



The Rising Lotus QiGong Newsletter

www.TheRisingLotus.com

November/December 2009



Greetings!

It's been a few months since I've sent word and I apologize for the delay. I've been busy working on several projects and am delighted to share that the two books I'm writing are near completion. Look for the translation of the "Morning & Evening Rites of the Orthodox Oneness" in January 2010. A book on qigong will be released in the late summer.

The previous newsletter talked about going to the NOA Conference and it was great! The keynotes were fantastic and the attendees enjoyed 3 days of beautiful sunshine in Pacific Grove, CA.

I met many people who I hold in high regard and had the opportunity to reconnect with some dear friends. My workshop on Sunday morning "Who Are You?" was successful, but I have to be honest, it's the first time I speak in front of my peers so I was nervous!!

At the conference, a photographer friend of mine did a photo-shoot for a project and so you can look forward to some recent pictures of me soon.

I wish everyone a peaceful holiday with many blessings for health, peace, prosperity and love. Send me a line if you have a chance...

*Many Blessings,
Christina*

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Reflection on the Significance of Community

This topic may not be directly related to your own personal health, but then again, it might. I was recently having a conversation with a friend of mine, about how much society in general has lost by breaking away from the **supportive bond of community**. In our quest to find independence, self-identity, freedom and personal financial wealth we have sacrificed social bonds, culture, defined roles and efficiency.

By now, most of us have acknowledged the importance of "choices" in life, that choice is the foundation of "free will", but I wonder - in that soaring leap into the sky full of promising clouds and stars, how many of us took the time to examine the underlying abyss of sacrifice? At what expense did our industrial revolution of creation catapult the Earth into the current state of too much, too fast, too far?

Sir Isaac Newton's Third Law tells us that **"No action comes without an equal and opposite reaction"**. So while big industries were busy manufacturing our resources were dwindling, and as people bounded out of their homes further and further to chase "The Dream", the family tie became as thin and delicate as a strand of silk.

What happened to tribes? Communities? Families? Did we laugh in the face of something so mundane as familial love, trust, and support? Take for granted that Mom & Dad would always be there? That our siblings, friends and neighbors would love us even if we lived across the Globe and rarely communicated with them?

These questions have recently become more present for me as I hear more and more stories about people sending out requests for financial support. In fact, "being in need" has set such a great tone to examine what is truly important in life. A yin side to the present yang.

The beauty of community is that amongst all the members, all the resources available can be used to their fullest potential. There is nothing wasted, nothing left unnoticed. When the community gives what it can without holding back, the community at-large benefits in it's entirety. Children are raised

by people who care, families are fed, houses are full and no-one has to go without. In short, abundance can be found and the pain of need is no longer felt.

Upon my friends' suggestion, I offer the following as a step to create community in your life. Get to know your neighbor. It's not a

commitment to have coffee with them once a week, or even to know the intricate details of their life. But wouldn't it be cool if we felt comfortable enough to ask our neighbor for a cup of sugar or an egg instead of driving at midnight to the store because we feel compelled to do it ourselves?

What would happen if we all started to look at the bigger picture? If we started to give our time, talent and resources to charities? If we made conscious choices that like the "butterfly effect" had an impact in Africa, China, Afghanistan, or Iraq? I think it's possible that we might begin to feel like we are all truly connected and that our individual choices do make a difference in the World.



China & Tibet
with **Mark Johnson**
May 14-30
www.qigongchinatrip.com

Dao Conference
Loyola University
Los Angeles
June 2-6

NOA Conference
Minneapolis, MN
August 20 - 22
www.nqa.org