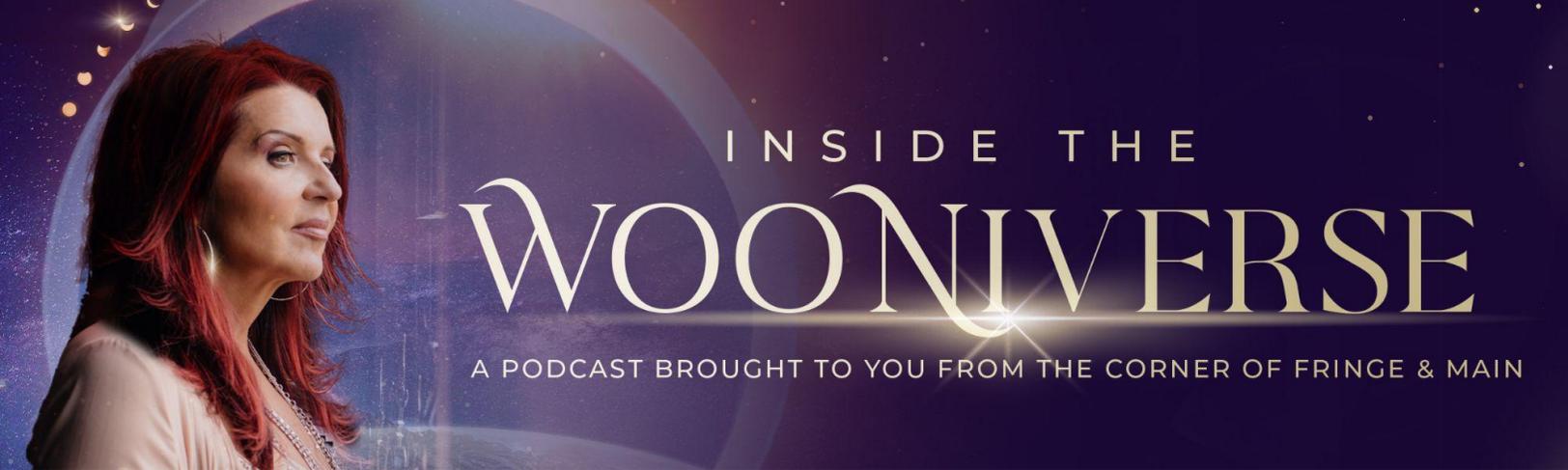
Robert:

Yeah.

Colette:

It was uncanny. Like that's incredible. But I understand now what you're saying is that doing all of these kind of sensory deprivation is what you did in the basement there and then doing all these exercises, being able to stop your breathing to the point where to get to be almost superhuman in a way. Right? Now you teach this to people because I've been in one of your workshops where you taught us how to change the properties of liquid and we did it. We were there for four days and at the end of it I was absolutely in shock. So by all of these kind of techniques you showed us that we were capable through, in a way it was a prayer. Prayer to and reverence to this energy, this divine energy that we could turn basically water into wine or I think it was in this case really for my husband, he had really bad some type of terrible liquor that they could turn into the most amazing thing.

But I can only speak for myself because I don't drink alcohol. But you gave me this awful, awful cherry like bitter, bitter cherry juice and I was able to turn it into this sweet juice. It was weird. And I say weird because it's not something that any of us really know. But yet the human being in a very short period of time can do extraordinary things. So let's segue from you learning these healing techniques and you also had to master your own body. And then when did you decide to come over to North America? So let's talk a little bit about how we can apply that. How you teach us.



Robert:

Yeah. Okay. I can send my energy to where I sand to heal this organs, but meanwhile my master said, "Don't use it too much yet. Actually don't use it. Because you're still too young. Your energy not so anchor and stabilized. You keep quiet. Simmer in the Qi. What is simmer in the Qi for another decades." Yeah.

Colette:

Wow.

Robert:

Until more mature. So I obeyed on him until I was about 28, my master. He said, "I have no other requirement." He has a vision. He said, "I feel someday you are going to make Qigong really have some missions to make Qigong more accessible to all the people." He said, "You should have an education." Meaning you should go to the university. "No matter what you major science, technology or science of art, you should go to university." Then I said, "Well, I love English." I studied very hard, major in English for years.

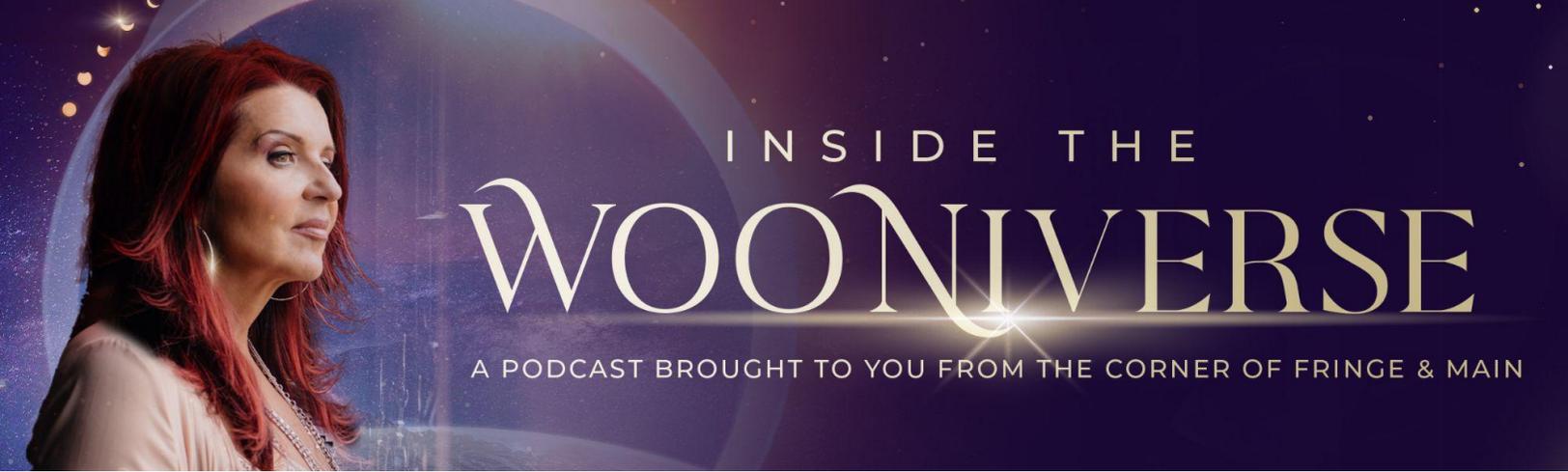
And then after I graduated, the English teacher are so rare at that time because we closed the door for 20 years. So as soon as I finished the university, my dean asked me, "Are you happy to stay in the university teaching English?" I said, "How can I?" Right. Because normally you need to have a master degree to teach bachelor degree students. I have only bachelor degree but because it's so rare he said, "It's okay." Then we are standing on the stage teaching English to my students.

Colette:

Wow.

Robert:

I was like so nervous that night before, because it's so nervous. Right. Oh my God. I put every single word I think I'm going to say on the paper. But of course actually in the end my English class is very popular too because I applied some of my meditations in it and my students loves me because I'm like brothers to them.



Colette:

Yep.

Robert:

Because I'm only a few years or even just one year older-

Colette:

And all your students still love you today.

