



Your Journey Makes You Who You Are

© Find this article in the

Energy magazine

Jan/Feb 2022 Issue

SUBSCRIBE HERE:

EnergyMagazineOnline.com

Over time your past does not disappear; it becomes part of the new you. You eventually emerge from the tunnel into a new dawn, a new horizon, a new landscape.

Ruthie Moriarty and Alan Sanson - *the QiKi Pair*

From the Past we **Learn**
In the Present we **Live**
Of the Future we **Decide**

In this article we give you some easy, practical ideas to help you with your Well Be-ing - based on our joint experiences of over 120 years on this wonderful planet. The reason we open our souls to you is so you know the ideas we offer come from a place of genuine understanding and care, purely to help you to see that there are ways to constantly discover a New You. If you pick up even just one new idea that helps you - use it, play with it, enjoy it.

THE PAST

Ruthie: My biggest trauma was my precious son Rob's accident 23 years ago. He was a carefree 16 year old when both of our lives changed in a matter of seconds in a pool accident. Initially the fear - would he survive? How would he cope? How would I

cope? How long would this last? Rob survived the accident and was paralysed from the neck down. Now, with years of physiotherapy and perseverance, he has small movement in his hands and one arm.

I've been in the fear-fires and I have come through them. For many years, Rob's accident defined me. It was like I wore a fluorescent badge. However, our brain is truly amazing; by giving it something to focus on, such as fighting for my son's rights and staying hopeful for both of us, gave it some respite. Though I had to keep going, to resolve issues for him, such as health, education, practicalities - while putting on a brave face to get through the days.

Eventually, after a time, I could no longer function. I couldn't drive, read, write, shop, and so on. But the support came. I found help from doctors, friends, aromatherapy, Reiki, time, from Rob himself, and finally, through self-compassion!



I now have far greater awareness of disability and the ways in which disabled people are treated. I **speak** out more. I **act** more.

I cannot believe Rob is now 40: a genius (well I *would* say that wouldn't !!) with technology and movie editing. An advisor to the United Kingdom National Health Service on disability. (He gives presentations to many organisations!) He lives independently and we are lucky to have a very close relationship based on love and mutual respect. So yes, he copes superbly - and I cope too, but it took time.

Alan: My brother, Edward, died at a young age. There was less than a year between us. 15 years after this loss, holding in this experience, combined with a stressful job, a diagnosis of Menière's, and constant "what-if-ing," all led to a total breakdown.

Then, 9 months of working with a clinical psychologist had a life-changing effect. I came up with my "second by second" mindset as a means to get by - especially with the fear of another panic attack. I left my job, with no idea what would come next.

What *did* come next was 10 years of being invited to psychiatric in-patient wards to facilitate light-hearted QiGong sessions (which would later become QiKi Gong); with people affected by Strokes, Cancer, Sight Loss, Dementia, Parkinson's, and Alzheimer's, and with their Caregivers as well. All these people taught (and continue to teach) me so much.

THE PRESENT

"We can't go over it, we can't go under it, we can't go around it, we've got to go through it."
-Michael Rosen's, *Bear Hunt*

Over time your past does not disappear; it becomes part of the new you. You eventually emerge from the tunnel into a new dawn, a new horizon, a new landscape. The trauma, the grief, the fear, the anger, the love all merge to reshape your present and future.

Aren't we all very good at boxing up emotions and feelings, (particularly the overwhelming, difficult ones), hiding them away so we can't "see" them anymore, and thinking they are gone, allowing us to get

on with life? Then one day - BANG! – not only does the lid come off, all the sides shatter with such emotional force that the whole Universe feels it. We have experienced it, and maybe some of you have too. We reach a tipping point when all that emotional energy has to get out.

We can't avoid putting things in the box at certain times. However, what we try to show you here are some ways to avoid putting quite so *much* in, and with the pieces that do go in, you can come back to release them with a sigh rather than a volcanic eruption.

WAYS TO RETRAIN YOUR BRAIN, TO POINT YOU IN A NEW DIRECTION... ...TO FIND CONTENTMENT, POSITIVITY, AND TO BE

The ideas we are about to present we currently use on a regular basis. Maybe you can too, as we all learn to integrate our past into our New Way. After all, we are all a "work in progress" aren't we?

