

Kokoro: When Qi and Blood Combine



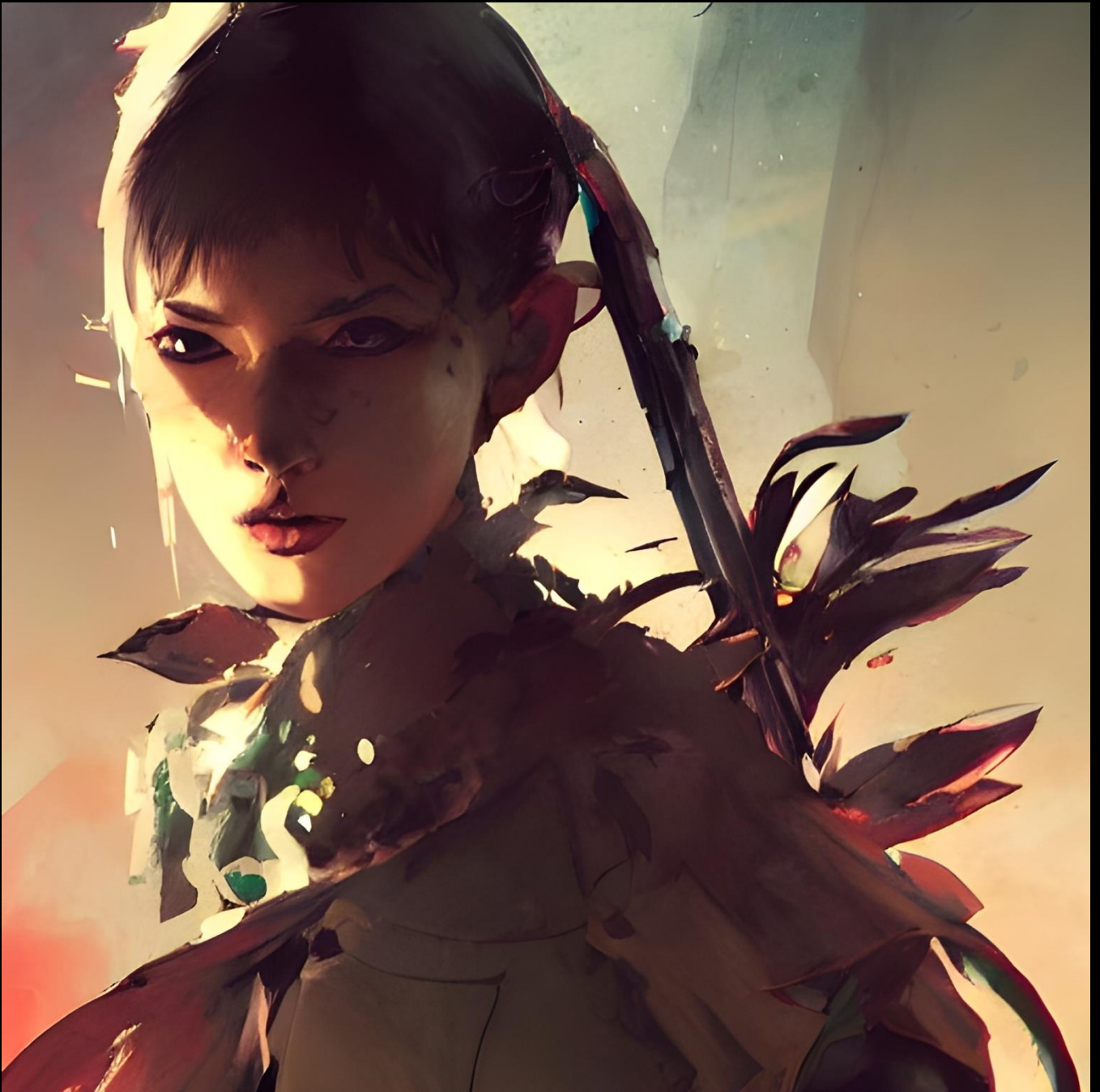
Sunday 26 March, 2023

the stages of enlightenment as qi enters through the orifices are...



1. Receiving: This is the awareness of the Qi energy entering and being consciously accepted by the receiver.





2.





