

Energy magazine

Subscriber
Bonus Content

Nov/Dec 2021

A man with a beard and short brown hair, wearing a bright yellow long-sleeved shirt and teal pants, stands in a garden. He is gesturing with both hands, palms facing forward, as if explaining something. The background is filled with green foliage, including weeping willow branches hanging down from the top right. The lighting is soft and natural, suggesting an outdoor setting.

Reharmonizing
your Energies -
with QiKi Gong

QiKi is stillness, movement, quiet, fun, and free - it is nothing serious with no formal training and encourages you to feel calm and vibrant.

Ruthie Moriarty and Alan Sanson

A big hello from the QiKi [chee-kee] Pair. If you haven't yet heard of **QiKi Gong**, then you are in for a harmonising, fun, and enlightening next few minutes. All will be revealed, as we hope to help **You** (yes **You** – the healer, caregiver, lightworker, empath, and individual), with a new way to heal and reharmonize your energy; to take time-out, giving yourself permission to care for yourself.

Our motto: *"Play with your energies, your unique energies. Be In-joy."*

WHAT IS QIKI GONG?

QiKi Gong (pronounced chee-kee gong) is calming and settling; it is a place to help you get away from the speed of life, and shows you there is no rush.

It all began 5 years ago....

Ruthie attended one of Alan's **QiGong** classes. At the end of the session, she said "Wow, my hands are buzzing with energy!" Ruthie asked if she could offer Alan some **Reiki**, as her energy felt so powerful. In

Alan's first experience of Reiki with Ruthie, he states "It was glorious." Reiki often knows where energy is needed - we are just the conduit to let it flow.

Alan and Ruthie immediately felt the synergy between the two ancient arts of Reiki and QiGong. They both translate as Universal energy, with each practice stimulating and harmonising an individual's energies. Fundamental principles of both are self-care, self-awareness, letting go of ego.

We realised this was a wonderful merging of energy. As we like to encourage you to "Be In-Joy," the name came to us, and thus **QiKi Gong** was born.

QiKi is stillness, movement, quiet, fun, and free - it is nothing serious with no formal training and encourages you to feel calm and vibrant. It is whatever you need it to Be, to replenish and reharmonize your Qi/Ki.

QiKi Gong is a combination of inspiring ingredients.

- **Nature** – Pure energy, it does not rush, it has no ego; it is flow, it is power. You are Nature. Rest and digest with it. Be content.
- **Imagination** – this uniquely human skill gives you total freedom.
- **Music** – is ambience, flow, and power.
- **Feeling** – as in touch, how you feel, and using all your senses.
- **Slow gentle movement** – this calms you, gives you time to focus on the feeling and movement. It keeps you agile and moves your energy, getting oxygen and energy to every fibre of your mind and body.
- **Lightheartedness** – you feel free with a spring in your step, your inner smile shining. **Be-ing In-Joy** – experiencing all the beauty within and around you.

QiKi Gong is about self-care and raising your energetic vibrations, helping you with your well-being in a light-hearted way. QiKi Gong is truly holistic. It isn't just about movement, it's about Be-ing present, experiencing moments in Nature, in Life – looking, listening, imagining and Be-ing.

It helps you to align inner and external Qi/Ki. Powerful, yet wonderfully gentle and nurturing, it feels like sun-bathing in pure light, leaving you glowing with a peaceful, radiant aura. It is designed to physically warm and tone your body, to help reduce blood pressure and stress, opening up the Qi/Ki flow in meridians and chakras, reharmonizing mind, body and spirit.

We capture all of this in one word **Be** – or sometimes we go wild and use two words – **Just Be**.

QIKI GONG IS FOR EVERYONE

Over the years, we've been privileged to have met so many wonderful people who have had a variety of physical and emotional conditions. They have shown us that **QiKi Gong** is inclusive for everyone. Whether sitting, lying down, standing, listening, or watching - age doesn't matter, ability doesn't matter,

limited movement or restricted senses don't matter. Anywhere, anytime - whether it be your garden, home, hospice, hospital, park, or kitchen. We have never come across anyone who could not **Be QiKi**.

Be QiKi on your own or with others. Be-ing In-Joy with others and helping one another are part of human nature; it is so simple with 'Qikitude.' We encourage you to remain open and curious like a child, to never compare yourself with anyone else (not even with yourself). There is no wrong way to Be QiKi!

A comment that still makes us tingle came from a young woman on one of the psychiatric wards who said "Thank you; you let me be myself."

