

## **Kundalini and Qi Gong under God**

[www.QiGongUnderGod.com](http://www.QiGongUnderGod.com)

This is a summary of how to do meditative prayers for Kundalini and Qi Gong under God by thanking the Buddha.

These are the prayer sentences for Kundalini and Qi Gong under God:

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**Thank you very much Buddha for healing me with Kundalini and high Qi healing energies today.**

**Thank you very much Buddha for healing me over time.**

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These meditative prayers are done by focusing our minds on the Buddha and then thinking or saying these two prayer sentences above.

- It is recommended to practice twice per day.
- At least one time per day, do this practice by viewing one of the meditation videos for Kundalini and Qi Gong under God. This daily viewing gives you strong energy empowerment and meditative help from God each day.
- If you can do so, please sit straight up in a chair to do this practice and please do not lean on the back of the chair.
- Please do not practice while lying flat in bed or sitting relaxed on a sofa.
  - Exception: If you are currently needing to stay in bed due to health reasons, you can practice in that position.
- Please place your hands in the way taught for this Kundalini and Qi Gong under God practice.
- It is recommended to do one Qi Gong under God practice session each morning and one session each evening.
- Each session will be for 5 to 15 minutes initially when practicing on your own without the help from a meditation video.
- Try to progress to 10 to 15 minutes per session on your own when you are ready.

Please pray and meditate as follows:

1. Focus your mind on the Buddha. This focus will become a steady meditative focus on the Buddha when practiced over time.
  2. Then think or say the prayer sentences inwardly.
  3. Continue focusing on the Buddha silently.
  4. Repeat the two prayer sentences followed by silent focus on the Buddha after each minute or two.
  5. Do this practice for 5 to 15 minutes per session.
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Thank you.

Sincerely,

*Dr. D. Wong*

*Meditation Teacher for Kundalini and Qi Gong under God*