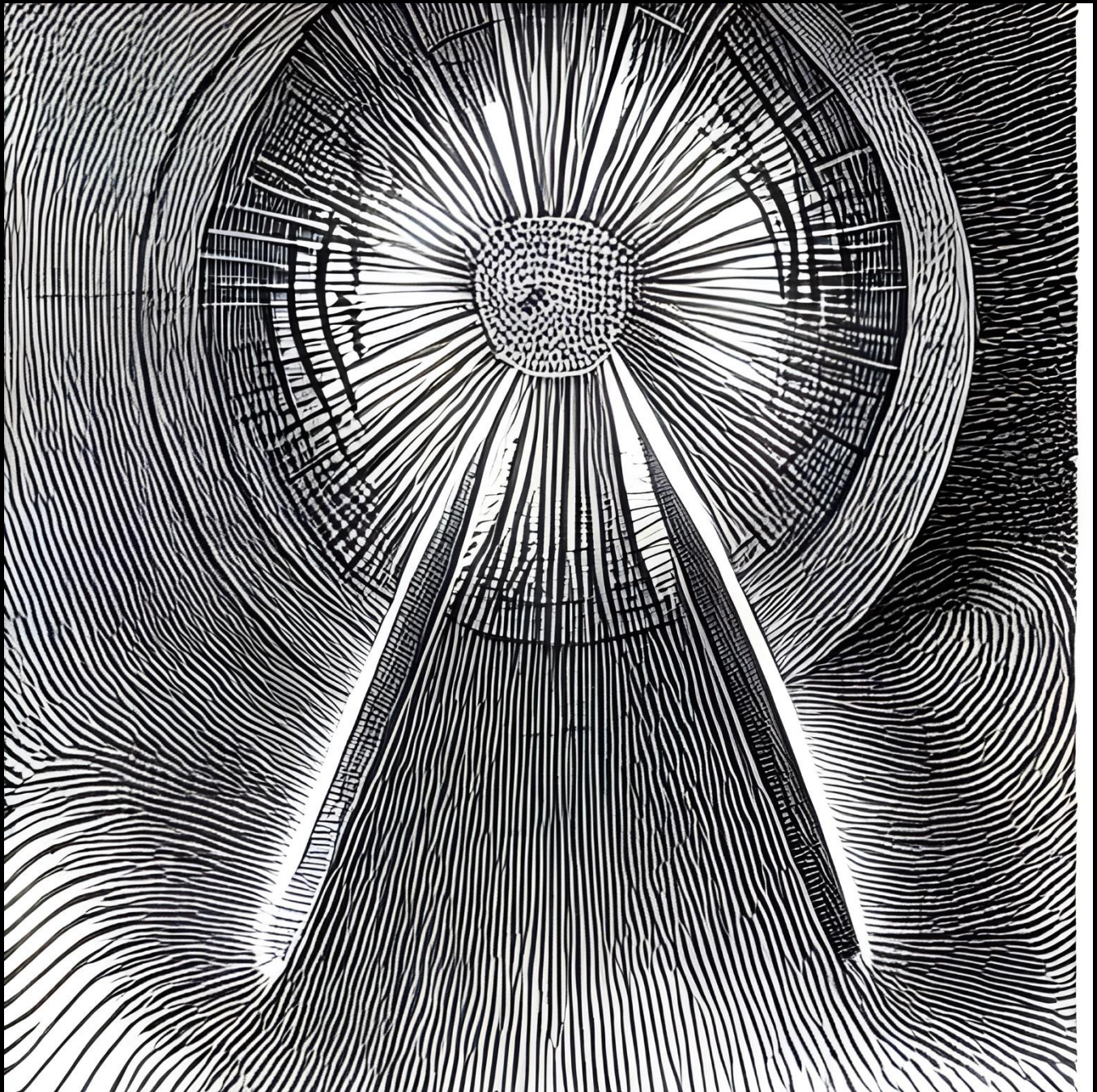




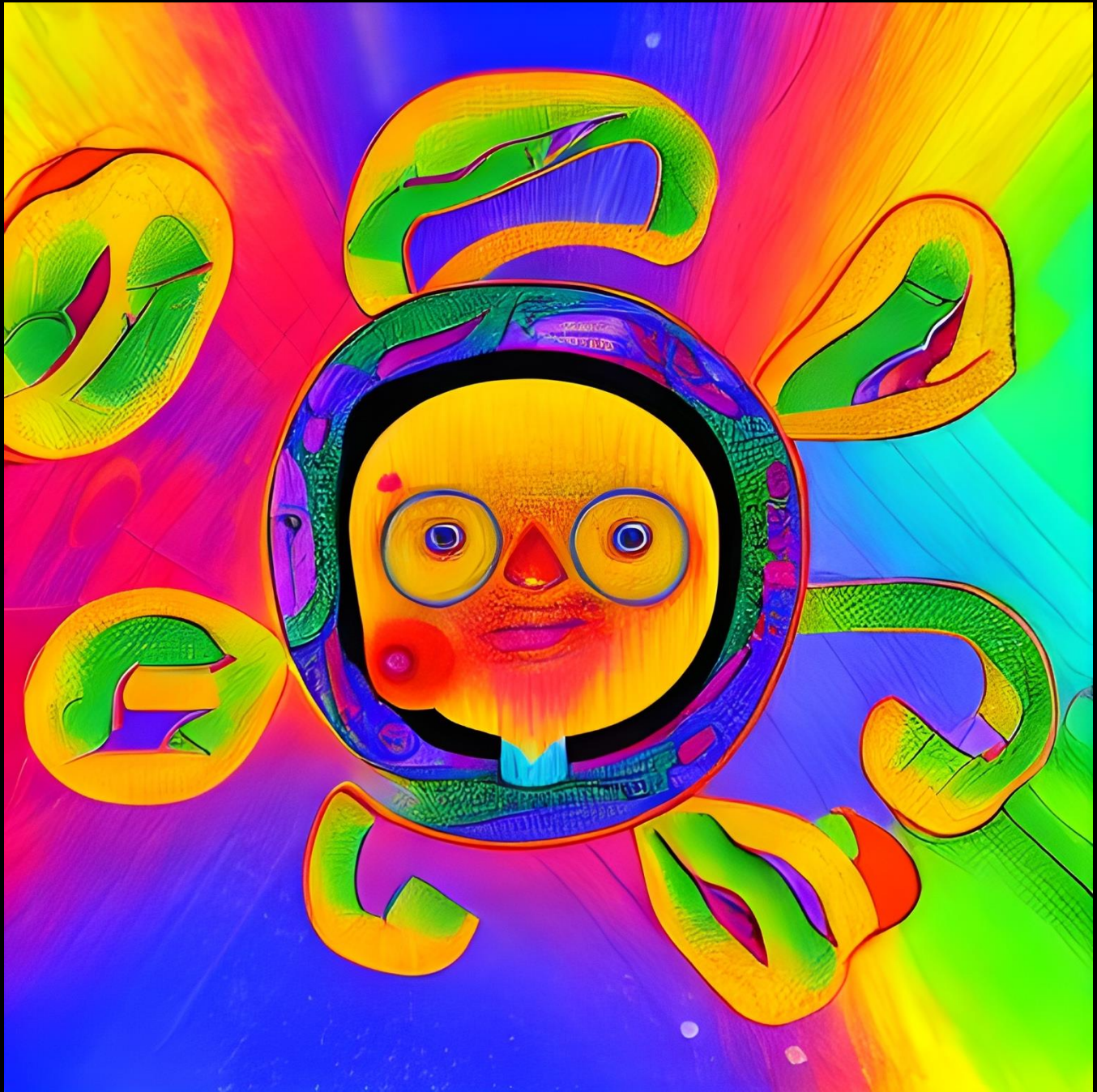


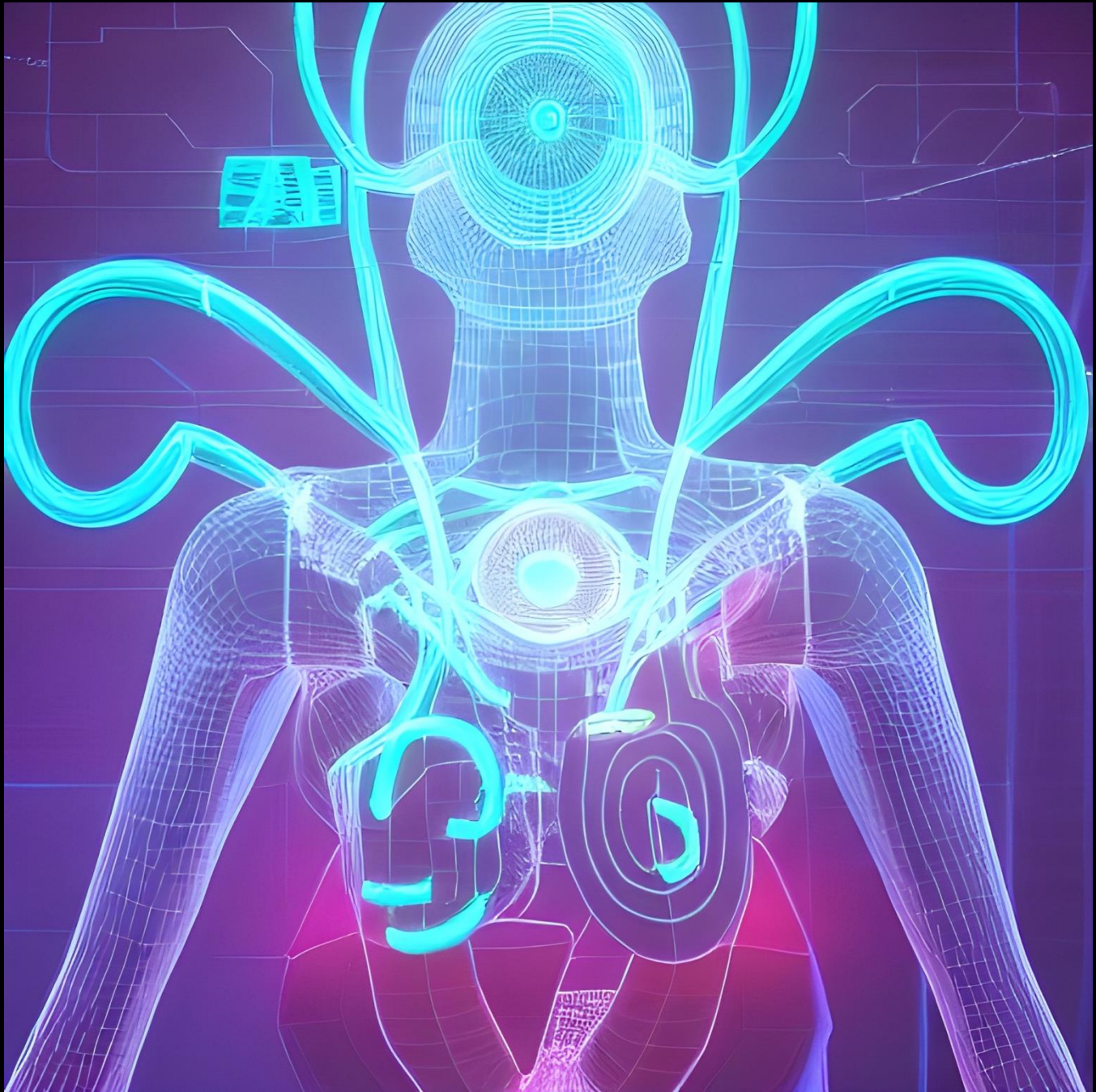


2. Growing: The Qi energy begins to expand and circulate throughout the body, nourishing the organs and tissues.









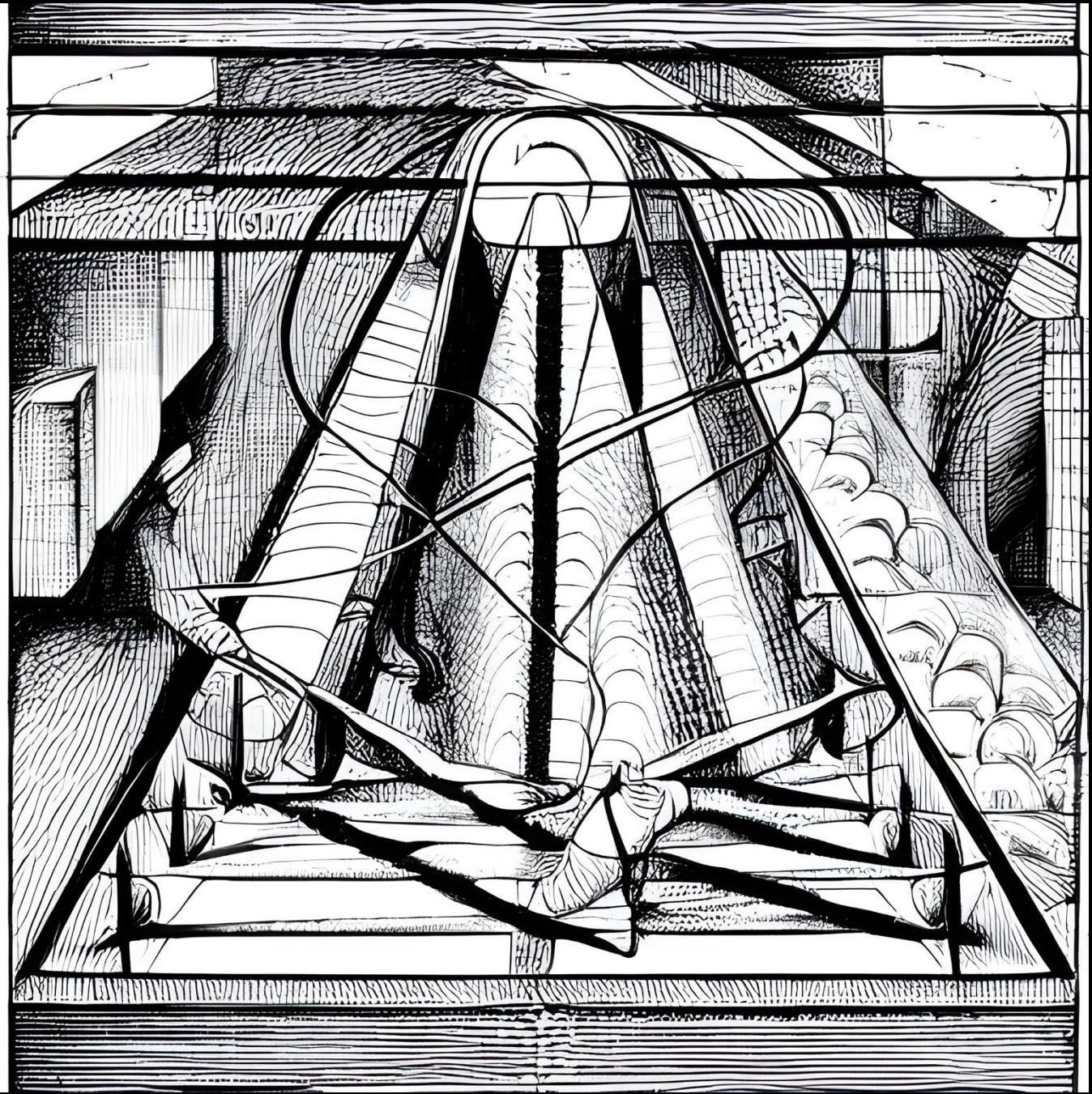