SECOND BY SECOND

"Just for today... do not anger, do not worry, be grateful," are some of the Reiki principles. Sometimes when we are in the midst of trauma, or having a bad day, we have to start small. Sometimes it can only be second by second. "I am ok this second and the next, and the next...."

WORDS OF WISDOM FROM ROB

- People often have a long list of "what-ifs...." Take the 'F' out – there's no 'F' in "what is."
- Make your control bubble and put into it what you can control. It may only be very little to start, but it is yours and you can always grow it.
- Deal with it, learn from it, move on.
- Flip the Switch. Instead of saying you don't have many friends and you worry about what people think of you, flip it. Think of one really good friend and what they love about you. If you don't know – ask them!

FEEL LOVE, BE IN-JOY

When you feel joy/love you cannot feel fear/anger in that moment - they cannot co-exist. Try it – you cannot be angry and happy at the same time. Use your powerful imagination to take yourself to your most beautiful place; somewhere you have been, or of pure imagination, feel the vibrations in and around you - be calm, content. Fear can sit down, take a time-out, and sit on the naughty step. Doesn't that make you feel wonderful, here and now? Go there anytime.

TURNING FEAR TO POSITIVE

Ruthie: 5 years ago I had a heart operation. After 30 years of living with a worsening condition, why feel fear? It seemed irrational yet powerful to finally realise I was not immortal – I could die. I look back and realise, for much of the time, I had been in denial. Fear only made my heart worse. I had to find ways to relax and cope, especially through panic attacks. Meditation, Reiki, and QiKi Gong all helped - and help me still. When I feel early signs of panic or worry, switching my brain with a 'QiKi-feel-move' immediately calms me, putting me back in control.

TURNING GRIEF TO POSITIVE

Alan: In the weeks and years after my brother died, I never really came to terms with it all. Dad had said "Come on – life goes on." Only after Dad died, 21 years later, did I suddenly appreciate his wise words. Yes, life does go on – but it is never quite the same. Things change profoundly, but it's what the people who are no longer there leave with us and within us, that means we know our lives have been enriched by them.

I know I did things I shouldn't have. I said things I shouldn't have. I *didn't* say or do things that I *should* have. After many years I felt I couldn't do anything to change these deep feelings. Until suddenly, I realised I **could**. I could be more civil, more considerate, more understanding; a better person. Edward has taught me these things – for which I shall be eternally grateful to him.

BOUNCE TECHNIQUE

If you hear or see something, your imagination can immediately pull you away from the initial raw emotion into overthinking, making a judgement, or having a strong opinion. This often leads to discontentment, anger, worry, fear, or panic. Feelings and emotions are natural, so we wondered "how can we keep good ones without letting the negative grind into us?" Imagine the emotion going into you by only a fraction of an inch, no more. Instantly decide: "*good one or bad one?*" If bad, make it bounce out – wave it goodbye. You have now successfully prevented it from developing into a negative thought. It came, you felt it, it went; without judgement, without opinion. You can even try this: move your hand to your opposite forearm, watch your hand as it approaches, and then as it bounces off.

This is a very powerful way to Be with old, held-in emotions. When they come (often out of the blue) feel them in this new way, change them, and bounce them out. You can do it!

TURNING ANGER INTO POSITIVITY

Ruthie: Mum was 100 years old when she passed away. To add to my deep sadness, I was lied to by some of my family, and so I nearly missed the last few days of Mum's life. I was fearful that I had not done enough, wasn't good enough - yet the reality was that I *had* done enough and I *was* good enough. I was the only one to stay with her until the end, saying everything I needed to her, so all that was left was holding her hand and Be-ing there with her.

I used our **Bounce technique** to imagine the main person who caused my anger as a balloon that was slowly losing its air, shrivelling to nothing, as I waved goodbye. It made me laugh. I still use the image. And as anger and laughter cannot co-exist, even that small moment of respite was helpful.

The good emotions you lovingly accept and keep forever.



TURNING PERFECTION TO REALITY

Accept that perfection does not exist. Ask yourself what you mean by “perfect.” Make it real, put a scale on it. A diamond, for example, is perfect to you as it was given with love, whereas a specialist may see a flaw. To you, that doesn’t matter. Consider how you set yourself up to fail when you expect yourself to be “perfect” and how much better you feel when you accept that you do your best and that is enough.

