

# Breath of Qi

CULTIVATING ENERGY. INSPIRING EMPOWERMENT.

VOL.5  
*Perspective*

Authenticity

Becoming Fearless

Listening With All Your Senses

White Crane Qigong Academy

The Importance of Community



Art by: Claudia Botero

Qigong is the Art of Energy Management and Cultivation. Regular practice can help to improve your overall physical, mental, emotional and spiritual health.



# AUTHENTICITY IS LOVE

Authenticity is described as: not false or copied; genuine; real, representing one's true nature or beliefs; true to oneself or to the person identified.

Everything that truly matters relies upon authenticity for its survival. All that is not genuine is subpar, a copy or replica. It is the original that holds the supreme value. The truth. What we most cherish and admire. That which we may use to identify the primary.

We live in an era where it has become increasingly difficult to distinguish what is real and that which is replicated. Accessibility to the AI magic that distorts and more often, completely conceals the truth is available to all. Even our children are beginning to forget what 'reality' is.

Such disconnection renders us vulnerable to persuasion, trickery, moral abdication and eventually, morbidity.

If we are not able to identify our true nature, we are not genuinely connected with anything or anyone, including ourselves.

This may present as extreme yet it is true. We tend to care not or care less for that which we do not know or understand.

Relatability establishes kinship. It is the cornerstone of our dearest relationships; our similarities unite us to one another, offering a sense of comfort and safety.

At the deepest, most profound level of humanity, we seek that which is real, authentic and genuine. In our heart we know when we are engaged with a copy of or a substandard replica of the truth.

Could this unconscious awareness be a contributing factor to the growing anxiety, frustration, loneliness and fear that continues to grow unabated at a pace like which none of us has ever experienced before?

Are we forgetting that to be human is the highest honour one may receive? Have we lost sight of the fact that it is our individual quirks, talents and presentations that are indeed a facet of our Divinity?

I too have moments where I slip into the abyss of deception, considering that I might reach more people if I used a filter to ease out my wrinkles, shed a few pounds or make my teeth appear whiter.

Fortunately the lapse is quickly withdrawn as I remember that it is not me that is so important but rather, the message I am delivering. I trust that as I follow my instincts and heed the inner guidance given, those who are meant to receive the information shall.

Being authentic is BEing. All other attempts are fruitless for the activity has no foundation upon which to rest. A meteoric rise is often followed by a permanent collapse.

There is a natural rhythm and current to life that honours the seasons. We are born in the spring, rising up to our full potential in summer. We begin to retract inward as autumn strips our leaves preparing us for winter.

The more conscious we become, the greater ability we cultivate to release and let go so that we can hold onto what really matters.

And at the end of your life, that will be love for love itself, is pure, authentic consciousness.





# LISTENING WITH ALL YOUR SENSES

Poor communication is the leading cause of breakdown in relationships. Either we are unable to convey our feelings or the other person doesn't understand what we are saying.

How can we alleviate this most common yet fatal issue? What other clues are being expressed that we have not been trained to notice?

Every aspect of our being is involved in our manner of connection with others. The way we stand, hold our head, the placement of our hands, our breath and our posture. Our body has its own very distinct and efficacious way of transmitting what words are so often unable to.

We can learn to become the observer; to notice the silent yet clear language of the body. The way someone carries themselves speaks volumes about who they are, how they handle life and the experiences that have shaped them.

Eyes that are unable to meet yours reveal a lack of confidence or honesty.

Slumped shoulders can be an indication of feeling overburdened, depressed or grief stricken. We tend to collapse inward when we are stressed or fearful. This is the body's natural means of protecting the heart.

Poor posture can also indicate a person who is fatigued by life, weighted down by burdens that feel overwhelming.

A head cocked more to the right can imply a tendency towards reacting to life rather than taking the time to consider and respond. This arises from the flight/fight or freeze response being continually activated.

When I meet with a new participant, I attune my inner ear to articulate the nuances regarding how someone speaks about themselves. Is their language kind, loving and supportive or is there a tendency to put themselves down? Are they confident or plagued by a lack of faith in their potential?