LET'S PLAY QIKI

The best way to understand is to play, as Confucius said:

*I hear, I forget
I see, I remember
I do, I understand*

[Reharmonize Your Energies with QiKi Gong](#) using this [link](#) to play along with our short movie. Do whatever you feel, in your own way as you follow us,

Feel your Rhythm of Life as you flow. The sway of vibration and energy renewal is Nature; it is a fundamental of QiKi Gong.

Take a moment to settle yourself. If standing, let your knees flex, feel softness and bounciness in and around you. All through these moves, let the water-energy of your mind and body flow, really feel it. With every fibre, expand and then rest – from your toes to the tips of your fingers, to the top of your head. No stretching!

Embrace your inner child, your inner smile. With QiKi Gong, if you cannot move a part of your body, then imagine the movement and the feeling, do what you feel is right for your body. Only ever move as far as you feel comfortable.



Shaking and warming up your energies.

Gently move, give your mind and body a shake. If you want to, then shake a little more wildly (but be careful). Then rest your hands by your side. We return to this position after each move - to settle.



Playing in the air.

Expand your arms out sideways, to the tips of your fingers and all the way through your body, playing in the air. Ripple the air with your fingers, like playing a piano. You will find your natural rhythm. Then put power into the movement. Flow gently again, and settle.



Rolling with the waves.

You are the wave - growing to peaks then resting to trough - while also gentle and powerful. Start with a gentle roll in a gentle breeze, forward and back. So calming, so relaxing, so focused. Feel the ebb and flow. The wind picks up; you become a roaring whoosh of a wave. This is where you will see a natural smile/laugh come to you; the yang power. Return to your gentle wave. And settle.



Between the Cosmos and the Earth.

Feel this movement through your whole Be-ing. Gently up one side and down with the other. Start with gently expanding, feeling the energy up into the



Cosmos and down into the Earth. Small movements are just as effective as large. Use the same movement with power; controlled, vibrant, wow. To fully extend as Ruthie loves to do, or partly open up. All ways work. Return to the gentle pattern yet again. Settle.



Soothing your energy.

Expand by taking your arms out to the side, soothing the energy around you, draw it in and up in front of you to a height you feel comfortable. Bring your hands together in gassho (drawing the energy into your hands), then bring your hands down your central chakra line. The curtsy is totally optional (even if you could/can do it). Settle.



Harmonising your chakras.

Expand out and scoop up as before, as high as you feel comfortable. With your mind, go up above your head (8th chakra). As you gently lower your hands, cup them over each main chakra – top of your head, 3rd eye/brow, throat, heart area, solar plexus, sacral, root/base, and to Earth Star. Imagine the energy spinning at each chakra and flowing between. Settle.

Shake your reharmonized energies. Gently bow. Smile. Thumbs up!

Congratulations, you just conducted your first **QiKi Gong** session! And wasn't it easy? You allowed yourself time to change your Vibration, to move your QiKi energy, to play, to simply BE. You are now officially a **QiKi Person**.

Now, take a moment to scan your mind, body and spirit. Feel how your energies have shifted. Transforming any stress and tension creates positive energy, making you stronger and more emotionally, physically, and spiritually flexible. You have reharmonized your energies.

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

— Marcel Proust

QIKI GONG FOR INNER HARMONY

Only you can reharmonize yourself. This requires a **recognition-of-self** to choose how to feel, move, and Be to reharmonize your energies. You may feel highly energized, too “up”, too Yang, or feeling a need to be calm; or you may feel very tired and low, too Yin feeling a desire to boost your body and mind energy. Our advice is this: whatever you are feeling, be gentle and patient with yourself. Try the moves in different ways. You will quickly understand what you require. Give yourself five minutes to go through your favourite QiKi Gong flow, play with it, repeat it, and feel how you change.

In 2020 we were lucky to be given the gift of time; we went into Nature and came up with another angle to QiKi Gong. Each day we spontaneously found something unique and captured it on our cameras. It's a fabulous experience, which we continue daily. To these photos we added beautiful music and positive affirmations. Another way for you to Be. [Far to Near. Bathing in Nature.](#)

Take Time to Be. We encourage you to incorporate the **QiKi Gong Way** into everything you do, every moment - don't wait until you are depleted. Taking constant care of yourself is not selfish – it is self-full.

Be inspired, Be You, Be QiKi - you *can* do it, it's easy. Wishing you all Peace, In-Joy and Good Health.

In Love, Light and Qikitude

Ruthie and Alan 



For further information or to contact us, please go to <https://www.qikigong.co.uk/>

Our thanks and Qikitude to Darren @ dPix for taking the wonderful QiKi Gong movement photos www.dpix.co.uk

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If you would like to read some of our real life examples please just ask.

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