Robert:

Yeah. Thank you. And in 28 I begin to teach public in a campus. Then I begin to find in a campus it's too small.

Colette:

Oh, you started teaching Qigong in a campus?

Robert:

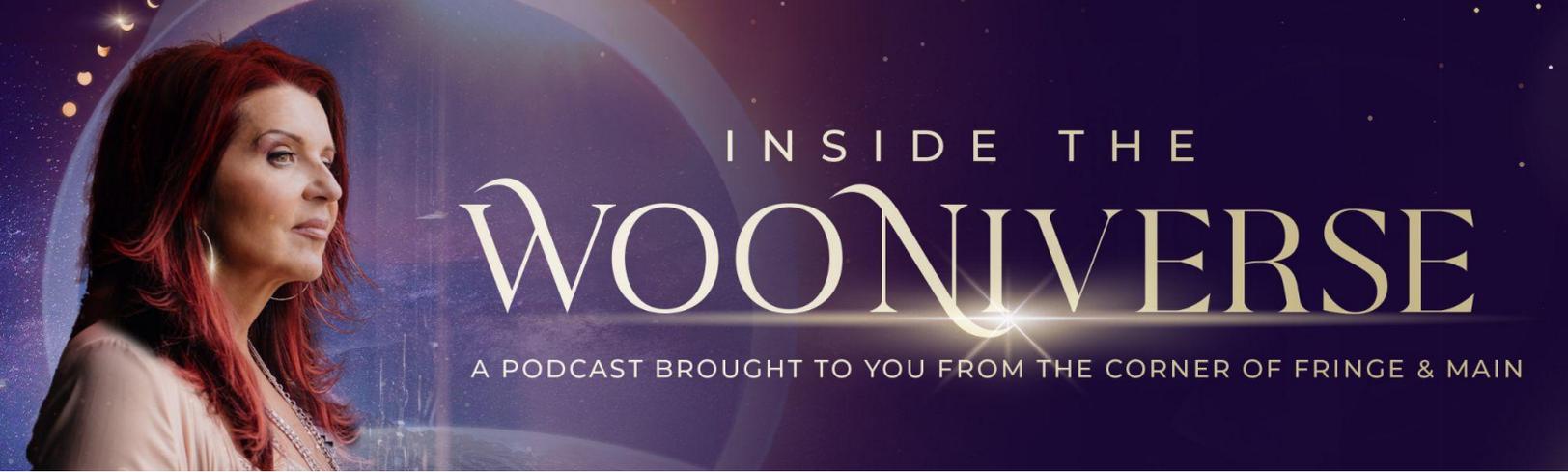
Yeah. Teaching Qigong my, because the spare time for the hobby of my students, the science and also the students from other department that I don't know put a little poster. Then we have like 50 people, 100 people enrolled for three months of training.

Colette:

That's cool.

Robert:

Which is beautiful. Then this kind of demonstration, we put the spear on here and break the spear. We put the bricks here, smash on hand. All this kind of eyes opening kind of very frightened demonstrations. Of course they very interested. But meanwhile, this one time I was doing at midnight, the president of the university came in trying to stop us. I said, "Why?" Because he was afraid that that is dangerous. I said, "we know anyway." So there's some kind of, they don't want you to be too open. Not to open. That make me to think with another colleague. I said, "Well, we may need to go out to the bigger society." And it happened that in Hainan, which is southern south of China is like island and also they're more open to the



western world. So we should go there. There's no limitations. So we going to go there. Actually within five years I trained more than 150,000 students there. Yeah. Meanwhile a lot of VIPs came to visit us and among them was like Bob Hawke, sadly passed away three years ago. He was the prime minister of Australia, also-

Colette:

Right? And his daughter had cancer, right? Because you had worked with her-

Robert:

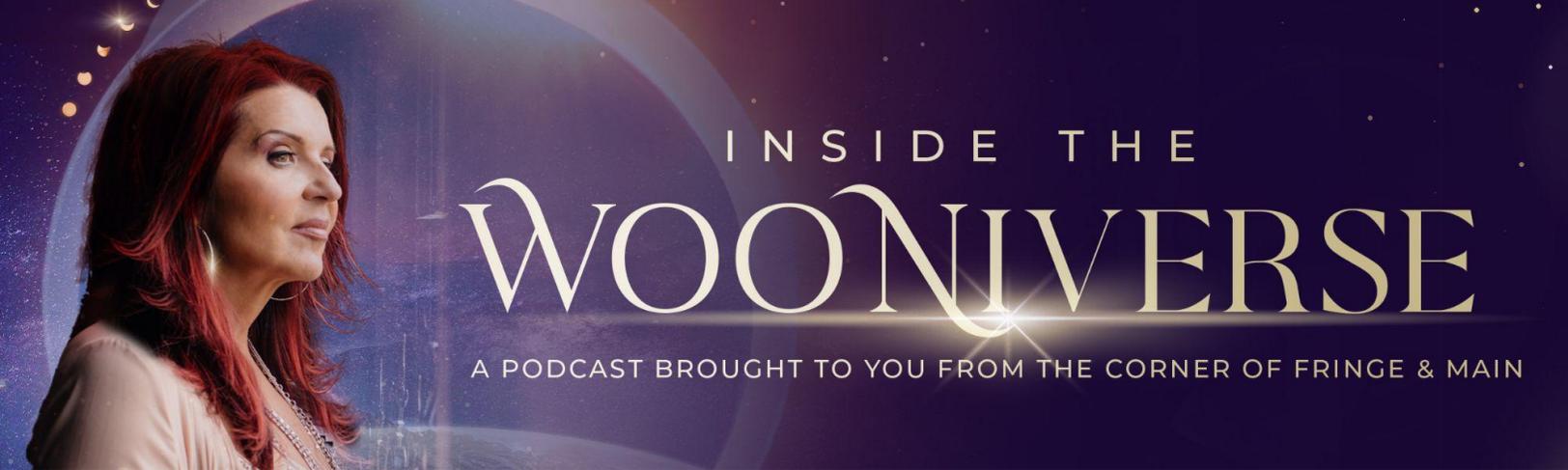
No, chronic fatigue syndrome.

Colette:

Oh, chronic fatigue. Sorry about that.

Robert:

Yeah. Yeah. So he was among the VIP list to visit me. So when, he was very open to when he got the treatment, when he saw the demonstration, he was so excited. He said, "You should go to Australia. They have beautiful land there. Beautiful Qi." He's trying to influence me. But I was so busy with the training in the island. Every now and then we go to mainland teaching. Then I said, "I have no time." Yeah. The meanwhile, the second thing he said, well he mentioned about his daughter. He has three kids. This is the eldest daughter, Sue Hawke. He said she got chronic fatigue syndrome. It causes from the blood. For her first delivery of her baby, she lost a lot of blood and after that the blood of the Qi, of the liquid Qi. So she was very low with energy, especially winter time. She may stay in her bed for a couple of months. Very hard to get up. Then he said, "Well can you treat her?" I said, "Well we can try. I have never heard even the name of chronic fatigue syndrome." I say, "Put it down." Then I have to look at the dictionary. What does chronic dictionary mean? Right? And then I said, "Well we can have a try." So he flew her to the land. So we did her treatment almost every single day. Because I have the team, I have my disciples. I have my colleague, we arranged to do her treatment special. Then I taught her that Qigong the same time. One month, she's like 10 years younger.



