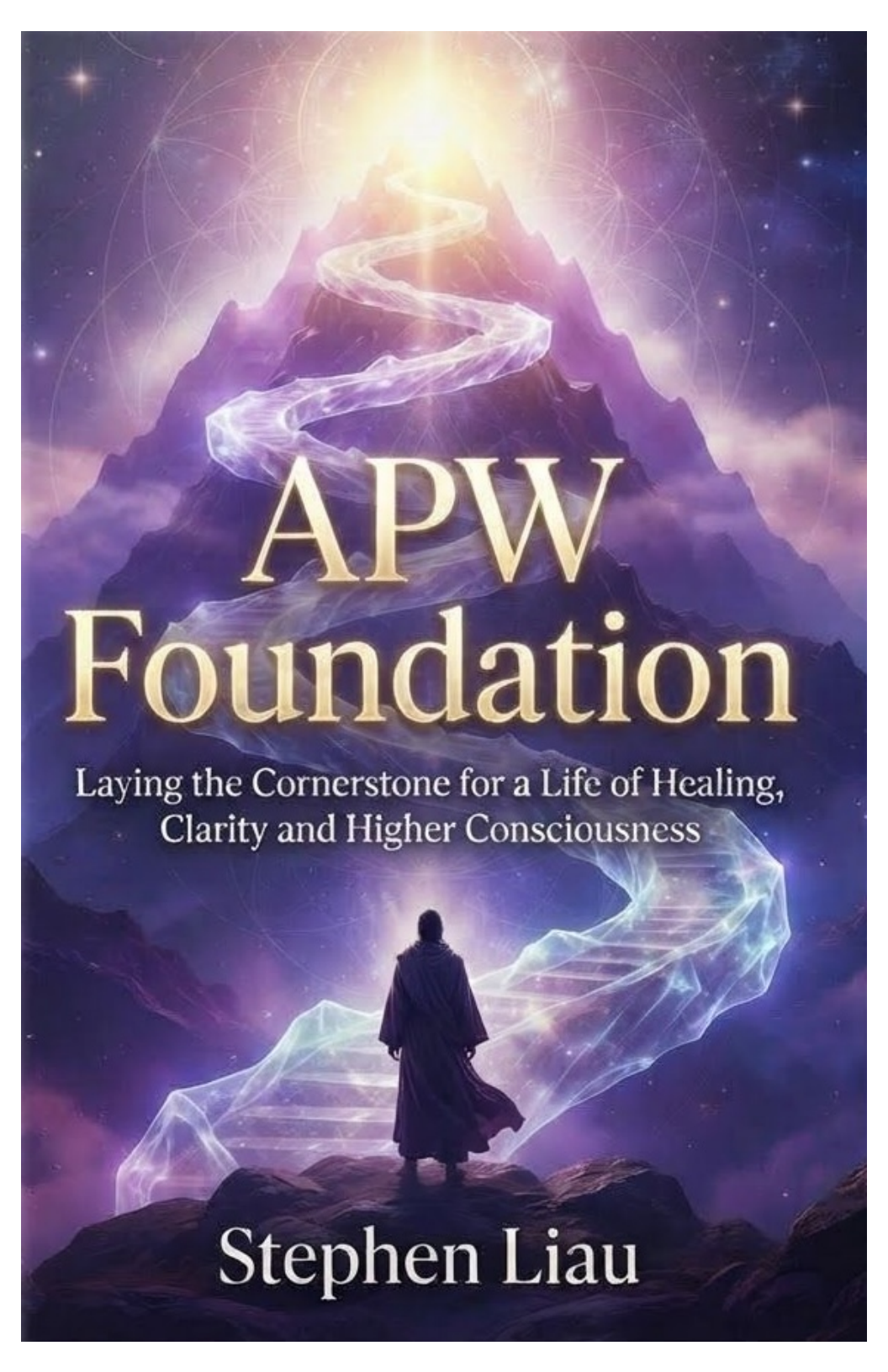




APW Foundation

Laying the Cornerstone for a Life of Healing,
Clarity and Higher Consciousness

Stephen Liao

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*I dedicated this book and future books to my wife, who has passed, on 20th March 2023 and my two living and loving children, **Liau Kim Han** and **Liau Li Oun**.*

