

# RAISING YOUR VIBRATION

We are beginning to understand the nature of frequency and vibration.

Swiss physician Hans Jenny, coined the term cymatics to describe the visual patterns that formed as geometric shapes when sound was applied to mediums such as sand or liquid.

Cymatics can also be applied to fire, specifically using a Rubens tube. This process utilises flames to represent pressure variations in sound, typically music.

The ancient Qigong masters understood this concept when they developed the six healing sounds practice; a Traditional Chinese Medicine Qigong practice that combines the expression of specific sounds with movement and breath work to help release blockages from particular organs to harmonise the body's energy and foster overall wellbeing.

Understanding this can help you to associate what can lower your own personal frequency and the impact this can have upon your health (physical, mental and emotional).

Most of us can recall a time when we visited a person or a place that left us feeling down, depressed or off. This is a signal that this situation was harming your personal energetic state.

The more we can attune to these more subtle nuances, the better we can align with our true nature and most fulfilling destiny simply by connecting to ourselves.

Qigong can help by easing stress and tension out of the body which will help to relax your mind. The less stressed we are, the more healthy and vital we become.

Life is better when you feel good. Optimal health and wellbeing is a lifestyle rather than an occasional event. Incorporating Qigong into your routine 3 to 5 times a week will help to you naturally gravitate towards superior, more supportive life choices.

White Crane Qigong offers retreat sessions, private and corporate training as well as group classes. We love to travel so don't feel like you're too far away to benefit from our services.

Feel free to reach out if you have any questions or you'd like to inquire about booking our services.

In Love and Health,



Shawna

