



## Develop Your Resilience through the Practices of Wisdom Healing Qigong

Resilience is the process of adapting well in the face of adversity, crisis, tragedy, threats, or significant sources of stress — such as trauma, family and relationship troubles, serious health challenges, or workplace and financial stressors.

As much as resilience involves recovery after times of crisis, we envision resilience as something more — "bouncing *forward*" (instead of bouncing back) in the midst of intensity and challenge. This happens often for resilient people — instead of waiting till the crisis is over, hoping to return back to where we began, we grow our capacities in the midst of the challenge AND end up in a new place, having developed new understanding, more compassion, and deeper self-awareness.

Resilience is not about being tough, powering through, or putting on a brave face. In fact, the opposite may be true ... we may actually need to give ourselves a time-out to fully experience and accept our emotions, rest deeply, and transform the energy of stress in our system so it does not stay contracted and remain blocked, stuck, or stagnant.

**\*\*\* From Wisdom Healing Qigong web site at [www.chicenter.com](http://www.chicenter.com)  
See Info re June 2020 Retreat (below is from associated link on site.)**



## [5 Keys to Developing Your Resilience](#)

**These 5 Keys to Resilience are essential components of all Wisdom teachings and healing practices of Wisdom Healing Qigong...**

### **Make connections**

**Prioritize relationships.** The pain of traumatic events can lead some people to isolate themselves. Isolation can magnify the anxiety, fear, and uncertainty that chronically bubbles beneath the surface of modern life. So, it's essential to find true connection with others. Along with one-on-one relationships, some people find that being active in groups, communities, or support programs (even online) will help you reclaim hope and a sense of purpose, and joy when you need it most.

There's another relationship that is sometimes overlooked when we think about connections — that is to deeply connect with your inner self, your higher wisdom, and the universal energy that supports life. This connection is a Qigong secret to healing.



## Foster self-care

**Nurture your body-mind-heart and spirit** so you are ready for taking on challenges as they arise. Self-care is different for everyone, but includes finding ways to manage stress, move your body, take a break from the media, pamper yourself, spend time with loved ones, and getting enough sleep.

Stress affects us just as much physically as it does emotionally. Deep relaxation, rest, and the transformation of stress through Qigong energy practices helps you grow your capacity to meet challenging situations.

It may be tempting to mask your pain with alcohol, drugs, or other substances, but that's like putting a bandage on a deep wound. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feelings of stress altogether. The practice of Qigong opens the blocked energy that is the source of pain, thus transforms the effects of stress.



## Find meaning and purpose

**Live authentically with loving kindness.** In the midst of crisis it can be challenging to take action. Even taking small steps towards the things you really value will have a great impact. Ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go — towards things that really matter in my life?"

Helping a friend in their own time of need, you can garner a sense of purpose, foster self-worth, and form bonds with others — all of which can empower you to grow your resilience.

People often find that they develop wisdom and compassion as a result of their struggles. For example, after a tragedy or hardship, many report more kindness, more self-awareness and love, and a greater sense of strength —even while feeling vulnerable. That increases your sense of self-worth self-empowerment, and a heightened appreciation for life.



## Embrace *Haola!*

**All is well and getting better** . Change can catch us off-guard. Sudden and shocking change can throw us completely off balance. Accepting and opening to situations just as they are is one of the secrets to releasing blocked energy that we learn through practicing Wisdom Healing Qigong.

Repeating *Haola*, which means 'all is well and getting better', helps us release attachments to old patterns of thinking and to know that in the bigger universal sense, Life is unfolding in divine order. We replace our tendencies to catastrophize difficulties, or assume the world is out to get us — and instead adopt a more expansive thinking pattern.

You may not be able to change a highly stressful event, but you can change how you interpret and respond to it. Embracing the practice of *Haola* is not a bypass of reality... it is entraining our brains to rewire into patterns of wholeness.

Many studies have found that noticing and appreciating the good in our lives by practicing gratitude helps us remain resilient while facing difficulties. Some ways to practice gratitude include noticing Nature's beauty, eating mindfully, keeping a gratitude journal, giving a thank you note to someone who makes your life easier, taking a moment of silence, meditating — and of course, the Qigong practice of *Haola*.



## Seek support

Getting support when you need it is crucial to building your resilience. The important thing is to remember you're not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life's challenges you can transform with the support of trusted and compassionate guides.

\*\*\* From Wisdom Healing Qigong web site at [www.chicenter.com](http://www.chicenter.com)

See Info re June 2020 Retreat

# Master Mingtong Gu's Self-Care Recipe For Challenging Times



## 5 essential questions for your practice:

1. What is most life nourishing for you?
2. What is most essential in your life?
3. What is your purpose or driving intention?
4. Who are you as human in this time?
5. What is your highest vision for yourself and for Life?

## Main ingredients - start here:

(A) Go inwardly to open energy flow and reduce stress. It's difficult to do anything effectively if you are stressed and your heart is closed. The main cause of immunodeficiency is stress. Reducing stress is your #1 priority right now, as well as for your optimal long-term health and wellbeing.

(B) Connect your mind and body to discover your inner energy and inner resources for Life

(C) Connect with Source Energy - Cosmic Light - your inner wholeness, and your community through the energetic connection that goes beyond distance, time, and any feelings of isolation

## Your daily checklist:

- ✓ Cook and eat healthy food - give more time to cooking, eating, enjoying, and appreciating the basic nourishment of life
- ✓ Sleep more to let go of mental stress and busyness during overwhelming times
- ✓ Spend time in nature outdoors or an indoor garden; Nature is powerful medicine
- ✓ Reach out and connect with loved ones & community via phone and internet to curb isolation
- ✓ Practice pleasure: listen to music, dance, engage in a hobby or anything that gives you childlike satisfaction and joy
- ✓ Most importantly, practice more Wisdom Healing Qigong - mindfulness & energetic moving meditations, sound healing, and visualization that allow you to keep your energy moving, open your heart, calm your mind, and reconnect with the Source Energy of love, compassion, and joy

MASTER MINGTONG'S  
SELF-CARE RECIPE  
for Challenging Times  
Technology Unchained: A Love Story

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