



Energy magazine

Subscriber
Bonus Content

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How to Find and Use Your Innate Inner Energy

Your “Inner-Be” with Qiki Gong

“You are personally responsible for everything in your life, once you become aware that you are personally responsible for everything in your life.” - Bruce Lipton

Ruthie Moriarty and Alan Sanson

Today we encourage you to introduce Yourself to Yourself, your “Inner-Be,” using our fusion of QiGong and Reiki. Qi and Ki both mean Universal Energy, and Qiki (pronounced ‘cheeky’) Gong blends them with the glory of Nature, Music, Feeling, Movement, Stillness, Imagination, Creativity, and Light-heartedness.

Your “Inner-Be” is an innate Feeling, a part of you that is always there and always has been. It is the much sought-after “thing” that we hear about, but maybe you have not quite found (yet). It is a feeling you can initiate anytime, anywhere. Your “place” of quiet, safety, contentment - where you are comfortable, protected, cozy. The power of your Inner-Be is so immense that whatever may be going on around you loses its power over you.

RE-HABIT YOURSELF

When daily life – the mundane, the ordinary, some highs, some lows, roll along, we do not have the ‘big kick’ to make it worthwhile to shift our Way of Be-ing. Many of us change our habits/ways only when we really have to – when something is thrust upon us: a

major life event, trauma, health scare, illness – even then, it can take some time to effect changes in us and by us.

We are sure you know the phrase “You can take a horse to water but you can’t make it drink.” For us, this draws a vivid picture of a horse Be-ing stubborn and determined, not moving however hard you pull and shove. We do this to ourselves as well – standing too firm, thinking we *know* what is best for us instead of allowing ourselves to *feel* what is needed, and allowing ourselves to let go.

Wherever you are in your life, tell yourself you need this – to find and play with your Inner-Be. Do it for you. Frankly this can often be the hardest thing to get your head around – *to do it for You*. To change takes effort, an understanding of self, will power, and a knowing that how you are operating is not best serving you.

You can do it. You just need to Be-lieve.



'WOW WOEE' MOMENTS

Your Inner-Be drives how you feel about things, how you act, how you react, how you interact within yourself and then outwards to everything and everyone. It allows you to feel a new awareness and gives you new incentives.

There are those 'wow woee' moments and there are sadder, more negative moments; then there is the huge chunk of life between. It can be easy to get hung up on 'needing drama' or even the elusive search for happiness – hence buying the 'latest whatever,' or wishing for something, believing that is what brings happiness. These are artificial and ultimately lead nowhere but to a state of never-ending want.

Let's return then to the huge chunk, the stuff of everyday life. While this may not be that exciting, it's exactly **why** we do our best to embrace the tiny moments, to Be In-Joy and light-hearted, making every ordinary moment extraordinary. In this way, we embrace the amazing **wows** when they come along - and get through the lows when they too come to pass. Living all precious seconds to the full. Knowing *It too will Pass*. The lows we let pass; the good seconds / moments / events / things we cherish, as they too will pass - providing us with wonderful forever memories.

A lady at a class told us: "If Qiki Gong is like meditation, I have tried it and can't do it." We responded by telling her it is about feeling, playing, focus, and Inner-Be, then asked her what she loved doing. She went on to describe in detail how she makes and decorates cakes with tiny flowers, all hand-made and beautiful. As she did, her voice and face changed; she was there in her mind, with her hands, doing it. She then said, "Oh wow I just did it didn't I? I now understand."

Ruthie finds her Inner-Be through the power and joy of music; whether listening to it, playing it, or simply the music that is in her mind. This, alongside 'QiKi-feel-moves,' enhances the way she settles and focuses, and helps her help others.

A LOVELY QUIET WAY TO FIND YOUR INNER-BE

We are fairly sure you have already encountered the place to start - where you look for and find your Inner-Be.

Sit, stand, or lie down – Be comfortable. If you have sight, then feel free to close your eyes, so that as little external influence affects you; if big external vibrations are too powerful, the small inner vibrations may get lost.

- In your imagination, take yourself to the most glorious place. It can be somewhere you have been or of pure imagination.
- Totally focus - yet feel it like a child playing: Be there - smell, taste, touch, listen, experience it in its total glory.

This is your Inner-Be.

And doesn't it make you feel wonderful?

You have just given yourself incredibly powerful moments to settle - where you can emerge Calm, Content, and In-Harmony.

