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A man in a white t-shirt and sunglasses is smiling and holding a colorful kite (blue, orange, yellow, and red) against a sunset background. The kite is held high in his right hand. The background shows a beach with large rocks and a clear sky with a warm glow from the setting sun.

# *Care You Coming Out to Play?*

An invitation from the Qiki Peeps

*Playing like a child is immensely beneficial for healing yourself.  
When you are fully engaged in play, the sheer enjoyment refocuses  
and eases your busy mind.*

Ruthie Moriarty and Alan Sanson

**“My take is that any activity can be play or not play. The secret sauce is playfulness.”**

Ben Mardell, Harvard Graduate School of Education<sup>1</sup>

**W**e all hear much about positive and negative energy, along with many ways to focus and to change how we feel. However, let’s not forget *Play-like-a-Child* energy, which is full of amazing vibrations. This is what we focus on in this Qiki (pronounced *cheeky*) article.

Qiki Gong is our art. It is all about giving you lighthearted ways for you to look after yourself - nourishing and nurturing by playing with Universal energies. Always placing a focus on your feelings and your imagination. Qi (*chee*) from China and Ki (*key*) from Japan both translate as life-force/energy. Whatever your age or your ability, you can be Qiki.

Playing like a child is immensely beneficial for healing yourself. When you are fully engaged in play, the

sheer enjoyment refocuses and eases your busy mind. You get totally absorbed. In our experience, we soon realised that “play” for adults starts, as many things do, with a state of mind. You have to **want** to play, to let go of your “I’m too grown up to behave like that,” feeling. When you loosen the reins on your inhibitions, you can include play-time as a part of your self-care routine.

For most of us, we haven’t played like a child since... well, since we were children. We found we have to just let it happen. Our drive to help you became our motivation; and “play” was the result. As we made the [Play-like-a-child](#)<sup>2</sup> movie for you, the pureness of play struck us as so powerful. We found each activity totally inventive, inspiring, fun, absorbing, instinctive and our imagination went wild. We felt wonderfully free and *happy*.

Yet, even for something as flowing and fun as play, we know sometimes we have to motivate ourselves. Here is our best guidance to help you get started:

**Be spontaneous!**





## Are You Coming out to Play? An invitation from the Qiki Peeps



Next time you are in a shop, go into the children’s section and find a toy that grabs your attention - it will find you if you let it. Keep your new item with you all the time. (Yes, just like a child who gets their favourite toy for a birthday and takes it literally everywhere.) Share it with your dearest friend, invite them to indulge with you. Or if you have small children (or grandchildren) check out their toys and enjoy with them. While at work, take a pause after your meetings and give yourself a few minutes to find a moment of playfulness. Make space in your calendar with a friend or two (and stick to it) gathering some games or fun tokens for a day of play. After a while, you may well find that this feeling starts to build into your natural vibrations.



“We don’t stop playing because we get old, we grow old because we stop playing.”  
- George Bernard Shaw

With the help of the internet, our researcher (aka Alan) found that play is heavily researched and studied. It includes physiological developmental learning skills such as intellectual, social, emotional, and physical. “Play” has reason and purpose - and three lovely indicators of playful learning: “choice, wonder, and delight”.<sup>1</sup> It simulates imagination!

Animals play, and not just to learn survival skills, which indicates that play is innate. The state-of-play helps to stimulate six of the most powerful feel-good hormones in your body. You may have heard

of endorphins, oxytocin, dopamine, norepinephrine, and serotonin; but have you heard of GABA? (What a playful, fun name.) “*Gamma-Aminobutyric Acid is a neurotransmitter that promotes calm and relaxation, it is responsible for reducing anxiety and stress levels in your body and has a role in regulating sleeping patterns.*”<sup>3</sup>

Luckily children don’t know and don’t care about any of this - they just play for the sake of play. We are encouraging you to play in that same way...without over-analysing the knowledge of purpose or reason.

Having studied the pure research, Alan spent a while by the beach. As people arrived the children ran around, free and safe. The adults joined them and played too, smiling, laughing, kicking a ball. Chasing the seagulls, yet never quite catching them (the seagulls were way too clever!). The vibrations of all involved, those playing *and* those watching, were raised and lightened. What more research could you need! Play is a form of self-care.

We encourage you to give it a go yourself; make some time with friends (if you can) and just **play like a child**. Your inner smile, your inner light, will shine - radiating out to the Universe.

Wishing you love and playfulness,  
Ruthie and Alan 🍪

Lots more Qiki-ness can be found at [www.qikigong.co.uk](http://www.qikigong.co.uk). Come out to play along with our Qiki-Movie in this issue’s bonus content!

Play-like-a-child – the Qiki movie  
<https://vimeo.com/816201791/a3ccbdc454>

### References:

1. <https://www.gse.harvard.edu/news/uk/18/06/summertime-playtime>
2. <https://vimeo.com/816201791/a3ccbdc454>
3. <https://www.primalplay.com/blog/play-and-the-feel-good-hormones>