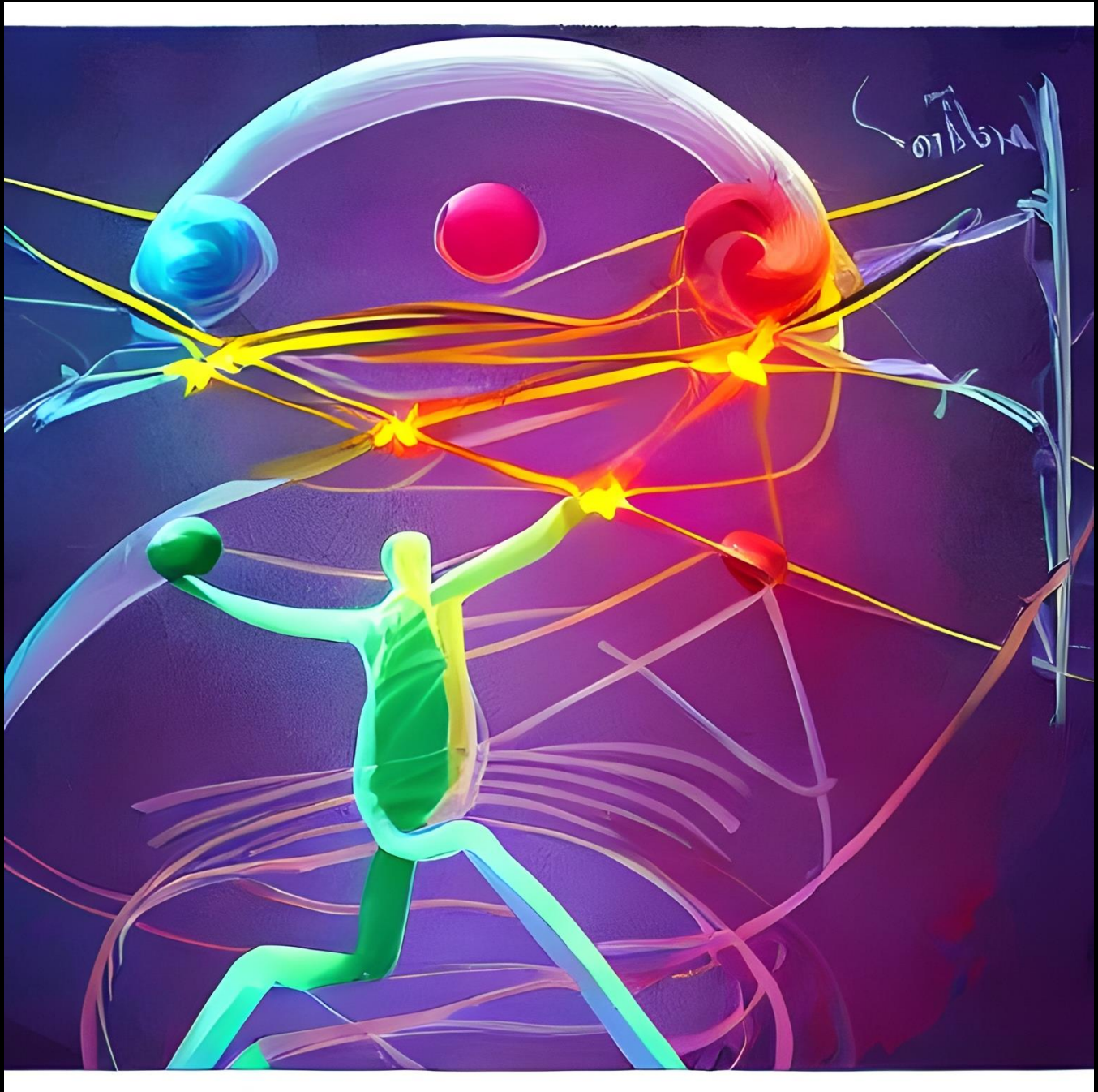




3. Balancing: The receiver begins to notice the effects of the energy balancing within the body.







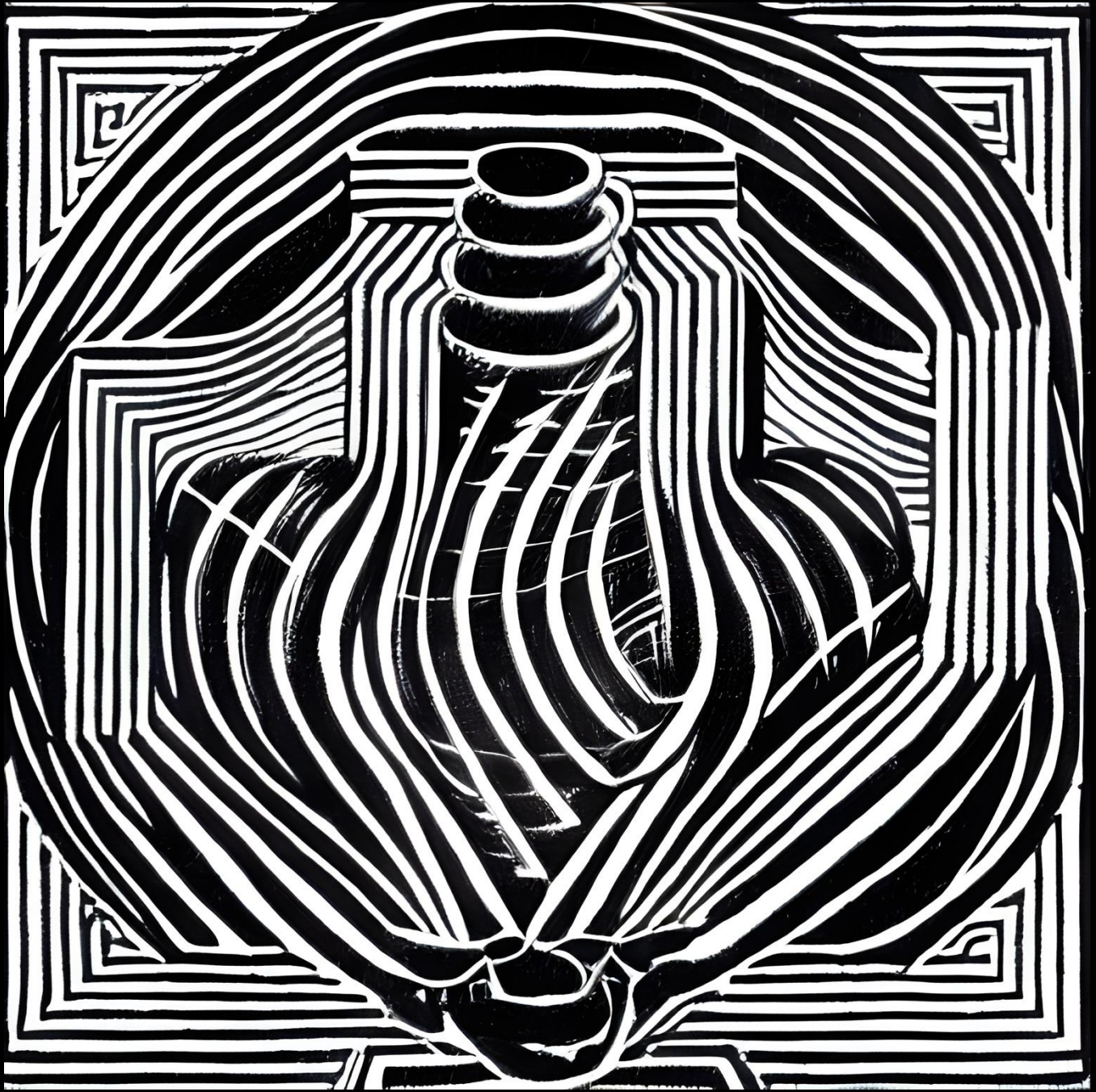




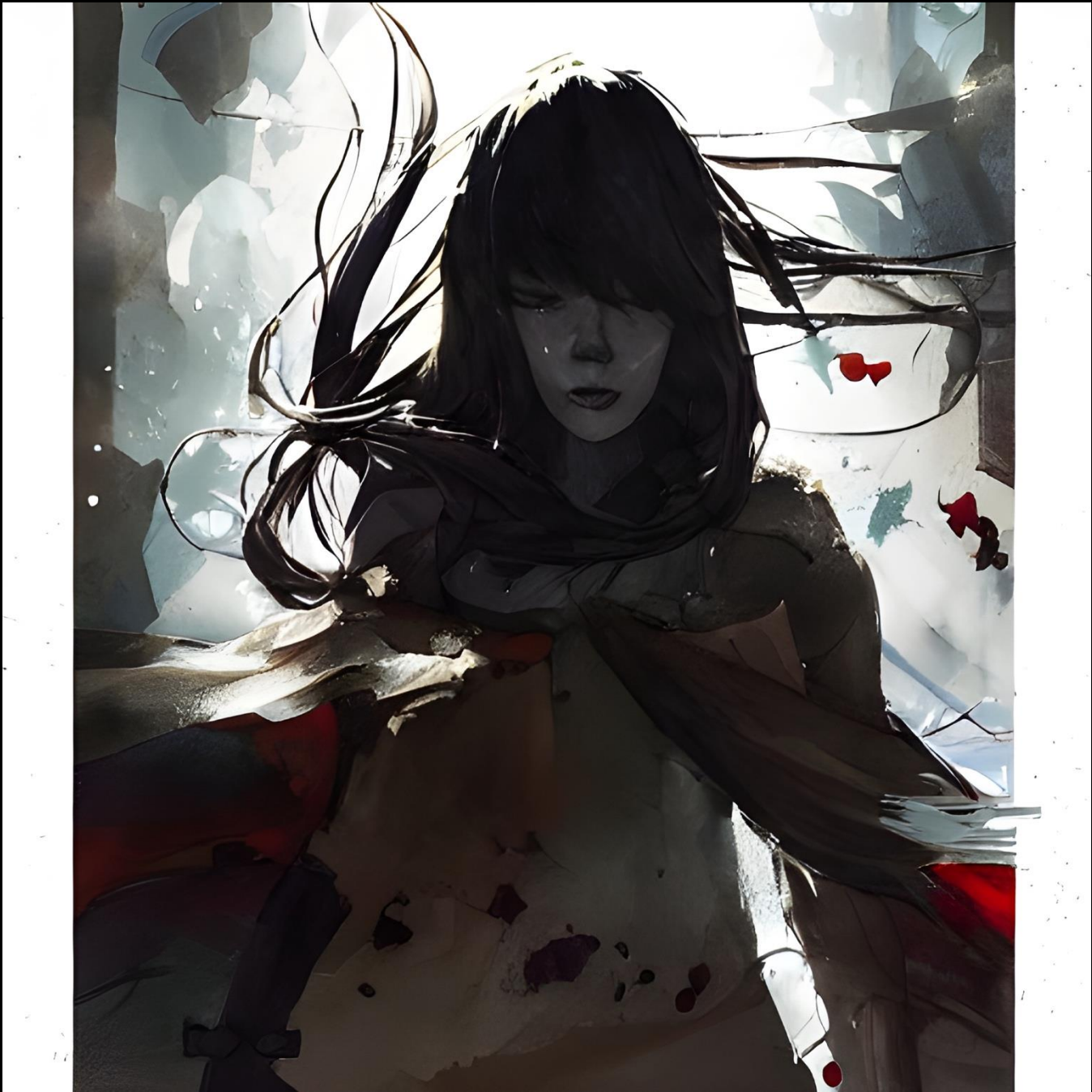




4. Purifying: Unstable and blocked energy begins