A gentleman at the end of one QiKi Gong session where we played with this idea said "I want to tell you...I imagined I was half-way up a mountain with my son. It was wonderful, it was as we always used to be. We can't do that anymore, yet this is as real – thank you for helping me."

Now do something completely different and connect with your Inner-Be by playing with some 'QiKi-feel-moves'

QiKi Gong is all about playing with feelings and movement – the way you feel in any given second is there within you. A movement or action or reaction you make then follows that feeling - they are intimately connected. This is as is in life, as well as in QiKi Gong, so we have merged the terms and called them **QiKi-feel-moves**.



The feel-moves are a powerful way to reprogramme your Inner-Be by *feeling*, not thinking. You may feel moved to giggle, laugh aloud, cry or any other expression of feeling. Please allow yourself to do so. Don't hold back – Be as a child would Be; you will be amazed at how beneficial this is for your well-Being.

The QiKi-feel-moves we have selected melt your Inner-Be (feeling) with your Inner QiKi (energy) and gently flow out to engage with External-QiKi, in-turn revitalizing your Inner-QiKi and Inner-Be. The slowness of the feel-moves takes oxygen and QiKi to every atom of your mind and body, which is so beneficial for you. You feel more centered and grounded, releasing unrequited feelings and energy back to the Universe where it is free to return to pure energy.

We give a brief description of each QiKi-feel-move and ideas of the feelings they may generate, but the best way is to follow the link to our short movie, where you can play along and experience your feelings for yourself. With all QiKi-feel-moves, do what you can with your body and what you feel comfortable doing. However, with your mind, *let it all happen* – the power of your mind is immense.

For our digital readers, you can [click this link](#) to the movie we have made for you to play along.

Settle: Calmly go to your glorious place – focus on your Inner-Be. Feel tension drift away. Place your hand over your favourite one or two chakras.

Feel your Inner-Be move, vibrate, sway deep within you - a tiny embryonic movement. Very slowly your *inner* feel-move expands gently to engage with and emerge into a small external feel-move. Maybe that *external* grows a little – yet always driven by the tiny Inner-Be vibration. This is the way with all feel-moves.



Calming Wave: Notice your Inner-Be a flow, an ebb. You allow it to grow a little up through your body raising one arm out to your side – that ripple of your pure QiKi meeting the External - hardly touching, so soft. That ripple flows as you lower that arm, passing the energy through you and out the other side as your other arm raises gently if you are able (do in your mind if you do not have physical movement). Fully settle again, internally and externally.



Precious-ness: Just in front of you is something very precious to you. You feel it in your Inner-Be, you are drawn to gently extend your body, mind, and hand out to touch it. It rests in your hand; you look at it, admire it, be in awe with it, feel it - it is beautiful. Together you share the seconds, it glows with your Inner-Be. You gather it to you, into your inner aura, stroking it through your lower chakras and down to rest. Such lovely gentle focus. Fully settle again.



How to Find and Use Your Innate Inner Energy



Little Fish, Big Fish: (*not a dance from the 1980s!*)

With your palms and fingers gently together (or with one hand) sway them in front of you like the tail of a fish. Now the feel-move becomes all-embracing through your body – just as a fish moves - not just its tail, its whole being flows. Be a smiling dolphin – the elegance, the beauty, the softness, the simple energy of easy movement. Totally hypnotic. Fully settle.



Breathing QiKi: This is the breathing of your Inner-Be (it is far more than just breath). You expand and release your whole essence to your inner natural rhythm. As you feel that, your arms and hands (or one arm/hand) comes up in front of you. Imagine holding the softest bundle of energy in your hand(s) and gently stretching/expanding it as you rotate; it then reforms as it releases and you return to the starting place. In its softness and power, this QiKi-feel-move is an all-embracing tremendous ‘wow.’

Place your hands back on to your favourite chakra(s). Fully settle. Gently shake. Bow in Gratitude. Take yourself to your glorious place. Move gracefully. Go gently about your day.

As **Alan** so beautifully puts it:

Search for Happiness
And you will never be happy
Look for Calm, Content
And you will find
In the Pond
The gentle ripples on a calm sea
A sleeping baby
Within You

Wishing you all your best life, content in your Inner-Be. ☺

The Movie “How to Find and Use Your Innate Inner Energy – Your Inner-Be with QiKi Gong”.

<https://youtu.be/YcGSU1xG3aA>

Reference:

Lipton B. H. PhD, Biology of Belief, Mountain of Love / Elite book, 2005, p178, www.brucelipton.com

 To learn more, visit their website: <https://www.qikigong.co.uk>