

Deborah Stevenson

For Deborah Stevenson, art and nature, spirituality and healing go hand in hand. She earned her B.A. in Fine Arts from Adams State College in Alamosa, CO, and Masters in Anthropology from the University of Alaska, Fairbanks. Stevenson has been meditating since 1972 and has been painting and teaching in a variety of disciplines for over 50 years. She is originally from Colorado and moved to Nevada in 2004. She currently serves on the retreat committee for the Dharma Zephyr Insight Meditation Community. Deborah has been practicing energy healing through Reiki and qigong since 2000 and teaching since 2003. She currently teaches Sheng Zhen Qigong in the tradition of her teacher, Master Li Jun Feng. Sheng Zhen means unconditional love.

Chi is the essence of love. By practicing these slow, gentle movements, one can feel the power of love and return to the natural state. The purpose of the practice is to open and purify the heart. Qigong promotes relaxation and stimulates circulation through the flow of chi, or life force energy. It is also good for the emotions, leading to a more balanced life. Becoming a happier person leads to a desire to care for others and the natural environment.