Colette:

I know I read her testimonial after I got to know you. It was amazing. She said you changed her life.

Robert:

Yeah. When she returned she was like, people couldn't recognize her. Because before that she was like dry skin, hair is like no shiny. And so they said, "Well, what happened? She said, "Well I had the Qigong, I learned Qigong, then she goes sessions." So she told her friends. Then of course her father was prime minister. So the newspapers and the magazines interviewed her and reported on the, first one is Women's Weekly. That's the one of the best magazines in Australia. Then thousands of phone calls and letters wrote her. Then she says, "Robert, if you should come to Australia, we have big calls for you." Then I said, "Well, let's wait." That was in 1994. 1994. So we waited for a few years until '97 when I was more settled. That's how we made the trip to Australia. At first I thought I was just going to stay there for a few months teaching some Qigong. Then it was really beautiful country.

Colette:

Yeah.

Robert:

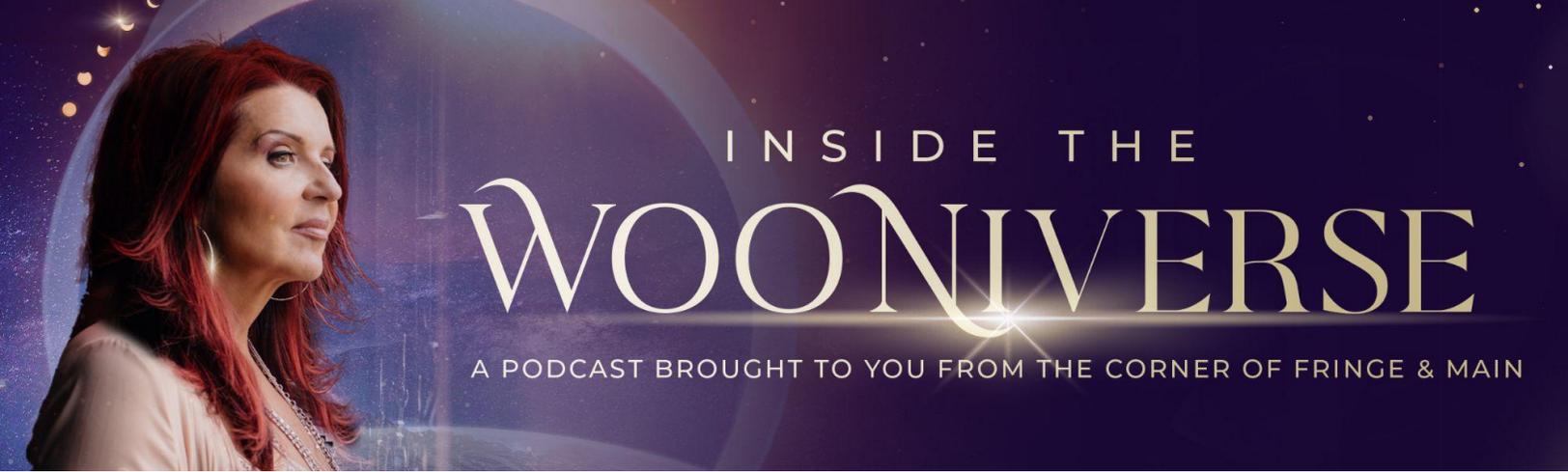
Beautiful people, beautiful country. She arranged a few activities that really grabbed me. And then after three months they said, "Well how do you like it?" I said, "We like it." "Do you want to stay longer?" I said, "Yes." Yeah. In a few years we trained about 10,000 people and then I settled. I get my permanent residency there afterwards, after working with her, I said, "I love it." So we stayed there. We decide to stay in the permanently. That's the story of Australia. Then how about America? Why I turn out to be here in America?

Colette:

Right.

Robert:

Another funny thing.



Colette:

Let's go there.... How did you get to America?

Robert:

Then one day I got a call from Sue who said, "Well we got a stranger coming and they asked to see you. Is a possible?" She said, "She's from America. Do you want to see her?" And I say, "Okay, I have nothing to do. Okay." Although it's my day off, it just feel like I'll make the trip. So I drove 40 minutes to Sue's house. I heard the doorbell. I opened the door in front of me was not someone, a big bunch of flowers was first in the door. Then behind it's a beautiful blonde, yeah, lady. Beautiful voice says, "Oh Robert, yeah. There's a flower for you." Then of course we get in, then you begin to tell my stories. Together with her as a cameraman. She was on her way to make a documentary. She got ovarian cancer. Then there's a call for her to say, "Well she needs some spiritual guidance." And then she said, "On my recovery from chemotherapy from operations..." She said, "I feel I would like to explore some spiritual place."

Colette:

So is this how, is this the woman that brought you to the US? Because I know that you-

Robert:

Yeah she was there.

Colette:

Because I remember one of the two, I remember the story that there was a woman that had cancer, that had an awakening with you. Then she arranged for you to go to the United States, correct?

Robert:

That's right.

Colette:

Because that's how I met you, is this-



Robert:

Yeah, yeah, yeah, yeah.

Colette:

Yes.

Robert:

Because she lives in Manhattan. So after a couple of sessions he said, "Robert, you should go to New York. Are you happy to go to New York to see some people?" I said, "Of course. Yeah." Because I'm quite open. I said, "Excited to travel to America." She arranged like 50 people I think within a few days. Yeah, I met-

Colette:

Yep, and they all had a wild experience I'm sure.

Robert:

Yeah. Different races. Like when I was in China, I met several people from foreign countries. In Australia I met a lot more. But when I was in New York, within just one week, people maybe from 20, 30 different countries from some place I never heard of. And afterwards she said, "Robert you should come here again. You have your patience here." But after a few years I begin to feel it's really challenging to arrange-

Colette:

The travel, yeah.

Robert:

... with agents. Yeah. And then I decide, well I have to stay here. So I'm going to apply the working visa, then permanent residency. Of course another big, big reason that I stayed in America, not Australia, is that I married DongMei, my wife.

Colette:

Yeah.



Robert:

Anyway, so we made home in America. I begin to spend my time, full time in American and teaching Qigong. I was so happy that made the decisions to stay.

Colette:

Well you've changed a lot of lives for sure. So we've all had the past couple of years where the concept of our health have obviously come up quite hugely for everybody since the pandemic. So do you have any techniques that you know, obviously we could buy your book and we can take one of your online courses too, that can really help us train ourselves in some of these things. But what would be one of your suggestions for people to help boost their immune system? Given that we know that what you teach is that we are energy and that we can cultivate a relationship to the energy in such a way that would keep us healthy as well as provide us longevity. So can you speak a little bit to that?

Robert:

Yeah, well like at the beginning we mentioned about three dantians. Yeah, there's three dantians. The lower dantian goes with our immune system the strongest. Because there's the body part, that is the emotional part. That is spirituality part. So of course they're all working together through another beautiful channel we call the central meridian. So the central meridian is the one that harmonize them so you're not having one too big overpower of the others. Yeah.

Colette:

Sure.

Robert:

So we call the 4 Golden Wheels.

Colette:

The 4 Golden Wheels.

