

# Bio Energy Academy of Dublin



## Qi Gong

- Qi Gong (pronounced chee-gong)
- An ancient Chinese exercise and healing technique
- Qi is a concept from traditional Chinese culture that roughly means vital energy, information, breath or spirit
- Gong is effort and discipline. Qigong requires practice. Someone can give you the gift of Qigong movements, but in order to reap the benefits, you must put in gong. You must practice
- Combining movement, breathing and meditation
- Tai Chi and Qigong are similar – the same basic property (Qi/life force energy), the same fundamental principle (relaxation), and the same fundamental method (slowness)

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Benefits of Qi gong:

- supporting the body's natural tendency to return to balance and equilibrium and
- also gently yet profoundly creating strength, flexibility and balance in the muscles and joints through gentle flowing movements.

## Muscle testing

We use muscle testing (also called kinesiology) to tap into and read our own biofeedback system. And to tap into and read the biofeedback system of the people we practice Bio Energy with. We can even do this with animals/pets. We can use muscle testing to read the energy levels in our bodies. It is a fantastic tool to use to bring empowerment into our lives regarding our health and wellbeing. Important considerations for muscle testing are that as our bodies are made up of approximately 70% fluid we need to be hydrated to do this work. We also need to be hydrated when doing any type of energy work to facilitate the release of toxins and other stagnant aspects within our systems. Another consideration is not being too tired when we practice. As we are using the muscles in our body to do this work, if our muscles are feeling fatigued, we may not receive the optimum response from our body. Muscle testing is a way for us to use our whole body in connecting our awareness with our subconscious.

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## **Take a moment to focus on your breath.**

Before you begin self-muscle testing, allow yourself to feel really grounded and centred. We can do this easily with breath work. This helps to clear our head. When our head is clear it allows our energy to drop down more into our body. To muscle test we need to feel really present in our body. Connect your mind and body with some breathing exercises to help clear your head. Inhale slowly through your nose, then exhale slowly out of your mouth. Repeat for 5 to 10 breath cycles, or as long as it takes you to feel connected to your breath.

Pay attention to your body and correct any imbalances. For example, if your mouth is dry, you may want to pause for a glass of water before continuing. We also need to ensure we are really hydrated when muscle testing.

**Stand in a relaxed and comfortable posture.** The sway test uses the muscles of your whole body. Your feet should be in a wider stance, a little more than shoulder-width apart. Keep your knees loose and slightly bent. Relax and lower your shoulders, drawing your shoulder blades down along your spine.

**Make an affirmative Yes / No statement.** Once you feel relaxed and present in your body, turn your attention to something you want to know the truth about. Make a statement that requires a yes or no response. Your subconscious will communicate to your body and your body will either accept the statement as true or will reject it as false.

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- Specific, active statements may get the clearest response
- Ask permission

If the answer you received was not the one you wanted, you may want to try making the statement in a different way. Think about the reasons you wanted a particular answer over the other.