



What is Celestial Sustenance Practice (Bi Gu)?

Bi Gu is a state of body, mind and soul that arises as a result of regular Qi Gong practice. When a person reaches this level of practice, he/she has received direct access to the source of life energy: Bi Gu practitioners can uptake energy with their entire body directly from nature and also from the Universe. They no longer need to take a detour by consuming food in order to supply themselves with energy. They receive everything that their bodies need directly from nature.

Energy derived from nature is purer and stronger than energy derived from food (just think of all the additives that many foods contain.) Bi Gu practice, therefore, greatly assists with the detoxification, cleansing and purification of the physical body and the soul. When you absorb enough energy to exceed or balance your energetic output, then you will naturally experience little or no hunger. A person can therefore theoretically go completely or partially without eating or drinking. For this reason, a Bi Gu practitioner can maintain very good health and be filled with energy and strength. Most students report being happier and more adventurous than before. Others experience more emotional stability and feel more even-tempered. Bi Gu is conducive to practicing kindness of thought, speech and action. While in a state of Bi Gu or semi-Bi Gu, the head is clear and the brain functions effortlessly. Many omnivorous students even find themselves in a gradual progression towards vegetarianism or veganism.

Translated word for word, Bi means "to avoid, to go without" and Gu means "grains". Bi Gu has several thousand years of history in ancient China.

The Difference Between Bi Gu and Fasting

We cannot determine on our own if and when we will reach a state of semi- or full Bi Gu. Imagine that Bi Gu is a gift from the Universe, in other words, information that manifests itself in our physical bodies however and whenever it is most appropriate (the timing is also self-regulated by the body). We cannot simply say that we are in Bi Gu and make it so. This is the biggest difference between Bi Gu and fasting. Bi Gu is not an act of willpower. It is the opposite: too much deliberateness and wanting is the best way to **not** accomplish Bi Gu. It will not work if you say, "I'm in a state of Bi Gu now, I am no longer eating." This would cause malnutrition and illness and is absolutely not Bi Gu.

How Can One Receive Bi Gu Energy?

There are different ways to enter the state of Bi Gu. In all cases, the more you are able to open yourself to the possibility and open your heart to the Universal energy, the more energy you'll be able to let in.

To increase this heart and mind opening, you could conscientiously practice Qi Gong. In almost



all cases, those in the state of Bi Gu are Qi Gong practitioners. **Regular practice** increases the chances of opening up to the energetic Bi Gu information and it could be that you will enter Bi Gu naturally. The less we strive for or desire Bi Gu, the better our chances of receiving it.

Master Tian Ping of Germany says, "In principle, it is easy to receive energy and to enter a Bi Gu state because Universal energy is everywhere. The Universe is fair and impartial. If your heart is open, you can receive Bi Gu directly without attending an energy transmission workshop or connecting to any other practice. For example, we know someone who decided one day to ask the Universe for Bi Gu. She received the transmission without having to practice and without a Master or teacher. Energy does not discriminate whether you are American, Chinese, if you practice Qi Gong, etc. As long as we are truly able to open our hearts, the Universal energy will inevitably enter our bodies – streaming in like fresh air through an open window. It is unfortunate that humanity has forgotten how to be naturally wide open and that we must relearn how to be this way. Qi Gong can assist us with this. It is a technique that we can learn and use to relax, to release our small selves and to open our hearts."

How Does One Maintain the Bi Gu State?

- Virtuous thoughts, words and actions
- Cultivating a connection to Universal energy
- Maintaining gratitude for the Universe
- Ability to eat only in response to hunger signals rather than cravings or the sight/scent or food
- Mental & psychological preparedness interacting with those not familiar with the practice
- Willingness to make social adjustments
- Avoid temptation

Bi Gu Principles to Follow

The practice must be allowed to take a natural course and cannot be forced. If your energy level is good and if you are not hungry/thirsty or you don't feel like eating, then do not eat. If you feel hungry, eat some fruit. If your energy level drops, eat a meal. When you eat, always remember to give thanks to the Universe and maintain a sense of gratitude.

Meditation Before Eating

- Gratitude
Before every meal or drink, allow your mind and your heart to calm. Brings your hands together in prayer position (you don't necessarily need to bring your hands together if you are not in the habit of doing so or if the social situation is awkward, just make a silent



and sincere intention). With a sense of humility, gratitude and reverence, say silently or quietly to yourself, “Thank you Universe and Earth for all food and drink.”

- **Toxin Elimination**

Say silently or quietly to yourself: For the sake of healing the Earth, healing all beings and healing myself, I ask the Universal Grand Master of Bi Gu to please eliminate the toxins, impurities and negative information from the food and drink of all Bi Gu practitioners. (The length of this process may vary and be adjusted depending on the immediate situation and environment.)

- **Replenishing/Strengthening**

Say silently or quietly to yourself: Please also add positive energy to the food and drink and to send us Bi Gu and Bi Water transmission energy. Please also send energetic assistance for the ability to resist temptations. Thank you.

- **Pause to Observe**

If you see with Celestial Vision or are able to intuitively sense the toxin elimination and the energy enhancement phases, then wait until the energy enhancement transmission has ended before eating. If you do not discern any related phenomenon then just wait a minute or so before beginning your meal.