



# NEWSLETTER

DECEMBER 2025

## Dear Living-Light Community,

Life has always been, always is, and always will be. For us as **Homo Luminus**, it begins with birth and ends with death on planet Earth, until **we ascend** and continue experiencing Life in all its forms and shapes. Being a **fractal** of that whole consciousness sometimes leaves us with a feeling of **separation** and **loneliness**. But the hardest work and challenge we face every day is to **reconnect** with our **Divine essence** and realise that we have never been and will **never be alone**.

This **year** is coming to an **end**, and as one chapter **closes**, another **opens**.

I have faith that every one of you will write a **beauty-full** chapter in 2026, and with **all my heart**, know that **I love you** and I'm always here for you.

To my students, friends, family, readers, and viewers:

**I wish you everything you've always dreamed of for 2026**

In this newsletter, discover the art of **Ping Shuai Gong**, a very old, simple yet **powerful** Qigong

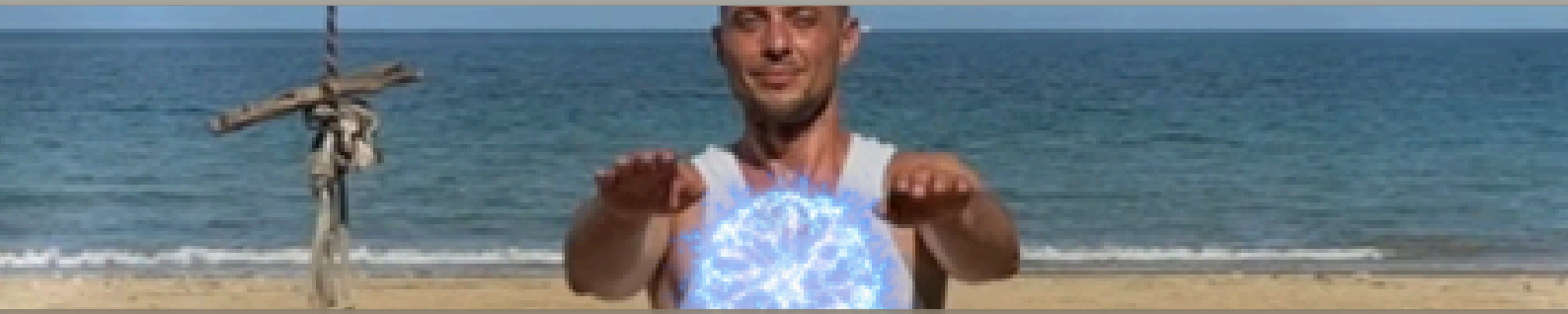
News about the next **Healing Retreat** in 2026 in Bali

Meet with **Kewaunee**, one of my dear and precious friend, famous **Sasquatch** contactee and **ambassador** for the **Hairy Men**

Least but not last, how to **calibrate** your **water** for ultimate **abundance**? Following Dr Emoto's science, I have a technique to share with you.







# WHAT IS THE MIRACLE SWING QIGONG?



## PING SHUAI GONG

Are you ready to join me for a **fun** and **easy** **Qigong practice**?

In this video I want to show you a powerful yet super simple Qigong practice called **Ping Shuai Gong**. I learned it in Bali back in 2018 during Christmas! :)

For the story, I met a man named **Nyoman Soma**, a healer, and we spent Christmas Day together practicing and talking about **energy** and **healing**.

Nyoman lives in Bali. He is a healer and **Tai Chi instructor**, and he even teaches the local police. He told me he had spent years alone in the forest, **meditating** in **Vipassana** style. His knowledge and skills are incredible and he can heal people using his eyes instead of his hands...!

We practiced push hands and Tai Chi together, and he shared with me a practice called **Ping Shuai Gong**, explaining how some of his patients had experienced **miraculous healing** with it.

I was intrigued, started practicing, and continued, even having my entire family once practicing on the beach in Australia.

This method is very simple, but the **benefits** for the body and energy are **powerful**. It was pioneered by Qigong master Li Feng-shan, and the official organization is the International **Chinese Health Qigong Federation** (ICHQF).

**For how long do we practice and how often?**

For optimal health:

Practice **10–30 minutes once a day**. For more serious health issues (as a complementary support): Practice twice a day, about 30 minutes in the morning and 30 minutes in the afternoon, if it feels right for your body. Enough reading, get on your foot and **let's start to practice!** Or let's put a reminder in your phone right now to start tomorrow morning!

And don't forget to tell me how you feel!

**Sending you all good Qi**

[CLICK ON THE VIDEO LINK HERE](#)





## HEALING RETREAT IN BALI 2026



Back in **2024**, I decided to join the very first Healing retreat in Bali held by **Master Yap Boh Heong** and **Master Dennis Wang**... and honestly, it was a **one-of-a-kind experience!**

This retreat was the **powerful beginning** of what's now **spreading its seeds** all around the world. It has now its **base in Bali** and it is growing in **Australia** and **Europe**.

The goal is simple: sharing cutting-edge knowledge on **how to heal ourselves** and how to **support others** in their healing too. My dear readers, I'm honestly telling you, this is not a retreat like you have done before... You will meet your tribe of like-minded, heart-connected people who get it, and you will be equipped by **true pioneers** in the field of **Qi energy** with practical tools you can actually take home and use for your own healing and to help others.

We will explore and demonstrate the **relationship** between **Qigong** and **Traditional Chinese Medicine (TCM)** practice.

