



Wisdom Healing Qigong "Gems"



Chi-fully shared by Sheila Leonard, PBVM, St. John's, NL Canada

"Where the mind goes, energy flows!" - Master Mingtong Gu

Energy is alive. Energy wants to move. Energy wants to connect.
The more freely Energy flows, the more alive and healthy we are,
body, mind and spirit, and the more happy and joyous and free!

Wisdom Healing Qigong guides you to access more directly, more deeply and more gently the
natural universal energy of life all around us and within us.

This energy is often referred to as Chi or spelled "Qi" as in Qigong.

Posture

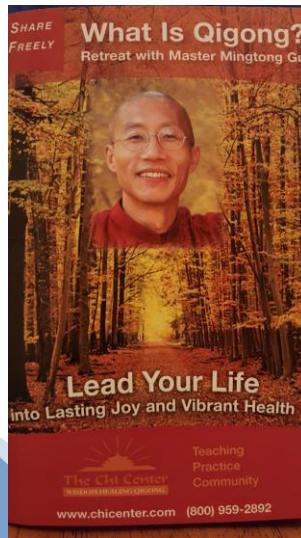
Sounds

Breath

Movement

Intention

Visualization



Lachi:

**Healing with the Light Ball*

3 A's

- *Acceptance*
- *Activation*
- *Appreciation*

6 Golden Keys:

- *Haola! All is Well and Getting Better*
- *Inner Smile*
- *Trust*
- *Service*
- *Chi Field*
- *Dedicated Practice*