Robert:

4 Golden Wheels. And I also call it the master key of our dynamic happiness. That's what my book is about, the master key is because you have all these four wheels moving harmoniously,



then practice Qigong, I cannot guarantee or promise you to be rich. But the good thing is that no matter whether you are rich or not, you are a happy person. Yeah. Enjoy the best health, the balanced emotion and some enlightened degrees of spirituality. That's through the central meridian of harmonizing to make us connected with heaven Qi and earth Qi. And talking about the immune system that is taking care of the whole 4 Golden Wheels. Then you focus on lower dantian. So without any Qigong practice, always bring awareness to your lower dantian, which is like three fingers below. There's the entrance to go to the center of the core of lower torso. Just put your hands there. Yeah. Or tap it.

Colette:

So on your lap, is it basically on your lap or in front of your groin?

Robert:

In between pelvic bones and naval. That is the place that you put the middle of the thumb-

Colette:

I see.

Robert:

... on there.

Colette:

Okay.

Robert:

That is like a furnace.

Colette:

A furnace. Okay.



Robert:

A furnace to warm up your vitality Qi. And when that is kept warm here, then they can exude layers and layers of nourishing Qi. The layers of nourishing can even go out. That is layer, we call it guardian Qi. The guardian Qi.

Colette:

Guardian Qi. Okay.

Robert:

Yeah. The guardian Qi include immune system.

Colette:

Correct me if I'm wrong, but I think you've recorded a number of these now that people can buy these courses on your website. Is that correct? Is the four golden-

Robert:

Well, four golden wheel is for balancing.

Colette:

For golden wheel is for balancing. And then-

Robert:

Yeah, another one is 4 Cycles.

Colette:

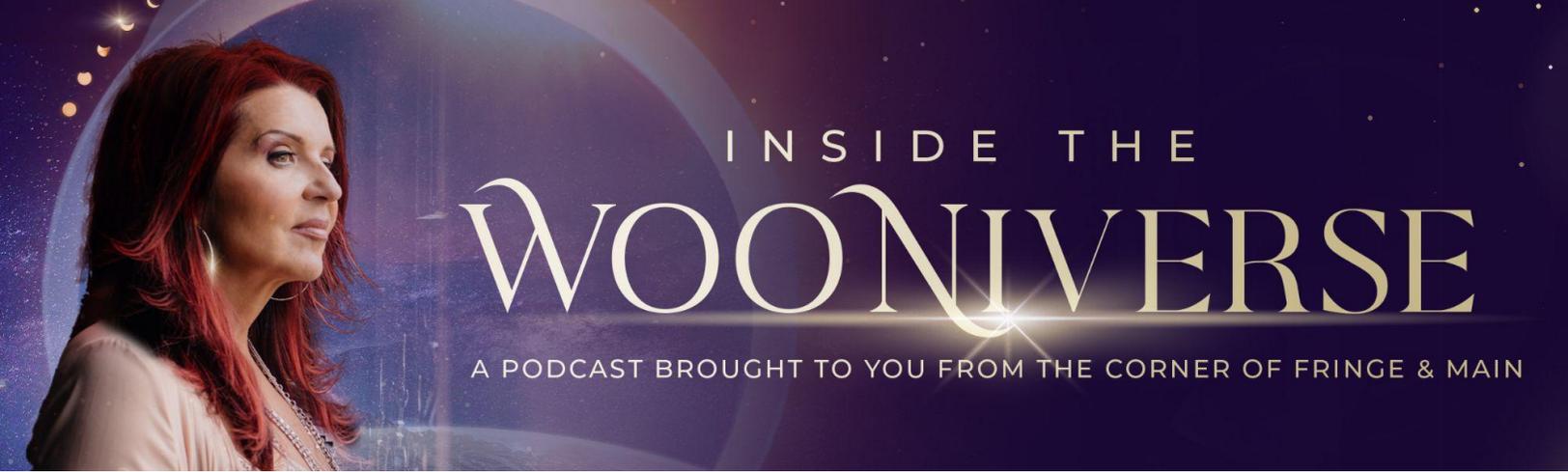
4 Cycles.

Robert:

4 Golden Wheels. 15, 16 minutes of practice. You feel very balanced. And another exercise is 4 Cycles. 4 Cycles are what Shaolin Temple, I mentioned Jet Li's movie.

Colette:

Jet Li.



Robert:

Shaolin Temple is famous for martial monks.

Colette:

Okay.

Robert:

Actually, before it was not. Bodhidharma, he went to China teaching Zen Buddhism. Then he find a lot of monks are very sickly. Then he said, "No, no, no, no. If you want to have a good spirituality, you should have a good container." Which is good body. But at that time, this is more than a 1000 years ago, people, the monks, they don't take care of the body. They think body is a smelly corps. We just want spirituality. The body can suffer, no problem. But he said, "No, no, no. They should have a good container to hold good spirituality. Then teach in Shaolin Temple the practices that can make the immune system strong, make them healthy to start with. And then that group develops more comprehensively and become to be big trained of martial monk. So a lot of martial monks are based on there.

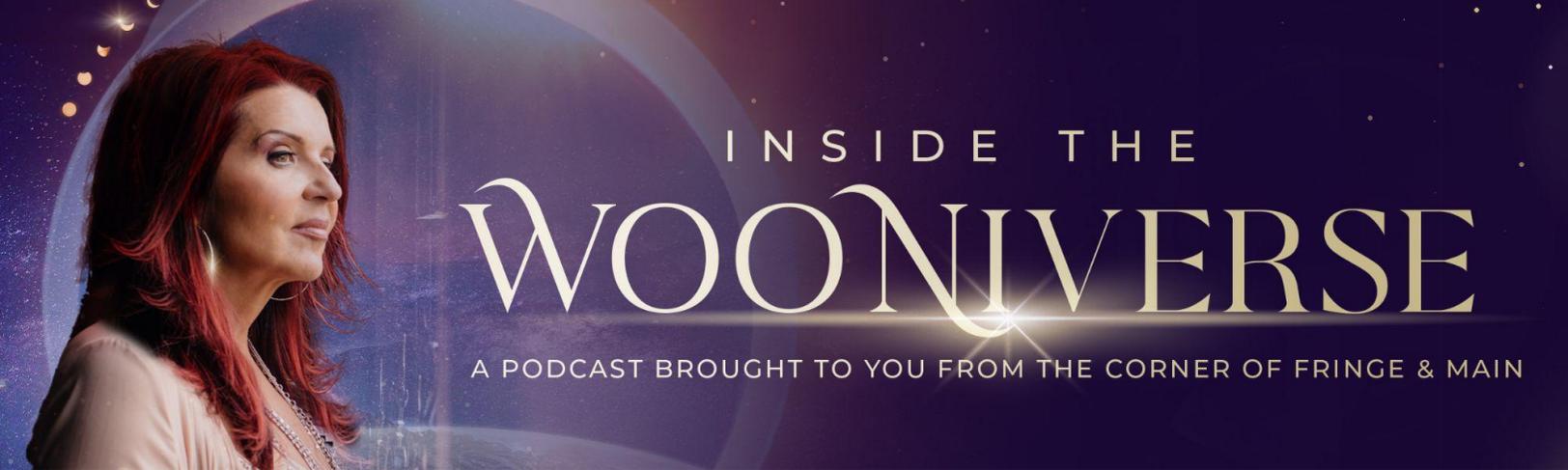
Of course, you want to be a martial monk, you should have a very strong body and very strong guardian Qi. So among them there are two beautiful exercise for them to build on. One is 4 Cycles. That's the one I mentioned. Another practice to build up very, not only your guardian Qi, but also make it very flexible, very, changing tendon fascia, we call it Yi Jin Jing, changing tendon fascia. And it's 14 weeks of online course, which I'm doing now. Normally I do twice a year. So these two-

Colette:

I need that.

