



NEWSLETTER

MAY - JUNE 2026

Dear Living-Light Community,

I trust you are all going wonderfully well in your worlds! So much has been happening in the last two months and I'm eager to share some of those news with you!

If we can all agree that your attitude determines your altitude, then let me ask you this...

How high are you vibing right now? :) Yes... YOU! An infinite being of Light. A magnificent expression of Creation. A unique masterpiece brought into existence by the Omnipotent, Omnipresent, Omniscient Source of all that is.

You are everything and nothing.

Empty, yet completely full.

May these words serve as a gentle reminder of the incredible being you already are.

In this newsletter, how to powerfully increase your own electro magnetic field and having more Qi flowing?

My story about entering a Muay Thai ring, having my first amateur fight and meeting with 10x world champion Pascal Schrotch

An update about our next upcoming retreat in September

An introduction to Carolyn Coy and her latest documentary: Superhuman: The Invisible Made Visible



INCREASING THE POWER

CREATING CHI-LECTRIC CIRCUITS

About 10 years ago, I mated with a great teacher in a Chi school. Son of a Quantum physicist, passionate about martial arts and ex mercenary in the military, he taught me how to create Chi-Lectric circuits in my body.

But BE AWARE BEFORE STARTING, there is NO COMING BACK from practicing this technique, YOU ARE GOING TO INCREASE YOUR ENERGY IN A VERY TANGIBLE AND POWERFUL WAY!

Before starting your practice, make sure you are in positive mood and feeling relaxed. Make the entire practice feel good by telling yourself with your mind's voice: "This feels good".

After repeating the circuits for 21 times everyday over a few months period, you should be able to feel all the parts of your body that you have been brushing with your hand in a very sensitive and tangible manner by just thinking about it.

When you are going to feel good, you'll feel a stronger pulse between your palms and have the sensation of being surrounded by a bubble of energy that keeps expanding.

My biggest WARNING to you:
With more power comes more responsibilities.

Your responsibility is to maintain your mood happy, if you do not, and practice those circuits everyday, you are going to feel a BURN like you have never felt before on your whole body, and I do not wish this to anyone as it is very painful.

If this was to happen to you, please make sure to reach out.

Therefore practice mindfully with a good vibe and the intention to increase your own energy to heal your body faster, heal others better, and being able to do more cool tricks such as Telekinesis.

Have a good and safe practice! Sending you all good Chi!



[Click Here to Watch
the Video](#)

READY TO FIGHT? ENTERING THE RING...

Well, this article might be a bit far-stretched for some of you who know me... Yes, I did get into a ring in Thailand and had my first amateur fight. I have always loved martial arts and combat sports. What really drove me to where I am today is my fascination for internal martial arts and the use of energy for self-defence. So yes, I love martial arts. I have never liked violence, and I will always be the first one to stand against it... but how do you stand against violence when you do not know how to protect yourself?

Well, this is where my train of thought has taken me over all these years.

When I was a kid, I got bullied, like many other kids. Growing up and into my adulthood, I practised karate, judo, Brazilian Jiu-Jitsu, Shaolin Kung Fu, and MMA... but last year, I got hooked on Muay Thai.

Even though it is probably one of the most violent martial arts on the planet, along with MMA, it is also an incredible sport that requires so much physicality, strength, agility, flexibility, technique, discipline, and heart... that I completely fell in love with the art!

Since last year, I have invested a lot of time, energy, and money into my training. From Muay Thai coaches in Australia to boot camps in Thailand, I haven't stopped. In the last few months, I decided to take my training to the next level and went to train in a gym called Martial Arts Academy, based in Koh Phangan, on one of Thailand's most beautiful islands.

For a month, I lived the life of a fighter: training 4 to 5 hours per day, ice baths, Muay Thai, western boxing, kickboxing... I loved every second of this intense training, the technicality of those arts, and of course and as always, the amazing souls I met along my travels!



The owner of this gym is called Pascal Schroth, and we filmed an interview together.