How do they treat their body? What are they consuming in terms of nutrition? Is food revered as fuel for the body, mind and spirit? Or is it something to fill up an empty space, quell a stomach full of worry or a vain attempt to kill a hunger that can never be satiated?

The way a person maintains themselves shares much about their motivations. Genuine self care arises from a deep, inner place of recognising one's innate self worth. It is not an attempt to fulfill the whims of society's ever fleeting fancies nor the desires of another.

Our body is the vessel through which our lives are experienced yet many of us scarcely notice it until something goes *wrong* or it doesn't represent what we feel it should.

Love is key ingredient to all goodness, health and healing. How do you think your body might respond to deep reverence and care as opposed to self abuse or admonition?

Our words may betray us but the body never does. As you learn to listen to the world with your heart, you will hear the silent whispers of all. You

will gain an ability to communicate clearly and openly with all life, cultivating genuine relationships with love and care as their foundation.



# THE IMPORTANCE OF COMMUNITY

Our energy can be influenced by many things. A poor night's sleep will impact your cognitive ability, your vitality and your capacity for challenge.

Joyous news will often elevate us, easing away fatigue and lethargy. We are infused with a burst of energy that can lift us out of heavier states.

Depression and grief drain our batteries, leaving us feeling lifeless and apathetic. We may lose our desire to engage in the most basic of activities such as eating, exercise and engaging with others.

Anger may offer an initial burst of strength but will ultimately decrease your power. Feelings of resentment, bitterness and rage sap our ability to connect with others, creating an invisible boundary around us.

Our emotional state has a profound affect upon how we view life, the world and ourselves.

Confidence is akin to an open pass to explore our Universe. We are more likely to freely engage with others, to try new things and accept invitations that challenge our current status.

Those with strong self esteem are generally healthier and more resilient. The more we value and appreciate ourselves, the easier it is to acknowledge the inherent goodness in the world.

Emotional stability arises from this place. We understand that everyone is experiencing life from their own perspective - including us.

Tendencies towards judgment, speculation and assumption ease in favour of openness and trust. You know you can count on yourself to remain steady and connected internally no matter the situations and circumstances you experience.

This is not to infer that there will never be times when you feel anger, sadness, grief, frustration or heartache.

Our emotions offer us the capacity to connect to ourselves and others at the most intrinsic levels of our humanity.

Without them, it could be all too easy to walk away from an outstretched hand or grieving heart.

Perhaps the key is balance - what can we express and experience without losing our selves? How can we move through grief, anger, depression and worry without becoming overwhelmed?

Physical movement can help. When we keep our Qi or energy flowing rather than pooling or stagnating, we allow full expression of the emotion without losing ourselves to it.

In this way, we can grow and expand through our pain and trauma rather than enduring months or years of suffering.

We can become more humane and connected through adversity rather than shutting ourselves off from the one source that offers the greatest capacity for healing - love.



# BECOMING FEARLESS

The antidote to anything is usually its opposite. To release doubt, we learn to trust ourselves. To cultivate our dreams, we encourage ourselves to grow beyond who we perceive ourselves to be. To heal grief, we learn to allow joy into our heart again. To release fear, we strive for courage.

These are not easy tasks - which is why many avoid them.

Transformation is often a grueling, lonely process that will strip you of most of what you thought you knew. Especially about yourself.

Do not be thwarted by this revelation for contained within it are the seeds of courage. All that you desire is on the other side of what you fear.

The greatest trepidation for most of us is self responsibility; being able to count upon ourselves to survive in a world that is often riddled with confusion and traps.

Trust is the root of courage. Trust cultivates ease and grace. When we have faith in our ability to respond appropriately to life's situations and challenges, we gain the capacity to expand ever outward into the direction of our heart's desires. We become compelled by the lightness of love rather than weighted down by the gravity of fear. The more of our own essence that we embody, the greater our awareness of our own value and worth.

