

Casey Mercil

Chi and the energetic body

Chi, Prana, mana, ruah some of the many names used throughout cultures to describe the vital life force that lives inside the energetic flow pulsing within all of us. Energy can be found within everything and within our written history man has been trying to find a way to understand and direct it's flow. We have long realized that within understanding this we can truly understand ourselves and push forward with our true potential. Qi gong is a practice that works upon this basis balancing the energetic flow to gain mastery of our own bodies and allows the practioner to gain control over there own body over time.

Qi gong is an ancient chinese healing art that roughly translates to cultivating energy. It has a few divisions which include the martial, medical , and spiritual aspects. All of these aspects are inter-related to each other and include a few prime components within them that include but are not limited to meditation, movement, and breath work all with the intention of bringing the body into harmony connected to both the heavens and the earth. The philosophy of Qi Gong originates from the Tao Te Ching which is one of the basic tenants of Taoism. Taoisms main principals are about staying within the flow, non reaction, and impermanence all of these components are reflected in the practice of Qi Gong.

One of the first and more well known aspects of qi gong is its martial aspect. Within this form its roots are very similar to that of tai chi both originating from Taoism. In the martial aspect of Qi gong there are two aspects the 'soft' internal style and the 'hard

external style. The soft style of qi gong is more focused on the internal aspects allowing the practitioner to flow with their body it often focuses on slower fluid movements it also focuses on sending chi to certain aspects of the body. The hard style of qi gong is more focused conditioning the physical body to withstand physical ventures that the typical body could not withstand by any means through a process called iron body. Overall the martial aspects of qi gong allow an incredible amount of control and flexibility throughout the body.

Another aspect of qi gong is its medical implications. In medical qi gong the practitioner works to address the root cause of the illness and treats the client as a whole energetic system. Medical Qi Gong has proven to be effective on many different ailments including but not limited to Chronic pain, arthritis, cancer, Multiple sclerosis, and a variety of other ailments. When used within a medical practice Qi Gong is often complemented alongside many other traditional Chinese medicine methods including massage, acupuncture, and herbal medicines. When the practitioner does a session upon their patient they will use their hands and other methods to balance the energetic flow and bring the body back into balance. Often when the session is done the practitioner will prescribe the patient exercises to implement at home to balance the energetic flow alongside herbal remedies to face the core issue. For example if the client was suffering from anxiety the practitioner may give them an exercise that works upon their kidney energy. Medical Qi Gong does not only need to be done by an outside practitioner however with proper training one can learn to find the root of their own blockages and bring back the energetic flow. Overall Medical Qi Gong is an effective method of balancing the physical, mental, and spiritual body.

An additional component of Qi gong is its spiritual component. By having control over the physical and mental body practitioners tend to become very rooted which allows them to reach incredible spiritual heights. One of the goals of doing these practices is to reach our original child like state while holding ourselves accountable and keeping disciplined. Qi gong is not only about movement either there are many meditations done within this practice. Some of the meditations such as bone marrow washing involve visualization while holding different postures with a variety of mudras to reach a plethora of energetic states. Many practitioners report that they can feel an immense amount of tingling and opening of the mind while still being able to hold an incredible amount of focus. Qi Gong is an incredible tool for those seeking to heighten their spiritual heights and gain control of their own body.

Qi Gong is a practice that will allow practitioners to gain control of their mind, body, and spirit while still remaining within the natural flow of life. It would be beneficial for anyone who is seeking to balance these aspects and find the flow within their own energy as well as that of others. For all that seek to take back their own life I highly suggest that you begin your journey into qi gong.

