



The Rising Lotus QiGong

Newsletter

www.TheRisingLotus.com

May/June 2009

Qigong Calendar

June 26-28
NQA Conference
Pacific Grove, CA
www.nqa.org

Attend my workshop
"Who Are You? A Journey of Self-
Discovery Through Qigong"
Sunday 6/28 9:30am to noon

September 11-13
Qigong – Daoist Retreat
with DaoShi Michael Rinaldini
Sebastopol, CA
www.dragongateqigong.com

Who Are You? A Journey of Self-Discovery Through Qigong

It is my pleasure to announce that I'll be presenting a workshop at the NQA's Conference this year! The workshop, "Who Are You? A Journey of Self-discovery Through Qigong" is a deeper study on the benefits of **applying qigong as tool for self-discovery or "individuation"**.

The basic premise is that **who you are at any given moment is a result of the accumulated experiences of your lifetime**. These experiences include mental, physical and emotional. According to how we process each experience, our body/mind will shift in response thereby creating the image of yourself today. By means of becoming aware of our body and what influences us we have the power to discover true personal freedom.

To obtain personal freedom and discover our own radiant being, we must learn to "let go". Relaxing and releasing old patterns is only possible through self-confidence and understanding. This workshop opens the door to understanding and provides a map

to finding your true self.

We will be using the **Daoist 5 Qigong** set to go deeper into discovering why certain patterns and behaviors are present in each of us, the reason why we hold our body the way we do, and the root of some of our medical conditions.

The Daoist 5 Qigong is based on **the cycle of the 5 Elements**, which is a powerful "key" to understanding the complexities of how the entire Universe works. This is an incredible opportunity to understand and work at a deeper level with qigong. This workshop will take your practice to new heights and answer many of the questions "Why?"

The NQA conference offers several levels of participation from "Full Conference" to "Individual Workshops". I hope you'll be able to join us at Asilomar!



Greetings!

Ah, Spring is in full blossom. The birds are chirping outside the window, little eggs have hatched, the trees have bloomed and are full of leaves. We're almost ready for summer. I have to admit it's very beautiful here and I'm enjoying the warmth. I'm looking forward to spending time in California for the NQA conference and hope to see many of you there!

For the past 3 months I've been busy working on some projects and it seems that next year will be full of great changes. Right now I'm writing and translating works related to qigong and Daoism. You may have noticed some brief articles posted on Suite101.com. I won't be publishing anymore with them, but will post better quality works on my website.

Many of you have written with updates on your progress with qigong and I am grateful for your contact. Keep the emails and calls coming! Let me know how I can support you and remember that I am only a phone call away.

I do miss all of you: clients, students, friends and look forward to the day that our paths cross again.

Many Blessings, Christina

Individuation

1. The act or process of individuating, especially the process by which social individuals become differentiated one from the other.
2. Philosophy: a) the development of the individual from the general or universal. B) the distinction or determination of the individual with the general or universal.
3. In Jungian psychology, the gradual integration and unification of the self through the resolution of successive layers of psychological conflict.

Propping Up Heaven

This qigong exercise is perfect for stretching the torso both front and back, stimulating the Governing and Conception Vessels and creating flow between the 3 Dantians. It clears the brain and is good for grounding, releasing stress and stretching the joints.

1. Start with feet slightly separated, clasp your hands palms up with fingers interlaced, arms extended down. It will look like you're going to lift something heavy.
2. Begin to lift your hands straight up (you'll need to bend the elbows) following your center line as you inhale. Coordinate the upward movement of the hands to the length of the inhale, so that one long inhale marks the beginning and end of this movement.
3. When the palms are at chest level, you'll turn them up so that they face heaven and continue the same inhale, rise up onto your toes (if you need to, stand near a wall for stability). As you rise, stretch the front and back of your body, visualizing space between each vertebra.
4. Ready to exhale, turn the palms down and begin to come down onto the entire sole of your feet. Hands descending to beginning position. Repeat 9 times.

