

Breath of Qi

CULTIVATING ENERGY. INSPIRING EMPOWERMENT.

NO.3

Transformation

TRANSFORMATION
How does it happen?
Taking the deep dive.

How Qigong can help.

White Crane Qigong news and events.



Qigong is the Art of Self Care through movement, breath work and intention. Regular practice can help to heal trauma, reset your nervous system and improve your overall physical, mental, emotional and spiritual health.



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TRANSFORMATION - IT'S A GRADUAL PROCESS

Transformation is described as a marked change in form, nature or appearance.

If you were to look at a photo of yourself as a child, you would note that you too, have undergone a marked transformation. You are not in the same physical body. You may have drastically altered in appearance and character. Chances are, you live in a different home or location. Your preferences have altered.

Most of us have undergone a complete metamorphosis many times over yet we've not noticed this simply because most transformation takes place over time. It is typically a gradual process.

I invite you to take a pause here and contemplate for a few moments all the changes you have moved through in your own life. Can you pinpoint certain times when you were aware that you were transitioning? Perhaps it was when you got married or changed jobs/career? How did having children remodel your world? Has illness or death reshaped your life?

It feels pertinent to examine the nature of change as we collectively move through the immeasurable shift that we are experiencing on this planet. Most of us recognise that to keep going as we are is no longer working. Slow living and old family values are creeping back to the fore as we are reminded of what is really important.

Perhaps you too, can identify with feeling overworked with little time to enjoy the gift of this life you've been given. Maybe you can sense that your kids need you, that your relationships might benefit from more energy being given to them.



Whatever it is for you, I can assure you that we're all feeling it: this mounting pressure that we know is eventually going to explode.

What is going to give in your life? Where can you sense the tension increasing? What is stressing you out, causing you to come undone?

Are you yelling at the kids? Fumbling at work? Eating fast food? Drinking too much coffee? Indulging in too much screen time? Going to bed late? Omitting exercise and healthy meals? Consuming drugs or alcohol to numb the pain?

In this excessively fast paced world, it can be very challenging to slow down. There is an expectation to be **productive**. But what are we producing? Where are we going? And what for? How can we change direction and move into a more peaceful, meaningful and fulfilling life?

I want to share a bit about my own journey with you. It's easy to look at where someone is now and get the impression that they've always been this way. So often, this is not the case. My own life has been completely transformed through learning tai chi and Qigong and embodying the philosophies of the practices.

For most of my life, I hated myself. I had no clear direction. No ambition. No drive. Despite being intelligent and functional, I never succeeded at anything. Well, in truth, I was a master of creating drama, ruining relationships and making a mess of my life.

My world was dark, depressing, directionless and painful. I frequently used drugs and alcohol to subside chronic anxiety and debilitating feelings of unworthiness.

As with many of us, I finally reached a crises point that catapulted me into a more favourable direction.

TAKING THE DEEP DIVE

Healing requires a shift in perception. I learned that rather than view myself as a victim, I could become empowered and capable. This was a radical mental shift and honestly, there were a lot of times when I slipped back because being the one who had been wronged was a lot easier than taking responsibility for myself.

Healing is not a linear process that is neat, tidy and organised. It is often profoundly messy, ugly, awkward, exhausting, brutal and scary.

