

Breath of Qi

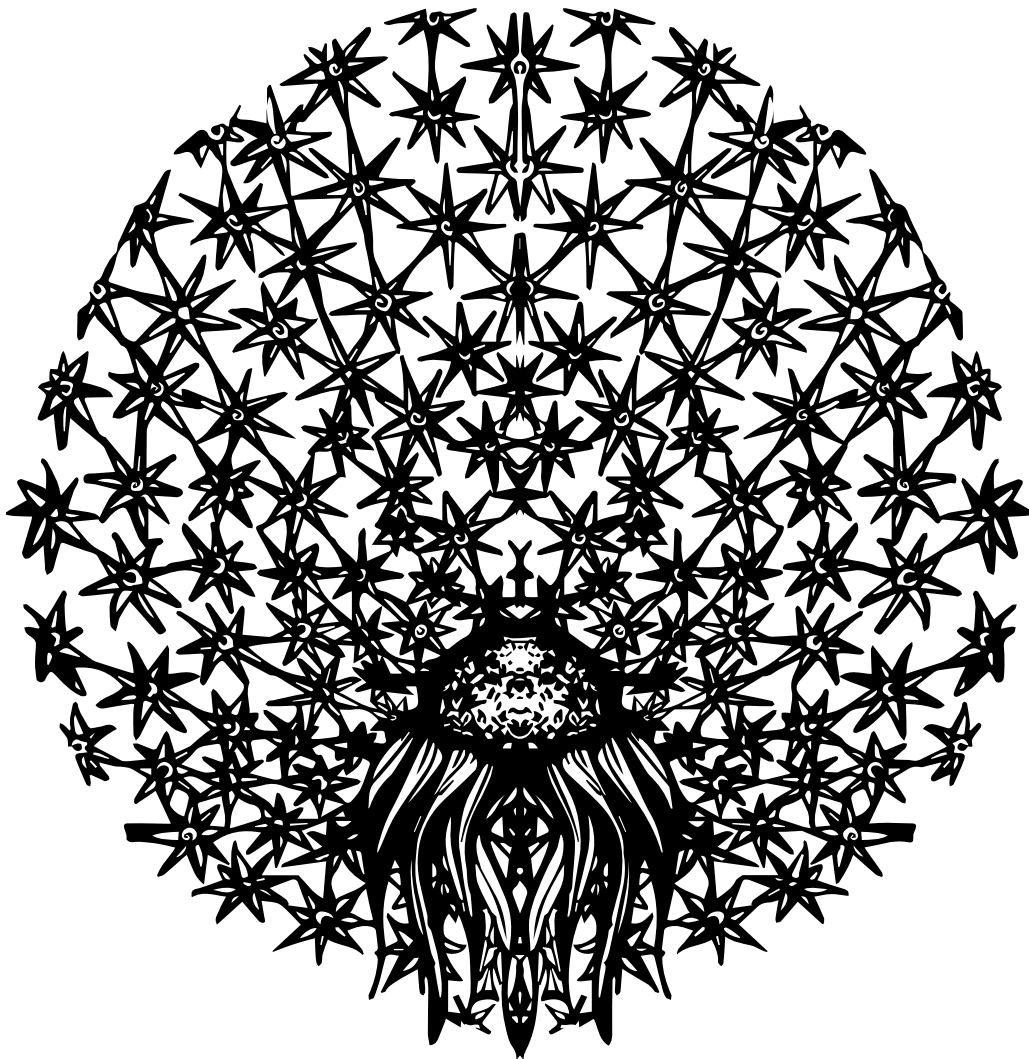
CULTIVATING ENERGY. INSPIRING EMPOWERMENT.

NO.2
Energy

ENERGY
WHAT IS IT?
WHERE DOES IT COME
FROM?

YIN & YANG
WHAT ARE THEY?
HOW QIGONG CAN
TRANSFORM YOUR LIFE.

UPCOMING NEWS,
EVENTS AND COURSES
FOR 2025



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.



YIN & YANG - THE 2 POLARITIES OF THE UNIVERSE

Energy is everywhere, in all things, including you.

Where does this energy come from? How can you use it to your advantage to maximise your health and wellbeing?

Qi or energy, is the innate impetus that fills the entire Universe. There is the Qi from Heaven which is comprised of the energies of the sun, the stars, the moon.

Below Heaven is Earth. Earth Qi is influenced by and controlled by Heaven Qi. If we experience excessive sunlight, our earthly waters evaporate, causing drought. Too much rain destroys our crops, floods our riverbanks and our ability to stay safe and nourished.

The moon affects the tides of our waters - both on the planet and within our bodies. Only when earth Qi is balanced and harmonious will the earth's plants grow and animals and humans thrive.

