



NEWSLETTER

JANUARY 2026

Dear Living-Light Community,

2025, the Year of the **Snake**, was a time of inner **transformation**. A year of introspection, successive shedding, and awakenings that were sometimes quiet, yet deeply profound. The Snake invites us to slow down, **observe**, understand, and **let go of the old** in order to gain clarity and wisdom. Not everything was visible on the outside, but so much was happening within.

2026, the Year of the **Horse**, marks a shift in energy. After introspection comes movement. The Horse brings momentum, freedom, self-expression, and the desire to **move forward with courage**.

It's a year to **follow your heart**, dare to take your place, and put into action what you've understood and integrated before. Where the Snake was preparing, the Horse invites you to **live fully**.

In this monthly newsletter, please **join me** for a **holotropic breathwork** practice and **unlock** altered states of consciousness

Fresh news about the next **Healing Retreat** 2026 in **Australia**



Meet with **John Vivanco**, one of the most famous **Remote Viewer** history knows



Using the **Blue Buddha** mantra to help you with **all forms of Healing**



HOLOTROPIC BREATHWORK

Have you ever experienced altered states of consciousness with breathwork?

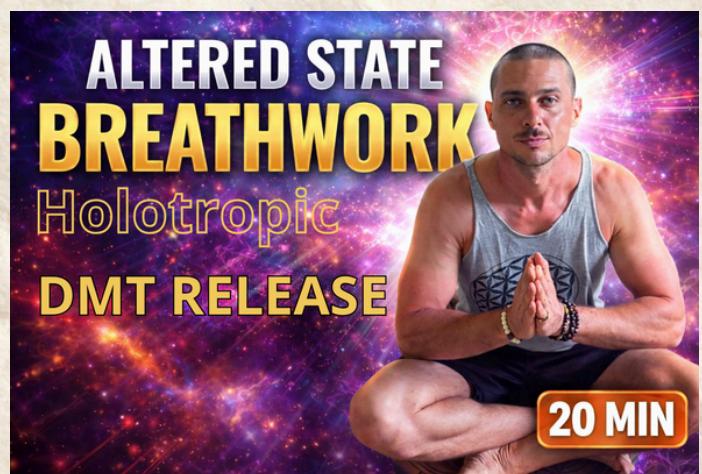
At the beginning of my **spiritual awakening**, I practiced extended periods of **fasting**. With nearly no calories to burn, I was solely relying on **my breath** to be able to function properly “energy-wise.” I can remember that after 3 days **without food** and **without water**, 30 min of breathwork would give me about **10 min of full functionality**, and then slowly I would lose focus and **feel weaker**. But during those experiences, I realised how **powerful breathwork** was. I started to do long sequences of breathing **through the mouth only**, and I discovered new, incredible **states of consciousness**. To me, the first shock was when my entire body would enter a state of **uncontrollable shakiness**. After only 30 min of breathing in and out through the mouth only, I found myself experiencing **deep emotional release** followed by tears and innocent joy.

The first holotropic breathwork I did was a technique coming from the famous breatharian **Akahi Ricardo**. His technique was passed on to him via angels in his dream state. Interestingly, a few years later, I listened to **Wim Hof** and Akahi Ricardo talking about their breathing techniques and **how similar** they were, yet both were found differently by each one of them.

Holotropic breathwork will help you release stored emotions, quiet the mental chatter, and bring deep relaxation, **more energy**, and a stronger connection to your body. It can also open powerful **inner insights**, supporting self-compassion, a sense of meaning, and more grounded, clear **decision-making** in everyday life.

Intense breathwork can influence endogenous **DMT activity**, because altered breathing can shift blood gases and brain chemistry in ways that will feel **psychedelic**. Those altered-states benefits many experience often come from the combined effects of controlled hyperventilation, CO₂ changes, nervous system activation, and deep emotional processing leading to powerful catharsis, insight, and reset.

Below is a link to follow a **20 min guided breathwork** that I've just released :)
[CLICK ON THE VIDEO LINK HERE](#)



AUSTRALIAN HEALING RETREAT 2026

DATES LOCKED



After the **success** of our first **Australian Healing Retreat** last year, I'm beyond excited to announce that **we're doing it again** in September 2026 and this time we're **expanding the energy** even further with Master **Yap Boh Heong** and Master **Dennis Wang**!

Brisbane: from Friday the **4th** until Sunday the **6th** of September **2026**

Sydney: from Friday the **11th** until Sunday the **13th** of September **2026**

The **feedback** we received from participants in 2025 was honestly **incredible**, deeply moving, powerful, and full of breakthroughs. It confirmed what I've felt since joining the first **Bali retreat in 2024**: It is nothing like a retreat like you have done before. You will **meet your tribe**, you learn **practical tools** you can take home, and you discover what's possible when **Qi** and true inner work come together under the **guidance** of renowned **international Masters**.

Big news: **Rhonda** and **Gabriel** have joined Living-Light.Life and will be supporting and hosting the Sydney event with us! I'm **truly grateful** to have them on this journey.

