

How to Engage the Quantum Qi Healing Process **Beginning Process I**

This process is easy to do and is extremely forgiving. You can't really do it wrong. There are 3 primary aspects to the beginning process that, when you engage them consistently (explained below), you create a circulation and movement of your own life force that releases problems and enhances your health.

While powerfully reducing stress, it can also improve the function of your body. Functions such as sleep, metabolism, inflammation, allergies/sinus', anxiety/depression, respiratory function, and pain issues.

Please do not underestimate the valuable potential inside the simplicity of this process. Simultaneously engaging the 3 elements below is the process.

First

Place your conscious awareness at the base of your spine. Note what it "feels" like to have your awareness here. It's different than visualizing the base of your spine. You move your awareness from your head to the base of your spine and feel the rootedness of being here. With your intent, keep redirecting your awareness to the base of your spine as much as necessary.

Second

Breathe in through your nose and out through your mouth. Inhale as deeply as possible, no need to rush. Simply feel the air entering your system. Intend that you pull the air all the way down into the base of your spine. This part of your body awaits your every breath to fill your entire body, activate cellular intelligence, and safely root you. You are inviting love to flow through your system.

Exhale out through your mouth with enough release to hear a wind sound as the air leaves. With your awareness at the base of your spine, continue breathing this way.

Third

With the rhythm of awareness and breath, purposefully soften your entire body. Release any tension you notice by simply breathing with your awareness at the base of your spine. Sometimes tension will release easily, sometimes you might have to stay with it, or come back to it depending on your time.

This state is the natural mode for a human being. Most people default to a stress response mode. I encourage you to play with this process for as long as it takes to reclaim the proper position of being your default mode. This will change your life.