to be released, allowing the body to be cleansed of negative energy and thought patterns.









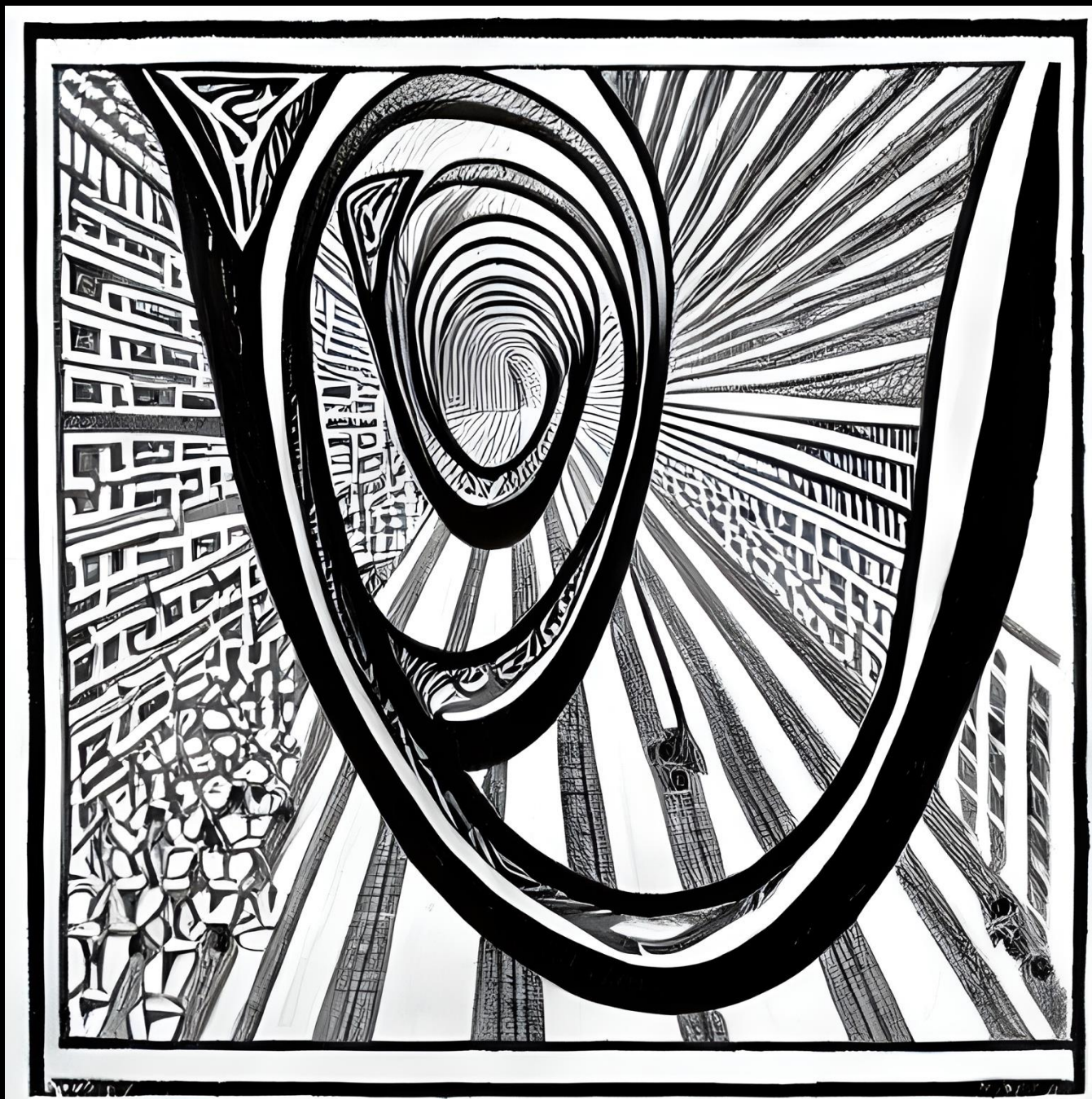








5. Cultivating: A greater connection to oneself and the environment is experienced as the Qi energy saturates the body, mind and spirit.









