

Journal Exercises for Module 9

Standing Like a Tree and the Lord's Prayer

In Module One we first encountered the symbol of the tree. In that module we discussed the healing of the blind man who first saw 'men walking like trees', in other words at that point in the healing he was able to observe on the etheric or energy level. In the West, esoteric and clairvoyant observation was forced underground by the control needs of Western religions. We can learn much from cultures where this did not happen. One such culture is that of China which has a continuous record of studies of the etheric system for almost four thousand years. In Module Seven we introduced circular breathing; in Module Eight the Qi Gong stance. Now we are going to put these energy exercises together with the Lord's Prayer. A word of caution: this exercise is a wonderful exercise for generating and replenishing energy and it will also strengthen the aura against negative energies, but be careful not to overdo it. Stop the moment you feel a strain; begin slowly and expand gradually.

1. *The Stance*

Begin by holding the Qi Gong stance as given in Module Eight exercises for five breaths. These are the circular breaths as given in Module Seven exercises.

2. *The Lord's Prayer*

Still holding the stance, mentally repeat the Lord's Prayer, visualising each spiritual centre as you come to its section in the Prayer. You should find that each section naturally fits into the rhythm of your breathing. You may find it easier to concentrate with your eyes closed.

3. *Recharging the Aura*

At the conclusion of the Prayer, your mental thought should be on the 'light above the head'. This is a luminous ball of light that floats directly above the centre of your head. Gently move your hands out in a circle from their position in the stance to a position above your head so that they reach into this ball of light. Continue the movement back down in a smooth motion. Imagine that you are bringing this light streaming into your aura. The end of this motion should see your hands facing down at the position of the sacral centre. Repeat this another three times. Experience the lightening of the aura.



1. *Begin at the Stance*



2. *Move your arms out in a circle*



3. *Now move your arms slowly in a circle until you reach this position,*



4. *Continue to slowly bring the hands down, palms to the floor, until you reach the level of the sacral centre and return to the stance (1). Repeat three times.*



4. *Storing the Qi 1*

Return to the stance position. In the stance position you should feel as though you are holding a large balloon in your arms. Pull your hands slowly into the sacral centre. Feel the pressure it takes to compress the balloon of energy into this centre. Repeat this three times.



From the stance ...



Pull the energy in towards the sacral chakra & repeat

5. *Storing the Qi 2*

Place your palms above the navel. It is said by some authorities that men should have their right palm over their left; women the left palm over the right. Move your palms in a clockwise direction in nine decreasing circles until you finish directly over the sacral centre.



6. *Sealing the Qi*

Remove your hands from the sacral chakra to just above, then with an exhalation of “Ha” seal the energy into the energy centre by moving the hands back to just above the centre.



1. Place hands just above the sacral centre



2. With a quick exhalation of “Ha” move the hands back to just above the sacral centre.

More on Breathing

When we described Circular Breathing in the exercises for Module Seven, we left it to you to decide how you would actually breathe. If you ever studied yoga you would be aware that the technique of breathing is actually very important. Here are two different styles of breathing you can use for the Circular Breathing exercises.





1. Normal Breathing (Post-Natal Breathing)

The most natural method of breathing is to fill the abdomen first and then allow the rest of the lungs to fill. A count used in yoga is to direct the breath into the abdomen for four counts, then fill the stomach region for two counts then finally the chest area for two counts. When you breathe out, do this in reverse: two counts for the chest region; two counts for the stomach region and four for the abdomen.



Breathe in – the abdomen expands



Breathe out – the abdomen contracts

If you can adapt your Circular Breathing to ‘Normal Breathing’ you should find an increase in mental alertness and focus.

2. Reverse Breathing (Pre-Natal Breathing)

In Tai Chi, the first type of breathing is called “Post-Natal” because this is the way the baby naturally breathes after birth. There is a second type of breathing that is more difficult to accomplish, and this is the opposite of normal breathing. It is called “Reverse Breathing” or “Pre-Natal Breathing”.

In Reverse Breathing we pull the abdomen *in* with each in breath, and allow it to push out with each *out* breath.



*Breath in: abdomen contracts;
upper chest normal*



*Breathe out: abdomen expands; upper
chest normal*

What are the advantages to learning Reverse Breathing? If you can incorporate this type of breathing into your Circular Breathing and Qi Gong, it has the effect of heightening and intensifying the Qi. Hence increasing your overall energy and vitality.

From the Western Spiritual Tradition comes the saying:

Mens sana in corpore sano - “a sound mind in a healthy body”. Always, the body and mind are linked - so I wish you every success in this module working on the body, which in turn will work upon the mind, which again will work upon the body ...