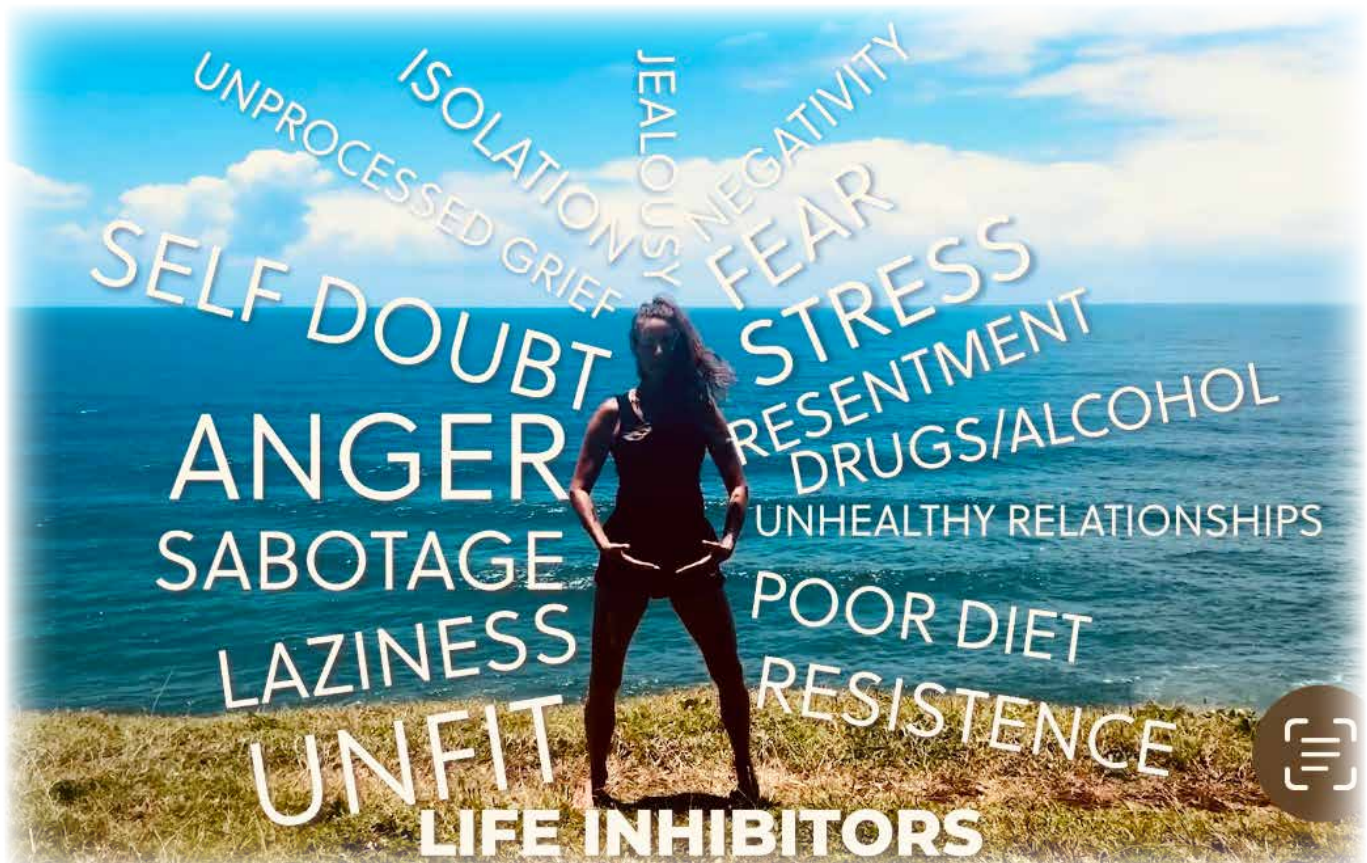
You will likely lose friends and piss people off along the way. As we change on the inside, life reflects this back to us externally. Often, the life that we had no longer accommodates who we are becoming. It's natural that certain people, places, situations and circumstances will fall away as we adapt to a different way of being.

This is not to scare you off, rather to inspire you to keep going. You are deserving of every effort required. You are worthy of your time, love and affection. Being happy, healthy and living the

life that suits you best is a precious gift to yourself and the entire world.

Healing becomes easier when we understand that emotional wounds and trauma embody energy. Anger is big, like a fire that wants to explode out and destroy. Grief and depression drive us deep within the body. This offers us protection from the world as we take the time necessary to process the debilitating loss that often accompanies sorrow. Bitterness and resentment often arise when we feel we have been wronged by someone or that life itself, is unfair. The energy of these emotions is caustic, like acid, slowly eroding away our capacity for peace and joy while destroying our health.

Imagine the energy of these emotions residing within you. They take up space, just like your blood and organs. They can be released through movement. We can clear our internal space, just like cleaning our house. When these energies abate, there is room for fresh, vital, inspiring and healing energy to enter.



HOW QIGONG CAN HELP

Our bodies have accompanied us on every step of our life journey. They are the vessel for our experiences. They afford us physical expression in this world.

Everything that has happened to you, has happened **through** you. This is why it can be so difficult, if not impossible to heal through talk therapy alone.

If you fall and break your leg, time can heal the bone yet you will be left with a weak spot if you do not tend to physical therapy once the cast is off.

The same is true for emotional wounding. Even when the original source of the pain is no longer in our lives, we can still be triggered when another person or situation touches on the trauma. Our bodies are literally a storehouse for energy, including the frequency of wounds.

Qigong as a practice, gently moves Qi (life force/energy) out of places that it might otherwise become locked into. For example, if you were continually shamed or berated as a child, you may later present with acute nervous system issues such as severe anxiety, auto immune disorders, heart problems, addiction, depression and so forth.

When we move the body with intention and couple this with conscious breathing, we can gently yet profoundly shift the frequency of the internal, helping to release trauma and emotional wounding, gently bringing ourselves back into balance - physically, emotionally, mentally and spiritually.

The gentle slide and glide movements of Qigong greatly assist with improvement of chronic pain, including neck, lower back and knee pain as well as osteoarthritis. The pleasant, rhythmic movements warm muscles, ligaments and tendons while calming the nervous system.

Qigong can improve your balance, focus and assist with chronic heart failure. Qigong helps to naturally improve immune function and negative response to vaccines.

Regular practice can help balance hormones, release stress, and tension while regulating mood and emotional response. It can improve your sleep, cognitive function and clarity, helping to reduce brain fog and chronic fatigue.

Qigong is a blessing for post menopausal health. It assists with building up strength within the muscle and skeletal structure while helping to bring the body, mind and spirit into equanimity.

