



Linda's T'ai Chi Weekly Handout June 9, 2024

Qigong and our Inner Healer



“Deep within each of us lies an innate ability to heal. From the moment we enter this world, our bodies are equipped with a remarkable capacity to restore and rejuvenate themselves.

This inherent healing power is not something we acquire; it’s an integral part of who we are, woven into the very fabric of our being.

Qi (pronounced “chee”) is a fundamental concept in traditional Chinese medicine (TCM), martial arts, and Taoist philosophy. **It’s the vital energy that flows through all living things and is essential for maintaining health and vitality.**

In Vedic philosophy (Hindu) and yoga, this same invisible force that permeates everything in the universe goes by the name of Prana. Similarly, in Polynesian cultures, this spiritual power is known as Mana, while in Japan it is called Ki. There may be names for this invisible force in other cultures or religions and I rely on my students to educate me on these concepts.

Qi, Prana, Mana, and Ki are different terms for the same concept that cannot be adequately described in words, nor can science fully explain how it works. Yet, it is this vital energy that (1) *gives* us life and (2) *keeps* us alive.

Understanding Your Inner Healer

Think back to your earliest memories. Remember the times when a simple scrape or bruise seemed to magically heal on its own? That’s your inner healer at work.

Our bodies possess a remarkable intelligence that orchestrates the healing process, from repairing damaged tissues to fighting off infections. **Just as a seed instinctively knows how to grow into a mighty tree, your body knows how to heal itself.**

But like any skill, this ability requires nurturing and support to flourish. By adopting healthy lifestyle habits, practicing self-care, and tapping into holistic healing modalities like Qigong, you can awaken and amplify your innate healing potential.

Healing isn’t just about fixing physical ailments; it’s about restoring balance within every aspect of our being—body, mind, and spirit.

Much like the fuel that propels a machine, it is our invisible life-force energy that keeps us functioning at our best. When this energy flows harmoniously, we experience a sense of well-being. However, disruptions in this delicate balance can lead to illness and discomfort.

As you embark on your healing journey, remember that you hold the power to transform your health and well-being from within. You have an intelligent energy system that seeks to maintain harmony. It is part of your nature.

How Qigong Improves Your Ability to Heal

The word *Qigong* combines *Qi*, meaning energy or life force, and *gong*, which translates to work or cultivation. Qigong is a traditional Chinese practice that involves integrating physical movement and postures with breathing techniques and mental focus to cultivate and balance Qi.

The practice of Qigong is deeply rooted in Taoist philosophy, which emphasizes living in harmony with the natural order of the universe.

Nature is brimming with an abundance of positive Qi that we can harness with the right mindset and tools.

Because Qigong helps us connect with the natural world around us, it's like plugging into a power source that can make us feel better.

Think of your body as a sophisticated receiver, capable of capturing a wide range of energy frequencies. Just as radio antennas can tune into different stations to produce various types of music, your mind and body possess a similar ability to tune into diverse energetic vibrations that surround us.

Unfortunately, many individuals inadvertently tune into energetic frequencies that are detrimental to their mental and physical well-being. When you allow yourself to be inundated with toxic messages and disempowering media, you unknowingly deplete your body's vital energy reserves.

Instead of aligning your energy with influences that hinder your growth, Qigong offers a pathway to attune yourself to the ultimate sources of health and vitality—the boundless energy of the universe, the grounding power of the earth, and the nurturing essence of nature.

Discovering Harmony Within

Qigong teaches us to pay attention to what our body is telling us. We learn to feel the flow of energy within us and use it to stay healthy. It's like learning to dance to the heartbeat of the universe, the rhythm of life.

What's truly remarkable is that you don't need anything fancy to start practicing Qigong. All you need is your body and an open heart and mind.

With each breath and every movement, you embark on a journey of inner exploration that leads to wholeness. And one day you realize—with every cell in your body—that you've had the power to heal all along.”

Peace, Linda



NOTE: My handout is stolen directly from an article in Tut's Adventure Club. I know nothing about this group nor am I a member nor do I subscribe to their group but their mission is to remind others of life's fundamental truths: that life is magical, we are powerful, and dreams really do come true. We do this by spreading the word (through inspirational emails, events, and life-changing adventures) about the nature of reality, the law of attraction, creative visualization, and the power of thought. I just thought this was a cool article.