

# Multimedia Introduction

## Guidelines for Feng Huang Video Watching and Audio Listening

Grandmaster Datong's spiritual wisdom songs, spiritual wisdom language, audios and videos, etc., whatever type it may be, they all contain positive information and positive energy of high-dimensional space and time. As long as you watch the videos or listen to the audios with sincerity, no matter when and where you are, you will receive high-vibrational information and energy that transcend space and time.

In order to reap more positive effects of Feng Huang video watching or audio listening, please pay attention to the following information:

1. Relax naturally with both eyes opened naturally, but if you are listening to the audios, you can keep both eyes gently closed. You can be in standing, sitting, or lying down posture. Let go of troubles, worries, illnesses and mundane things. Be in peaceful, serene, sincere, and respectful states of mind.

2. Possible effects and reactions:

- Hot sensation all over your body, flow of warm Qi through the body, tingling sensation, electrical sensation, trembling, muscular jerks, tiredness is reduced or eliminated, energy is enhanced, mind is relaxed and agile.
- Pain and discomfort disappear or lessen, or you may experience a healing crisis which is the temporary worsening of symptoms and this is a normal occurrence.
- Cleansing symptoms: yawning, tearing, sweating, skin itching, skin eruption, body odor, increased or yellow urination, nausea, diarrhea, feet swelling, flatulence, etc.
- Uncontrollable crying or laughing, or sudden emotional reaction; because your soul has been cleansed, and you feel joyful, relaxed and your love expands.

Let whatever reactions come naturally without holding back; if a reaction is too vigorous, you should bring it under control.

In order to strengthen your self-healing ability, it is recommended that you practice the mystical techniques of Feng Huang Yuan.

Closing Form:

After you have finished watching the videos or listening to the audios, put both hands, one on top of the other, over your navel, and rub around your navel clockwise and counterclockwise, 6 to 9 times in each direction. Rub both palms of your hands for heating and massage your face.

(Note: Reactions and effects vary from person to person. Sincerely wish everyone who watches Feng Huang videos or listens to Feng Huang audios will achieve the desired positive effect.)