It is also beneficial for illnesses such as fibromyalgia and chronic obstructive pulmonary disease.

Recently, I have had the great privilege of sharing Qigong with people in recovery from drug and alcohol addiction. Feedback from several participants has been incredibly encouraging. Each one has disclosed that the practice and philosophy (rooted in Daoism) of Qigong is helping them formulate a solid, internal, support structure that they have not been able to gain through other means.

We are recognising that physical illness has as its roots, an emotional and spiritual component. All things are interconnected, including the mind, body and spirit so it is no surprise that this is the case.

Qigong is profoundly effective in assisting with a myriad of mental health issues when delivered correctly. My personal experiences were the main motivating factor in my becoming an instructor. I know firsthand the infinite benefits of the practice.

*Never give up
on yourself.*

TIPS FOR MOVING THROUGH CHANGE & TRANSFORMATION WITH EASE

So where and how to begin if we wish to rewrite the story of our health and feel good again?

Let's start with a few questions. Take your time to really reflect upon your answers.

- How do you feel about yourself? Are you able to look yourself directly in the eye?
- Are you consciously aware of wounds or trauma that you carry with you through each day?
- Have you made any effort to resolve your issues?
- Is there someone or a situation that you harbour resentment against?
- Do you have anger issues? Do you suffer with depression and/or anxiety?
- Do you enjoy loving relationships or are they fraught with difficulty? Are you able to communicate with loved ones openly and honestly?
- Do you have drug, alcohol, gambling, over eating, shopping or other addictive tendencies?
- Does your behaviour negatively effect those around you?
- Are you stagnating? Do you procrastinate? If yes, do you know why? What do you perceive as holding you back?
- Are you consuming a healthy diet or reaching for food just to fill the void?
- How often do you exercise?
- Are you able to establish and uphold solid boundaries?
- Are your thoughts (in general) peaceful or stressful?

- Do you sleep well?
- Do you enjoy your work? Is it meaningful?
- Are you prepared to change to create the life you would most like to live?
- Are you willing to take full responsibility for yourself?
- Are you willing to forgive yourself and others?

The moment you determine to be 100% fully responsible for your life (including your feelings and responses), you empower yourself. Self love leads to self care and self respect. Whatever we feel towards our selves is reflected outward into the world and then back to us. Life is your mirror.

Qigong is not a miracle cure but it can have deeply profound and life altering benefits when you practice regularly. The more willing we are to release what no longer serves us, the more open we become to expansive potential and new opportunities.

Everything I share with you is a reflection of my own experiences. I know what it's like to feel like there's no point, that life can't get better. That there's no hope.

And yet, there is. You are the answer to the problems you're trying to solve. Be willing to get help. Be prepared to do the work. This will infuse you with confidence which cultivates self love. With self love and self respect, truly anything and everything is possible.

If I could do it, anyone can.

With Love and Qi,



The content of this newsletter is not intended to be medical advice.

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News, Offerings & Upcoming Courses

You are welcome to train with us no matter where in the world you are.

CONTACT ME

I love hearing from you! Feel free to reach out if you have any questions or suggestions as to what you'd like me to cover next. I highly value your feedback. White Crane Qigong is a growing community of like hearted souls. I cherish what we are creating together.

You can email me at: shawna@shawnaink.com

YOUTUBE @White Crane Qigong

Join me on YouTube for free, weekly Qigong programs. You can select from a growing playlist of guided sessions. A new video is uploaded each week.

Beginning in February, I will be offering weekly, online sessions. Check my website or YouTube channel for details.

www.shawnaink.com

YouTube - White Crane Qigong

IN PERSON

I offer regular sessions in the Byron Bay and Lennox Head areas. Classes are always fun, dynamic and engaging. Please visit my website for session details.

Qigong is a wonderful way to open or close a health retreat. I love to travel! Reach out if you would like me to share Qi at your center or event.

You will learn so much more than just Qigong when you train with me. Each session includes information about Traditional Chinese Medicine, acupressure, tips on self love and self care, mind power techniques, ancient wisdom, Daoism and more.

ON LINE

I offer on line, one to one and group sessions via Zoom. Personal sessions are \$100 for the hour. Group offerings are \$100 + \$20 per person for the hour.

2025 QIGONG COURSES

Each year, I offer courses that guide you toward more specific Qigong training.

Sessions run Friday mornings from 6:30 to 7:30 am at Suffolk Park Hall.

No prior experience is required for participation in any of my classes or courses.

All programs run for 8 consecutive Fridays. Cost is \$350 for the entire course & includes instructional video for at home practice.

QIGONG BASICS 21 Feb to 28 March 2025

A great way to begin or brush up on your Qigong Journey. You will learn:

- Foundational Stance & Practice Guidelines
- Essential Qigong Philosophy
- Introduction to Classical, Modern & Medical Qigong styles



Life is better when you feel good. Join us today and begin the joyful journey of creating the life you really want to live.

I have been training in tai chi and Qigong for over a decade. I am certified in classical, modern and medical Qigong.