Pascal Schroth is a 10x World Champion in Kickboxing and Muay Thai, also nicknamed "The German". In this interview, I asked him:

What is the best advice you could share with the generations that are coming after us?

It is a gym that I cannot recommend enough for the quality of the facilities, the training, and the incredible coaches.

Pascal's answer should be heard by all new generations, and I truly hope that his message reaches the hearts of all the young martial artists on this planet... and everyone else.

Coming back to getting into the ring... look, it is something I always wanted to do. And even though it was only an amateur fight, the experience was exactly what I was expecting.

No, I won't get into the ring again.

But yes, I have ticked it off my bucket list, and thankfully, without any injuries.

My final words for this article are:

If you love life, are you also skilled enough to protect it?



[WATCH VIDEO HERE](#)

AN UPDATE ABOUT OUR UPCOMING RETREAT

For the ones of you that were interested in the Sydney retreat, I'm regretfully and hereby officially announcing that Sydney won't happen this year. Unfortunately, we had to cancel the Sydney event only due to low registration numbers.

Therefore if you are still interested in joining our retreat, it will be happening only in Brisbane. See below our updated flyer.

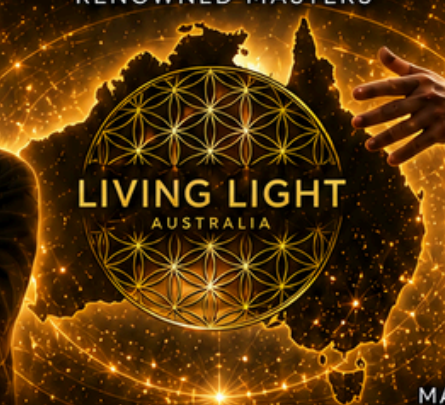


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Testimonials Here



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4.9/5

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WHAT YOU WILL LEARN

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- ✓ Qi cultivation techniques
- ✓ Stress release methods
- ✓ Meditation for mental clarity
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Activate and nourish
your life force for
more vitality
and stamina.



BETTER HEALTH
Support your body's
natural healing
abilities and enhance
overall well-being.



EMOTIONAL BALANCE
Release stress,
calm the mind
and cultivate inner
peace and clarity.



MENTAL CLARITY
Sharpen focus,
improve decision
making and mental
performance.



STRONGER RESILIENCE
Build emotional
strength and adapt
to life's challenges
with ease.



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Connect with like-minded
people and become part
of a supportive global
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THIS IS MORE THAN A RETREAT – IT'S AN INVESTMENT IN THE BEST VERSION OF YOURSELF.



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READY TO BECOME THE BEST VERSION OF YOURSELF IN 2026?

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SUPERHUMAN

THE INVISIBLE MADE VISIBLE

"What if the greatest abilities of the human being have simply been forgotten?"

Many of us have experienced moments that science alone struggles to explain.

An intuition that proved right.

A feeling that someone was thinking about us.

The incredible capacity of the body to heal.

The deep peace found through meditation.

The unexplained power of intention, prayer, or energy healing.

For centuries, these experiences have been dismissed as coincidence or mystery.

But what if they are simply aspects of our true human potential?

This is exactly the question explored by filmmaker Carolyn Coy in her remarkable new documentary:

Superhuman: The Invisible Made Visible



[👉 Watch the trailer here](#)

For over 10 years I have been exploring practices such as meditation, Qigong, breathwork and internal martial arts.

Many of the experiences I've witnessed—both in myself and in the people I've worked with—are remarkably similar to what is explored throughout this documentary.

Whether working with Qi and Mary, who continues to surprise us at 90 years old, learning from Masters Yap and Wang, or simply observing what consistent practice can awaken in ordinary people, I have come to believe that we are capable of far more than we imagine.

This film beautifully bridges two worlds that are often kept apart:

science and spirituality.

Whether you are deeply interested in consciousness or simply curious about what might be possible beyond our current understanding, Superhuman: The Invisible Made Visible is a film that invites deep reflection.

It reminds us that perhaps becoming "superhuman" isn't about gaining new powers...

It may simply be about remembering the ones we've always had.

See you all next month!

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