Robert:

... Yeah, twice a year because it lasts for 14 weeks. And these are the two practices are very well to build up the immune system.



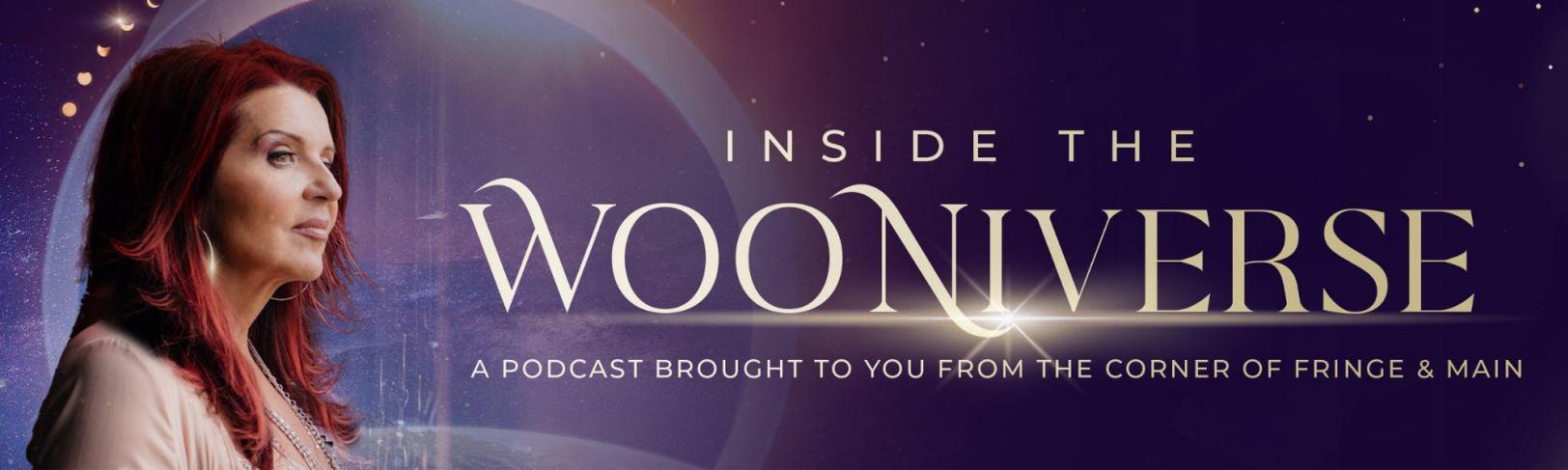
Colette:

This is fascinating. You know what I'd love to do is pull an Oracle card and yeah, we're going to pull an Oracle card and see, we're going to see what the Wooniverse would like us to talk about. Maybe there's one thing that the cards could reflect about Qigong and let's see, this is the Shaman's Dream Oracle and the card. Oh, the card is called Whale Song and it's, the word is resonating. And resonating is about being in alignment. So I'd love for you to expound a little bit more about what alignment means to you.

Robert:

Oh, okay. Alignment in my understanding is the thorough connections. We are living in this world with so many layers of connections. First in our body are connected through the organs to compose it one. And we're connected with the universal energies. Even if you don't practice Qigong, you're connected with the universe energies through the way of breathing, drinking, eating. Well think about it. That's the way you connect with the universal energies in the way of digestion, with your different organs. But the real, like with a spiritual level or even now they begin to talk about quantum physics, that very refined level of connections should go to your consciousness, to that level. Then when you reach that level, that opens much more layer or dimensions, connections way beyond this world. Or that's what is manifested as a physical body. You have a lot of layers of energy body.

So when we are teaching, we are also practicing. We always remind our practitioners to open up, open every tiny pour of yourself, as fine as you think of not only cells but also much refined by the cells. When you open then the universal Qi's are flooding in. So every time it's like a spring cleaning of energies. Then you are refreshed but also backed up by the universal energy. No matter how huge industry we have, we are born with. But if you're just using it, you're getting exhausted sooner or later. That's why when I teach, I always bring the awareness of the central meridian, because when the master is teaching me, he said, "Always bring awareness to central meridian. Always nourish your Qi." That is lower dantian. Together with the central meridian, the energy channel, connect with heaven and earth. And said, "Any time you bring awareness to your central meridian. You are the center of the universe."



Colette:

And you're bringing the universal energy through you so that you're not just using your own generated energy, which it can be depleted. Right?

Robert:

Right. It's only, not only this, but also because sometimes this is oh the center of, I'm the center of universe. Am I too self-centered? That is wrong understanding. Yeah, because we are living with the consciousness, make the world for us. Everybody has his own universe. Through the connection of universe, you manifest. Then you find this universe is beautiful through your own projections of consciousness. But the problem now, a lot of people, they're trying to use the other's consciousness, wrongly assuming it is their own. Then you lose yourself and thinking that is yours. That is just a shadow. When that is change, because people will change, then you get lost. You get, lose the root. That's why my master said, "You have your own universe. Everybody has its own universe. You stick on your own universe then we get along with each other through the merging of part of the universe."

Colette:

Which is about resonating?

Robert:

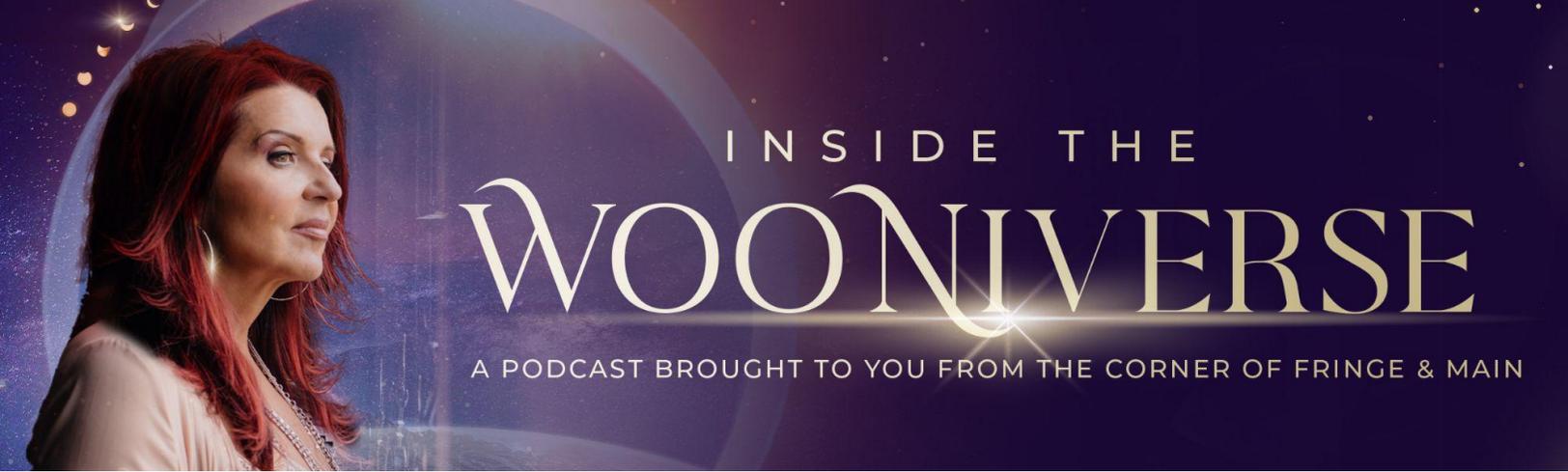
That's the resonating. Yeah.

