Qi Gong Practice – Building Awareness for Healing

In Qi Gong terms, to start healing one must first increase the body’s Awareness. Normally, when a person first learns Qi Gong, she/he does not feel much of anything unusual but simply follows the motions as they are taught. This is the beginning phase of practice and needs to be supervised by a good Qi Gong instructor who can explain how to start to feel the Inner Body through external postures and movements. An example of this is when you stand in a basic Qi Gong posture it has to be correctly aligned. Alignment helps beginners start to feel their individual body more easily, and as they do they will gradually feel the deeper layers of the body through longer periods of practice. Through this initial awareness practice, the beginner will become more sensitive and aware of his/her body and mind and develop stronger sensations and quicker reaction to the movement of Qi, or Life Energy. Qi will move through its passages (or meridian channels) more intuitively and freely than before, allowing it to guide the individual’s movements or actions and to help the person feel her/his/The Self.

Prevention is a central concept of the Traditional Chinese Medicine system and Qi Gong is a branch of this system. The healing power of Qi Gong can be seen as an awakening of your nervous system and a strengthening of your immune system. When you are able to sense, using Awareness, the weaknesses or blockages of the Body/Mind and allow the natural flow of Life Energy to heal before the situation gets worse, you can successfully protect yourself from illness and a “natural healing” is achieved. At the same time Awareness acts as a Great Process by which you learn to trust your own Deep Wisdom.

This practice also helps to balance your emotions and increase access to your natural intelligence by means of widening your capacity to fully experience the meaning of The Great Joy in Life.

Awareness in Qi Gong practice is based on calming down the mind and allowing a better connection between heart, soul and body. The signature of Qi Gong practice is using “soul-stimulating” movement (inner and outer) to relax your mind and let it take the time/space to be aware and to release the stresses of life that make you tense, nervous, and depressed. And the more you’re aware of your own mind and behavior, the more you will be able to recognize and learn how to release negative emotions and overcome this fear, anger and depression. For, after all, if negativity in the body and mind never gets any attention, how can you protect and heal yourself from illness?

Building this Awareness so as to find the blockages in your physical body and/or negativity in your mind is the first, and most necessary, step toward true healing.