

Breath of Qi

CULTIVATING ENERGY. INSPIRING EMPOWERMENT.

VOL.6

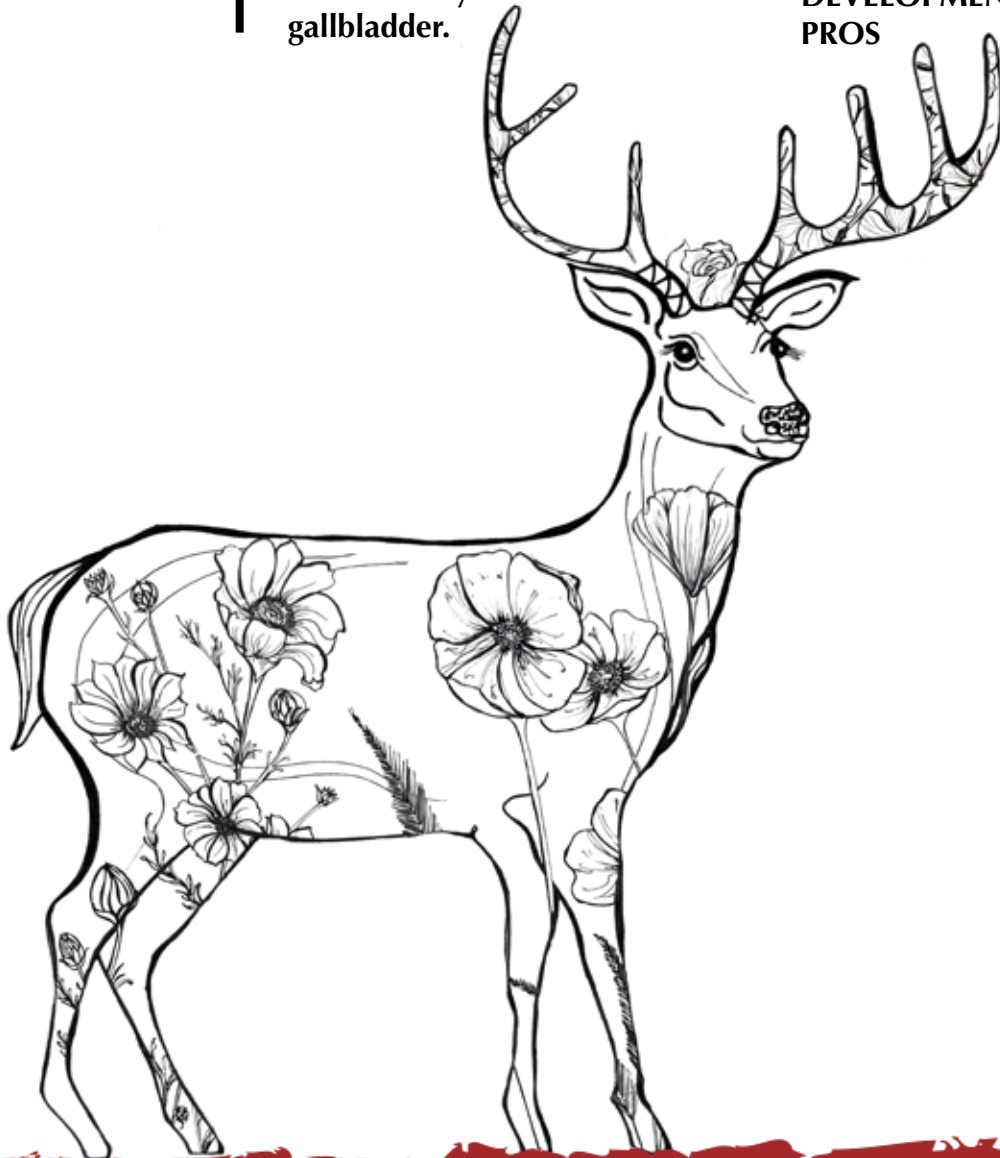
The Liver

Emotions associated with the paired organs of the liver and gallbladder.

