



Are You Your Own Propagation Machine?

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Bonus Content

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*Here's the thing - you have to **want to change**.
To change the tape, to change the stories you tell yourself
about your life. Look for the positive, new ways and they will
start to appear to you.*

Ruthie Moriarty and Alan Sanson

As Chicken-licken was going one day to the wood, whack! An acorn fell from a tree on to his head. "Gracious goodness me!" said Chicken-licken. "The sky is falling!"¹

Have you noticed that humans have a propensity to constantly make things horrible – causing stress, frustration and acute anxiety for many? There seems to be a great deal of scaremongering, being told that life is "hard" and that only doing *this* or buying *that* will give you the magical powers to make you feel better. All create a state of fear or a need for constant reassurance. This is all exemplified by the ultra-focus from the press, TV, social media, politicians, and a variety of other peoples. If you choose to follow these tendencies they can become addictive. They propagate in your mind, body and emotions, becoming a vicious cycle, very hard to stop. This is how you can become your own negative propagation machine.

However, we can guarantee (and it is not often one can say that) that the world will not – **repeat, not** – stop if you do turn them off. You have the choice and we have great confidence in you doing just that. Your life, your health, your world will improve.

Many people have been influenced by the societal insistence that only a doctor or pills or someone else can fix them, that making them better can only come from outside. Equally, many people want a quick fix – yet change doesn't happen immediately. In many situations you can escape the mindset that someone else will fix you. Start to do more about it yourself, if you so choose. It is a positive step to accept that life is made up of light and dark - yang and yin – both are required. You can surrender to the tougher emotions, really FEEL them, then let them go.

Here's the thing – you have to **want to change**. To change the tape, to change the stories you tell yourself about your life. Look for the positive, new ways and they will start to appear to you.

HEALING THE INVISIBLE

Our science researcher (aka, Alan) was fascinated by the idea of "Healing the Invisible," so off he went in search. Of the many instances he found, we thought you may like these:

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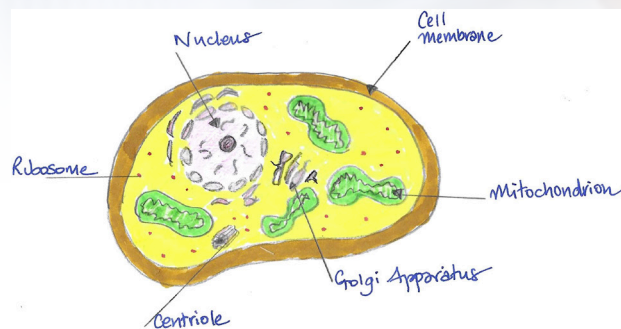
What enables you to “see” is when millions of massless light photons hit your eye, so what you “see” is actually from something “invisible”. Some people, with four types of cones in their retinas, may be capable of seeing up to 100 million different colours, compared to the one million (ish) that most of us with three cones can see.² It is amazing that all these other colours are invisible to the vast majority of us!

Even some forms of chronic pain are deemed to be scientifically undetectable. Yet research of the neuromatrix appears to indicate that the central nervous system, (made up of the brain and spinal cord), is where pain is produced. They work together, responding to the “sensory, emotional, cognitive, motoric, behavioural and conscious stimuli”, in order to create the experience of pain.³

One theme that kept appearing in Alan’s search was that invisible things are perceived to exist because scientists detect the “effect of.” Just as in the story of ‘chicken-lickin’ – gravity is an invisible force – very powerful, yet can only be “seen” by its effects. As a result, we concluded that what we can all aim to do is **heal the effects** of negative feelings and, over time, to reduce them occurring in the first place. To protect and deflect. Allowing positive, wonderful feelings to take over.

We are made of atoms and emotions – both invisible. Saying “show me your stress” isn’t possible. What you can see is **the effect** of the stress. The emotion itself is simply pure vibrating energy. It is what you choose to do with that vibrating energy which is important for your wellbeing. Just like the trillions of essentially invisible Eukaryotic cells in your body, which are each surrounded by a membrane, allowing good things to enter and keeping out the harmful.⁴ Your cells are constantly doing this. This is the cell’s amazing protective-selective deflecting bubble. Invisibly healing.

You can learn to trust your body, to listen to your heart, to feel and tune into your higher self/spirit/soul. Be gentle, it takes time, effort and practice. Trust, trust and trust some more in Yourself.



Your mind creates your reality, so you have the capacity to recreate your world.

Stand back, wait a moment and choose wisely.
You are becoming your own medicine.

ESCAPE FOR A WHILE

Over years of helping people with many physical and emotional conditions, they have consistently told us that in using their imagination and being totally focused, they forget anything else that is going on and even their chronic pain lessens or they are not aware of it while they play.

Qi and ki translate as life-force/energy. When we play with Qiki (pronounced cheeky) energy it is for the vast majority, *invisible* – yet it is all part of our glorious Universe. We love to make available a variety of light-hearted ways to help you raise your vibrations through imagination, intention and trying new things. A wonderful way to do this is to be like the cell and its membrane, to consciously, selectively deflect and protect yourself. To choose what you let in, how you let it in and what you keep out.

Escape physically, emotionally – give yourself permission to enter the realm of your imagination. Below we encourage you to find Your QiKi Protective Time and Place. In your mind, or for real, take yourself quietly to a place you feel comfortable, safe and content. We were lucky to be invited to visit a lovely Pagoda. [Please click on the link to join us.](#) (The I/me below is You. We have written it this way to allow you to fully enter your Qiki realm of imagination.)



PROTECTIVE SELECTIVE BUBBLE

Time to surround myself. As the membrane of every cell in my body is selectively protecting the cell, so this bubble selectively protects me. A tremendous feeling of security, high vibrations and calm.

I settle. Bringing my arms and hands up in front of me, feeling the QiKi energies between my hands. I gently rotate to one side, my arms following my rotation. When I rotate to my right my right hand is palm up and my left is palm down – holding my energies within. I now feel a deeper connection with all the protective energies in and around me. As I rotate back, I gently lift my left hand, drawing it away from the other, creating a glorious protective bubble in an arc over or in front of my head, leaving my other arm gently extended. I see or imagine my favourite protective colour beaming from my hands. My bubble becomes complete as I slowly lower my arms continuing the curve of the bubble down and together. My body rests, protected and calm.

I finally settle, with an inner smile of comfort and calmness.



PROTECTION/DEFLECTION

I am ready to accept what is beneficial to me and to deflect what is not.

Placing one foot slightly in front I gently raise both arms as I rotate. This feel-move goes right through me from my toes to my fingertips as I softly extend my elbows, wrists and fingers. I am aware of all that surrounds me and am delighted to allow positive energies to merge with mine. I am also aware that, sometimes, there are less than positive energies and these I gently deflect by whooshing them away with my wrists, hands and fingers. Occasionally, there are some powerful, negative energies around me, which take a confident and powerful whoosh through my whole body to deflect. Always with grace and a smile.

I am confident in my awareness and ability to accept all that is beneficial and to deflect what is not.



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I now feel a deeper connection to all the energies and vibrations both in and around me. I focus on them totally. I take settle-seconds to Just Be.

The images within my mind are beautiful because I choose to make them so.

I AM MY OWN MEDICINE

With love from the Qiki Peeps 🍋

Your Escape-for-a-while movie...

<https://vimeo.com/770157739/23ac86c34e>

More Qikiness can be found at

<https://www.qikigong.co.uk>

Disclaimer: The authors of this article are not engaged in rendering medical, psychological or other professional services. If expert assistance or counselling is needed, the services of a competent professional should be sought.

References:

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Learn more about QiKi Gong at

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