Colette:

That's the resonating.

Robert:

Some people you feel so strong resonates because that's how you merge more. Some you have a little bit that you feel, oh, ordinary friend, closer friend, family, or getting closer, close. Some people you feel you can make them best of friend life in terms of energy because they are more dimensional connecting together than you feel very home because that is resonating your own universe.



Colette:

I love this. This is so fascinating. So we're going to take a little break now and when we come back we're going to switch gears and enter another dimension of the Wooniverse, the tea time after party. So please stay with us, we'll be right back.

And we are back. Okay, Robert, we're going to switch gears and we're going to travel into another dimension, another universe in the Wooniverse. We're going to, it's called the tea time after party. And this is where we kick up some fun and we ask you silly questions and we have a lot of fun getting to know you in a way that maybe we might not. And we're introducing here, Connie Diletti, our executive producer.

Connie:

Hello.

Robert:

Hi Connie.

Connie:

Hi.

Colette:

Hey Connie. Why don't you start Connie, and you can ask the first question.

Connie:

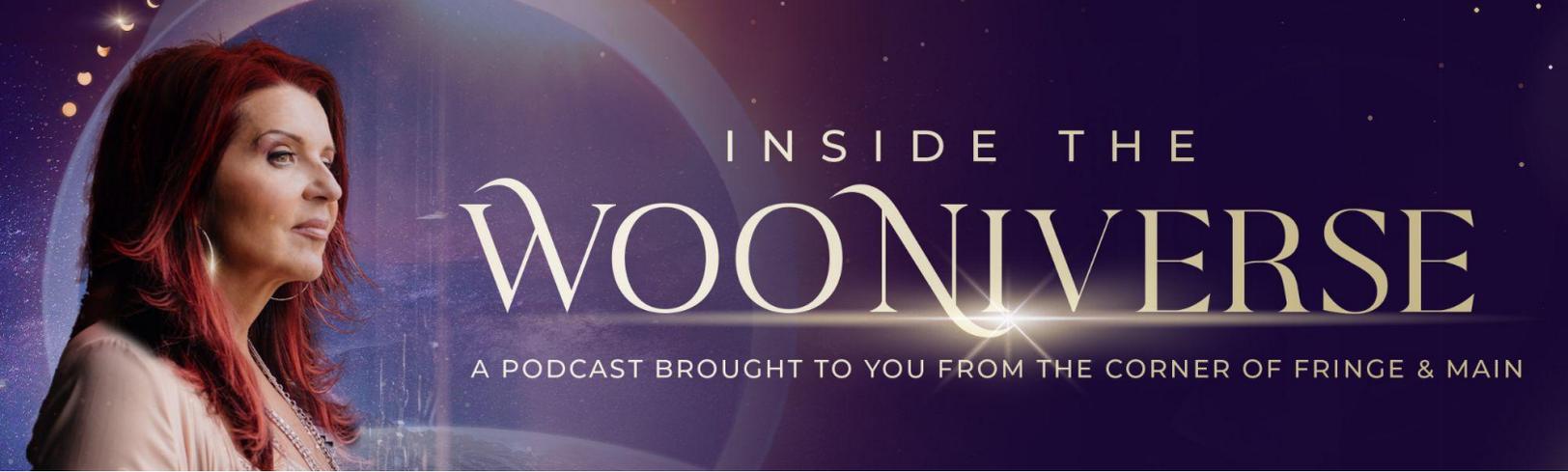
Sure. Okay. So Robert, what would you say is your most unusual talent? You just talked about-

Colette:

Besides zapping people.

Connie:

I know, I was just going to say incredible talent. Do you have any other zapping type of talents or something that you like to do that other people go, Whoa, that's amazing.



Robert:

Well, what Colette said, that power, I think they make people really think, oh yeah, there's something special. But for me, myself, I think if you say talent, I think the humbleness. Yeah, the humbleness.

Connie:

Humbleness. Okay.

Colette:

Ah, humility.

Connie:

Love that.

Robert:

Yeah.

Colette:

That's actually true. I know you. So, it's so true. You're very humble.

Robert:

I don't want to call it because we call it then you're not humble. Yeah, yeah. I find everybody's just ordinary human beings. Even if you master in the spirituality, the thing is that you are special is because you show something that people think is special in, and you're not special. That's what I learned from my master because he lost his kingdom, which is monastery. Like Dalai Lama lost his kingdom. But you can see that Dalai Lama has the most beautiful smile.

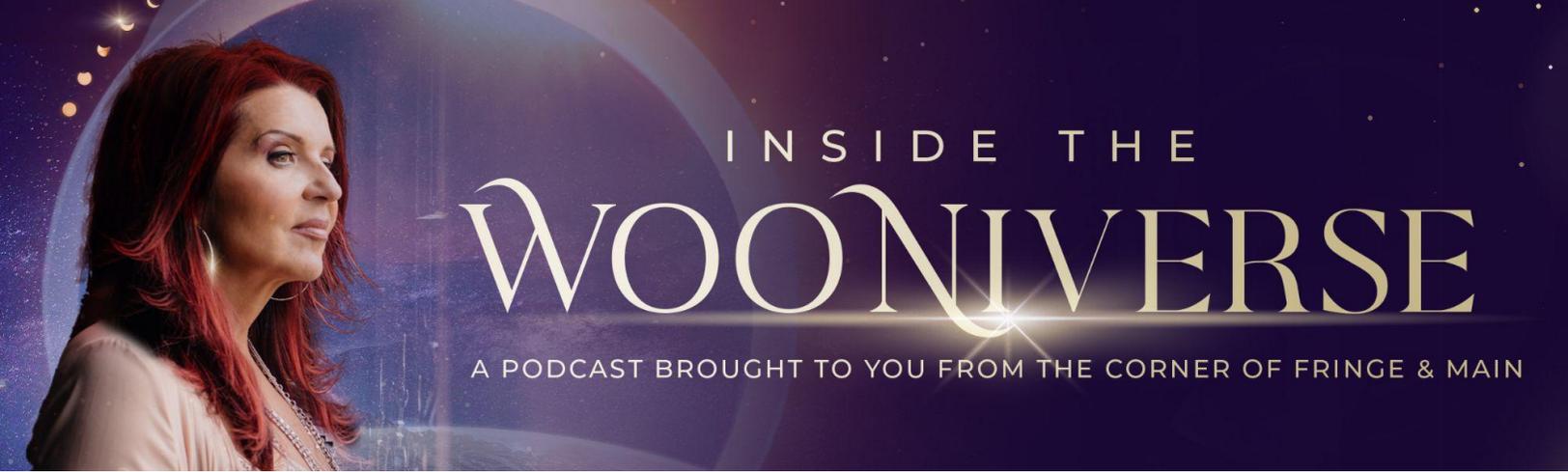
Colette:

Yeah.