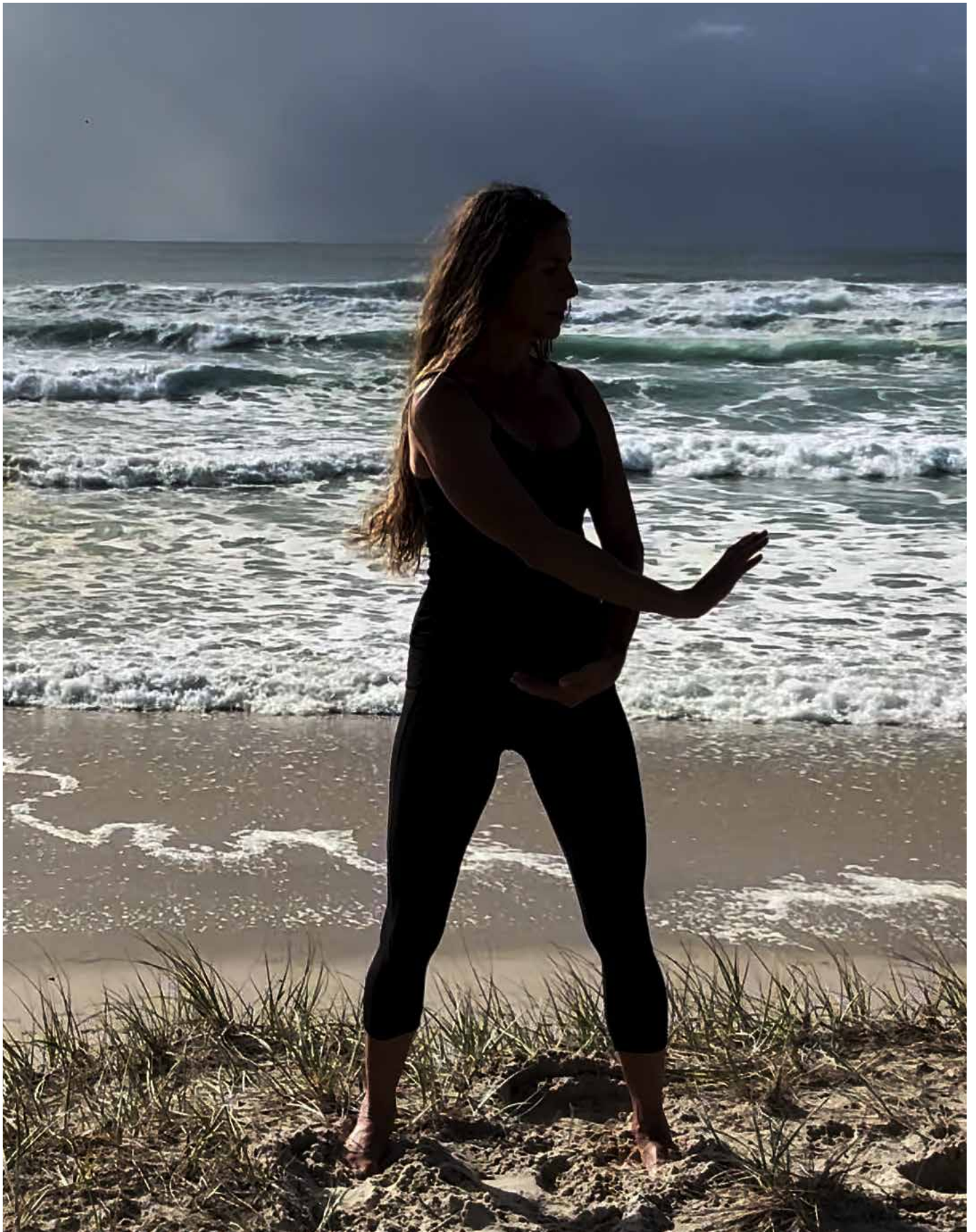
Functionality of the liver and gallbladder.

The Hun - The Ethereal Soul.

NEW - PROFESSIONAL
DEVELOPMENT FOR
PROS



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



SPRING IS THE SEASON

It is spring here in Australia. Birds are chirping. Flowers are blooming. The sun is shining. Everything is awakening from the slumber of winter and expanding outward into the freshness of the warming weather.

Spring is the season of growth. As our blood and bones thaw out from the long winter reprieve, we are infused with fresh energy and the impetus to sprout new life. We may be budding with the inspiration and enthusiasm that long winter days ushered into temporary hibernation.

Spring is actually the more relevant time to consider and implement resolutions. We are more likely to have the drive and energy to formulate and action plans, goals and visions.

These are qualities of a healthy liver; the ability to see clearly (the liver is associated with the eyes during the day and dreaming at night), to blueprint ideas and bring them to fruition.

When out of balance, we may become self critical, frustrated and jealous. Aggressive and argumentative behaviour can arise when the liver is not harmonious.

Often, anger and frustration disguise fears that we are unable to recognise or express. Toxic emotions that we have held for long periods can evolve into cancer of the liver.

These may be the result of struggles involving family or money, particularly if there is a fear of lack.

Anger is the most common emotion that accumulates within the liver. We may believe that we are not recognised, appreciated or respected. This cultivates great frustration and resentment. It is as though we are on fire within, literally burning up our goodness and peace.

If you feel this way, it may be helpful to ask yourself what you can let go of, especially in terms of restrictive or destructive mental attitudes.

