

Grounded In Chi

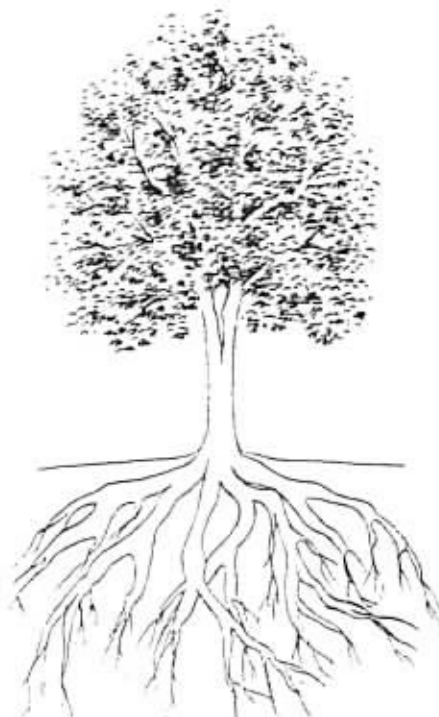
Standing like a tree

You are standing like a tree.
You are like an elm growing.
You feel everything happening within your entire body,
from your roots deep in the soil,
to the tiniest leaf reaching out into the air.
You can hear yourself moving inside.
You are growing, listening silently to your
entire body inhaling and exhaling.

A living tree breathes with its entire body.
Every cell of every leaf is breathing.
Deep in the earth, the roots are breathing too.
As you stand, you do the same.
Open every pore of your body—
along your arms, down your back and legs,
from the soles of your feet to the top of your head.
Feel the lovely breeze entering inside you at every
conceivable point of your being.
And as you exhale, let the warm current ride
out again from every extremity....

You are silent.
Your eyes are completely at peace
And a faint smile is all you sense.
Your body is asleep.
Your mind is alert.
You stand prepared to feel the deepest movements of the earth.

From *The Way of Energy* by Master Lam Kam Chuen



*Each tree grows in two
directions at once, into the
darkness and out to the
light with as many branches
and roots as it needs to
embody its wild desires.
John O'Donohue's
Anam Cara p.122*