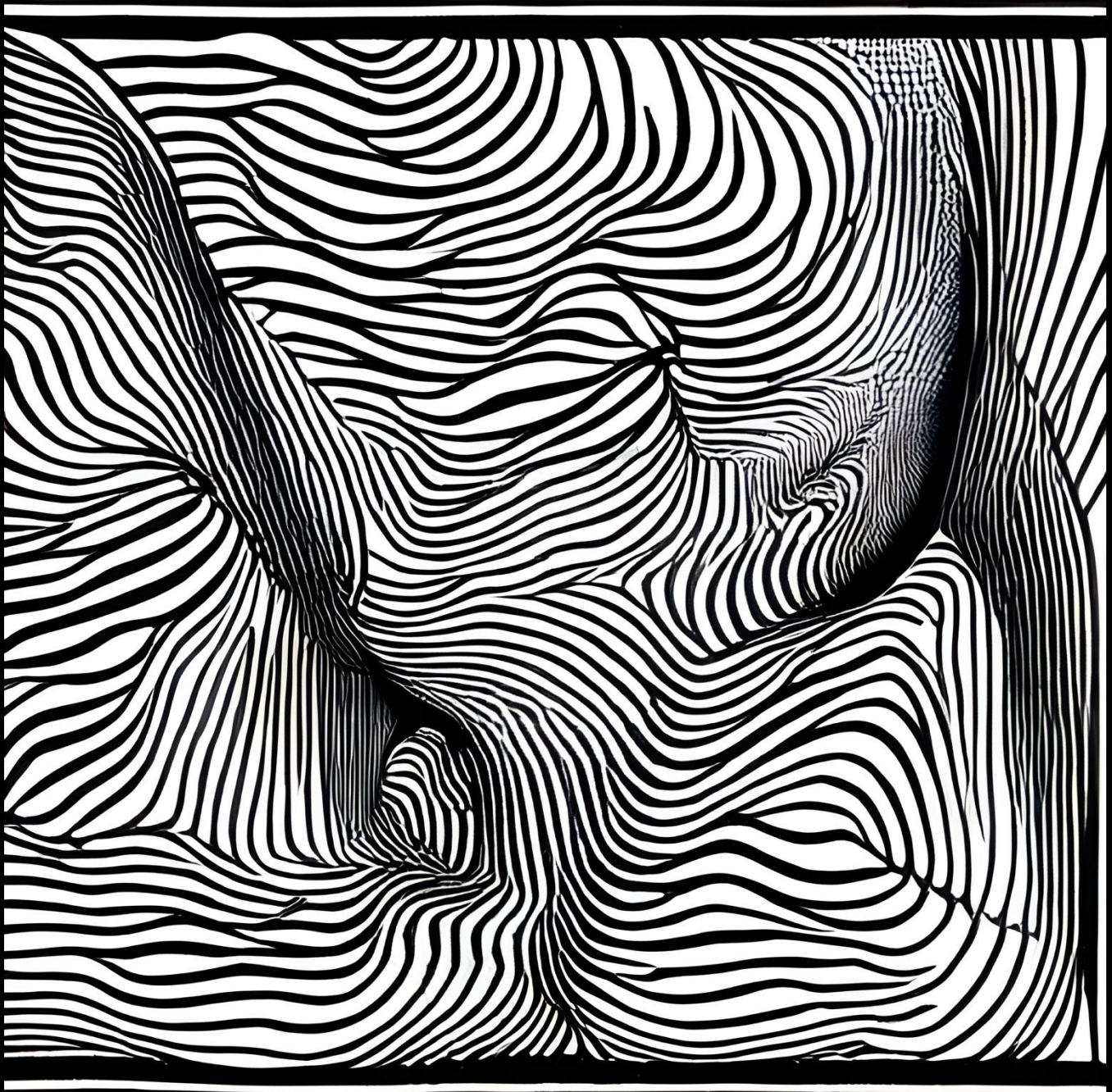


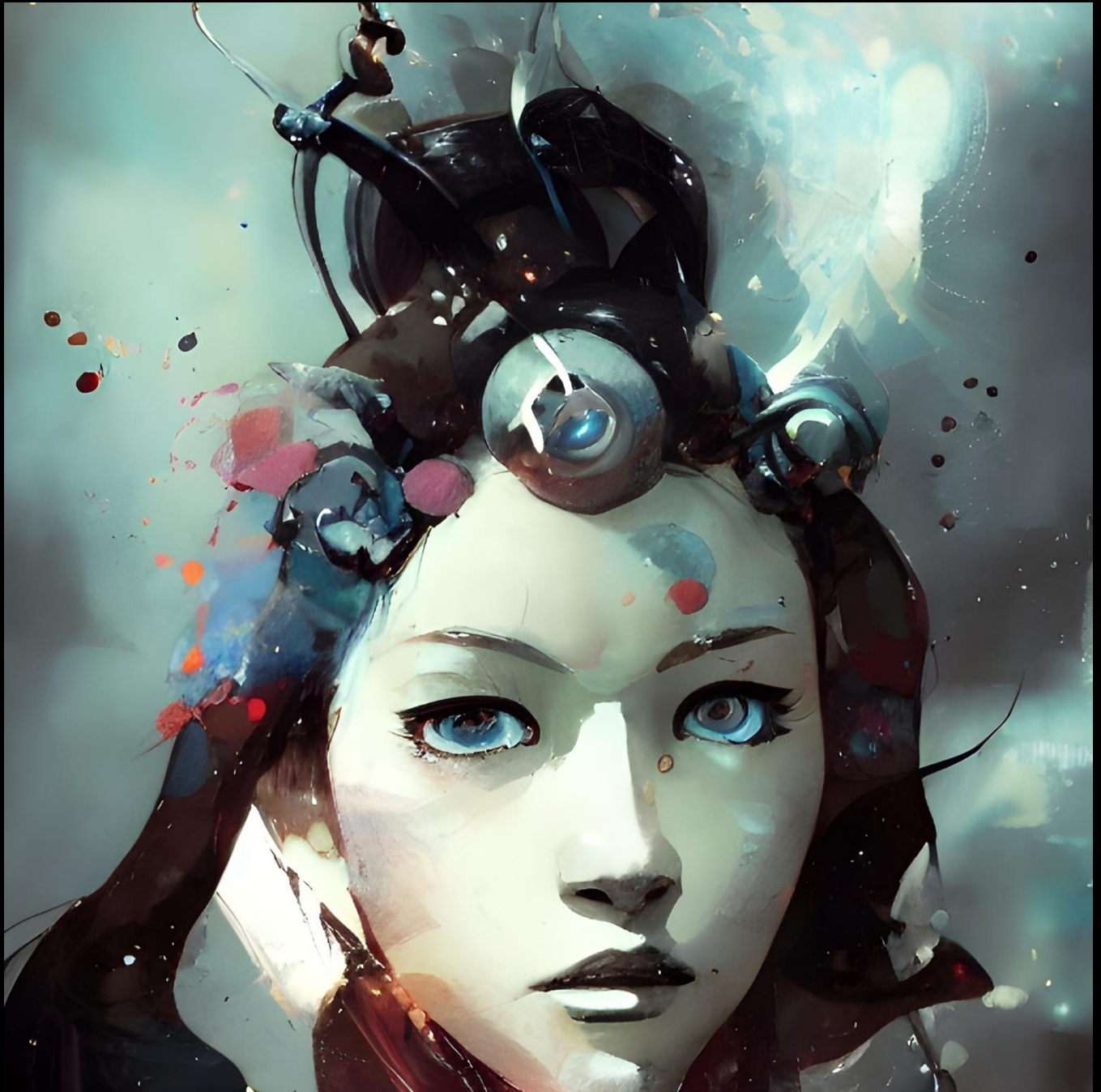


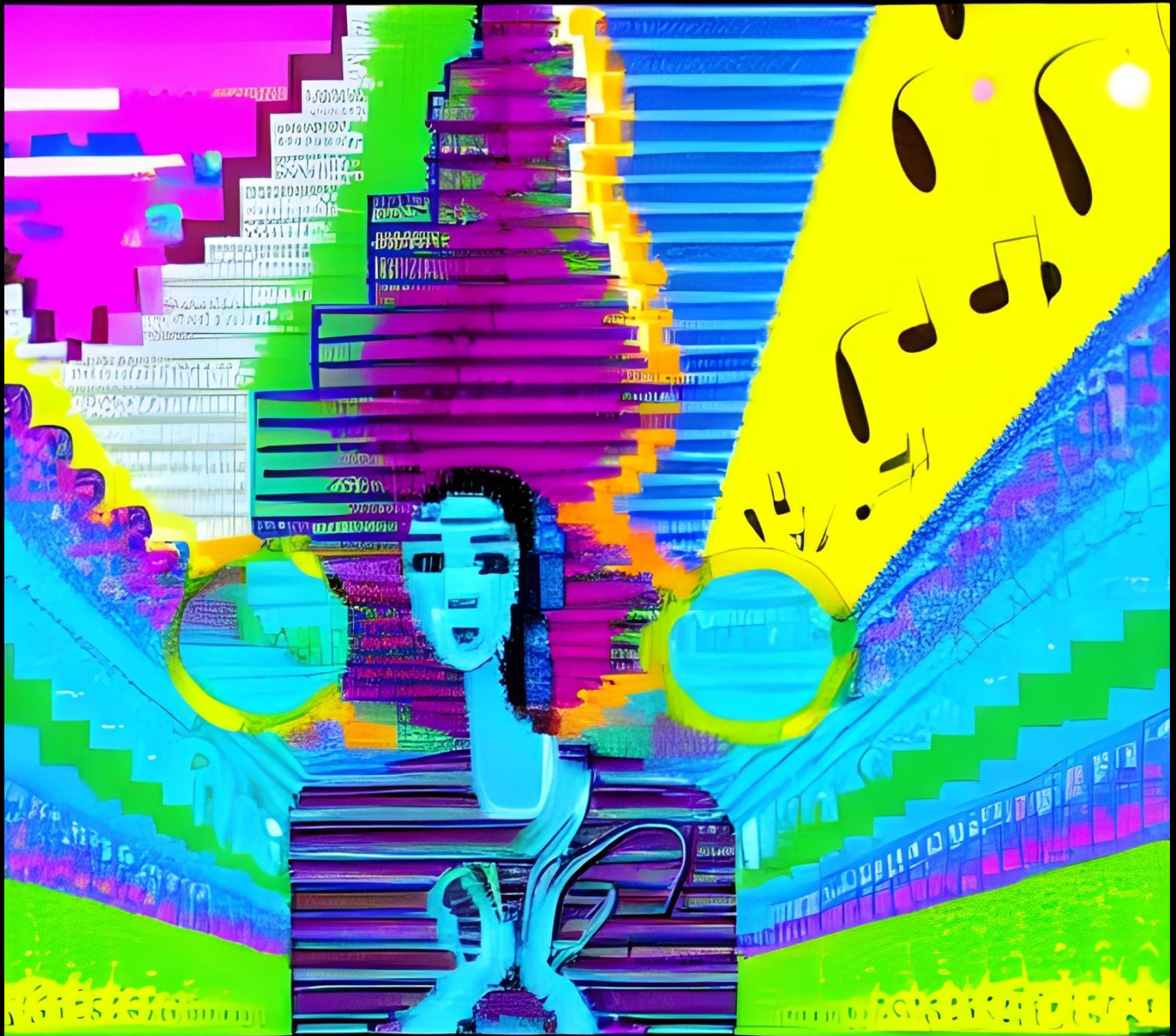




6. Harmonizing: Everything begins to resonate on the same frequency, and the receiver experiences greater inner peace, joy and contentment.