This upcoming retreat will be held from the **27th of June to the 3rd of July 2026**, and the lineup is exceptional:

**Master Yap Boh Heong** (Yan Shou Gong)  
**Master Dennis Wang** (Han Yang Ru Yi Gong)  
**Dr Ortwin Luers** (12 steps to Wuji)  
**Master Anthony Monteith** (TCM Neigong)

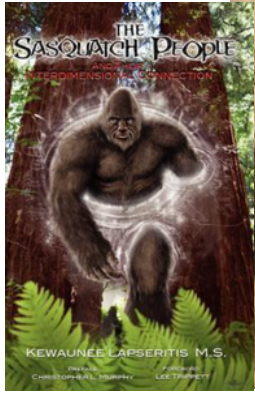
This is genuinely a **once-in-a-lifetime** kind of retreat, and I would vividly encourage all of you to make the time for it if you feel the **Qi-call**. You'll gain **incredible experience** in the field of Qi energy, and you'll be equipped with truly **astounding tools** to heal yourself — and to bring healing to others. I hope to see you there!



For more information, please reply to this email directly or scan the QR Code.



# KEWAUNEE AND THE HAIRY MEN



## WHEN FICTION MEETS SCIENCE



A few years ago, I delved into the topic of **rare creatures** known to humans since the dawn of time called **cryptids**. Among these **formidable beings** that have enriched the tapestry of history while discrediting modern science is the **Hairy Man**, also known as Bigfoot, Yowies, or Sasquatch. Known and seen all over the world by humans for centuries, one man knows more about them than anyone I've come across, my special friend, **Kewaunee**.

I first found out about Kewaunee while listening to an interview with my favorite exopolitics researcher, **Dr. Michael Salla**, who was interviewing him. Having researched the topic of the Hairy Men for a long time, I was fascinated by Kewaunee and his story. Within minutes of the interview ending, **I ordered his books**. After reading them, I couldn't help myself, **I had to contact** Kewaunee to get to know him better. What started as an email led to a phone call, and then to long **video conversations** where Kewaunee shared with me **incredible intel** about the Hairy Men and the interactions he has with them. He has **traveled the world** to meet the **different tribes** that live on **our planet**, and his knowledge is truly beyond fascinating.



[PATTERSON CASE VIDEO LINK HERE](#)

**Kewaunee** is not only **incredibly intelligent** when it comes to the mind, more than anything, he has a **golden heart**.

His love and compassion are deeply inspiring. Thanks to him, I have begun doing **telepathic work** to connect with groups of Hairy Men living in my area. My **first contact** happened through a dream in January this year.

The most irrefutable footage of these amazing beings is known as the **Patterson case**. Even though modern science tries to explain everything in a rational manner, it is **impossible** to categorise the hairy man in a **rationalised category**.

The reason **why** lies between the knowledge from Kewaunee and his books, your own research and **following your heart**. The only thing I can tell you personally is that **those beings** are a **breach** in the **programming** that has been enforced on us, therefore **modern science** prefers to eliminate and **suppress** those research not to let us access a long **lost knowledge** that brings **unity** and **love** among all the **tribes** living on our magic **planet earth**.

Kewaunee now lives by himself in the US in the country side, he is getting old and his **only source** of **income** is based on the **books** he has written. If you would like to **help him** and getting to know him more and appreciate the incredible **work** that he is sharing with humanity, please **order his book** on his website:

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

*Thank you infinitely for your support in helping a man that has helped me so much already!  
And thank you for everything my dear friend Kewaunee*



# HOW TO CALIBRATE YOUR WATER FOR ULTIMATE ABUNDANCE

As Dr. Emoto's research demonstrated, water responds to consciousness. By consciously programming water with positive intentions and emotions, we can transform its molecular structure, raising its vibrational frequency and, in turn, enhancing our own energetic state and manifesting our reality.

## Water Calibration Ritual (5–10 minutes)

### 1) Choose your water + container:

- Use filtered water if possible.
- Pour it into a glass jar/bottle (glass holds intention vibes, nicely and avoids plastic taste/chemicals. Blue colour is best).

### 2) Clear the old "signal":

Pick one:

- Breath cleanse: exhale slowly onto/near the water 3 times, imagining any heaviness leaving it.
- Sound cleanse: ring a bell, clap, hum "OM," or play a tuning fork near it for 20–30 seconds.
- Salt bowl method (optional): place the bottle next to a small bowl of salt for 1 minute (symbolic clearing).
- Say (out loud if you can):

*"I clear this water of any stagnant or lower-frequency imprint. It returns to pure, living coherence."*

### 3) Coherence step:

Heart + gratitude

Hold the bottle with both hands at heart level.

- Breathe in for 4... out for 6... for about 5 breaths.
- Bring up a real feeling of gratitude (something specific you're thankful for).
- Say:

*"Thank you, water. Thank you for life."*

### 4) Program the intention:

Use present tense, emotionally true, and simple words.

Pick 1–3 statements, like:

*"I am open to receiving abundant opportunities with ease."*

*"Money and support flow to me in aligned ways."*

*"I create value and I'm rewarded."*

*"I am safe to receive more."*

### 5) Charge it:

Choose one method (or stack two):

#### A) Visualization charge

Imagine the water filling with gold light. See it becoming brighter, clearer, more "alive."

#### B) Symbol charge

Write ABUNDANCE / GRATITUDE / RECEIVE on a small paper and place it under the glass for a few minutes.

#### C) Sun/Moon charge (optional)

Place it near morning sunlight for 5–15 minutes, or moonlight overnight.

### 6) Seal the calibration

Tap the bottle gently 3 times and say:

*"Sealed. This water supports my highest good and highest abundance."*

### 7) Drink + anchor

Before your first sip, say:

*"As I drink this, I embody abundance, clarity, confidence, and aligned action."*

Take 3 slow sips and feel it landing in your body.

**ABUNDANCE IS NOW COMING YOUR WAY** 😊

See you all next month and Merry Christmas!

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