And he's funny.

Robert:

Funny, humor.



Colette:
Very funny.

Robert:
My, he is like this. He has a million reason to be angry, to be always blaming or a complaining person, but never I see none. He's like always peaceful. When people coming, he's like to serve. He looks ordinary. So that's what I want to copy. Maybe not, humble is not good-

Connie:
Ordinary.

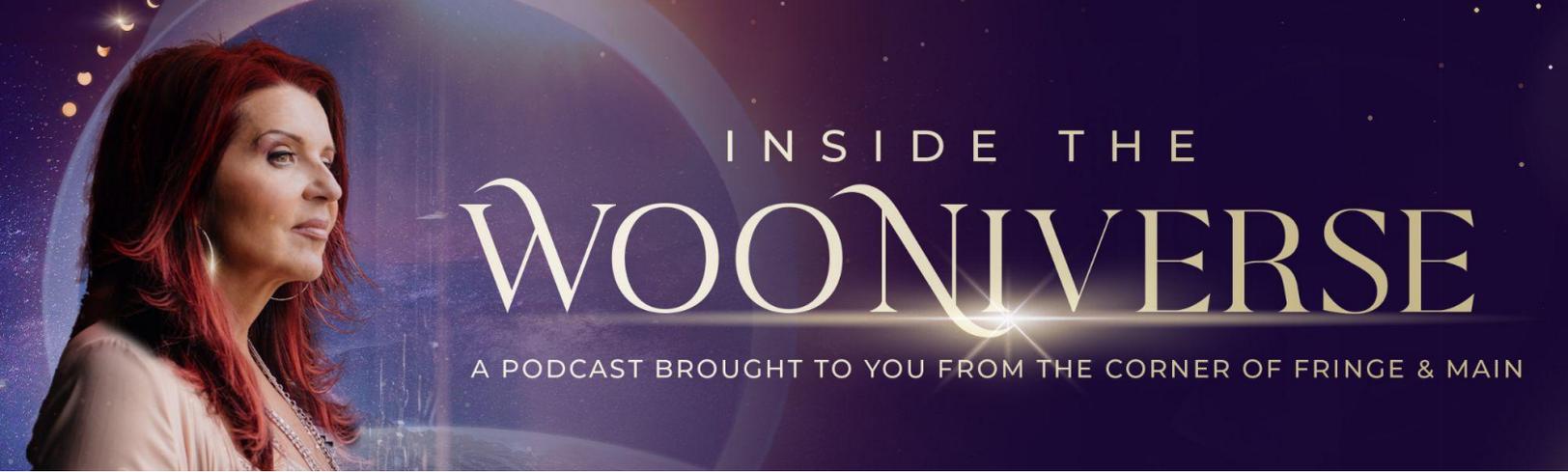
Robert:
He want to be ordinary.

Connie:
Beautiful.

Robert:
Like everybody. When you're ordinary you begin to really feel the real joy. Not from some special treat, but from the way that you are breathing.

Colette:
I love that. I love that you say that a talent that you have is about being ordinary but reveling in the ordinary. Which is true. Which is actually very true. And being peaceful in that and celebrating that. What you have done though, that was extraordinary that I would like to speak on because you won't because you are humble. Okay. Connie, you're never going to believe this. All right. And listeners, you have to hear this because I've seen it with my own eyes. We took a \$1 bill, I was got up on stage with him and we touched just a dollar bill. You know what a dollar bill feels like? It's just this flippy little, a used dollar bill as this little soft piece of paper. He took the dollar bill, he sliced a chopstick, a chops stick with a dollar bill in half.

Connie:
That's incredible.



Colette:

Yeah. He just stared at it, put all his energy into his arm and went like this. I mean, we see he does all these wild things with dollar bills. The point that I'm trying to make about Robert with, and I'd like to point out at this moment, he could have said this, "Oh, I can take a dollar bill and slice a big brick or slice a chopstick with it." But instead what he felt was this amazing talent was the capacity to see beauty in the ordinary. Okay, I have another question. If you could only eat one dish for the rest of your life, what would it be? Now I happen to know his wife is a great cook.

Connie:

(laughter)

Robert:

Yeah.

Colette:

So since she's going to listen to this, it better be something she made.

Robert:

That's true. That's true. Well that is a hard question because there's so many beautiful things. Beautiful things. I may say something really not permanent, but for this moment.

Colette:

Okay, for this moment, not permanent. Okay.

Robert:

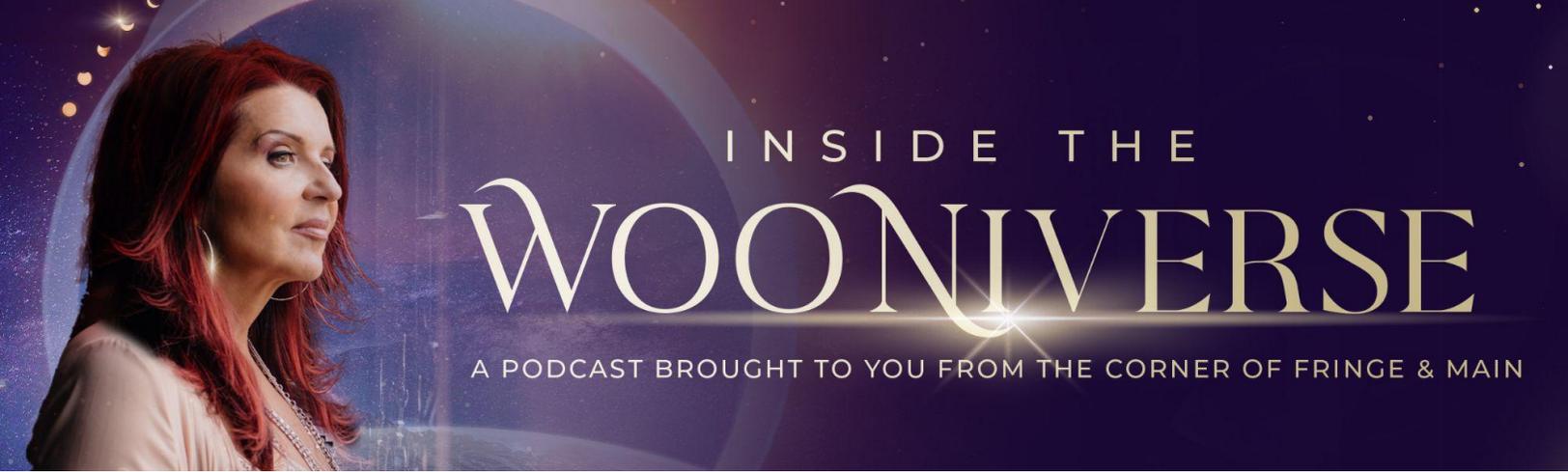
When I was young, one of my big dream, it sounds not healthy, but is to eat chocolate.

Colette:

Eat chocolate. Okay.

Robert:

The first time I ever had a piece of chocolate, you know how old I was? I was 14.



Colette:
Wow. 14.

Robert:
Chocolate, 14. Think about, before that no chocolate.

Connie:
Wow.

Robert:
I just heard it in the movie, airing in a movie. Yeah, because the little boy shouting, screaming on the street, "I'm selling candy, chocolate candy. [inaudible 00:55:46]. That's the one we heard.

