

Time to
Evolve
instead of
Revolving




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Energy magazine

Jan/Feb 2024 Issue

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*Is this now your time to take the first steps away from the thing which no longer best serves you (or your clients, for that matter)?
Your time to step into a new beginning?*

Ruthie Moriarty and Alan Sanson

In this article we consider how we can all easily get drawn into our way of being through habit - a way we believe is the *best* way for ourselves. We may feel comfortable, yet an innate part of us knows that we are not *totally* comfortable, neither emotionally nor physically; we feel stuck, claustrophobic even. We liken this to being stuck in a revolving door.

It can be disorientating to constantly keep rotating, with a feeling of no exit. Your energies become heavy. At the subtle end of the spectrum, you intuitively feel a vibe that suggests "I know I need to change." A small yet powerful feeling. A need to *evolve*, and to stop revolving. Sometimes the trigger can be self-determined, other times an external trigger may be necessary to help you realise there are changes that would serve you better. A couple of examples:

- Knowing that eating a particular food is not supporting your body, yet you still continue to eat it.
- Going to a conference, which makes you question your practice and realise you feel a little "stale."

At the less subtle end of the spectrum something major may occur and you are forced to change. For example, a sudden health event or scare may force you to reflect on how you now need to do things differently. Yet, maybe not knowing *how*.

From our personal experiences of major life changing issues and from people we have met who are affected by many forms of physical and emotional conditions, we have learned that Revolving doesn't help, and that Evolving is essential. You may be craving the way you/things "used to be," stuck in missing the way things were, resenting or even hating your "now."



Time to Evolve instead of Revolving

Your energies may be heavy, or you feel they are non-existent; you are just coping.

However, you will eventually know - the feeling you need to (or have to) **evolve** and stop **revolving**. To lighten your energies to allow you to change and to move forward.

We offer you this play-along [Evolving not Revolving](#)¹ movie to put this idea into practice. Below we describe the flow of these Qiki-feel-moves. Take some time to find what your rotating door is for you, here and now, and really feel it. This will transfer into how you move – hence why, in Qiki Gong, we call them “feel-moves.” Like all Qiki-feel-moves, if you can’t physically move, or after a major event you are not ready to play with physical movement, then play along in your mind – as doing that also frees your energies and releases stagnancy. Qiki-feel-moves are not always about physical movement. Think of the time someone told you a “moving story,” or you looked at a glorious photograph and how that made you feel. And how you then felt, moved, and acted differently afterwards



Endlessly rotating. You are stuck, tense (face, shoulders, hands, legs, mind) in old, routine habits. You have been there for a long time and may even feel lost. The door may have clear or opaque windows, or be totally dark. It has become your way, your reality. Recognize that when you have an awareness of all this, of where you are, even tiny, natural evolutions

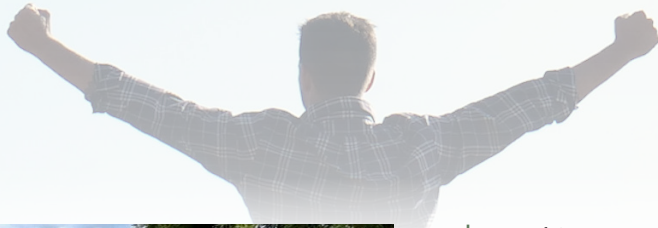
can enable you to consciously slow the revolving; to stop and rest, allowing yourself time to investigate directions in which to evolve.



You become aware that something is beyond the door. Look to your left – about 10 o’clock – tentatively reach out with your left hand...but no it’s not the right direction for you now. Bring your hand back to your side as you recognise that you are still a little tense, still stuck at this stage.



Look to your right, at about 2 o’clock...expand out with your right hand, palm down then draw back, palm up – ahhh yes, that feels much better. Smile, relax your face and shoulders and repeat the feel-move.



Move to angle yourself towards this feel-good place, expand forward palms outward-facing, push out to the sides with both hands to open up as you might part curtains, in order to clear your way forward. Smile. Relax your arms.



Take bold steps through and out of your door. Leaning gently forward, open your arms out at chest level, palms up and expand into your new place. Look out and smile. Wow – there it is!

True evolving really starts in your imagination. You may notice in the movie that Ruthie steps forward and Alan makes step movements. The important aspect is that you imagine the essence of 'breaking out.' Knowing, trusting, and feeling those new steps outside of your revolving door, you will feel the tremendous power it gives you.

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We wish you much love, joy and fun in your evolving life.

1. Evolving not Revolving, the Movie: <https://vimeo.com/846572688/9e6d1340cd>

Note: This article is not aimed at those who are in the state of extreme personal difficulties or challenges that need medical/professional intervention. It is rather for the more day to day issues many of us face or, perhaps at any given moment, prefer not to look at too deeply.



Learn more about Ruthie Moriarty and Alan Sanson at www.qikigong.co.uk.

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