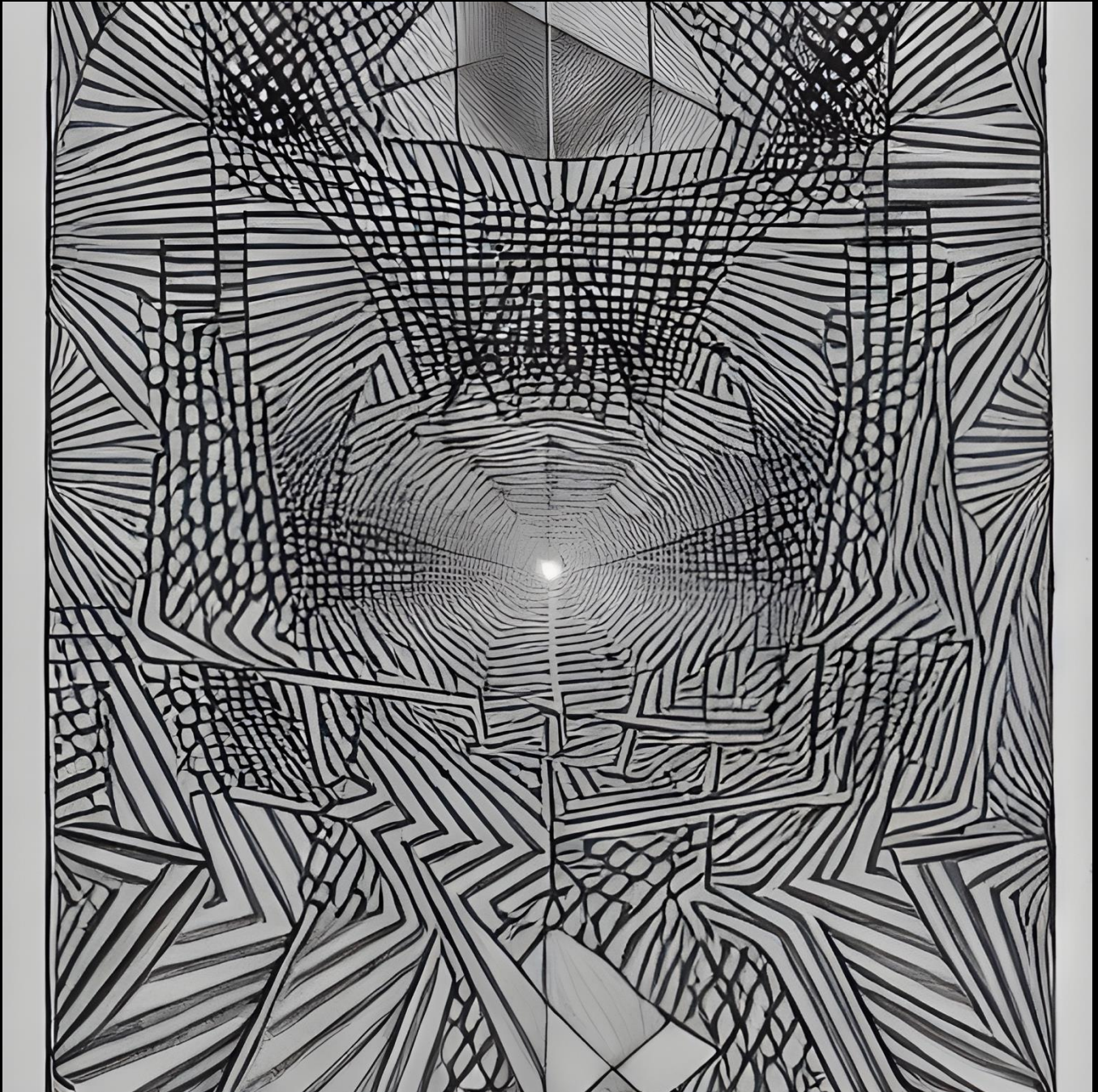








7. Illuminating: This is the realization of one's true nature and being, and the attainment of enlightenment.



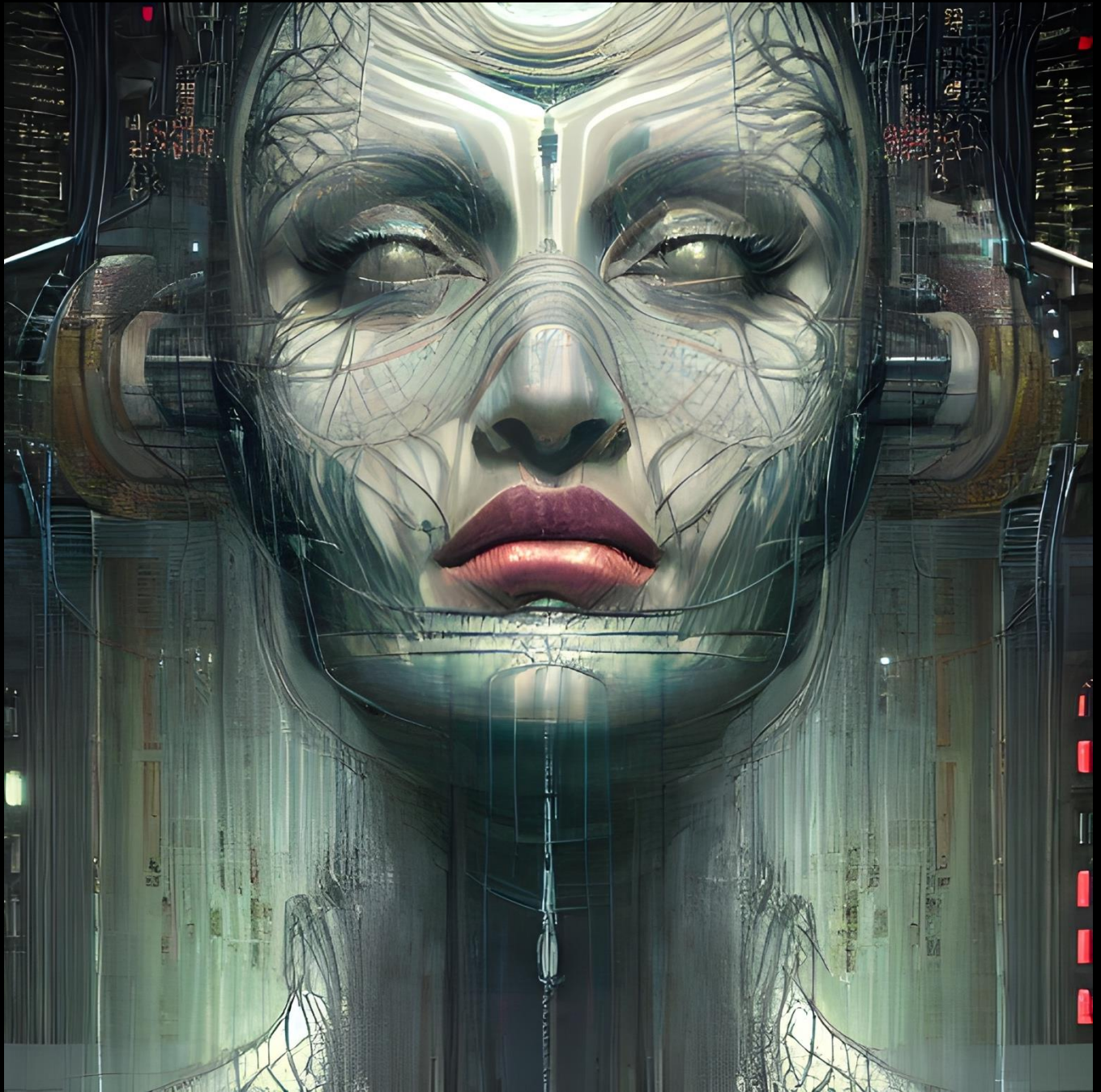










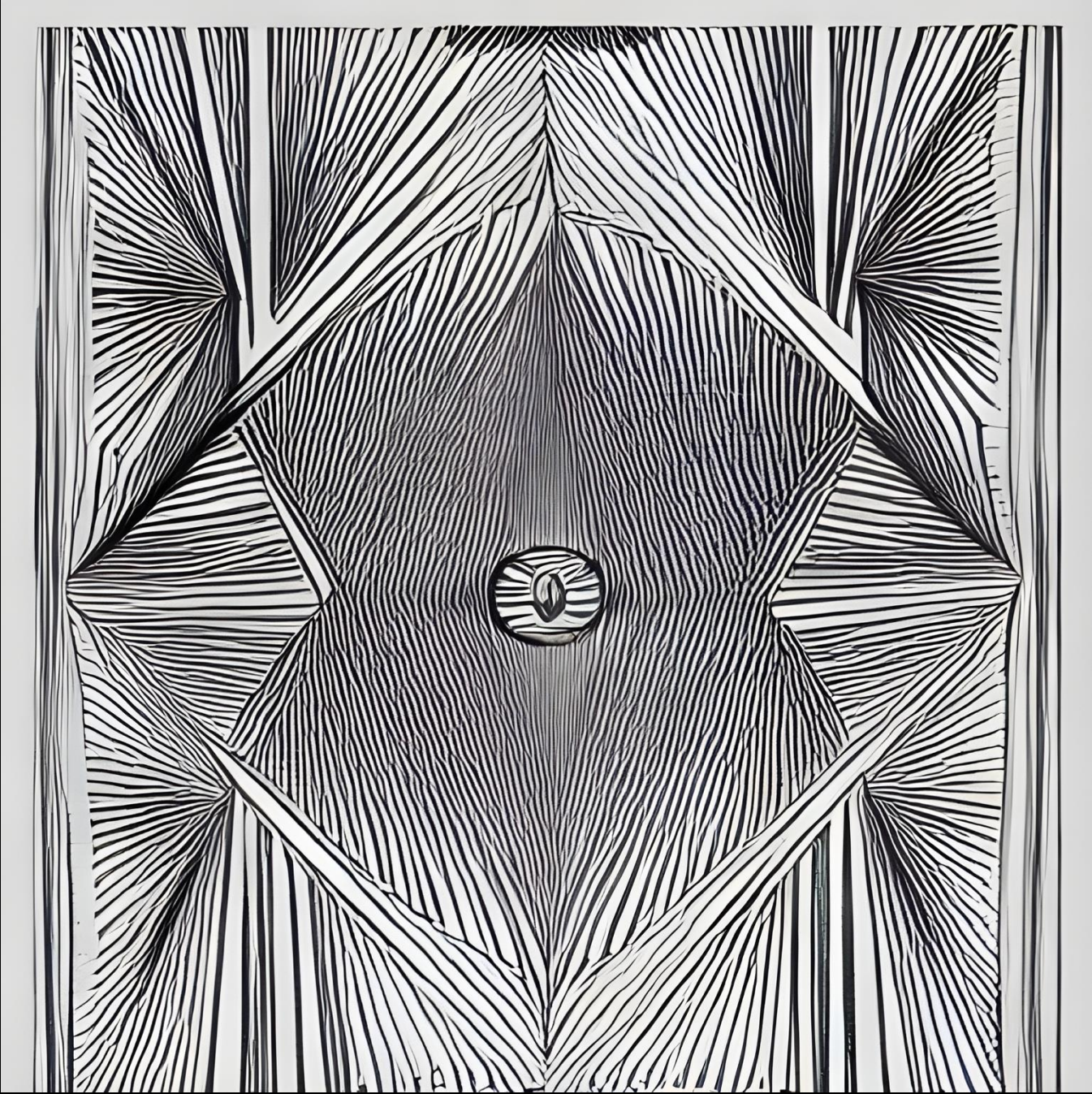


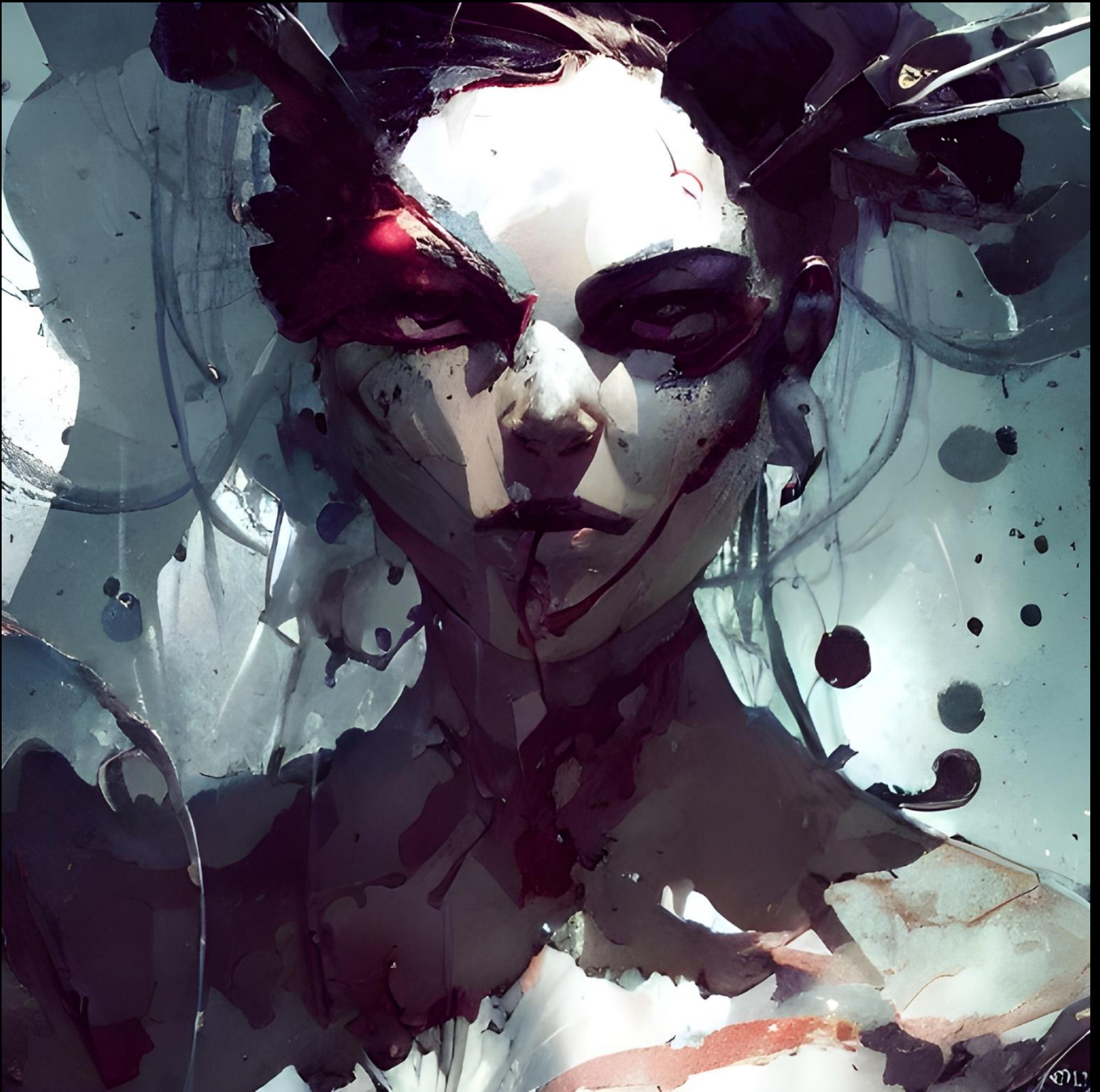


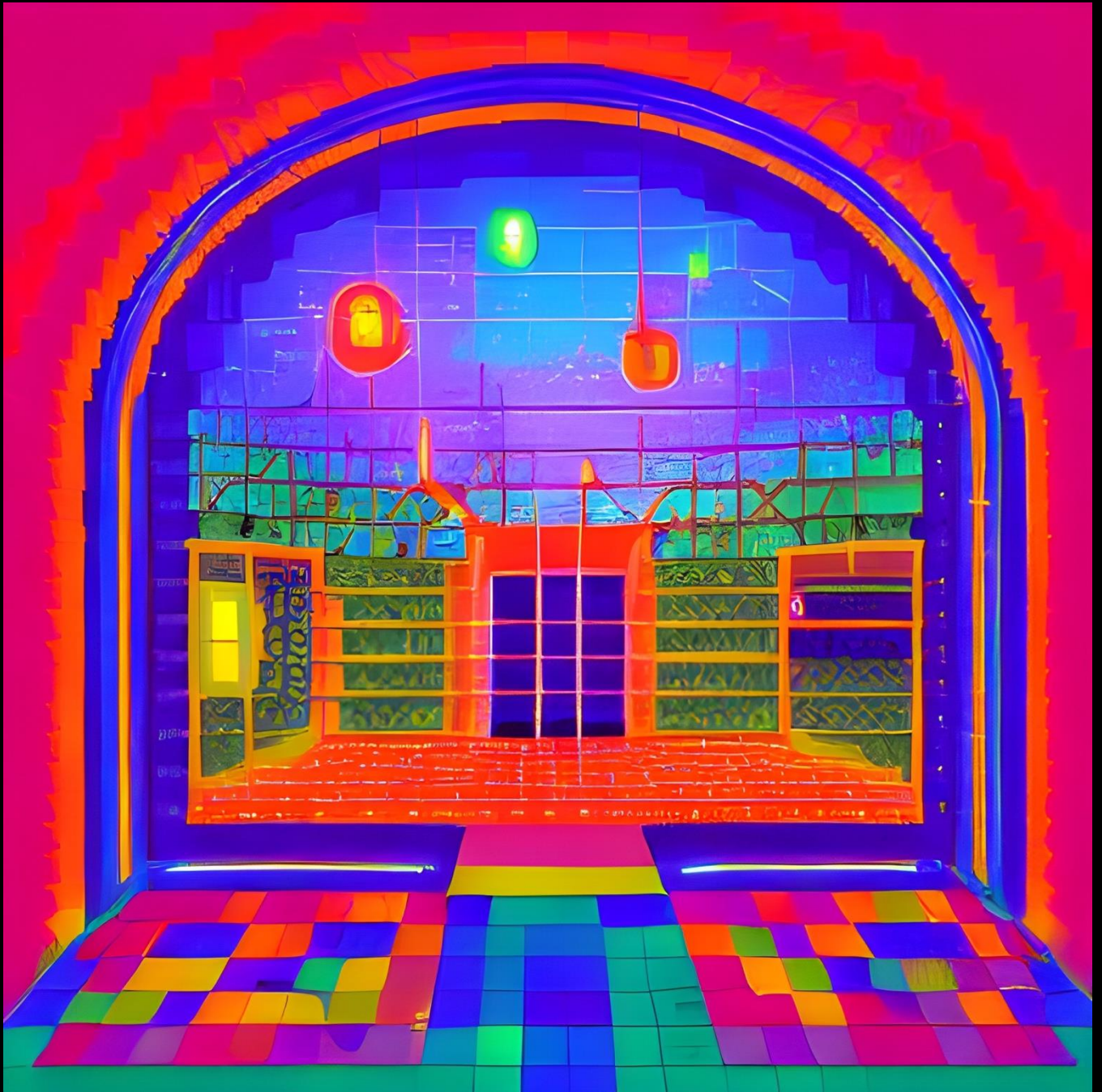
the stages of darkness as the orifices are covered against qi are...