Colette:
So you just lost yourself in chocolate.

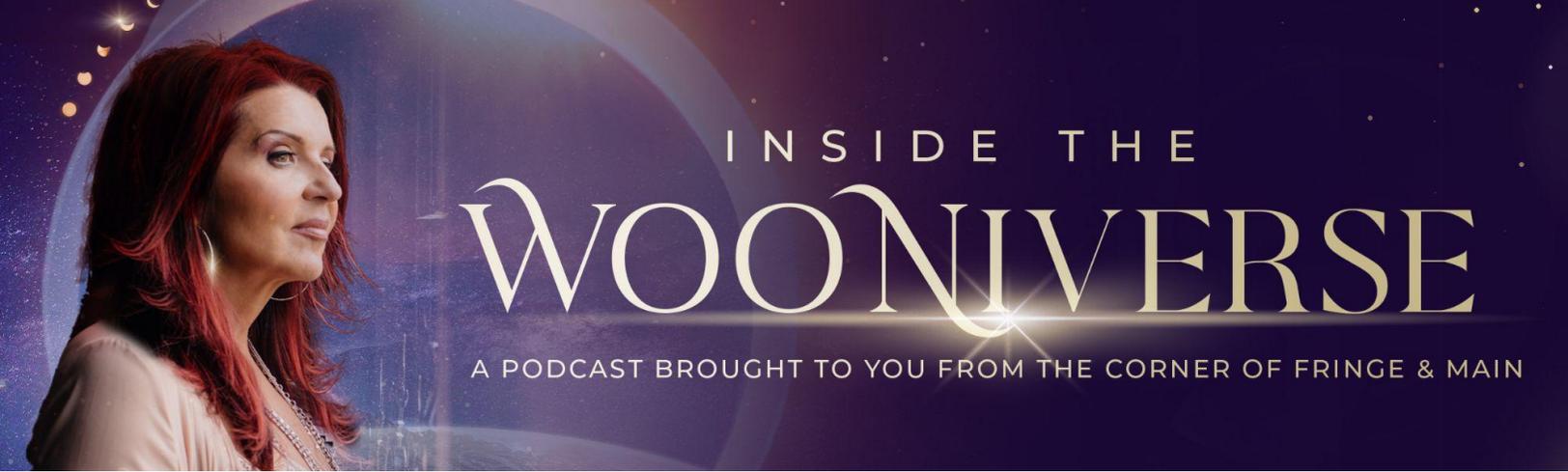
Robert:
It's strange. It's strange, but it's, Oh, it's fascinating. Yeah. Then my big dream is that someday I want to eat chocolate, until it's too much. Until like-

Colette:
Oh, until you grow up. Okay, well thank for sharing that Mr. healer.

Robert:
Is it dark chocolate or milk chocolate.

Colette:
Oh my God.

Robert:
I'm going to be very fussy about it. Right.



Colette:

So last question. If you were going to be frozen tomorrow for a one-way, 1000 year interstellar voyage, what would you most want to communicate and to whom before you leave?

Robert:

Well, I say to my wife. Yeah. Yeah. Can you wait for that long, for me to return? Yes, you stay here and talking to not one, talking to a piece of rice. Can you put up with that?

Connie:

Oh, that's so sweet.

Colette:

That's cute.

Connie:

That's right sweet.

Colette:

Oh my god. Actually, Connie, do one more. You came up with some really great, that was cute.

Connie:

How about that one. On the count of three, Robert, say one word that comes to you. Okay. Just with the first word that comes to you. 1, 2, 3.

Robert:

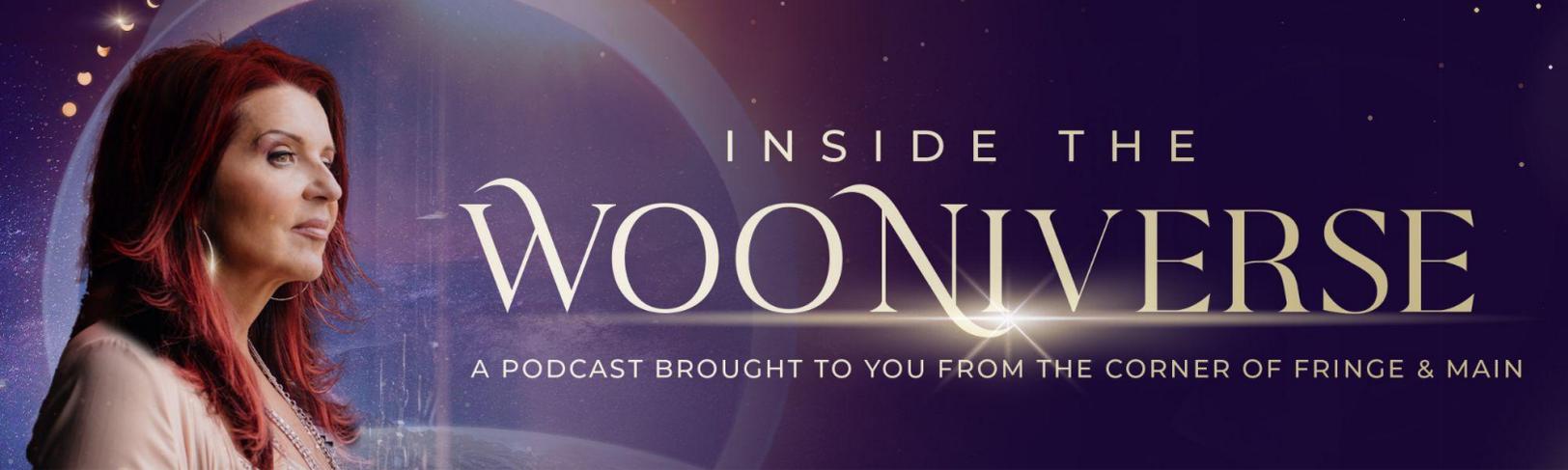
Qi. Qi.

Colette:

Qi.

Connie:

I love that.



Robert:

Yeah, Qi, Qigong, Qi. Yeah. Qigong. Because that the, that's my life. Yeah, that's everybody's life. Qi is mostly energy.

Colette:

What a wonderful, wonderful time to spend with you today. For more information about Robert and his courses and his classes and offerings, and I am telling you, if you can take a class with him, even learning a little, I only learned a little in four days. It was life changing and I can't wait to do it again. Anyway, you can visit him robertpeng.com. He is a best selling author. I believe this was Sounds True. Is that correct, Robert?

Robert:

Yep, Sounds True.

Colette:

So he is very popular on Sounds True. You can go to their website as well. And a transcript of this conversation, highlights and more links can be found on our show notes page. Thank you, Robert, for joining us today. This was such a treat. I could listen to you talk about your stories all day long and I really hope our listeners run to your website, buy your book, take your courses, because you really are such an extraordinary human and I'm so honored to know you and to call you friend.

Robert:

Thank you, Colette. Thank you so much. Thank you. It was such great fun. Well, yeah. Amazing.

Colette:

So, wow, Robert Peng. Fascinating, fascinating conversation and the question I always ask for all of us is what did we learn today? And I'm going to just leave it at, we are more than we know. And if you want to know more about what you can do, go to robertpeng.com. That's for sure. Anyway, thanks for listening. We're INSIDE THE WOONIVERSE with Colette Baron-Reid. Until next time, be well.