What meaning do you give to your life? Do you receive each day with a grateful heart or are you flush with resentments and frustration? Do you allow old hurts and negative beliefs to restrain your potential?

Change can be difficult yet nothing is more painful than regret. We can always choose differently. We can shift our focus to appreciate what we do have rather than allowing the past to negate our present.

A key ingredient to creating a life that you enjoy is faith - particularly in yourself. This can be cultivated through intention and practice. Qigong helps to move old Qi (energies, ideas and emotional toxins) out of the body. This will help you in the process of letting go which will in time, release negativity and tendencies towards feeling stuck.

The gallbladder helps us to eliminate emotions and experiences that are harmful. Symbolically, it represents our ability to understand and digest our emotions so that we may flourish and grow rather than wither and withdraw.

Bitterness and irritation about our lives and others can eventuate into gallstones. Often, gallbladder dysfunction arises when we are experiencing insecurity or concerns regarding someone we love. We may fear losing them or having them taken from us.

To help ease these imbalances, we can remember that life is happening for us rather than to us so that may know ourselves more deeply. We can determine to use our sensitivity for positivity and creativity rather than control.



THE LIVER AND GALLBLADDER FUNCTIONALITY

Your liver is the largest organ in the body. It is located under your ribs on your right side. It is responsible for many functions, including the purification and detoxification of the blood. It assists with hormonal balance by breaking down those in excess.

The liver stores T4 (thyroxine; the primary thyroid hormone produced by the thyroid gland, crucial for regulating metabolism, growth, and nearly every body function) which is transformed into T3. T3 assists in circulating energy. It is a necessary function for the brain. Low T3 levels in the blood can lead to mental and emotional imbalances.

Qigong can help the body to release T3 naturally. When practiced regularly with intention, Qigong can encourage all endocrine glands to secrete the correct level of all hormones.

Liver function is supported through the decrease of stress hormones and the increase of production of energy producing hormones. The less stressed your liver is, the higher its level of functionality, allowing it to more easily breakdown excess hormones and toxins. Thus, producing more energy supportive substances such as

T3 and **chelating** producing factors such as glutathione (crucial for cellular defense against oxidative stress and is found in high concentrations within liver cells).

Your liver also serves to chelate heavy metals from the body. Heavy metal poisoning from mercury and lead are associated with mental illness.

Your gallbladder is situated under the liver. It is a membranous reservoir that eliminates toxic substances from the intestine.

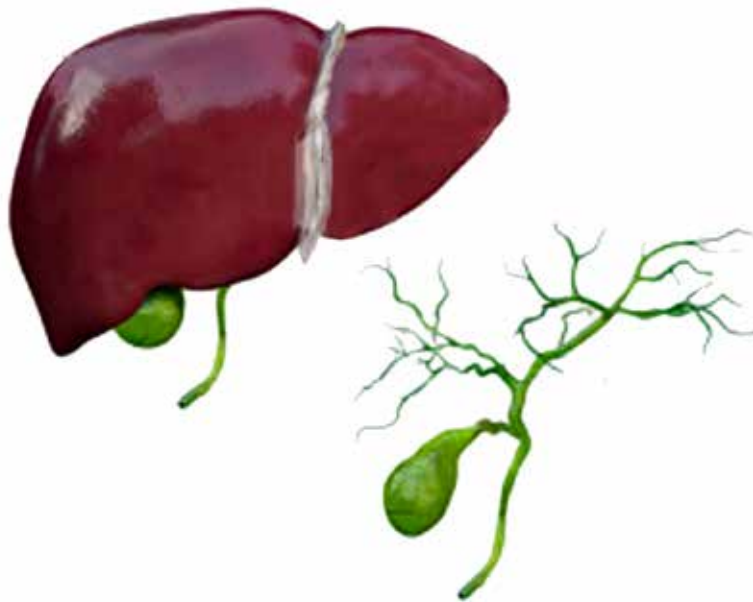
When fat from food reaches the small intestine, the gallbladder contracts and releases concentrated bile into the duodenum to help break down and absorb these fats.

Traditional Chinese Medicine Theory pairs organs that work together systematically. For example, the gallbladder (yang) is paired with the liver (yin). It is important to understand that the body is a living organism that functions as a whole. While the liver and gallbladder are paired, they do not function independently of the rest of the body. The entire organism works in unison. Just as we cannot separate a wave from the ocean, we can not isolate one system within the human body from the rest of the organism.

The master times in Traditional Chinese Medicine indicate the peak activity times for different organs. The gallbladder's master time is between 11pm and 1am. It is best to be asleep at this time to aid this process. Interestingly, this is the time when

most violent crimes occur anywhere on our planet.

