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# Emotional Mastery through Qi Gong

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The ancient Chinese Tao Masters taught the importance of connecting Spirit to body ... or the Cosmos to the Earth through ourselves. Qi Gong is fast becoming popular in Western practices as people are recognizing our hectic paced lives often cause a sense of separation within ourselves. Qi Gong exercises and meditations are designed to help gain awareness of the inner structure, strengthen the bones, and develop strong power.

Qi Gong (pronounced "chee-gung", also spelled Chi Kung) is translated from the Chinese to mean "energy cultivation" or "working with life energy." Estimated by scholars to be around 7000 years old, Qi Gong is an ancient Chinese system of postures, exercise, breathing techniques and meditations. Its techniques are designed to improve and enhance the body's vital health. According to traditional Chinese philosophy, Chi is the fundamental life energy responsible for health and vitality.

The benefits of Qi Gong include:

- Rooting ... or grounding
- Developing body awareness
- Increasing Chi or personal life force
- Balancing the effects of stress and emotion
- Physical and emotional rejuvenation and pain relief
- Improved sleep patterns and a calmer outlook on life
- Noticeable improvements from people who suffer from arthritis, anxiety disorders, Chron's disease, high blood pressure and glaucoma.

The Taoist masters, (tao meaning the way) taught that specific emotions are stored in the individual vital organs of the human body. It is now proven scientifically, that cells of the body hold memory; therefore an emotion that is repeated over and over again more or less 'sets up practice', within the cellular memory of that given organ.

For example, grief, sadness, and depression are stored in the cellular memory of the lungs and colon, where stress, fear and anxiety are stored in the kidney and bladder. Each vital organ houses its own set of emotion. In Qi Gong, the postures and visuals use sound and colour to transform the imbalanced negative emotion into a positive experience for the body, therefore assisting in regaining the vitality of the body!

When the emotion becomes 'master' over the body, then ailments begin to set in, our dreams become blocked, and we begin to accept that the emotion, be it for example, anger, grief or guilt, is simply who we are, and we begin to work our reality around that emotion.

Qi Gong offers us the opportunity to connect with our inner selves. We study the relationship between the organs, our emotions and how they relate to one another. We learn the six healing sounds that help us get in touch with our organs, and the emotion related to them. We also learn the powerful Taoist practice of the 'Inner Smile Meditation'.

So much of our life is directed outward, and we lose our energy and wonder why it is that we are so fatigued! Qi Gong directs our attention inward and we begin to appreciate the inner workings of our body. Students begin to realize that they are in charge of their own well-being, and their own Health; they begin to dig deeper into their own desires for life, and begin to tap the resources of their dreams and life's purpose!



Deborah has been teaching in the Barrie area for 10 years. She studied under Mantak Chia of Thailand. In addition to her certification in Qi Gong, Deborah is also certified in Reflexology.

Check out [www.soletosoulholistics.com](http://www.soletosoulholistics.com) to read more about Deborah's treatments, classes and her Emotional Mastery Workshop. Deborah has taken her dynamic workshops throughout Canada and the United States and will be offering an **Emotional Mastery Workshop** in Cambridge on May 22 and 23.

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