



Chi Field Setting Script

Allow yourself to sit (stand) comfortably

Gently, mindfully adjust your posture, straightening your spine,
drawing your chin in,
relaxing your shoulders down.

Gently close your eyes,
continuously relaxing your entire body
acknowledging, and **embracing all sensations**,
feelings, experiences inside of you.

Relaxing your hips downward,
relaxing your legs into the earth beneath you,
acknowledging the earth beneath you,
the power of the earth, the presence of the earth,
the energy of the earth beneath you.

Now feeling the space above your head,
above the ceiling,
feeling the deep space expanding above you.

Now relaxing into the **life within you.**
(give some time)

Now playfully imagining, acknowledging, and feeling
the spaciousness of the room in front of you, and then continuously
expanding through the community, **beyond** the mountains,
oceans, and the horizon.

Now acknowledging and feeling the spaciousness of the room
behind you, then continuously expanding through the community,
beyond the mountains, oceans, and the horizon.

Now acknowledging and feeling the spaciousness of the room to
your left, then continuously expanding through the community,
beyond the mountains, oceans, and the horizon.

Now acknowledging and feeling the spaciousness of the room to your right, then continuously expanding **beyond** the mountains, oceans, and the horizon.

Continuously feeling, acknowledging, imagining, the horizon all around you, **feeling life all around you**, feeling the pure energy of life all around you.

And **smiling gently inwardly**, feeling the pure loving kindness within. **Feeling your heart**, feeling the pure energy of your heart naturally awakening, opening, **like the flower opening to the sun** in the morning. Feeling the pure energy of your big heart opening, **acknowledging and connecting with your deep purpose**, the purpose of healing of yourself, healing of others.

Acknowledging and feeling all energy, all around you.
(if you choose, you may add reference to the people or purpose for which you are organizing the chi field.)
Feel and connect with your **shared vision and purpose**, for health, for happiness, for deep fulfillment of life.

Continuously noticing, embracing all sensations, feelings inside of your heart, **all sensations, feelings inside of your body.**

Now slowly, gently placing your hands on top of your navel, grounding inwardly, feeling inwardly. Feeling **the energy, the aliveness inside of you and the energy, the liveliness all around you.**

Slowly, gently, open your hands, feeling your legs, feeling your feet, **feeling the earth beneath you.**

Now gently opening your eyes, slowly, **Noticing all the aliveness around you.**

Move your body freely.