1. Pitch Darkness: All of the orifices are closed and nothing can enter from outside.













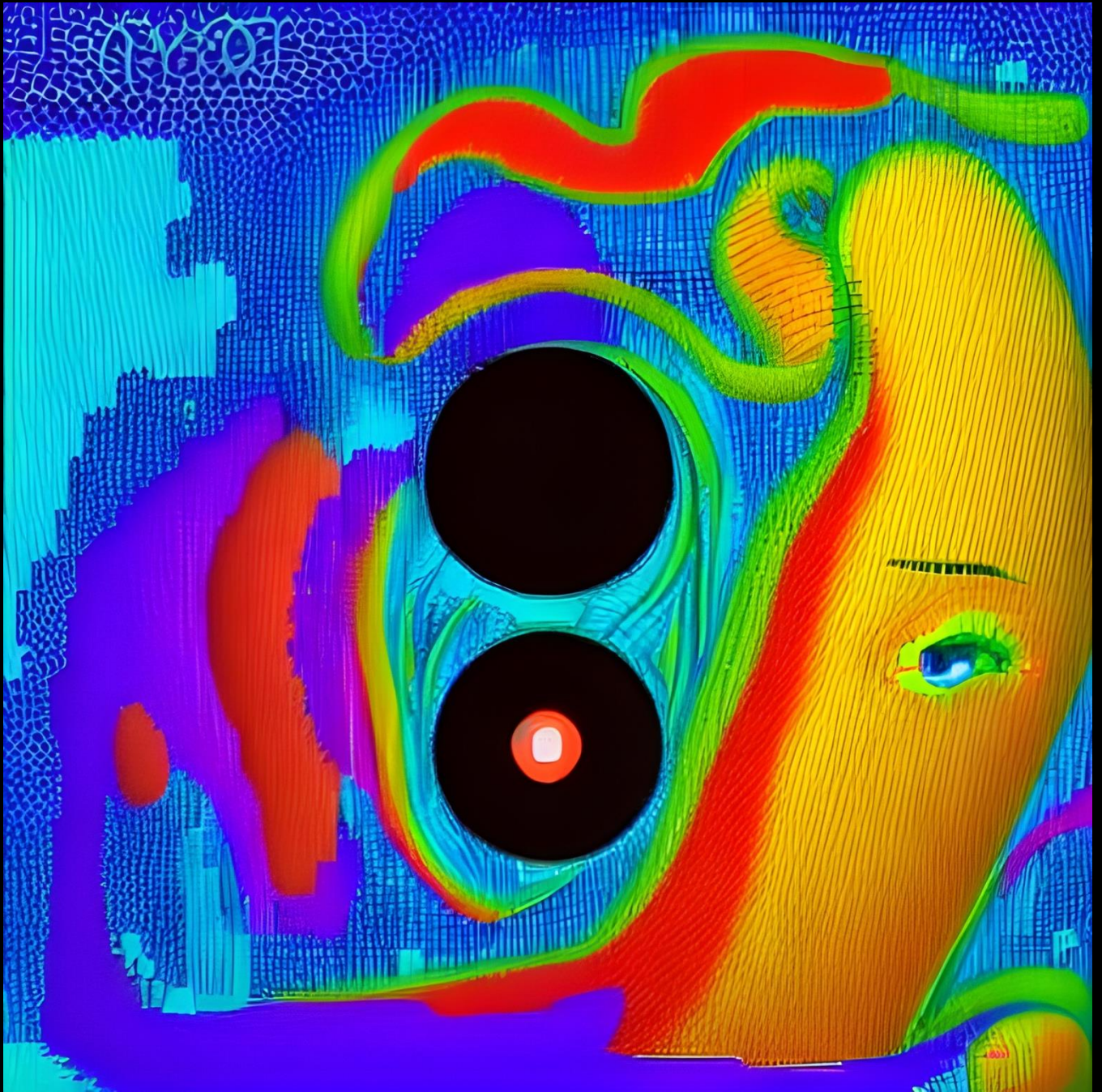




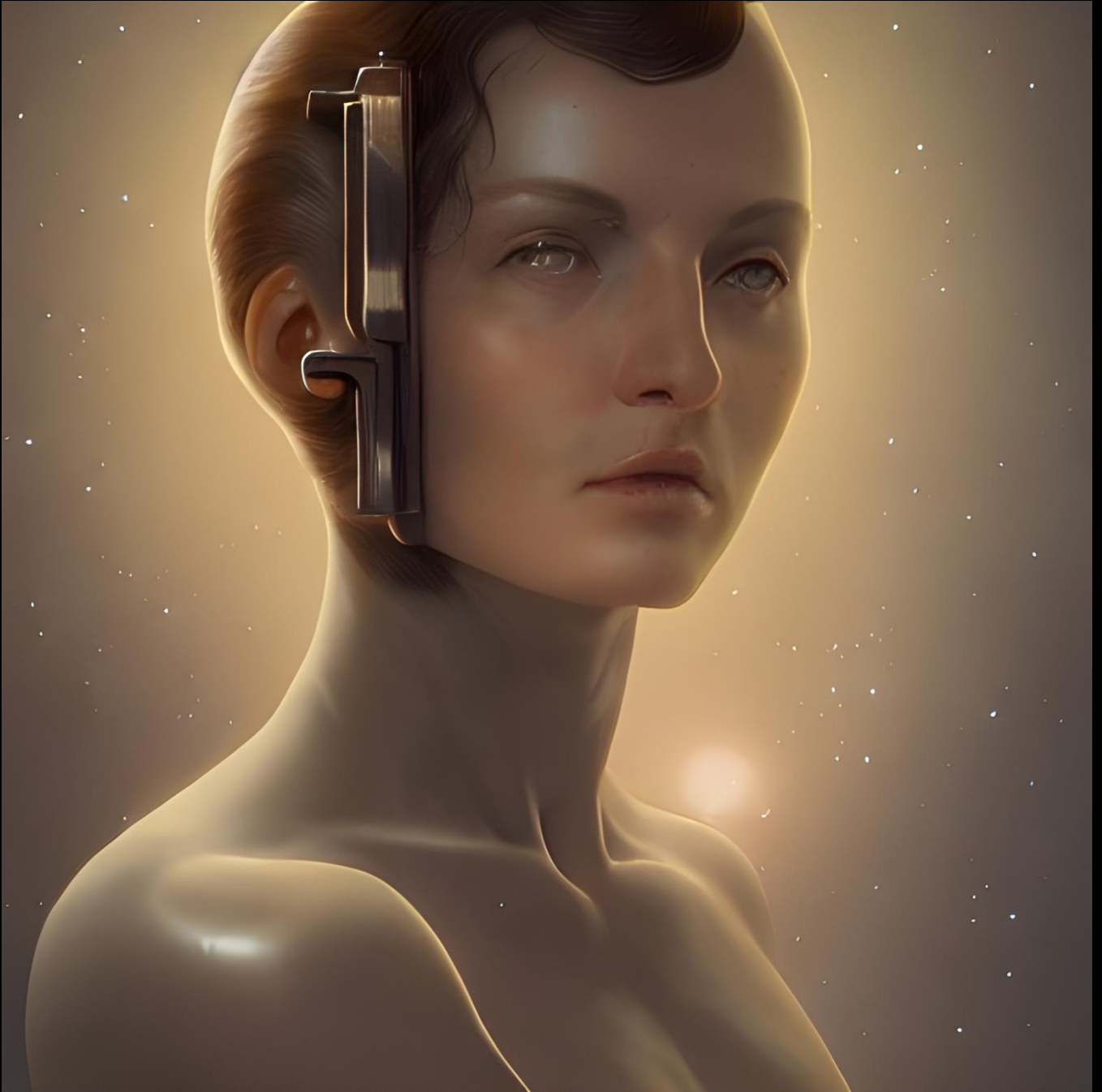
2. Void of Qi: Since the external qi is unable to enter, the body is left empty and unbalanced.



