

NEWSLETTER

SEPTEMBER - 2026

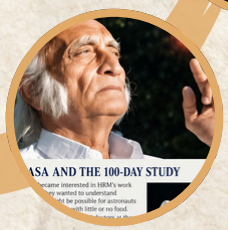
Dear Living-Light Community,

First of all, welcome back to my monthly newsletter!
I trust you are all feeling epically well and adapting beautifully to the new frequencies of our Earth!
After nearly three months away, it feels so good to be back in my magical rainforest in Far North Queensland. Sometimes we forget to be grateful for what we already have, when often the simplest things are what nourish us the most.

Air, Light, Earth, Wood and Water have been my elements since returning.
When was the last time you felt grateful simply for being able to breathe?
Let's remind ourselves to be thankful for the simplest and greatest gift of all: just being Here :)







What's for you in September?

Healing Retreat:
We made it! Our second retreat was epic!

Conversations About Qi:
A series of conversations with Master Wang and Master Yap are on the horizon!

My signature workshop:
"The Miracle Morning" - Coming 05/12/26 in Brisbane

Sungazing:
Meet with HRM, a Master with no need for eating that was tested by Nasa for 100 days



HEALING RETREAT 2026

HOW SHOULD I START? WELL... EPIC IS THE WORD!

I'm so **happy** to have once again gathered such an **incredible group of souls** for these ancient teachings, shared with us by Master **Dennis Wang** and Master **Yap Boh Heong.**

As you can probably see from the picture, everyone looks pretty happy and perhaps a little more **enlightened** after everything that was shared! ahah! :)

What has always **touched me** about retreats like this , and ever since I first began attending energy workshops many years ago, is not only the teachings themselves, but the **sense of community** they create. People from completely **different backgrounds** come together, often carrying similar questions about **energy**, healing, **consciousness** and our own human **potential**.

I like to call us **"energy workers"**, because ultimately, that's what we are for:
Learning to feel it, cultivate it, understand it and work with it :)

Throughout the retreat, we witnessed beautiful moments:
People **experiencing Qi** for the first time, spontaneous shifts and **healing experiences**, powerful **energetic sensations**, and sometimes simply finding an answer to a profound question they had carried with them for years.

And this is what makes these retreats so special to me. They **open a gateway** into the discovery of energy and, perhaps, into a **deeper understanding** of ourselves.
I feel deeply **humbled** to have been given the mission of helping **carry these teachings** forward here in **Australia**, and incredibly grateful to Masters Wang and Yap for continuing to share their knowledge with us.
I hope many more of you will join our energy family for the next retreat in 2027!

CONVERSATIONS ABOUT QI WITH THE MASTERS



WATCH VIDEO HERE

During the precious time I had with Master Yap and Master Wang, we sat together and I was able to ask them some important questions about topics that are dear to my heart and, I believe, dear to many of my viewers. Four videos have now been recorded and will be released progressively. We decided to call this series: "Conversations About Qi." Rather than formal interviews, these were relaxed conversations where I could draw on the decades of experience of both masters and explore some of the questions that have accompanied me throughout my own Qigong journey.

1 - How do we cultivate Qi in the Dantian?

Our first conversation explores one of the foundations of internal practice: how Qi is cultivated and stored in the Dantian. Master Yap and Master Wang discuss breathing, awareness, movement and practice, helping to make a subject that can initially seem mysterious much more understandable.

2 - How does someone get started with Qigong?

With so many teachers, systems and online courses available today, where do you begin? Both masters emphasise the importance of finding a knowledgeable teacher, understanding their lineage and experiencing the practice directly rather than simply copying movements.

We also discuss qualities I personally consider essential in a teacher: humility, accessibility, kindness, compassion and a genuine willingness to share knowledge.

3 - How are Qi, health, healing and longevity connected?

Our third conversation looks at Qigong as a practice for health and longevity. We discuss breathing, relaxation, movement, flexibility, balance and maintaining vitality as we grow older.

For me, seeing Master Dennis still travelling and teaching in his eighties and Master Yap remaining so active in his seventies is particularly inspiring. Longevity isn't simply about living longer but is about remaining mobile, independent, mentally present and engaged with life.

4 - After a lifetime of practice, where does Qigong ultimately lead?

Perhaps my favourite conversation.

After decades of practice, is Qigong ultimately about health, healing or developing extraordinary abilities?

Their answers went somewhere deeper.

Master Dennis spoke about compassion, helping others and passing knowledge to future generations, while Master Yap described the journey as one of self-discovery, continued learning and sharing with the people we meet along the way.

One sentence particularly stayed with me:

"The journey is the reward."

