

KUN QI – THE ESSENCE

From Chapter 2 of Kun Qi Kung – Becoming Life Force Resonance – By D'MChelle

KUN QI is feeling, hearing, and being the breath while intentionally staying aware of activating the muscles of the body that one is using during movement at any time. This way of moving your body is based on the way in which our original ancestors moved their bodies before the constructs of city living existed. We were intuitively linked with the intelligence of the nature within all life forms and had learned to live and operate in synchronistic harmony with the environment, weather patterns, and changes caused by Mother Earth shifting her tectonic plates when needing to release her own energies. They were able to move effortlessly over land and water navigating its terrain intuitively in ways akin to the way the animal kingdom continues to migrate and hibernate in sync with seasonal changes and shifts in weather patterns. Our original psychic connection with all life forms and the knowledge of the rhythms and energetic influences of the cosmos on earth, and the properties of the plant life, allowed us to innerstand the language of nature and live in synch with its rhythms and adapt to the shifts and changes without undue stress, dis-ease or degeneration because we could read and innerstand the signs, the meanings behind their movements as a way of communication and respond to what was being communicated.

Society's man-made comfort-abilities that have been built into our modern structural environment and our food sources has created cellular degeneration, postural imbalances, un-natural muscular holding patterns, and undue stress on the internal systems creating stagnation of life force flow in the body that living in a natural environment does not. Man-made material such as vehicles of modern transportation, processed manufactured food consumption, television, microwaves, and various other devises that channel electrical waves, and chemical trails, introduce levels of toxicity that we have knowingly and for the most part, unknowingly been ingesting into our bodies. The infiltration of these material conveniences has caused a disconnection between the mind/body and nature which has had a deteriorating effect on our quality of life, our physical, mental, and spiritual function-ability and our attunement with all sentient life force. Our connection with the elements of nature needs to be re-awakened and re-established so that we can open up, attune to, and stimulate the flow of qi – “life force” between them and ourselves, throughout our meridian and chakra channels and throughout the entire body in order to reverse the aforementioned effects of modern society. This helps all aspects of one's spirit, soul, and body to synchronize rhythmically as a complete unified system raising their vibration to create a sense of well-being with the ability to handle what life presents with greater ease and to remain younger longer. As one makes it a practice to meditate on the inner workings of the body during movement one will become more deeply aware of the oneness that their mind/body and sentience were designed to operate in. With intentional awareness guiding the body you will also become more agile, able to move more effortlessly with a sense of smoothness and grace. At the same time on a subtle body level you will become more attuned to the inner wisdom from the Higher Mind which inspires harmonious intuitive insights and visions that surface within the silence rhythm of the breath during motion.

Many have adopted the belief that intellectual knowledge is the same thing as inner-standing or that the ‘mind’ is no more than what we consciously comprehend or recall. Yet the body and our emotions respond to stimuli without our conscious intention which proves contradictory to that belief. What lies within us is a personal link to an Infinite Source of intelligence that directs and maintains the function-ability of our bodies without our will or conscious intent. For example, the flow of adrenaline and the pace at which the heartbeat increases when confronted with fear or elation. The dropping of those same rates occurs during times of loving interaction, peaceful contemplation, or when one is engaged in those things that soul fulfilling and empowering.

How the body functions internally are also directly related to the mental/emotional state that one is in, and those things outside oneself that trigger mental/emotional responses. On a cellular level, every thought or emotionally charged memory remains lodged within our cells (clinically referred to as cellular memory). Unless the emotional charges have had an opportunity to release physically or have been confronted psycho/spiritually they become lodged within one's subconscious cellular memory and continue to cycle into one's perceptions of love, life, and relationships, unbidden and at times in an unhealthy or unproductive context. These are just a few ways in which our bodies naturally react to our mental and emotional states. When you become attuned to how your body and mind operates, you awaken to the realization of how your body responds to your mental and emotional state by producing stress, stagnation and postural holding patterns without your conscious awareness. You can then re-train your body responses by integrating various techniques such as mental body scans, focused breathing breaks and meditation in order to counter the effects of stress. You will learn how to perform Mental/Emotional body scanning exercises to identify which holding patterns of yours are self-inflicted and which ones are due to outside influence, which are behavioral, inborn, or genetic, and which of these are correctable.

