

# Why Transformation Can Be So Hard.

Transformation is not for the faint of heart. It is a deep dive into the unknown, uncharted waters of our deepest selves. That place where no one else has dared to nor can venture without us.

In all mystical traditions, water is the symbol of the mysterious realms of the psyche. It is the fluid and often murky home of our most raw and crude emotions.

To take the plunge into self awareness often means shedding the baggage we have carried with us throughout our lives so that we do not drown under its weight.

Many of us inadvertently yet ardently cling to our past and our 'stories' believing that this is who we are. To let these go can be frightening. Who will we be without them?

Burdens are often initially imperceptible. To carry something of relative manageability is easy at the start. If we are required to hold this same load for longer periods, it often becomes unfeasible.

The same is true for hardships. Old hurts and resentments can turn into a bitter, abrasive character. Entrenched grief often snuffs out the fire of passion while anger and rage ensure a formidable barrier between ourselves and the life we long for.

To be willing to let go requires conscious awareness. We determine to release rote behavior and entrenched habits in favor of becoming new. Fresh. Pure. Empty.

It is from this place, that we can begin again. Where all possibility becomes available to us; without any striving, hustling or forcing.

Most illness (mental or physical) begins as some form of stagnation. When we move our body, we naturally shift our perception of life and ourselves.

If you're ready to truly transform your life, I invite you to join one of the sessions that we offer. In person is always best however, you will also find numerous, fully guided practices on our YouTube channel @ White Crane Qigong.

White Crane Qigong offers retreat sessions, private and corporate training as well as group classes. You will find more information on our website at:

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