*Thank you to the supporting APW team who keeps growing the APW family, headed by **Teacher Christie Tay** and supported by the 3 teachers and future teachers of APW.*

Thank you my two book editors:

Ken Kish

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Contents

0. Purpose of APW

About APW

1. My Story

2. Our body can absolutely self-heal

3. There is no healing but self-healing

4. Our body self heals

5. The source of energy

6. Connection to the solar sun

7. Monitoring our cellular vibration

8. What is dis-ease?

9. What is health?

10. The minds of knowledge

11. Asking for answers from our minds

12. We repeat lives until

13. How to self-heal

PURPOSE of APW

The purpose of APW?

- **APW Foundation is a ‘pre-study’ on self healing**, if you are ready, you can sign up for the workshop, where we will go online to receive the 3 solar sun alignment and cellular vibration raising sessions plus your questions from this book.
- **APW is a lighthouse for the 11% who are here to hold and raise the vibration of humanity.**

The very **basics of APW self healing** workshop is:

“There is no healing but self healing”.

Why hold and raise humanity vibration?

Holding and raise humanity vibration shall mean, when the humanity vibration as a whole is low, there will be violence and war, not peace and harmony in the world.

Vibration is like oxygen to humans.

When the oxygen level is low, scarce, we are stressed and worried, we will look for someone else to steal from to keep ourselves alive, that creates conflict with others, that leads to fighting and killing for oxygen. The vibration is actually more than oxygen, vibration is actually ‘life force’ of every human.

We exchange this “life force” all the time between each other, that’s how humanity works, we give and we take from each other, vibrationally.

- The low vibration will take from the high vibration, without knowing.
- The high vibration without knowing, will feel drained by the low vibration.

When the vibration is raised, where everyone has enough oxygen, the life force, and do not have to take from others, there will be peace and harmony in the world.

Who are the 11%?

The 11% who are honest, hardworking, problem solving yet, not going anywhere in life, while feeling drained, tired. That's because you are **the 11%, who have a special purpose** in this life time, you are here to **hold and raise humanity's vibration**, you are a conduit of life force keeping humanity vibration.

Your life force is weakening because the demand for life force has gone up, the humanity as a whole is spiraling into chaos. You need to raise your vibration, your life force higher to hold and raise the humanity vibration,

Our world is changing fast, the change needs more life force to keep humanity in healthy, sanity state from the massive stress flowing into humanity. The vibration that was holding is no longer able to hold humanity as a whole, the 11% need to be effective and raise their cellular vibration to hold and raise humanity from the stress of modern life and into a relax, calm, peaceful and harmonious life style of health.

If you are the 11%, come join our growing APW family since 9/9/2023, to hold and raise humanity's vibration, back into healthy state.

There are many but this is what one student says about the APW movement:

“It is a great honor and privilege to contribute this testimonial to a book that chronicles the remarkable journey of Ascension PathWay (APW). Although I was only initiated into APW in late July 2025, the transformation I have experienced within such a short period has been truly life changing.

My journey began with my own health. Through the consistent practice of APW Self Healing (SH), I experienced significant relief from my long-standing chronic gout.

Encouraged by these positive changes, I also made the personal decision to discontinue my hypertension and cholesterol medications in December 2025. Since then, I have continued to enjoy improved well-being and a renewed appreciation for a healthier, more balanced life.

Beyond my own experience, I have been deeply humbled by the opportunity to assist others through Assisted Self-Healing (ASH).

