

Hello, This part of the module is about my teacher, and teachings.

My teacher Leong Tan is from the Chinese community in Malaysia. He has spent a great part of his life studying spirituality, martial arts, Qi energy flow within the body (as practiced in Asia) and has been working with and channeling the Teacher, Wong Loh Sin See for more than 35 years. In Malaysia channeling is very well recognized. Leong has taught me about Taoism and the healing energy of the Dan Tain rooted in the 8 branches of Chinese Medicine.

About the Channeled Spirit- We call the Teacher Wong Loh Sin See. "Sin See" means teacher, master or more literally first sage, he is pure spirit. The teacher has never been in human experience. He has no gender or nationality. However, he did begin teaching in the Chinese Community in Malaysia and teaches a philosophy that combines Buddhism, Taoism, and Confucianism. He does say how it is beneficial at this point in time for this ancient philosophy to be reintroduced at this time.

Teacher's method of instruction* is not always direct. In fact, more often than not, the Teacher acts as a mirror, guiding us to see hidden parts of ourselves more clearly. This can be a confusing process, but here again, the emphasis is on Self. The Teacher does not want us to cultivate or practice in order to earn his favor or appease him in any way. Nor does he want us to rely on his advice rather than facing our confusion, learning to listen to our own hearts and making our own decisions.

He teaches us that what we perceive with our eyes and our minds can be very superficial. What we see from our hearts is real. We learn to trust our inner voices, our feelings. We learn to calm ourselves so that when we help other people, we can really listen to them and sense their feelings and needs. The Teacher stresses the importance and difficulty of being a good human being and reminds us that the physical world is our training ground. Every facet of daily living is an integral part of our spiritual path.

The integration of our outward daily lives and our inner spiritual lives is a cornerstone of the work the Teacher does with us. He teaches us about the Tao, which is the goodness and kindness of the heart. In class, the Teacher addresses very specific aspects of our daily lives that may need attention. He helps us and guides us in practical ways to become better people.

My Teachers, Leong Wong Loh Sin See & Meg Kwan Yin.



I have been an initiated student of the teachers for over 20 years

They taught me "The Tao Way" which entails learning chi energies, and how the 5 branches of Chinese medicine affect us, I have worked closely with my teachers for the past 20 years. I have grown and cultivated my intuitive gifts. I have been helping and empowering people to understand their energies to live a more balanced, joyful, and spiritual life. Through these wonderful teachers, I have found that there is a spiritual essence in all things, and if you sit quietly and you are present you can feel them. This is the life force chi energy that resides in all living things. Through the first 5 branches of Chinese Medicine, you can completely transform your life.

If you want to learn how to cultivate your energy, honor your body, enhance your intuitive abilities, resolve problems, and create healthy relationships, then come and work with me, and explore the first five branches of Chinese Medicine.

I am a certified Meditation & Qigong Teacher, Astrologer & Feng Shui Professional. I created My Zen Living to help people change their lives, by changing their energy from within, along with changing their energy outwardly.