Within the Qi of the Earth, is Human Qi. Everything that is alive has its own Qi/energy field which is seeking to be balanced and whole.

Anything alive that becomes unbalanced energetically will ultimately sicken, die and finally breakdown. This includes water. When water stagnates, it will eventually suffocate and become uninhabitable to life.

Humans, plants, animals, birds and the creatures of the ocean are under the influence of the natural cycles of Heaven and Earth Qi.

There are two known polarities in the Universe referred to as Yin and Yang.

Most of you will be familiar with the symbol in image 1 but what does it mean?

This is the taiji symbol. It represents the two polarised energies of the Cosmos. The black is Yin while white is Yang. You can see that there is both Yin and Yang in each. This circle of Qi is in perpetual motion.

YIN is the feminine energy of passivity, inner stillness, silence, darkness, receiving, the moon, the unconscious; the soil into which the seed of manifestation is planted. Yin is nighttime, winter, the unknown and mysterious.

Yin represents our thoughts and deep reflections, going inward, dreams and our intuition.

YANG is the masculine energy of light, activity, warmth, brightness, action; the sun. It is growth and expansion, motion, doing and giving.

It represents the action that we take to bring plans to fruition and our conscious awareness.

These two energies can not be separated. You can not have one without the other. They are inextricably interlinked.

Yin and Yang form the entire Universe. The sky is Yang while the Earth is Yin.

Within you exists the energies of Yin and Yang. Each of your primary organs are paired: one Yin the other Yang.

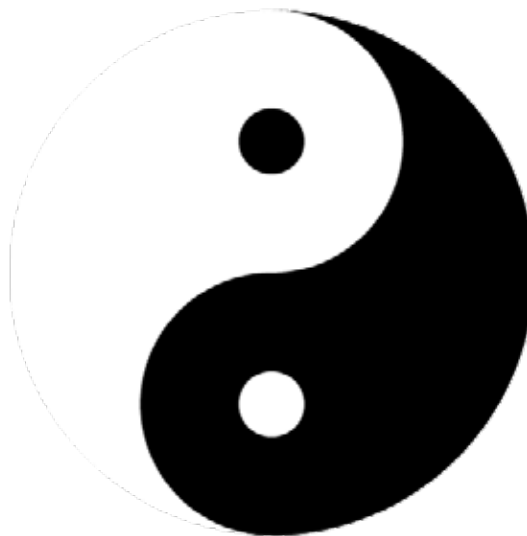


IMAGE 1

Yin organs are considered to be the central core of the entire organ system.

Traditional Chinese Medicine (TCM) determines that our Yin or Zang organs, store but do not drain. They receive energy in and process it.

Yang or Fu organs drain but do not store energy. Their function is to take in food and nutrients and then pass them along.

UNDERSTANDING THE YIN & YANG ENERGIES OF THE MIND

It is vital that our internal energies are balanced. When they are not, we can experience physical, emotional, mental and spiritual illness.

We obtain Qi or life force from the air we breathe and the food we ingest. It is estimated that up to 80% of our metabolic energy comes from air. If the air we are breathing is pure and refined, we increase our Qi. You can imagine that when the atmosphere is polluted, we lose vital energy, causing harm to our physical body and overall energetic function.

As we also receive energy from food, it is important to eat whole, nourishing foods that are unprocessed and natural rather than prepackaged, store bought ready meals that often contain a litany of ingredients that have no relation to real food.

The more attuned you become to your own energy, the more easily you will perceive how it becomes enlivened and nourished or polluted and diluted by each and every one of your choices.

A healthy, active lifestyle that revolves around natural living, nourishing, real foods, loving relationships, meaningful work, physical activity and minimal stress cultivates the optimal environment for human life.

Unfortunately, most of us dwell in highly technological, indoor, cramped lifestyles that are fueled by chronic stress and negativity.

The good news is that we can determine to choose differently, thus mitigating harm while developing habits and tendencies that support us.

Often times, life will give you a kick to motivate you towards modifying your life.

You may become ill. A primary relationship may end or a loved one dies. You may be fired or required to change jobs. You might relocate or be gifted with the birth of a child.

However this transition presents for you, you will recognise it by its unmistakable transformation upon your life and most significantly, upon how you feel.

When we change within, life registers this as an invitation to modify our external environment. Shifts in consciousness are always preceded by obvious changes of events in our lives.

Life happens through us rather than *to* us. Our energy is like a magnet, attracting to us all that we are - our most dominant, persistent thoughts and feelings.

The tricky part of this is that most of us are only conscious of approximately 5% of the thoughts we are thinking. The remaining 95% are conditioned programs and beliefs; things we registered and stored from our primary caregivers prior to the age of 7.