The peak time for the liver is between 1 and 3am. Are you waking up at this time? Do you experience a sleep full of dreams and restlessness? You'll find out why on the next page.



THE HUN - THE ETHEREAL SOUL

Chinese medicine attributes Shen (spirit) to each of the 5 organ systems;

The Ethereal Soul (Hun) of the liver, the Corporeal Soul (Po) of the lungs, the Intellect (Yi) of the spleen, the Will Power (Zhi) of the kidneys and the Mind (Shen) are often referred to as *The Shen* in ancient classics.

Ancient Chinese believed that the Hun entered the body 3 days after birth. It is passed on by the father. After death, it leaves the body and flows back to Tian (Heaven - a realm of sky and non-material energies and beings. Chinese Heaven has no relations to God).

The Hun relates to the Chinese beliefs in ghosts, spirits and demons as ethereal creatures that wander the realms of spirit.

It is believed that the Hun is a separate level of consciousness related to the mind but different to it.

The Hun controls our sleep, dreaming and the quality of our sleep. The Hun tends to wander if it is not rooted within the liver, causing restlessness and excessive night time reverie.

The Hun aids the mind with all mental activities by providing intuition (insight) and inspiration (vision). It is believed to give the mind the capacity for self reflection and introspection as well as the ability for outward projection which allows us to relate to others.

The Hun carries the responsibility of maintaining the critical balance between excitement and moderation of the emotions (with the heart and mind offering governance), preventing excess which can lead to mental illness.

The Ethereal Soul guides our ability to plan life and provide a sense of direction. When the liver is healthy and firmly rooted, we are aided in planning our lives with vision wisdom and creativity. If the Hun is wandering aimlessly, so too are we.

Excessive coming and going of the Hun can lead to mania and mental agitation. Interestingly, the same issues that lead to manic behaviour are also closely related to artistic inspiration and creativity.

This is but a very brief overview of this highly complex and influential aspect of the Shen. I recommend reading *The Psyche In Chinese Medicine* by Giovanni Maciocia if you're interested in an in depth analysis of mental/emotional/spiritual conditions as related to Chinese Medicine.

There are many things we can do to help cultivate and maintain a healthy liver. As the liver purifies the blood, it is important to refrain from toxins such as alcohol, drugs, smoking, saturated fats, processed food and sugars, obesity an exposure to industrial chemicals.

We can also learn the art of letting go. Developing faith in ourselves and our innate ability to create lovingly will facilitate the health of your liver.

Anger, jealousy, bitterness and resentment are self destructive toxins that not only harm us, but those whom we love. As difficult as it can be to trust and release, the benefits to your life and your health will surpass your expectations.

Develop a fitness routine that is manageable and practical for you. Try to refrain from self criticism and unrealistic expectations. Live with purpose. Reach out for help if you are struggling.



Professional Development for Professionals

Change is afoot at White Crane Qigong. It's time for something new.

I am now expanding my Medical Qigong services and expertise to training practitioners in the Corporate, Medical, Health and Wellness Industries.

As a practice, Qigong offers phenomenal results in helping to ease anxiety, stress, addictive patterns and tendencies as well as many physical, mental and emotional ailments.

Qigong is an ancient, somatic practice that helps the practitioner to gently release harmful or negative energies while cultivating fresh, nourishing and healing vitality.

The more we are able to calm the nervous system and move into our heart, the greater our opportunity for deeper connections and genuine, lasting healing.

Qigong is an exceptional remedy for a broad scope of today's most pressing and persistent ailments.

During this one day retreat you will meet your resistance - where are you stuck? What are you committed to? What are your core values? What are you most afraid of?

Knowing the answer to these basic questions will help you to become unstuck in every area of your life. The more empowered you are, the more power you have to create.

Our One Day Retreat Offers Transformational Tools for:

- Anxiety & stress relief
- Emotional balance
- Restoration of inner harmony
- Deeper connection to self and others
- Understanding how & where emotions become trapped within the body and how to release them.

All information is imparted in an easy to understand, fun and practical manner. You will be guided through:

- 5 Element Theory - how our body holds trauma and how this can lead to mental, emotional, physical and spiritual illness.
- 5 Element Qigong practice to restore balance of body/mind and spirit.
- Understanding stress and anxiety - guidelines on how to recognise and mitigate their impact upon our personal and professional lives.
- Practical tools and guides on connecting with ourselves and others at a deeper, more intimate level.
- A daily practice to cultivate and maintain your optimal life.

All of our programs include handouts and after care videos.

White Crane Qigong
FUN INFORMATIVE TRANSFORMATIONAL

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We love to travel so please reach out if you'd like us to come to you.