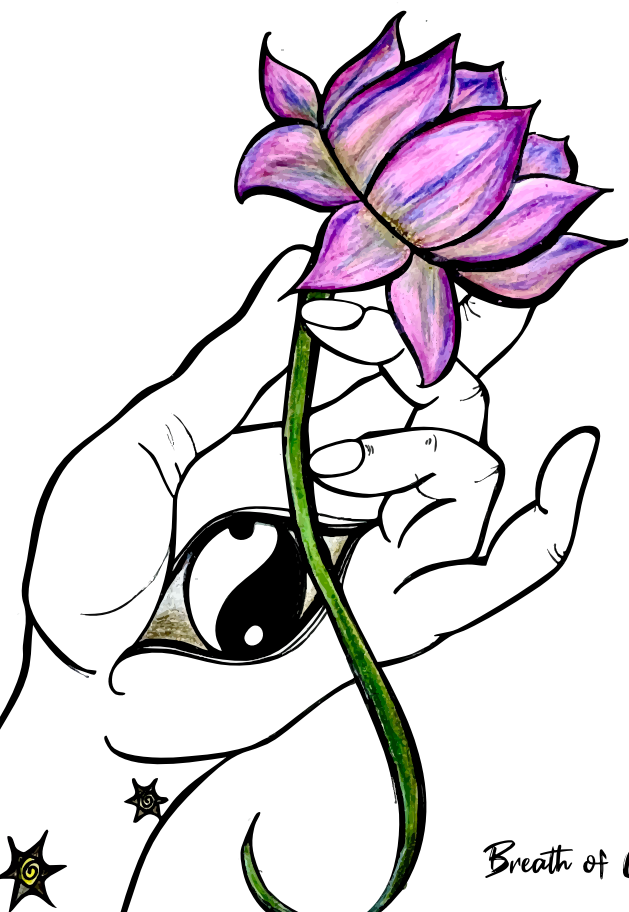
***To know thyself*** was inscribed on the Temple of Apollo in Delphi, Greece. The power of this prophecy can not be underestimated for it is the very foundation for living authentically which requires fearless devotion to the evolution of one's true nature.

When we trust ourselves, we possess an abiding knowing of what is right and wrong, what is real and what is not. Answers to pressing questions arise from within. A sense of ease and confidence prevail. We are not afraid to make a mistake, understanding this is the very pathway to growth.

No longer are we at the mercy of life. We gain the capacity to command the winds that arouse our sails. We make decisions from a place of inner peace and certainty. We know we can depend upon ourselves to maintain our dignity and valour even when facing tremendous difficulty.

Everything that you wish to develop requires practice and patience - with yourself. The more that you can embody your true nature, the more you become the changes that you wish to experience in your life.

To live courageously is to live from the heart. To live with passion. To know to the very marrow of your bones that your life has meaning and purpose and that you are here because you are meant to be.



# News, Offerings & Upcoming Courses

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

Qigong is about so much more than just moving your body and breathing. It is a way of living that naturally cultivates health in all areas of your life.

If you are genuinely seeking transformation, there must be consistent effort. The same is true for Qigong practice; to really benefit from training, it is best to do so at least three times a week for a minimum of 20 minutes each time.

While attending in person practice is the best way to learn, this is not always possible.

Commencing Tuesday, July 08, I will be offering online sessions via zoom. Class will run for 1/2 an hour and cost \$10 per session or \$30 a month for membership. Payment can be made via paypal.

Session time will run from 9 to 9:30am, Australian Eastern Standard Time.

I will upload the pre-recorded videos to YouTube for 30 days for members so that you can re-watch the practice.

## YOUTUBE @White Crane Qigong

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



## PERSONALISED TRAINING

I offer on line, one to one and group sessions via Zoom. Personal sessions are \$100 for the hour.

## IN PERSON

I offer regular sessions in the Northern Rivers. 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.*

## HEALING

Qigong has long been revered for its healing capabilities. I offer Qi healing to help you move through energetic blockages. \$100 per session. *In person only.*

*You will learn so about so much more than just Qigong when you train with me. Each session includes information about Traditional Chinese Medicine, acupuncture, tips on self love and self care, mind power techniques, ancient wisdom, Daoism and more. Combined, these modalities will guide you towards yourself - which is where all that you desire resides.*

## 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 an ever expanding community of like hearted souls. I cherish what we are creating together.*

EMAIL: [shawna@whitecraneqigong.com](mailto:shawna@whitecraneqigong.com)

WEB: [www.whitecraneqigong.com](http://www.whitecraneqigong.com)