During this time, our brain is in a theta state. This means our brainwaves are in a highly receptive mode, such as they are when in deep meditation, daydreaming, prayer and spiritual awareness.

There is little to no discernment, rather, we are receptive like a sponge, to all that is happening around us.

The unconscious or subconscious mind is the Yin reservoir of repressed feelings, suppressed memories, patterns and tendencies that we are not consciously aware of.



The unconscious is a useful tool. Consider learning to drive. The initial process can be daunting. There is so much to learn. Over time, the unconscious mind stores all the required information so that you can be talking to friends, changing lanes, indicating and more without losing focus.

All tools have their primary function. You wouldn't use a hammer to turn a screw nor would you use a chainsaw to cut fabric.

In this sense, while the unconscious mind can be adept for storing information, we must remember that it has no ability to know what is best for today as it relies upon the repetitive conditioning of the past for its answers.

If our natural tendency is to flee at the first hint of distress, we can be certain this is a default pattern of the unconscious. Perhaps traumatic incidents in your childhood unconsciously drive you away from trouble rather than determining that you have the internal resources to face it.

If we wish to change, we need to engage the conscious mind. This may require us to look into the recesses of the unconscious to find out 'why' we do what we do. If you gaze at your own life honestly, you will be able to decipher patterns that you might not otherwise be aware of.

We can then make the conscious choice to modify our behaviour. We might realise that we shut down when our loved ones would benefit from our opening and becoming more vulnerable. We may finally understand why we have never registered success or known our own passions.

This is often a challenging process as the unconscious is the autopilot or default setting. Conscious change requires that we don't go back to sleep, that we remain awake and cognizant of our behaviour.

You may not always believe what you see, but you can always see what you believe.

This process can often be frustrating, startling and painful as we unearth what the subconscious has hidden, ultimately for our childhood protection and survival.

And yet, the ultimate liberation of being released from anything that no longer serves us brings unfathomable rewards that carry the potential to totally transform our lives for the better.

When Yin and Yang are in harmony within each one of us, the entire cosmos comes into perfect balance. As within, so without. As above, so below.

If you wish to transform your world, you must first begin with yourself. Qigong has the potential to bring your energies into equilibrium as well as softly releasing past trauma and PTSD which can liberate your subconscious from the chains of the past. As your energy balances out, you may find that persistent health problems of all kinds begin to heal.

Regular practice of Qigong helps to harmonise the power centres of the mind/body and spirit. It is believed that the only true illness in the world is a disconnection from one's own higher self. Internal balance cultivates self awareness. Self awareness draws us into the sparkling realm of consciousness; the ultimate Creative Source.

When Yin and Yang are aligned, we enter Conscious Creation. Yin is the womb into which the seed is planted. Yang is the light that nourishes to seed to fruition.

The contents of this newsletter are not intended to be medical advice.

CHRISTMAS/NEW YEAR AND ENERGY

The Holidays are a perfect time to reset your energy. Take time to clean your home. Get into cupboards and discard or recycle anything that you no longer use or need.

Take time for yourself when you need it. Ensure you spend what you have and not more. Make this Christmas about love rather than things. You will be amazed at how appreciative your loved ones are when a gift from the heart is offered.

Keeping energy in circulation cultivates abundant life. Delete old numbers, photos and messages from your phone. Create space in your world for the new to enter.

This is your one, previous life. No one knows how much time/energy we have. When you really get this, you'll become very discerning about how you spend both.

On New Year's Eve, write down your goals and dreams for the coming year. Be brave and bold. How do you really want to live? What do you really want to offer to this world?

I wish you all deep peace in your hearts. May you be surrounded by loved ones, radiant, vibrant health and good cheer. May you always realise how precious you are to life and this world and how much power you truly have.

Love
breathes
life
into
all
that
is
alive.



All love for Christmas and the New year.

From My Heart To Yours,

Shawna

News, Offerings & Upcoming Courses

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

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.

PATREON

@ <https://www.patreon.com/c/shawnaink>

Supporting me here offers you sessions that are commercial free as well as artwork and photographs that you can purchase and download.

Becoming a Patron helps me to purchase new equipment and other essentials required to ensure great content for you. It also grows our on-line community, empowering and connecting us at a deeper level.

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 details.

You will learn so much more than just Qigong when you train with me. Each session is flavoured with information about Traditional Chinese Medicine, 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.

BA DUAN JIN

02 May to 20 June 2025

Is one of the longest standing Qigong practices primarily designated as a form of medical Qigong. It consists of 8 forms that when done consistently, are believed to improve & nurture overall health.

SHIBASHI

01 August to 19 September 2025

A beautiful, flowing practice of 18 forms based on Yang Style Tai Chi. This is a wonderful practice suitable to all fitness levels and a definite favourite amongst The White Crane Qigong Community.



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