

Stress Reduction with Chi Kung

Your state of mind has much to do with your ability to accomplish goals and deal with the challenges of life.

Being in a resourceful state of mind is necessary when you want to achieve the best results. But there may be times when you have an important task to do and don't find yourself in a positive state of mind. During those times it's important to have a way to help you release any tension and anxiety and bring in strong, healthy energies to help you accomplish your tasks.

There are many ways to influence your state of mind and one of the most powerful is through the use of the body.

There is a direct connection between the mind and the body. Your state of mind is directly affected by your posture and the subtle energies employed in the way you use your body. So you can change your state of mind by directing your body to move in a positive resourceful way. This is why dance, exercise and posture can be deeply healing when used with this understanding.

If you are not feeling resourceful, move like someone who is resourceful and soon your state of mind will shift.

Chi Kung (or qigong) is an ancient Taoist practice of spiritual advancement using meditation, breath and energy control.

Chi Kung keeps us connected to the earth for support and our spiritual natures for guidance. It gradually builds up the body's vital Chi energy to establish a true harmony with a balanced, peaceful, calm, tension-free body and clear mind. Masters of Chi Kung are able to raise, control, and direct personal and universal life force and use this subtle energy to open specific energy channels within the body and aura. These energy channels include the meridians used in acupuncture, the Jara lines of Chi Kung, the seven main chakras and the multitude of minor chakras. Mikao Usui, the founder of Reiki, used to practice Kikou, a Japanese version of Chi Kung. He was fascinated at how practitioners of Kikou would emit Ki (Chi) to promote healing in patients. This would eventually deplete them if they did not keep up their practice.

Reiki, fortunately, does not deplete us and instead energizes us harmoniously. It often takes Chi Kung students as much as two years to raise and focus enough energy to do this, but with Reiki it can be accomplished in just a few minutes! This is because Reiki comes from universal life force energy and through our energy channels encouraging healing and harmony. When we give a session, Reiki energy travels towards the client who has agreed to receive healing. We are just facilitators and the clearer our energy channels are, the more efficient the transference of Reiki becomes.

Reiki and Chi Kung share a powerful meditation, the Microcosmic Orbit, which is essential for Chi circulation and for Reiki Masters to use in the attunement process.

For Reiki practitioners, using Chi Kung to prepare for Reiki encourages confident movement and grace around a client. This helps to tune into different layers of a client's aura where disease often originates and sessions need not take as long.

Reiki-Chi Kung offers you the tools for becoming a more effective Reiki practitioner.

Introduction to Reiki-Chi Kung

This moving meditation begins as a chi kung exercise directing the flow of chi circulation with physical movement, then progresses to incorporating Reiki energy along with affirmations. After a Reiki attunement, this exercise helps anchor Reiki into the aura and physical body, creates a strong connection with the Earth, and heals the lower chakras. It helps you to become more centered in your own power and brings clarity to the mind. All students are encouraged to develop at their own pace. In a typical Reiki-Chi Kung class you learn:

- Chi Kung warm up exercises to free up the joints and get the Chi moving.
- Standing postures to facilitate body alignment, proper arm positions and a balancing of the chakras
- Awareness exercises of the flow of Chi/Ki in your system
- Reiki Chi Kung meditations to connect you with the Reiki Source in a dynamic way

Steps 1-4 are just the physical movement. Practice this several times to get the feel of it. Remember to do this movement with a feeling of confidence and power.

1. Start with your feet about shoulder width apart.
2. Then bring your hands together about 6 inches in front of your heart and about 8 to 10 inches apart. Meditate on the energy developing and flowing between your hands. You may feel tingling sensations, vibrations or warmth in and around your hands or even see wavy lines of energy flowing between your hands as the energy builds. See Drawing 1.
3. After meditating on the energy for a few minutes, move your hands straight up over your head. Then turn your palms outward. Swing your arms around in a circle, and bring them back to where you started in front of your heart. See Drawings 2 - 6.
4. As you bring your hands back up in front of your heart, take in a deep breath. Then while breathing out, motion your hands downward toward your feet and the Earth and imagine sending the energy down through your legs and feet and deep into the Earth. Imagine that you can actually feel and see it going down into the Earth. See Drawings 7 - 8.



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2



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