We'll be releasing a promotion trailer in the next few months, along with full details, venue info, and tickets.

If you feel the **Qi-call**... stay close.



For more information, please reply to this email directly

REMOTE VIEWING: FROM COLD WAR SPYCRAFT TO JOHN VIVANCO'S MODERN TRAINING



Remote viewing is one of the **strangest legacies** of the Cold War—a practice described as **gaining information** about distant or hidden targets **using the mind**, under structured protocols. It sits at the **crossroads** of intelligence history, consciousness exploration, and **controversy**.

It all started from fear, rumors, and a classified **U.S. program**... During the Cold War, U.S. **intelligence circles** became concerned by reports and claims that Russia (the Soviet Union) was investing heavily in "**psychotronic**" or psychic research, and that these efforts might be used for **espionage**. Those concerns motivated the United States to fund its own investigations into **psychic functioning**.

That effort eventually became known as the **Stargate Project**, with research threads and code names that shifted across agencies and years. The program worked with **contractors** including **Stanford Research Institute** and was associated at different times with the **Defense Intelligence Agency** and the Central Intelligence Agency.

By the mid-**1990s**, the program was shut down and **declassified**.



After that declassification wave, **John Vivanco** became one of the better-known civilian figures **teaching** and speaking about **remote viewing**. In interviews and biographies written about his work, he's described as **beginning** his RV journey shortly after the **1995 declassification**, working professionally in a civilian **think tank** commonly referred to as "**TDS**," and later teaching and developing training approaches.

John also authored one of my favorite book, a well-known **memoir-style book**: *The Time Before the Secret Words: On the Path of Remote Viewing, High Strangeness and Zen* — a personal account that blends remote viewing with spirituality and inner development.

Can anyone do it?

One of the most common claims in the **modern** remote viewing **community** is that remote viewing is **not a "gift for a chosen few,"** but a **trainable skill**—that many people can learn to get impressions, **improve** signal vs. noise, and develop consistency **through practice** and feedback. That's also a recurring theme in popular coverage and among proponents **connected** to the broader remote viewing world.

If you are interested in listening to John Vivanco and his **fascinating life story**, I would recommend you to listen to his **interviews** with my dear friend **Walter Nowosad** from his youtube channel **Search4truthreality**. Click on the **blue link** and make sure to subscribe to his channel.



[**CLICK ON THE LINK
HERE**](#)

MEDICINE BUDDHA HEALING PROTOCOL

This is a practice I use in my **Han Yang healing work**. My teacher, **Dennis Wang**, instructed me to **invoke** the Blue Medicine Buddha **during healing** and to visualize him **seated above the crown chakra**, at the top of the head. He shared that this method was passed to him through an **important monk** in Tibet. I personally use this invocation consistently when I'm doing a Han Yang healing session.

1) Prepare the space

- Sit or stand comfortably (spine long, shoulders soft).
- If you're doing this for someone else, set a calm space and agree on a clear intention: support, balance, peace, recovery.

2) Set the intention

Quietly say something like:

"May this practice support healing, clarity, and harmony in body, heart, and mind—for the highest good."

3) Invoke the Blue Medicine Buddha at the crown

- Bring gentle attention to the crown chakra (top of the head).
- Visualize the Blue Medicine Buddha (Sangye Menla) seated above your crown, facing forward, calm and radiant.
- Imagine a soft blue healing light pouring down from him into your crown—like a warm, intelligent medicine.

Key point: keep the visualization simple. You don't need a "perfect image" just a felt sense.

4) Start the mantra and synchronize your breath

Play this YouTube mantra: [CLICK HERE](#)

- Inhale gently through the nose.
- Exhale slowly through the nose or slightly parted lips.
- Let the mantra "carry" you—no forcing, no strain.

5) Healing scan + energetic purification (

As the mantra continues:

- Let the blue light flow from the crown down through the head, throat, chest, belly, then through the arms and legs.
- On each exhale, imagine old tension, heaviness, or stagnant energy leaving the body—like smoke dissolving into the earth.

6) Direct the healing (self-healing or healing for someone else)

If it's for yourself

- Bring your awareness to any area that needs support (pain, stress, fatigue, anxiety, grief).
- Imagine the blue light becoming more concentrated there, like a gentle balm.
- Repeat silently: "Restore. Harmonize. Heal."

If it's for someone else

- Keep the Medicine Buddha above your crown (you as the channel).
- Visualize the person in front of you (or imagine a sphere of them).
- On each mantra cycle, see blue light flowing through you and radiating toward them—not forcing, just offering.
- Intention: support their system to return to balance.

7) Seal and close

- When the track ends (or when you feel complete), keep your eyes closed.
- Visualize the Medicine Buddha gently dissolving into a sphere of blue light that enters your crown and stays within you as a calm presence.
- Place both hands on the lower belly (below the navel) and take 5 slow breaths to ground and store the energy.

8) Integration

- Drink water.
- If you can, write one sentence: "What shifted?"
- Keep your day gentle if the session was intense.



See you all next month after the shedding!

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