During the Spring Forest Qigong level 4 retreat in Two Harbors, MN, I completed my first 2 hour meditation in the full lotus position. While this was a wonderful achievement for me, by the time the meditation was complete, I was in pain both from the physical effort and the emotions that were released. I couldn't get up off the floor; I was a complete mess! Marcia graciously came over and helped calm me down. She then offered to do a full healing for me and I gratefully accepted. During the healing I felt most of the pain in my hips and legs release. I felt the emotions that were jarred during the meditation whisked away. Her style seemed to be more guided than rigorous, very gentle. She seemed to "fan" away the energy. She also was able to comfort me by discussing the specifics of what she was doing (it was level 4 after all, I wanted to learn as much as I could). We discussed the differences between Reiki and Qigong. I asked if there were other helpers around and she said Master Lin's spirit was there helping me along with several others. This really calmed me down and allowed me to relax. By the time the healing was over, I felt much better; just a bit of soreness left over in the hip and a great humbleness in my heart. We are now good friends and share our healing/healer journey together whenever we can.

Virginia Wimmer

Rochester, MN