

Journal Exercises for Module 8

Journal Exercises for Module Eight

1 Discovering your Power Centre

In Module Eight we discussed the spiritual centres from the view point of personal power. Take a few minutes to reflect on your life. Can you discover your own power centre? You may well have left this behind in the natural course of life, but as we are struggling to discover who we are in late adolescence and early adulthood, almost all of us find that one centre becomes predominant in our lives to help us obtain some control over our external circumstances.

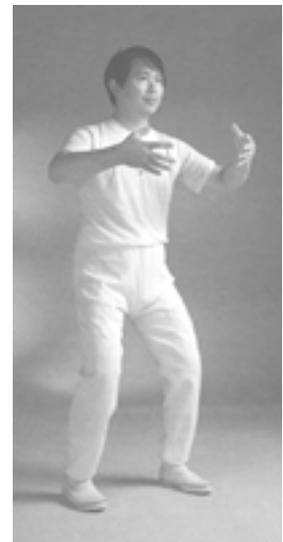
2 Connecting with the Earth

The second theme of Module Eight is our connection with the earth. This is a simple exercise in concept – but takes a fair amount of focus to execute. The exercise is to stand. We are going to practice standing in a very particular way. Once again, this exercise is taken from the Chinese spiritual tradition of Qi Gong.

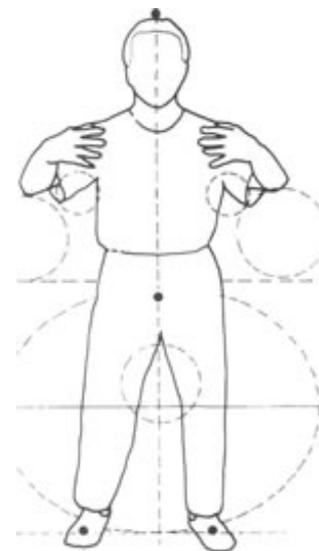
Stand with your feet apart. Your feet should be the width of your shoulder, no more. Bend your legs slightly at your knees as though you were sitting on a large ball. Hold your hands out in front of you as though you were holding a large balloon.

Imagine a golden string is holding up your head from the centre of the skull. This makes a direct line from the top of the head to the earth centre about 18 inches below the feet.

The next two diagrams show firstly the arms holding the balloon, and secondly, the relationships between arms, head and body.



Holding the balloon



Qi gong stance





When you have achieved this position and feel comfortable – it is easier to do than to describe – commence your circular breathing from the exercises of Module Seven. Do about twenty of these – less if this is too much and then proceed to the next stage – Sealing the Energy.

3 Sealing the energy

The previous exercise is capable of generating a tremendous amount of energy. A few minutes each day will raise your overall energy levels. It is also a wonderful exercise when you feel depleted, or are in a state of stress. The second part of the “standing” exercise is to seal in these energies.

Still standing in the Qi Gong stance, lace your right palm over your lower abdomen. Then place your left hand comfortably on top of your right. You can lower your eyelids, but keep your eyes open to avoid losing your balance. Rest in this position for between two and five minutes. Breathe naturally. This position seals the energy into the Sacral centre – the centre of etheric energy (Chinese: Tan Tien).



Spend a few minutes each day for the rest of the week attempting this exercise. Let your mentor know how you get on. Do you find your energy levels increase? Does it help to become more grounded and connected with the world?

As we continue with the Way of the Wyse-Art it becomes increasingly important that we have means of dealing with new energies as they open up within us. Be gentle with yourself!