And perhaps that summarises these conversations beautifully. Qigong may begin as a practice for ourselves, but over time it can become something much greater: learning, sharing, helping others and leaving the world a little better than we found it.

I hope you enjoy those interviews!!

05/12/2026 - "THE MIRACLE MORNING"
MY SIGNATURE WORKSHOP



A FULL-DAY IMMERSION

The Miracle Morning is my signature workshop, designed to give you practical tools to create a powerful morning routine of your own.

By bringing together ancient practices and time-tested techniques, we will explore movements, breath, meditation and energy cultivation to help you build strength, flexibility, mental clarity and a deeper connection with yourself.

This is a hands-on, experiential day suitable for all levels, whether you are new to these practices or looking to deepen your existing routine.

INVEST IN YOUR HEALTH, ENERGY AND FUTURE SELF.



WHAT YOU WILL LEARN

MEDITATION
Calm the mind, reduce stress and increase clarity.

BREATHWORK
Powerful techniques to energise the body and expand your awareness.

THE FIVE TIBETANS
A dynamic sequence for vitality, longevity and balance.

SHAOLIN STRETCHING
Open the body, improve flexibility and prevent injuries.

YAN SHOU GONG
Learn the first three sets from this traditional Qigong system.

HAN YANG RU YI GONG
The fundamental principles and practices of this powerful Medical Qigong system.

KEY BENEFITS

- More energy and vitality
- Greater mental clarity and focus
- Improved physical health and flexibility
- Emotional balance and resilience
- A deeper connection with yourself
- Practical tools for a consistent morning routine

START YOUR DAY WITH PURPOSE

Give yourself the tools to create a morning routine that supports your physical, mental, emotional and spiritual wellbeing, and leads towards greater health and longevity.



Soul Space, Newmarket
Brisbane

Saturday 5 December 2026
9:00 am – 4:00 pm

$100 AUD per person
All are welcome!





HIRA RATAN MANEK

SUNGAZING & SOLAR HEALING

Hira Ratan Manek (1937–2022), also known as HRM, was a Gujarati visionary who devoted his life to Solar Healing. He demonstrated that the human body can receive energy directly from the Sun and live in a state of high health, clarity and vitality.

NASA AND THE 100-DAY STUDY

NASA became interested in HRM's work because they wanted to understand whether it might be possible for astronauts to survive in space with little or no food. In 2002, a team of medical doctors at the University of Pennsylvania, funded by NASA, observed HRM 24 hours a day, 7 days a week for 100 days.

The study confirmed that HRM was able to survive largely on light, with only a small amount of water or buttermilk during this period.



WHY NASA WAS INTERESTED

NASA has always been interested in human adaptation for long-term space missions. If the body can learn to receive more energy directly from sunlight, it could potentially reduce the need to carry large amounts of food for astronauts. HRM's ability to live for extended periods with minimal or no food made him an important subject of study.

WORLD RECOGNITION

HRM set a Guinness World Record in 2000 after a 411-day fast, following an earlier 211-day fast in 1995. He gave lectures at universities around the world, established Solar Healing Centres in over 120 countries, and worked with scientific organizations including NASA, ISRO and the Indian Medical Association.

THE HRM SUNGAZING METHOD

HRM taught a simple and gradual method that combines sungazing with daily barefoot walking.

1. **Timing**
   Gaze at the Sun during the first hour after sunrise or the last hour before sunset.
2. **Start gradually**
   Begin with 10 seconds on the first day.
3. **Increase slowly**
   Add 10 seconds each day.
4. **Reach the full duration**
   After 1 month: ~ 5 minutes
   After 3 months: ~ 15 minutes
   After 6 months: ~ 30 minutes
   After 9 months: ~ 44 minutes (maximum).
5. **Barefoot walking**
   Walk barefoot on natural ground (earth, sand, dirt or grass) for at least 45 minutes every day.



IMPORTANT GUIDELINES

- Only gaze within one hour after sunrise or before sunset.
- Do not gaze during the day, especially not at midday.
- Start with short periods and increase gradually.
- Be barefoot and in contact with the natural ground.
- If you miss a few days, continue from where you stopped. Do not add extra time.
- After a long break (e.g. a few weeks), shorten the next gazing time and build up again gradually.

WHAT HAPPENS WITH PRACTICE?

According to HRM, consistent practice can lead to:

- Improved health and vitality
- Greater mental clarity and positive mood
- Increased life energy
- A natural decrease in appetite (often after 7 to 9 months)
- A deeper connection with the Sun and Earth

AFTER NINE MONTHS

Once you reach the full duration of 44 minutes, daily sungazing is no longer necessary. You can continue to gaze occasionally to maintain a high level of energy. Barefoot walking is still recommended every day.



See you all next month!

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