



## **Stillness and Light The Way of the Heart**

Saturday 9<sup>th</sup> December – Sunday 10<sup>th</sup> December  
1030-1200 and 1400-1530 UK Time Both Days

### **The essence of the work :**

In this retreat we first try to find the experience of stillness (our empty essence) and with practise get more stable. As this stability develops so does the energy or light that comes out of this emptiness. Both our stillness and light are different types of our energy or our Qi.

As we experience our light (all our active forms of Qi) we try to learn to work a little better with it .. to develop our awareness of what that light shows us about ourself, the world we live in, and to integrate with that. This is the Way of the Heart.

### **How we practise :**

We use a variety of standing, moving (daoyins) and sitting exercises to let go of our tensions while at the same time activating and developing our energy, especially our vital energy called Yuan Qi. The **daoyins** are a mixture of mental focus, postural structural work and spontaneous reaction and movement. As we practise them our tensions lessen (called Bin Qi or negative factor) and our Yuan Qi develops. For some students cathartic emotion release can happen in these stages. As we work with this we start to understand more about our Energy body and how this connects to our perception, our emotions and our thoughts.

The **Energy body** includes the energy channels (meridians) and the chakras as well as the phenomena of light that can extend beyond the physical body and our relationship to that. Developing our external Qi (kong jin) is very important in this process. It is here that we have the possibility to see the connection between our thought, emotion and energy and how that comes out into our physical reality. Compassion is a natural expression of this light within ourselves and provides both a path and a guide in our work here.

To support this work we also study the different chakras (energy centres or dantians) and their function and role, both positively and negatively and the different types of Qi involved. We also study the subject of Qi or energy and how this relates with our **Stillness and Light and its relationship to our Heart and Compassion.**

### **The Aim and Fruit of the Work :**

Building a stronger energy body results in an improvement in the health of our physical, emotional and mental aspects. This is a first stage in the development of our Compassion where our work for our health enables a greater health, freedom and clarity of body, energy and mind. This in turn gives the chance for a natural lack of worry and fear for self and so the basis for Compassion for others. This is the basis for working with the large channels and their connection to our anger (attachment to what we don't want), jealousy (attachment to what we want) and fear, and how to improve how we are with those experiences. As this basis develops and our Yuan Qi becomes clearer, we can see this benefit in both our practice and our everyday life. As we become more stable in the meditation practices (usually after a few days of the retreat most practitioners experience this ease and comfort in their meditation) this becomes a practice for how we are in ourselves in the everyday life and our relationship with ourselves and others.

For experienced practitioners we deepen our stability in the experience of stillness and light and as our fear gets less and our compassion for others develops more, we work with this developing Energy body in the upper levels of this practice.

At the same time the Retreat environment is an excellent opportunity to spend more time with the teacher and benefit from their personal practice, understanding and healing function.

Developing our external Qi (kong jin) is very important in this process, as it enables us to see the connection between thought, emotion and energy, and how it manifests in our physical reality. Compassion is a natural expression of this light within us, and is both a path and a guide for our work here.

**Donation :** The retreat is offered free to help all those with financial difficulties. If you want and are able to make a donation details on how to do that are given on registration and with the zoom link. **Please feel free to donate whatever is comfortable for you,** though should you wish a guide then we suggest £90 for low income and £120 for good income.