



Online Meditation Retreat with Andy Henry

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

### **The Essence of the Work**

In this year's retreat, we carry on with the work of integration from last year. First, we try to find the experience of our stillness (our empty essence) and try to get a little more stable in that experience. 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 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 ourselves, 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 to activate and develop 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 (energy centres or dantians) 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 to 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 practise and our everyday life. As we become more stable in the meditation practises (usually after a few days of the retreat most practitioners experience this ease and comfort in their meditation) this becomes a practise for how we are in ourself in the everyday life and our relationship with ourself 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 practise.

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

### **Online**

This years retreat will be online due to the current world situation. The retreat will be taught in English but Spanish and Portuguese translation will be available. When you register you will be given some pointers on how to try to create a retreat environment while working with the online connections and teaching.

### **Registration**

To save your place on the retreat please email Amyas Doulton on [taijiwuxigonglondon1@gmail.com](mailto:taijiwuxigonglondon1@gmail.com). You will receive a link and password to join the online teachings and practises.

### **Timetable (All times in UK BST)**

Wednesday 30th Sep		1530-1700	1900-2000
Thursday 1st Oct	1030-1200	1530-1700	1900-2000
Friday 2nd Oct	1030-1200	1530-1700	1900-2000
Saturday 3rd Oct	1030-1200	1530-1700	1900-2000
Sunday 4th Oct	1030-1200		

### **Payment**

All teachings are offered free as support in the current situation. However, if you would like to make a donation you will be given information on how to do that on registration.