




NEWSLETTER

NOVEMBER 2025

Dear Living-Light Community,


I trust you are all doing well in your life, that **you are happy**, looking after yourselves and the ones you love. With so much happening on **our planet**, my best advice for you is to **turn off** all your devices and turn inward. **Meditate** every morning, practice **Qigong** as much as you can to elevate your vibration, eat whole and **healthy food**, stay away from meat and dairies, drink good water (not tap water), get out in nature to **recharge**, stretch at least once per day...

Do some yoga or any other type of **physical activity**, try to be in bed before 10 pm at night and have your dinner before 7 pm. And never forget to **SMILE :)**




IRE QIGONG
REATHWORI

In this monthly newsletter I'd like to share a tutorial on how to get a **boost of energy** before your Qigong practice by doing a type of **Qigong fire breathwork**.



A few years ago, I interviewed renowned anthropologist **Lawrence Blair** about the incredible man called **John Chang** who demonstrated **super natural skills**, such as putting paper on fire with his energy.



Have you ever heard about **Jim Kwik**? The kid with a broken brain? Please listen to this interview about an incredible man that has taught the world to **relearn how to learn**.



THE FIRE BREATHWORK OF QIGONG

AN ENERGY BOOST

Back in 2017, I used to **fast a lot**. I tried myself for a **3 months** challenge just drinking juices to observe what changes would happen internally and how my connection with **Qi energy** would be enhanced.

Indeed, I lost a lot of weight and moved back in the time from **72kg to 64kg**. Though it was challenging to see my body becoming thinner and thinner after many years of bodybuilding, I had never felt better in my life. The first month was **very difficult** I must acknowledge, but passed that time, I was able to sustain long days at work with nearly **0 calories intake** per day. To challenge myself even further, I was going twice to the gym during the week, doing body-building in the morning and cardio in the afternoon.

The biggest challenge I had in the first month was to maintain high energy levels. That's where I started to implement this Qigong Fire Breathwork to help me getting a boost of energy when I felt tired during the day.

It was extremely powerful, and the less calories you intake, the more connected you become to **Qi energy**.

This technique is coming from Akahi Ricardo, one of my mentor at the time. Akahi is a breatharian, famous around the world for teaching what he calls the 8 days process to become Breatharian.

If you are unfamiliar with this term, **breatharian** means that you can live without any intake of solid food by nourishing your body with Qi energy contained in the air we breath.

It can definitely **be challenging** to grasp this concept at the beginning, but if you are interested to knowing more about it, I will invite you to consult the website

www.breatharianworld.com, managed by Nicolas Pilartz, another world renowned breatharian. This website showcases hundreds of individuals who have achieved this state and have maintained it for many years.

But coming back to the breathwork itself, Akahi received this technique during his dream state from a group of angels, or light beings. The way to practice it is self-explanatory in the video I made, and you just have to **follow along**.

Let me know your comments and how you have felt.

For a more in depth experience of this breathwork, I would recommend doing **10 x 10 breath in**, paused by a minute in between each set.

[CLICK ON THE VIDEO LINK HERE](#)



JOHN CHANG ALIAS “DYNAMO JACK”

MEETING WITH LAWRENCE BLAIR

At the beginning of my “**Qi Journey**”, I got fascinated by an incredible man called John Chang from Java. Nicknamed “**Dynamo Jack**” for his supernatural skills, this man was discovered by renowned anthropologist Lawrence Blair in the making of his legendary series “**The Ring of Fire**” that was published on BBC channel back in the late 80s.

Following an incident with Lawrence’s brother’s eye during their trip in Java, they ended up seeking the help from a well-known **healer** in a local dispensary.

The doctor who treated them had incredible skills and was able to **project Qi** energy in the form of an electric current into his patients.

Astonished by this unique talent, Lawrence asked if he could study John Chang with a **team of scientists**.

Tested as guinea pig, John showcased skills such as putting a wooden chopstick through a thick timber table, **shooting himself** on the hand with pellets from a rifle without being hurt, putting newspaper on fire...

Can you imagine, at the beginning of your “Qi journey”, discovering John Chang... **I was like a kid** who had discovered firework for the first time... So I did take a plane with my ex-partner, and thanks to **her help**, we tracked down Lawrence Blair in Bali and organised to meet with him.

[INTERVIEW LINK CLICK HERE](#)



Before meeting with Lawrence, I had spent a year looking for all the **materials I could find** about John Chang. I read the book from one of his student, Kosta Danaos - **The Magus of Java**. I read all the materials available from **Jim Mc Millan**, another of his student... so I was already well versed when we got to meet with Lawrence.



We did the interview in a famous hotel in Kuta, and it was incredible to meet with Lawrence for the first time. He is a very **accessible and humble** man. Anthropologist by profession and passionate about Indonesia, he now shares his **local knowledge** through private excursions by boat to the remote islands of the Indonesian sea, and he has a special focus for **whale sharks**.

What Lawrence revealed in his interview is obviously stunning and “out-of-this-world”, but once again, when you understand how Qi energy works, there is **nothing magical** about it, as it is all science based.



JIM KWIK, THE KID WITH A BROKEN BRAIN...



Becoming the **best version of yourself** is never a smooth road. Real change always asks you to question your beliefs and **step outside your comfort zone**.

Many years ago, I discovered the incredible story of Jim Kwik, often called “the kid with the broken brain.” As a child, **he struggled at school** due to a brain injury, yet what he has brought to the world through his journey is truly life-changing.

Jim teaches people how **to learn how to learn**. In our society and education system, we’re rarely taught how to learn, we’re simply asked to **memorise information** and repeat it. Jim changes that.

From **speed reading** to **memory techniques** and practical life skills, his methods make learning more efficient, **enjoyable**, and empowering.

Today, I’m proud to say I can read a book twice as fast as I could as a teenager, and I **retain new words** and concepts using his simple tools. His work has opened a whole new chapter in my life, and I hope you’ll be able to **benefit** from his teachings as much as I have.

[CLICK ON THE VIDEO LINK HERE](#)



“Don’t take criticism from someone you wouldn’t take advice from”
Jim Kwik

Śrī Yantra (Sri Chakra) Mandala



1. The power of Mandala

A mandala is a sacred geometric pattern that mirrors the structure of the universe and the inner self. When you meditate on a mandala, your mind is gently drawn from chaos to harmony. Its symmetry helps to calm thoughts, balance emotions, and reconnect you with a deeper sense of order and meaning in life.

2. What is the Sri Yantra?

The Sri Yantra is one of the most ancient and powerful mandalas. It is made of nine interlocking triangles around a central point (bindu), representing the union of the masculine and feminine, spirit and matter. Each layer of the Sri Yantra is like a map of consciousness, guiding you from the outer world toward your innermost essence.

3. How to practice

Sit comfortably with the Sri Yantra in front of you at eye level.

Gently soften your gaze and breathe slowly through the nose.

Let your eyes explore the outer lines and gradually move toward the center.

When thoughts arise, simply notice them and return your focus to the pattern or the central point.

Start with 5–10 minutes a day, allowing the geometry to draw your attention inward and anchor you in stillness.

See you all next month!

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