

FROM SCATTERED TO STABLE THE LIFE CHANGING POWER OF QIGONG

In times of challenge, our primary goal is to return to center. To ground. To reconnect to that within which directs our precious life force in the most favourable direction.

If we wish to attack or fend off an adversary, our best means of achieving this is to knock them off their center. This affords us the space to step out of harm's way, regroup, reebalance.

We innately recognise someone who is 'off center.' Their scattered energy naturally repels life force energy for it has no where to land.

Similarly, we feel safe and at peace with those who are grounded and anchored within their being. There is somewhere inside of us that understands that this represents the quality of our true nature.

Our center is our core, that place within where all the seeds of our personal gardens of hope and inspiration are planted. When we make it our devotion to nourish these with love, kindness, compassion and care, we cultivate the perfect environment for our best life to blossom.

It can be challenging and even difficult to discern our internal home within a world that is ever changing at a pace that is not inherently natural for any human to process.

The Ancients left us many clues and guidelines as to how live a more natural, harmonious existence. These are ever more relevant as we stride headlong into a future that is becoming increasingly artificial.

We do not just live upon the earth, but are a very part of the planet itself. Everything that maintains your life force is derived from the sun, the moon, the stars, the rain and the earth. This natural world is our home. Our very sustenance.

Qigong practice cultivates these foundational principles by fostering deep internal roots to our very essence; that elemental aspect to ourselves that is our center.

Your practice does not have to go for hours. It can be a simple routine of 10 to 15 minutes. Even this minimal effort can produce astounding results in helping you to remember who you really are outside of the incessant noise and demands of this world.



When you learn how to hone your focus, you become someone who is able to accomplish more by doing less. You move into being rather than achieving.

Everything requires maintenance, including our mind, body and spirit. We can either consistently support our equilibrium or find ourselves in a position of requiring a total overhaul. It's true that upkeep requires effort, but reconstruction is often necessary after devastation.

You are the center of your own personal universe. How respectful and loving you are towards yourself determines much about how grounded you are.

Your greatest asset is yourself. Without this, you really don't have anything.