



AT-HOME LEARNING

GATHERING QI (TIAN YUAN) – BUILDING A QIFIELD

ABOUT QI

You have already learned a bit about Qi and will continue to do so throughout this and other packages. Qi is the most basic building block of everything in the universe. This understanding of Qi is the cornerstone of many traditional disciplines, including Traditional Chinese Medicine and Qigong. In English, 'energy' is often the term used to convey the concept of Qi. However, Qi is far more than energy and is complex. Qi theory describes Qi as a fully integrated form of material, energy and information. It can take many forms and present many qualities. Qi is everywhere and in everything, both physical and non-physical. Physical objects, including atoms, are concentrated forms of Qi. Each object is governed by the information it carries, and each object carries information unique to itself. The information in the Qi of a tree is different from the information in the Qi of a rock. The information contained in the Qi of every object, whether living or non-living, determines its form, function and qualities. Non-physical existences, such as events for example, are also a form of Qi gathering and are governed by their Qi.

THE IMPORTANCE OF QI

The state of our Qi can be used to assess whether our activities on the consciousness and behavioural levels are beneficial or detrimental to us. When our thoughts and actions strengthen our Qi condition, we are likely to feel better and happier. When our thoughts and actions weaken our Qi condition, we may feel tired, stressed or unhappy. Furthermore, our Qi condition can be worked on directly and changed. The intention is to both limit the damage we cause to our Qi and strengthen our Qi, and thereby gradually develop a stable and strong Qi condition. The latter is an important component of health and is necessary for the further development of our life. With practice, you will quickly learn to notice changes in the condition of your Qi and to see how this impacts you.

THE RELATIONSHIP OF QI TO CONSCIOUSNESS

The human consciousness controls the quality, quantity and movement of Qi. Wherever the consciousness goes, Qi follows. Qi acts as the intermediary between mind and body – the vehicle that transmits every thought or action of the consciousness to the body and from the body back to the consciousness. Since one aspect of Qi is information, what we think and how we direct Qi has a huge influence on how life goes for us. In addition to gathering and improving the quality of Qi, Qigong practice strengthens the practitioner's ability to intentionally direct Qi and information in positive ways using the consciousness.

WHAT IS A QIFIELD?

Everything is Qi, so Qi is everywhere. In other words, we are Qi and are walking through Qi. When Qi concentrates into a material form, such as a living object, the Qi with all the qualities of this object radiates out around it. The larger the size of the material or object and the higher its density, the larger will be the size and density of the radiating Qi. The field formed by this Qi along with its information is what we call a Qifield.

Everything that exists has a Qifield. For example, we have a body that has both physical Qi (so concentrated that it is perceived as solid) and diffuse Qi. The diffuse Qi goes well past what we perceive as the boundary of our physical body. The diffuse Qi that extends past our body is our unique Qifield. It contains the information of our life, thoughts (pleasant or not), state of health and so on.

Think of a time when you met someone new and immediately liked the person without knowing why. Can you also think of a time when you felt uncomfortable in the presence of someone for no apparent reason? You might have even felt foolish for your reaction. An understanding of Qifields can explain such reactions to others. When we stand close to someone, we are in their Qifield and might perceive information there: their thoughts, life experiences, and the many qualities that make up who they are. The next time you feel uncomfortable in the close presence of another person try stepping back a few feet. You may notice that the Qifield and information of that person isn't as strong when you are a little farther away. At the same time, it is best we avoid judging them and just observe. The reason some people make us feel uncomfortable may be due to the quality of their information, but may also be due to our own perception of their information. The interactions between ourselves and Qifields can be complex.

WHAT IS MEANT BY *BUILDING A QIFIELD*?

The human consciousness has the ability to direct Qi. This means that the information our consciousness generates, through thoughts for example, is constantly changing Qifields for better or for worse. We can do this passively, or take an active and directive role as we do when we build a Qifield. When we build a

Qifield we intentionally strengthen both Qi and information, by using our consciousness to gather Qi and add positive information to it. Experience with the active building of Qifields can make us more aware of how focusing on the positive, and trusting in good outcomes in life and from people, can impact every aspect of life and health.

Building a Qifield isn't limited to the goal of benefitting our Qigong practice. We can build Qifields for anything by adding specific, positive information for healing, learning, teaching, working, sleeping, raising children, building harmonious relationships etc.

THE TECHNIQUE FOR BUILDING A QIFIELD

Please refer to the video 'The Six Verses' in your materials this week. This is the primary tool for building a Qifield. The Six Verses guide us to focus inward becoming one with Qi, expand our awareness outward unifying with the universe and then drawing the pure Qi of the universe back to and around the body. As we gather more and more Qi, we add information through thoughts, positive feelings and a healthy state of consciousness.