

## **Why Do I Keep This Practice?**

by Janet Weedman

All my life, I have wanted to know and understand the “truth” of my physical, social and inner worlds. When I began practicing qigong, what had previously seemed like trial and error mental abstractions began to make sense in my deep core self, my soul. Over time, rather than looking outside my self for guidance and affirmation, the supportive energy field developed through qigong practice more often provides a meeting place for communicating, understanding and knowing.

Qigong practice has activated my inner sense organs. It is though I see with the eyes of my eyes, hear with the ears of my ears and feel with the heart of my heart. The communication happens when my energy field is active and my field is activated automatically when guidance is forthcoming. I place a question on my heart and it is sometimes answered immediately or I'm guided to a particular resource or it's “back-burnered” for later guidance. My unconscious is also more available during dreaming. Most importantly, my soul feels listened to and I'm better able to listen (this is an interesting dialog!) and I'm grateful for the peace that comes with this listening. This guidance stream is also more available to others and I have more confidence to be still and let this voice come through. When I'm in this responsive state, my relationships are appropriate and helpful. When I need more help, I say or feel within, “In unity with the will of God, I will to have peace,” and this prayer is answered. (Although sometimes I have to keep asking.)

The rest of this paper was written with an active energy field and does not conform to recognized academic standards.

Janet Weedman's small universe activation experience at this point in time, February, 2006, subject to change without notice!

Universe: “All matter and energy, including the earth, the galaxies, and the content of intergalactic space, regarded as a whole.”

Small: “Me.”

Breathing and connecting with the earth, my soul is happy to be touching and drawing nourishment from earth through the soles of my feet. Flowing in currents up the inside inner legs through the aperture of the inner perineum; it

strikes the bottom of the belly bowl, activating the entire energetic body. This “juice” flows upward, touching and activating the harmonic frequency of each center and nearly instantly, the entire energetic body is flowing like a fountain of fluid light. The secrets of the energetic body continue to be revealed, and I hope to become ever more aware of the magnificence of this body instrument. As I pay attention now, this is what I perceive and share with you.

The centers of the soles of my feet feel like milkers of the earth's magnetism, which pumps this earth E in waves as I walk. When I am stationary and balanced, the flow is steady. When I draw my inner ankles upward, the flow is less obstructed through the perineum. Sometimes, when I point my sword fingers towards earth, the earth's core heat rises powerfully, charging the life gate. When this happens, I direct the E downward and contain it, letting things “cook”. At other times, when I connect sword fingers current deeply with earth, a triangle of light shoots upward from my crown, 3rd eye and heart. It feels like 2 prisms set upon each other and that I'm downloading with cognition turned off.

The dantian sometimes feels like a bowl-shaped container, sometimes like a clenched fist and sometimes like a verdant garden. It holds the resources I generate and steward in this body form. There is a point in it from which “elixir” radiates throughout my body and when it begins radiating, feels like an energetic sexual orgasm. Sometimes, golden fluid flows from here creating such ecstasy; it feels like the stuff from which the cosmos is created.

My solar plexus feels like a hand-hold on the center pole of my being. It recently provided an answer to my “Unity with the will of God” prayer in the following circumstance. I had been struggling (while on retreat in Mexico) with my lack of compassion for this woman whom I had guiltily experienced as a desperately clinging energetic black hole. I was standing on the beach in the late afternoon, when the angle of the sun begins reflecting its beautiful golden shimmering light to shore. The shining reflection bounced off the water and jumped into my solar plexus giving me the experience of sun-power connection. The vibration of the sun's reflection and the ever-changing flow of the water created the sensation of my SP being like a radiant, shimmering golden egg which spins that is made of and has this golden fluid flowing over it. I received and integrated this gift with gratitude. Later that evening when I encountered the needy woman, my solar plexus began shining and turning and I was able to be freely present to her with compassion. We were both able to receive this gift flowing through me without resisting, clinging or holding on and after a few moments, she separated from me rather than me making my escape first. Also, when I'm in an emotionally

threatened state, my solar plexus is a place I can go to which bypasses the vulnerability of heart and also bypasses the judgments of my mind. It's a place of great presence, but can also feel like the origin place of this leaden wall that sometimes comes down between my feelings and my awareness.

Whereas the solar plexus feels like vibration chamber for solar energy, the life gate generates and radiates energy and directly supports the function of the kidneys as well as providing E for the rest of the body. The solar plexus energetic sensations feel like they contain more light than heat and the life gate contains more heat than light, although "light" and "heat" do not exactly describe the E sensations of these centers. When my life gate 1st opened several years ago, these demon-like creatures came rushing out (and fortunately evaporating); I couldn't believe something that vile could have been inside me. Since that time, no more have emerged, and I'd almost forgotten them until this time of writing. My kidneys also provide an early warning system in times of stress to take time for practice in order to keep the system functioning properly.

My heart feels like the most complex and far-reaching center as it feels like it is the home of my soul. So much is there, perhaps even the entire universe, that in my entire lifetime I will not fully know it. It has chambers and layers related in my physiology that record life events, be they injurious or life expanding. It is the place I consult to know truth. As I explore and continue to clear it, I can sometimes love and release "clotty knots" of previous emotional traumas. My heart is incredibly sensitive and knows the condition of nearly every other heart it encounters. While it is under my guardianship, it also feels like it is but one cell in the incredible heart of the "One Being". It also feels like the family room where aspects of my soul wanting to manifest and the archetypes and guides are welcomed home. All conditions are reflected there. Hopefully, all other aspects of my being are in service to my heart's wisdom processes. Past coping strategies that no longer serve their purpose are the biggest obstacle to being in my heart, which brings me to the shoulders center.

The shoulders center, which feels like the place where the vertical will meets the horizontal will, where the yoke of my load, resistance, rests. The voice there asks, "Do I really want to lay down my burden?" Alternatively, when I do relax my personal will in harmony with the steady stream of guidance, the yoke feels like protective angel wings which "have my back" in that state of openness. These wings, in the form of my arms, clear and charge the E field during the refreshing exercise.

The third eye, perceiver of light and vision, feels concentrated in my forehead, but also extends outward from my temples and back of the head. It shines light into the hidden places in my heart and directs the flow of energy. The back side of it and the eyeballs can look upon the brain and successive body parts and systems with the loving light juice of the inner smile exercise which is a great blessing for the body/soul.

The crown, receiver of heaven energy, when balanced with earth and my belly bowl awareness, provides incredible E interactions and infusion of E. The heaven/earth connection brings continuous outside energetic support to inner processes. For example, being in that state right now in order to describe it to you gave me insight about how an aspect of my soul is trying to touch earth and giving me ideas about how that might happen in a more life giving way.

The "energy field" like the term "small universe" is much larger than the casual saying of it. Rumi, the 13th century Persian poet had this to say;

"Out beyond ideas of right doing and wrong doing,  
there is a field I'll meet you there.

When the soul lies down in that grass,  
the world is too full to talk about.  
Ideas, language, even the phrase each other  
doesn't make any sense."

But, when we're in that field and firmly connected to earth, there is deeply satisfying sense and nurturance the soul can use while in this body self.

And THAT is why I keep this practice.