



Waiest The Modern Taoist

Waiest (way-est) Qigong Spirit Warrior the modern Taoist.

The art of the Waiest Qigong Spirit Warrior - **Be at one with the flow of the Qi of the universe. The Tao 道 of the Waiest Qigong Spirit Warrior**

I repeat the Tao over and over in my head as a mantra to help myself during stressful times and during meditation to calm myself, body mind and spirit.

Everything I talk about is nothing more than commentary on these concepts.

~Dorje Robert Wiest founder of Waiest Qigong

A Waiest (way-est) Qigong Spirit Warrior is more akin to a modern Taoist. In fact, the word Taoist can be translated into the word Way-est.

The word 'Tao' 道 (or Dao) translates into "path", "method", "principle" or "way", the character 教 translates into "teach" or "class" and Taoist belief is based on the idea that there is central or organizing principle of the Universe, a natural order or a "way of The universe", Tao, that one can come to know by living in harmony with nature and hence with the cosmos and the Universe.

The philosophy of Tao signifies the fundamental or true nature of the world, it is the essential process of the universe. Tao both precedes and encompasses the universe.

Nothing in the Universe is fixed, static or non moving; per se everything is transforming all the time.

The flow of 'chi' energy, as the essential energy of action, existence and active principle forming part of any living things, is compared and believed to be the influence that keeps the universal order of Tao balanced.

Analogies exist between all levels of existence: the Universe, the cosmos, Earth and mankind are structured analogically and are equal in detail, forming an interconnected whole.

Through an understanding of natural laws, an individual can be one with the Tao by living in accordance with nature (cosmos/ Universe) and all its transformations and changes.

THE PATH OF THE WAIEST SPIRIT WARRIOR

A Waiest (way-est) Qigong Spirit Warrior trains in the art of emptiness; to be at one with the Waiest Tao and to conquer the warrior within!

The Tao of the Waiest Qigong Spirit Warrior ~ There is only oneness with universal life and one's flow of universal life force energy, Qi. It flows through us as we flow through it, connecting and binding all that exists. Everything else passes.

Study what you will study, believe what you will believe, journey to where you will journey, better yourself daily, do not impose your life on others, and to each their own journey.

You may not be able to control the world but you can take control of yourself and conquer the warrior within!



Waiest Qigong is the Art of your Journey ~ A martial art for your mind

- . We are nomads of the mind and the mind is your sanctum.
- . Everywhere is your temple.
- . Universal life is your teacher.
- . Every breath is your guru.

The goals of the Waiest Qigong Spirit Warrior

- . Learn to conquer the warrior within.
- . Learn to be at one with the chi of the universe.
- . To learn that all things must find their own path along the journey.

Waiest Qigong Spirit Warrior ~ The four steps to conquering the warrior within!

. Knowledge - Through study and training I forge my chi and my mind into my inner temple!

. Peace - I strive to let go of my attachments and let universal life guide me on my journey.

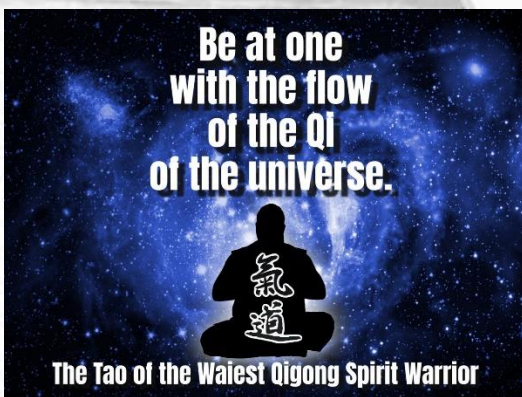
. Serenity - I become the silent place amongst the storm.

. Oneness - I am the ripple that becomes aware that I am the water!

The only actions you can truly control are your own! The only thing one can truly do is to try to achieve an inner peace in your life despite the obstacles laid before you.

This is the Way of the Waiest Qigong Spirit Warrior.

I am at one with the Qi of the universe and the Qi of the universe is at one with me.



A lot of my students tell me they have a hard time clearing their mind. This is the purpose of a mantra. No matter what your training level, you may find that you have difficulty during times of stress clearing your mind. I use this mantra all the time to help in this matter. "Be at one with the flow of the Qi of the universe."

This is the Tao 道 of the Waiest Qigong Spirit Warrior. I repeat it over and over again in my mind until the thought becomes second nature, concentrating on nothing but it. And, intern, learning to concentrate on just being. So, next time you have trouble clearing your mind, start to memorize this phrase, and repeat it over and over until you

become one with the flow of the Qi of the universe and you learn just to be.

Start to memorize the Waiest Tao in stages like a martial art kata for your mind.

1.Be at one

2.with the flow

3.of the Qi

4.of the universe.

It is like a martial art technique in that the more you repeat it and practice it, the more it will become a muscle memory, until it becomes natural.

The art of the Waiest Qigong Spirit Warrior helps you to relieve PTSD, stress, and anxiety.

Empty your cup to be at one with the flow of the Qi of the universe. Find peace from within yourself and let your actions flow from there.