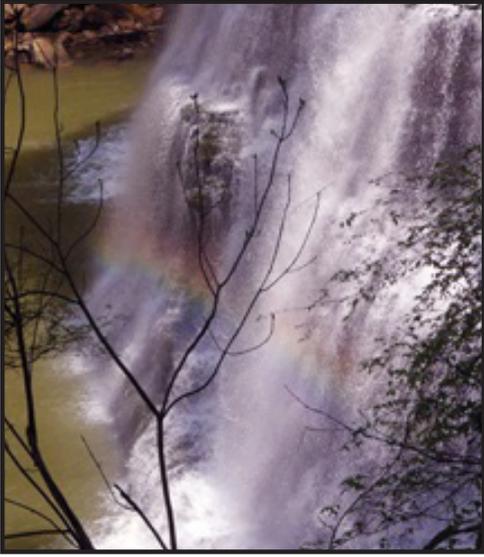


February 2013 • Big Energy, Big Deal



“This help and communication is given to assist as human beings realize that they all are connected to each other as well as every thing in the Universe - the common denominator is not on a physical level but on an energetic level. The energy that is you is the same energy that is everyone and everything else....and the Divinity within you is not “out there” either... it is right here.”

When I asked for guidance for an article on opening to angels and spirit guides for my website, I received the message that there were many benevolent spirit beings of light and love willing and desiring to help all of us. All we have to do is ask and be open to listen and to hear.

These guides include many messengers: our own higher self, angels, nature spirit guides, mythical spirit guides, our ancestors, professional guides, the planets and the universe. The last para-

graph I received was:

“Just as you tell your students to move from their physical core, we wish to help you and others move, live and create from your Divine core, from within, not from the reactionary without.”

The Tai Chi Qigong Connection

What is the core within? Many of you have heard me talk in Tai Chi Qigong classes about turning your attention inward.... flipping your eyesight to look and focus inside your bodies. The result can be feeling energy in your hands, tingles and subtle chills up and down your spine, the wonderful feeling of the muscles in your legs working in synchronicity as you shift your weight and flow with and in the energy.

The same process that I teach in Tai Chi Qigong to turn the focus inside can be used to center and open ones heart, expand ones energy and go to a place of connecting with Spirit for guidance, comfort, releasing of that which we do not need, freeing and being ones authentic self, seeing and acting from both the heart and the intellect, the Divine core within.

This process is not quieting the mind. It is using the mind, focusing it to open the heart. Our minds take us many places. The body does what the mind says. When I “go” inside, I actually am using my eyes.

Here is an exercise to try. Close your eyes and tell them eyes to flip and look inside and from the inside. First you are looking at your brain. Move down through your head, throat, shoulders, arms, hands and then your heart, lungs. Continue through your stomach, intestines, all the way down your legs to the soles of your feet. Then move your “vision” back up your body to your heart space.

Keep the focus there. Remember you are looking from the inside out. Expand your focus to your breathing. Breath through your heart space and into your lungs. Set your intention to expand and receive light and more energy. Allow and feel your entire body to expand and receive..... Can you feel the Big Energy?

With practice, you will be able to go to your heart space and expand your energy very quickly. Remember, you are seeing from inside your body.

Why is Big Energy so Important?

We, as a species, are evolving and becoming more aware of and sensitive to the energies around us, developing our intuitive abilities, acknowledging the inner wisdom and our own Divine authentic self. Big energy expands from the heart space outward. The heart space is the seat of our connection to the Divine, nature and the universe.

As increasing light streams into the planet, we may find that we are more sensitive to the moods and feelings of others. Most everyone has experienced this at some time, feeling totally drained after being around certain people. Our usual reaction is to try to stay away or put up a defense, shrinking behind an invisible barrier which we construct around ourselves. The reality of this type of barrier is that it actually makes us more susceptible to being impacted by these lower energies. The best defense is actually to expand our energy and raise our vibration.

Many of us are quite sensitive and have been all of our lives. This creates a very big challenge on several levels. How do we avoid feeling everyone else’s feelings? My experience is that we starting shutting down, trying to block and avoid any feeling. The problem with this is that we then can very easily block our own feelings. When this happens, we are doing ourselves damage and the result is that get at those unfelt, unexpressed feelings we have to do lots of inner excavating. Blocked emotions stick with us and can result in major ill health on all levels.