In July 2025, my sister’s cancer marker was recorded at over 1,900. After seven months of dedicated Self Healing practices, initially guided by teacher Christie, and supported by my consistent ASH sessions, her marker declined to 114 at the time of writing. She consciously chose Self Healing, and the outcome has been truly amazing.

I also witnessed the remarkable recovery of a close friend's husband, who, after being bedridden for four months following a serious car accident, regained the strength to walk independently within days of receiving ASH. These experiences have strengthened my conviction that healing embraces not only the physical body, but also the mind and spirit.

I extend my heartfelt gratitude to Sifu Stephen Liao for his vision, wisdom, and unwavering dedication in creating APW. His teachings have transformed my understanding of health, healing, and spiritual growth, inspiring me to serve others with greater compassion, purpose, and hope. I am also thankful to Teacher Christie Tay for initiating me on this path, and to Mel Teow for introducing me to the APW community.

It is my sincere hope that this book will inspire many readers to embark on their own Ascension PathWay journey and discover the profound possibilities that unfold when we open ourselves to personal transformation”.

Dato' Michael Leong

3/7/26

Why was APW self healing created?

Initially, I have channeled APW in my darkest hours, one after another collided into my time in ICU from procedural complication, where I was told it is 50/50 chance of living and to losing my wife to surgical complications in 20th March 2023.

I kept pushing forward for my promise to my late wife to be here for our lovely kids, Kim Han and Li Oun. I have to be healthy to be here for them.

APW was created to keep my promise to my late wife to look after my kids.

Coupled with a few 'miraculous events' that seems like the universe is telling me to not to give up on my healing path. The successful miracles made me cast away my self-doubt, since I could not save my wife, what good am I to the world?

I just decided to write down all I can within a week and started teaching to a group of 30+ students.

It was so well received, I have continued with a wonderful team who wanted to see APW to grow and assist humanity. I continue to channel daily to make APW into a self healing movement, take health back into our own hands, so that there are fewer 'health complications'. I wish you all the best in health, take charge of your own health, because **you can!**

We have only forgotten that our body can indeed self heal, when we remember and trust our body to self heal again.

How do you know if APW is right for you?

One, if you are hardworking, problem solving yet, not going anywhere in life, while feeling drained, tired. You know something is not right in the world, you know you need to do something, you know when you get sick, all you need to do is to drink water and rest till you are well, you recover faster than others who are sick.

Two, go to the 30 second YouTube video www.youtube.com/@ascensionpw (**raising overall cellular vibration**), if you can feel the vibration, APW is perfect for you.

Just watch and notice how you feel.

If you can feel it, you are the 11%, come join us to 'assist' the world to self heal.'

What do you need to learn to assist in raising humanity vibration?

There are 3 primary level of APW for beginners to master.

- **APW Foundation.**
- **APW Self Healing 2.**
- **APW Assisted Self Healing 3.**

There are higher levels, the Advance APW levels, Teachers APW, but leave that to later, all you want to do now, is master each of the 3 modular levels, to prove to yourself that this is the path for you.

Take it easy, practice and apply the foundation, notice the health improvement as you do your daily 7 minutes self healing. When you notice, you go the next level, where your vibration will go higher and shorten the time of self healing to 5 minutes a day to invest in your own health for faster recovery from dis-eases, if and when you do get it.

If and only if you are looking to assist your love ones and friends to self heal by adjusting the environment conducive to self healing, then go to APW Assisted Self Healing, where your vibration will go up even higher, every cells in your body will be vibration at a higher vibration.

Note, the methodology is different for all 3 levels, the APW Assisted Self healing 3 from APW self healing 2 and APW Foundation for self healing.

Prove to yourself that you are the 11% that APW works before you move on to the next level.
Else you are 89%, APW is not for you.

We are a lighthouse of 11% humanity, here to hold and raise the vibration of the whole.

If you are the 11%, you will **learn how to channel the vibration to raise your cellular vibration more effectively for the good of humanity.**