

# Qigong & Mental Health

Have you ever walked into a stuffy room and felt like you couldn't breathe? Most of us would search for a window to open, allowing fresh air and energy into the space. If there wasn't one, you probably felt drained when you left or made some excuse to get out of there early.

Your body is akin to that room; it requires infusions of fresh energy to release stagnation. When our physical being is full up of old thoughts, feelings, memories and emotions, we can literally become stuck.

Everything is made up of energy. Old hurts, trials and defeats can lay dormant within you if not fully processed and accepted.

The same is true for physical injuries. They must heal fully for us to enjoy perfect health and mobility. We can see physical trauma however, emotional wounding is far more difficult to uncover.

Speaking with someone can assist greatly in beginning the process of healing. When we add therapies such as Qigong, latent trauma can ease its way to the surface, creating space for new thoughts, ideas and feelings.

Qigong is a practice of holding space for yourself. Through intentional movement and breathing, we become steady on our feet, anchored to our center.

One of the comments I hear most often from those I train is that the practice helps them to create a solid framework, a steady foundation of inner strength and connection to who they really are.

This is made possible through the consistent letting go and releasing that the movements generate. Fresh, vital life force is then infused into the mind and body, offering inspiration and expansion.

It's such a subtle process that rarely is anyone overwhelmed. The body knows how and when to let go, it's most often the mind that clings.

I have the honour of working with people suffering from low self esteem, depression, mental and physical illness and addiction. For those who are ready to rebuild their connection with themselves, the positive results are always heartwarming.

While nothing is a miracle cure, the practice of Qigong offers a curative pathway to self mastery. When we know who we are, we are able to connect with ourselves and the world with our heart and honesty, that is the cure for pretty much everything.

Enjoy this brief session curated to help release stress and tension while infusing you with inspiration.

White Crane Qigong is a member of the International Institute of Complimentary Therapists.

With Vital Qi,  
Shawna

If you're ready for true, lasting transformation and the sanctuary of a warm hearted and sincere community, reach out. I offer several weekly sessions as well as a 10 Week Self Mastery Program that is offered both on line and in person. All programs can be adapted to your service or organisation.

Details may be found on my website  
[@whitecraneqigong.com](https://www.whitecraneqigong.com)