

Qi Gong / Bodymind Therapies and Stress Management Skills

The organs of our body are functioning without our conscious attention. They function under the control of our unconscious nervous system. This system is called the autonomic nervous system (ANS).

The contents of our unconscious mind are stored in our energy (Qi) field, which in turn impacts the function of the ANS.

What are the contents of the unconscious mind?

1. fears, insecurities, and introjected messages
2. "complexes" - associated groups of similar experiences that get stored in the unconscious as an unprocessed energy pattern
3. "shadows" - potent, instinctive parts of our humanness that we disown
4. latent potentialities striving to unfold

Generally, people are unaware of their energy field as well as the contents of their unconscious mind. Activating your conscious connection to your energy field enhances your ability to unearth the contents of the unconscious mind. This makes it possible to untangle the distorting effects they have on your organ functions (via your energy field and ANS).

Of note is the definition of 'stress' that arises out of this model of the bodymind. 'Stress' reactions are due to events and circumstances that trigger some part of the unconscious mind to begin to surface. We resist this by tensing our bodies and psyches. After all, we haven't yet made peace with these things or they wouldn't still be stored there. The tensions that accumulate over time gradually solidify in our bodies and psyches. This solidified tension is called **armor**. The psychological forces, stored under armor, become dormant.

Now we've discussed 3 arenas of locked-up vitality:

1. the contents of the unconscious mind and energy field
2. distorted organ system functions
3. armor

Bodymind energetic skills offer an avenue to tap this reservoir of vitality. Perhaps more importantly, they teach us to become conscious of our energy field thus enhancing our ability to study and understand our unconscious mind.

SKILLS: - involve applying the conscious mind to study and transform limitations in unconscious bodymind functions.

3 basic techniques we use are:

- **pelvic breathing** stimulating the top and bottom of the spinal cord; these areas promote 'THE RELAXATION RESPONSE' by activating the parasympathetic nervous system
- **identifying breathing restrictions** in the torso and then unraveling the underlying energy tangles with visualization tools
- **focusing attention** on symptoms of illness or armor, then identifying and releasing underlying unconscious contents

BodyMind Energetic Processes

I. **What is it like working through an activated complex of forces?**

These forces magnetize the ego into the vortex of their distortion. The behaviors that had been driven by the presence of the complex lose their fuel. You can't go about business as usual. The harder you use 'doing'/effort to resume normal activity the more negatively you are impacted. Your ego gets increasingly agitated and bullheaded. This 'resistance' generates a lot of tension in the body and or psyche. One experiences fatigue, muscle tension and/or frustration. Finally, 'being' in the energy distortion sets it free. You may feel dunked by the process.

II. **How to do this with skill and understanding.**

1. Learn about the nature of the phenomena. Study your stress reactions and develop the insight that they are cues to stored energy complexes.
2. **BECOME SKILLED AT NOTICING WHEN YOU GO INTO RESISTANCE TO A SITUATION OR PERSON.** (Our enculturation teaches us we are defective to have reactions to things. It esteems us for solid, stable toughness and durability versus attuning to what's real for us and setting free the insights of our sensitivities.)
3. Become skilled at locating and connecting with your core energy centers.
4. Learn basic Qi Gong and Raja Yoga techniques to discharge the stored emotional energy and then study and disassemble the introjected ideas driving the emotions.

III. **Summary of key universal archetypes of the psyche. (These function as magnetic nuclei in the formation of complexes.)**

1. The persona - mask, socially appropriate facade
2. The anima/animus - inner aspect of the opposite gender
3. The shadow - potent, instinctive parts of our humanness that we disown.
4. The CORE Self - the central archetype in the collective unconscious, it dreams to itself and harmonizes all the parts of the psyche.

IV. **What opens up a layer?**

1. Attributes of or from the spirit: wonder, curiosity, enthusiasm, humor, not knowing (*"the more I know that I don't know the closer I am to the divine"*).
2. An over busy life - requiring the deploying of energy used to keep the field on hold, to accomplish the many tasks required of an over busy life.
3. Spontaneous activation of one's core field (aka Kundalini awakening).

V. **What activates the complexes located in an open layer?**

1. Being in an environment of individuals who are freer of their ego controlled enculturation than you. This is essentially what a GURU is all about. Unconditional love is the same energetic.
2. New situations or events that match the complex that has germinated in the open layer.
3. Meeting another person that has a matching germinated complex.

VI. **More on going through a layer - quickly.**

A spectrum of layers can also open as a unit. This creates a flood of complexes that rush out of storage. This is what happens when someone goes on the journey to become a shaman, or receives Shaktiput from a GURU, or has a spontaneous Kundalini activation. The body is required to metabolize faster than regular linear time demands. This causes rapid depletion of body nutrients and drives the individual to feed voraciously to refuel. High octane foods are imperative usually red meats and pure carbohydrates. A lot of force is released into the body. This may be an etiology of fibromyalgia syndrome. The increased metabolic load may be the etiology of chronic fatigue syndrome. Experiencing the psychological

contents of the unraveling forces can be mistaken for a pathology rather than a cleansing. In the shamanic journey it is said that the individual's spirit (core self) grabs a hold of the ego encapsulated personality and 'devours' it until there is nothing left.

VII. **Summary on opening up versus stopping the cleansing.**

The ego by nature tries to stop this releasing process: self-importance, already knowing, being an expert, being the best - these allure the ego to take hold. They allow the process to stop by implying that it is completed.

FINAL POINT:

The forces are more and more potent as you go deeper into the field. The allurements of self-importance increase because of this. One experiences their own grandeur and mistakes it for an accomplishment (a doing), rather than an attribute of becoming free to be what they really are.