

Journal Exercises for Module 9

1. Water Qi Gong - Standing

In this exercise we are going to do a simple Water Qi Gong exercise. Remember that the Water path is about dissolving obstacles and obstructions. It is very gentle; nothing is forced, allow yourself to feel the basic flow and rhythms of your own body.

Stand with your feet parallel. Soften your knees. Drop your tailbone and straighten the spine, figure 1. Allow your hands to float up to shoulder level, with the palms down. Now let your hands sink slowly down forward in front of you. Gradually they turn a little as if they are holding a ball, just below the navel at the energy centre called the Tiantien. (Figure 2)

Feel the weight evenly distributed between right and left foot, more



Figure 1



Figure 2

towards the ball of your feet, less towards the heel. Allow your back to be full and comfortable and your chest to be released. As you feel yourself start to settle in, pay close attention to your breath. The breath in this practice is even and steady and calm from the belly. In through the nose and out through the nose and mouth. Breathe into the belly and feel the belly expand. This is a very gentle breath from the belly. Feel the rise and the fall. Focus your attention there and invite your breath over time to naturally deepen so that taking things in and letting things go becomes more effortless.

Remember that Water is about *feeling*. Can you feel the chi gathering in a ball between your hands and the Tiantien?





Draw your hands slowly up together in 'the prayer of your heart' (figure 3). Take your attention to the heart centre. An old Taoist saying says, "Our energy flows where our attention goes." Place your word from Module Four upon your heart and feel it as a glowing fire.



Figure 3

Hold this pose for a minute or so and feel the energy flowing through you, strengthening your whole core and revivifying the inner and outer aspects of the body. Allow your mind to follow your breath: even, calm breath. Release your hands back to Water standing pose.



Figure 4: Release hands



Figure 5: Water pose

Now we are going to move into the clearing position:



Figure 6



Figure 7

The arms come up to the heart (figure 6) and, one above the other, palms turned towards the body (figure 7) gently pass down the body, clearing any tension from the energy body, and from the physical body, until they drop gently down. Imagine that all tensions and obstructions are dissolving away beneath the gently movement of your hands. Do it one more time. Allow your arms to fall gently down in front of the central energy channel in the energy body to Water standing position.



Figure 8

2. Karma

In Module Nine we examined how it is possible through becoming conscious of our actions not to create karma from our deeds. Each of us incarnated with a purpose. Part of this purpose is to repay karmic debts. Look back on your life and find an occasion when you can say to yourself, “I repaid that debt in full.” Rev Mario once said that an occultist would never leave this life owing another person. Is there anyone in your life you feel you owe something to? How could you balance this debt? Sometimes there is no way we can balance a debt incurred in this life so we just have to say, “Put it on my account!”

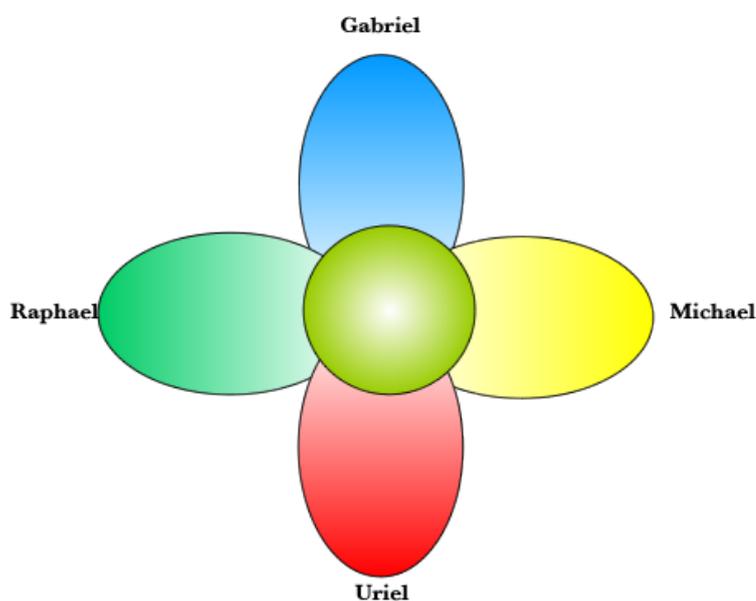
Now that you have surveyed your life, describe it in a phrase. If you prefer you can draw a picture or write a poem!





3. *The Temple Meditation Part Six*

As before, repeat the Temple Exercise from the previous modules. This time, after the fifth stage where you have entered the Sun Temple, stand inside and gaze towards the centre. Above the centre of the temple is a dome. The centre of the dome is transparent crystal. It is surrounded by seven other circular windows. Through each of the seven flow one of the colours of the rainbow: red, orange, yellow, green, blue, indigo and violet. Through the central window flows a pure, clear, white light. It flows down and lights up the centre of the temple. At the centre of the temple is another light which flows up to meet the one which shines down. You know that this light is the Christ. The Christ light is surrounded by the lights of the four archangels at the point of a cross:



Experience the flow of colour and energy within the temple. Then bow to the Christ in the centre and return the way you entered. Return now through the Glory of the Lord, the Luminous Body, the Rose Upon the Cross and the Rod of Aaron.