TURN OFF AND BE

Just Be - look at a flower, the sky, see it for what it gives - pureness, reality, elegance, no rush, no ego. You can [Bathe in Nature](#) by seeing and hearing beauty in this [short video](#) we created together. Get out into Nature – even if you live in a city, go and find where Nature has a way to Be.

BE YOU

Do what totally absorbs you – even for a few moments. The feeling is pure, invigorating, calming. For Ruthie, this includes singing, music, playing her piano, and Being QiKi! For Alan, it is to meander in the woods and experience every second in its uniqueness, watching the seagulls glide and swoop on the thermals. **What absorbs you?**

BE A QIKI GONG’ER – FOR YOUR WELL BE-ING

QiKi Gong (pronounced *cheeky*) is Positive Feeling. It is raising your vibration as a conscious choice to shift your Being; to allow self care/love. QiGong and Reiki translate as Universal Energy. QiKi Gong is the merging of these wonderful arts with the elegance and power of Imagination, Nature, Music, Lightheartedness, Movement, Stillness, and In-Joy.

The beauty of QiKi Gong is that you can play with the energy anywhere, anytime. Adapt the **QiKi-feel-move** (a QiKi expression as QiKi Gong intimately merges feeling and movement) to your ability and to where you are when you play.

If you would like to, **please click on the *link at the end of the article to play some QiKi!** These calming yet energising QiKi-feel-moves bring in new energy and dispel old with your whole body and mind expanding and releasing.

EBB AND FLOW YOUR QIKI



Let your mind and body settle. Take yourself to your calm place. If standing, always have your knees flexible. Give yourself a gentle shake to loosen your energies. Bring your hands to your front, a few inches apart, palms up, fingertips pointing to those of your other hand. Draw up Earth energy through your mind and body as you slowly raise your hands, a few inches from your body to about heart chakra level, by bending your elbows. Turn your hands palm down and gently push the old energy to the ground as you slowly lower your hands. Gently feel your whole body expand and release as you flow. Settle.

SWIRL AND GATHER THE ENERGIES



The gentle motion of this feel-move is beautiful and powerful for gathering fresh energy and swirling



away old. Aim to totally feel the softness of the air-energy. Settle.

ELEVATING YOUR QIKI



Raise your arms, shoulder width apart, your hands gently facing each other, to your heart level. Open out your arms, palms up, expanding not stretching. Feel the Sky energy resting in your hands. Connect the tip of your thumb and first finger (into the 'ok' symbol). Draw your arms in until your hands cup one over the other, bring the cup of new energy to your heart chakra – absorb it. Separating your hands, turn them to palms facing forwards, gently expand your arms pushing the old energy to the ground – about 5 feet in front of you, with a lovely whoosh. Settle.

SELF HUG



The peaceful flow, back and forward, of your body is very therapeutic. Extending out in front of you with your arms open to fill your aura with glorious vibrations. Then as you draw your hands in towards your body pull the energy into your heart, tummy, or head – wherever you feel you need that extra self-hug. Be and Settle.

Shake, smile, thumbs up, bow in thanks. Namaste. Go gently about your New Way!

THE FUTURE

Nothing is fixed, there are infinite variations; you have the power to choose.

When looking into the future, consciously set a time frame - anything more than a few seconds is unknown, pure imagination.

Ultimately the biggest lesson learned is that whatever tunnel you may find yourself in or heading towards, there is a way through and a light at the end. A New Horizon. You will come through. You will be the same person, yet you will be changed.

Be inspired, Be You, Be QIKI. €

References:

- Link to the movie - New Horizons – Nurturing <https://youtu.be/5caleBlzipQ>
- Link to Bathe in Nature video: <https://vimeo.com/564938816/38906345>
- Rosen, M. "We're going on a Bear Hunt". 1989. Walker Books UK.

Please Note: We are not medical experts. These ideas go alongside traditional therapies, not instead of – some things are very deep and very traumatic and need professional help.

 Authors Ruthie and Alan can be found at <https://www.QikiGong.co.uk/>