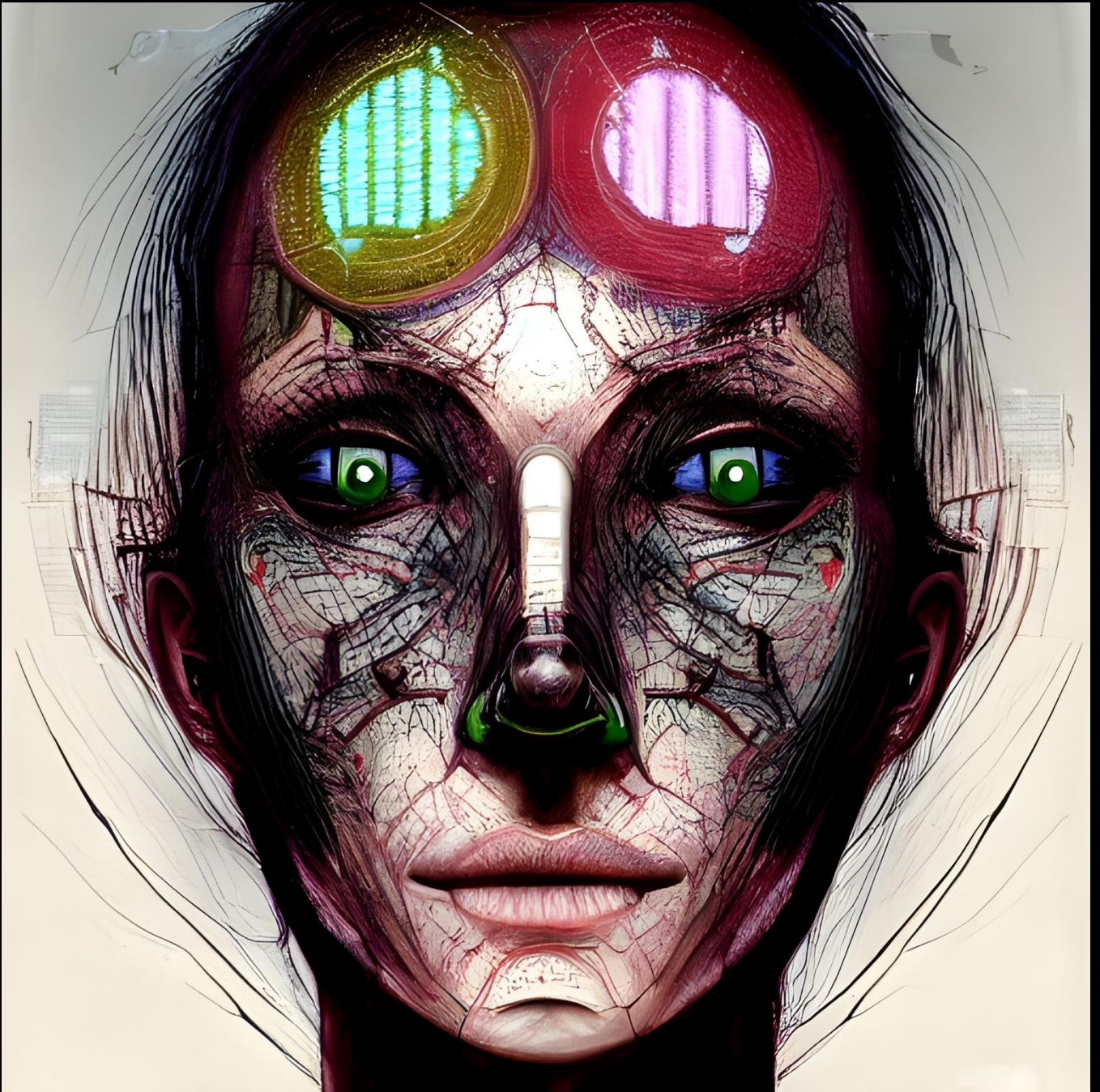






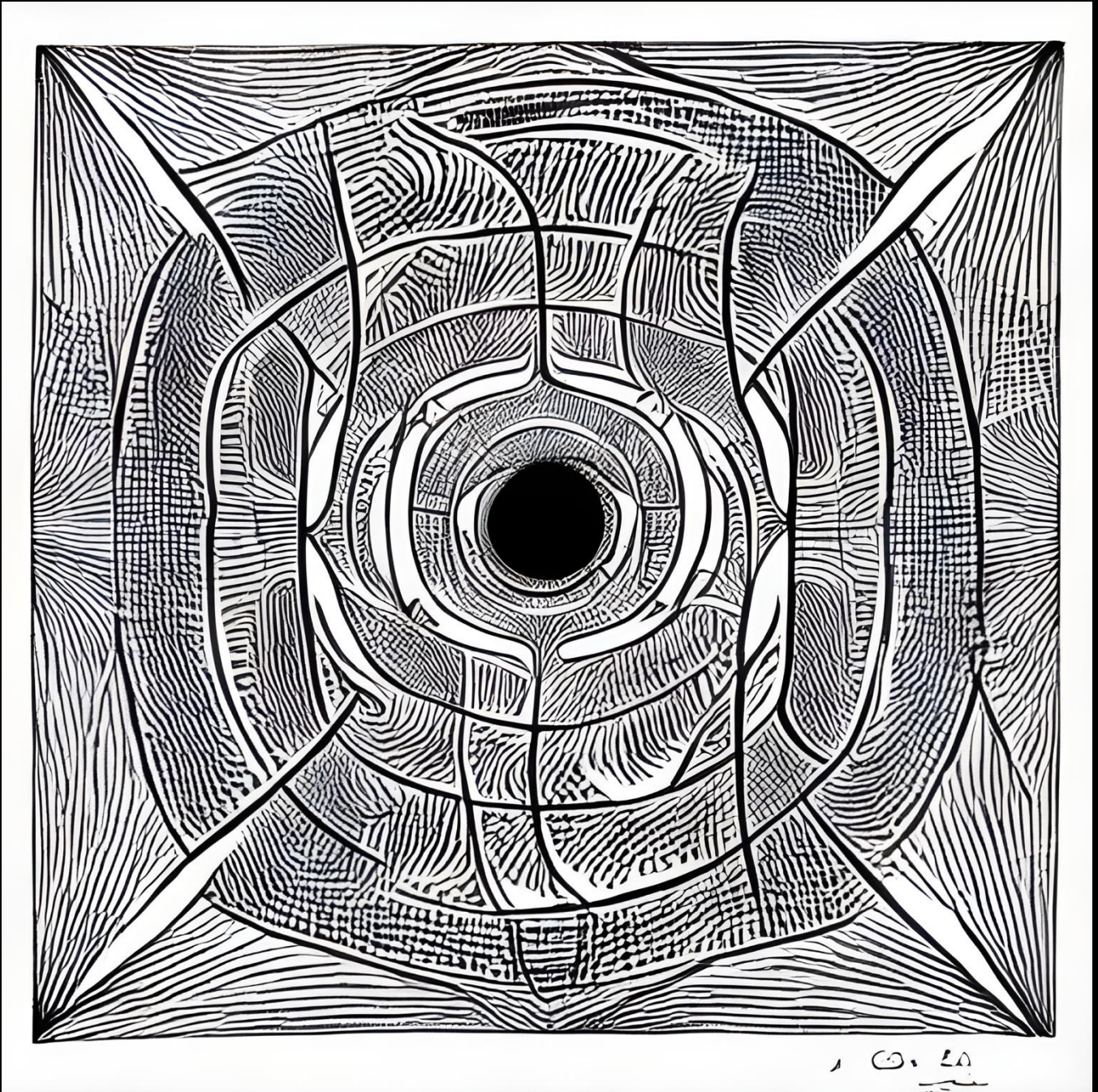


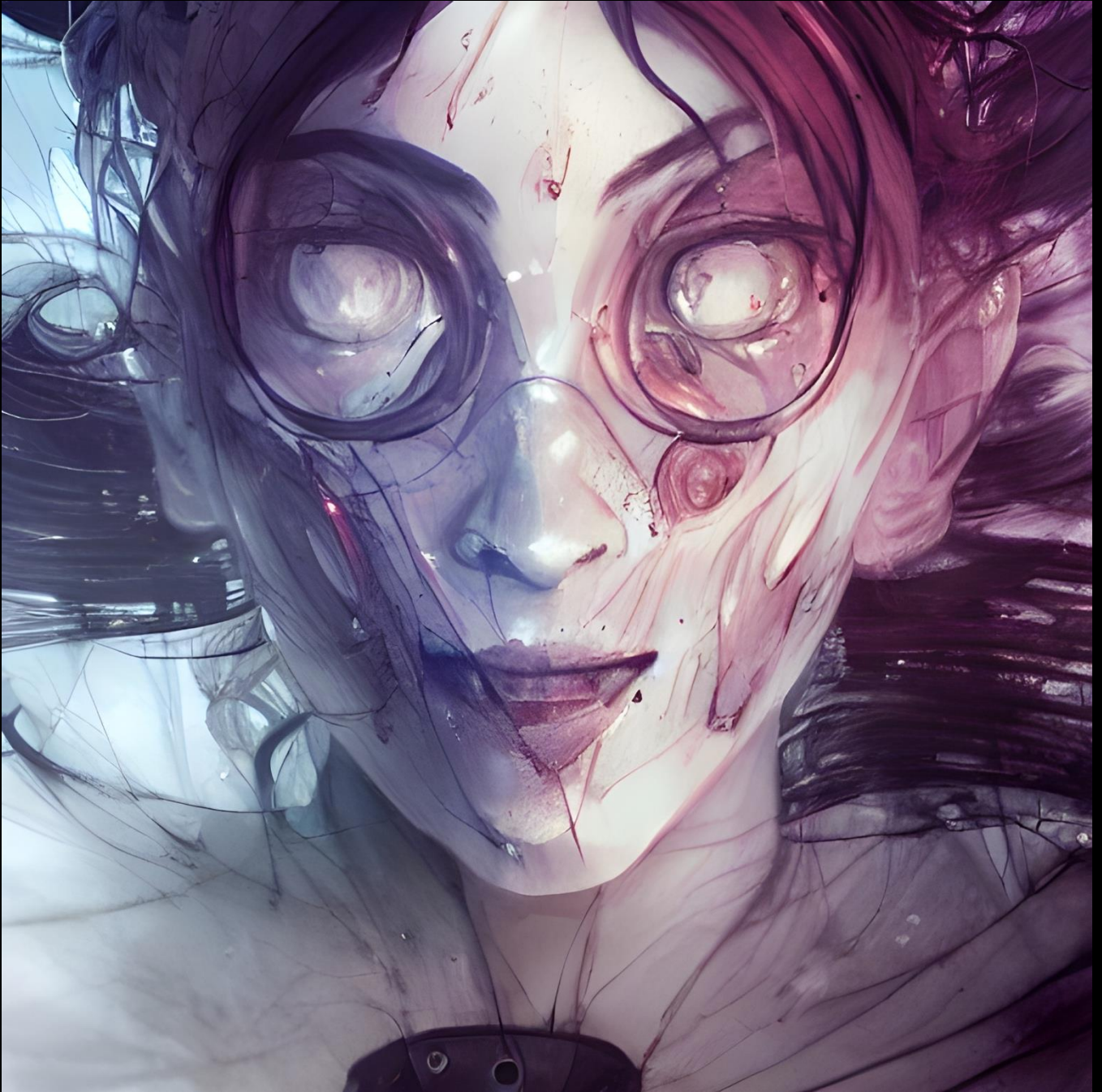




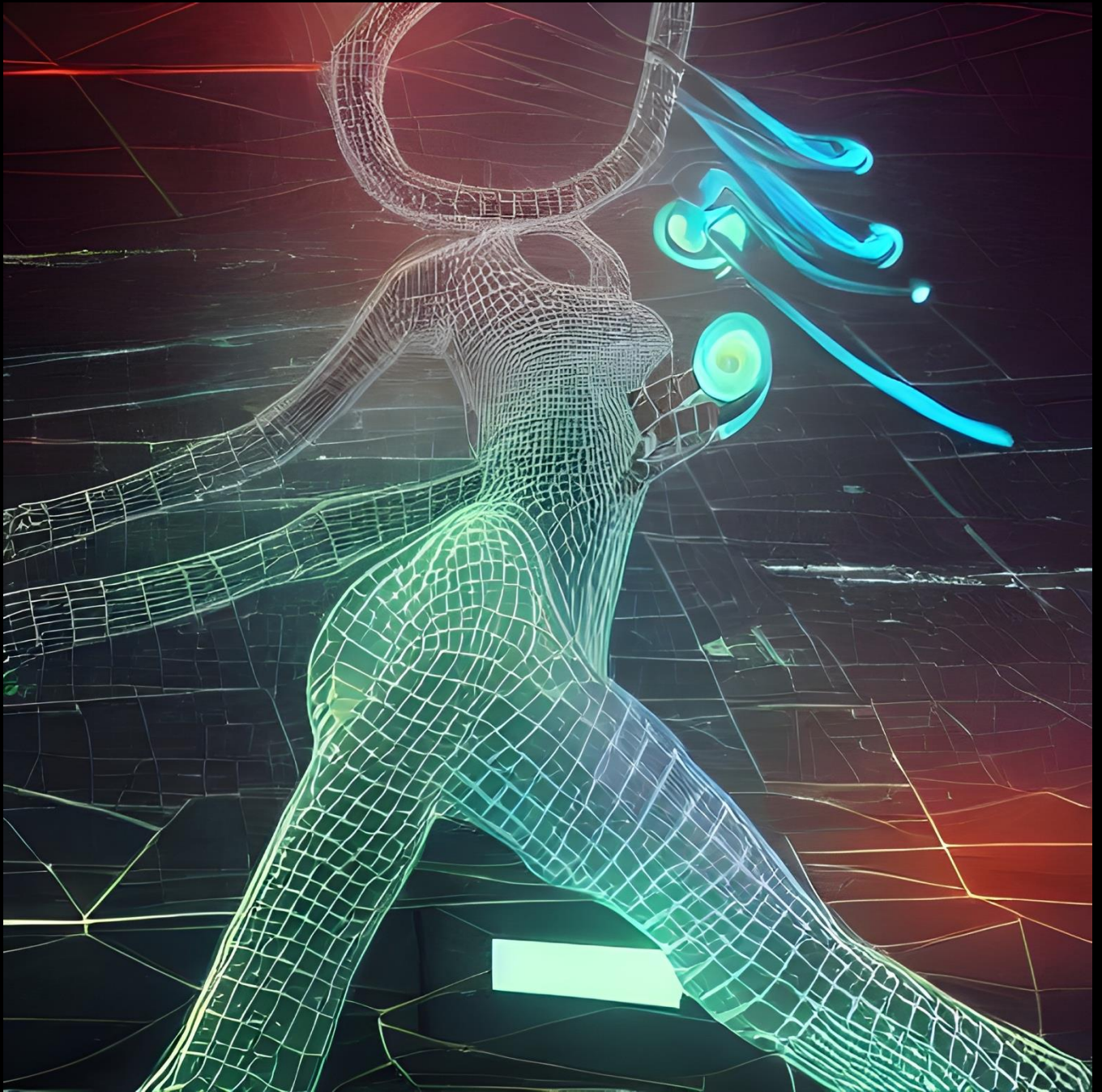


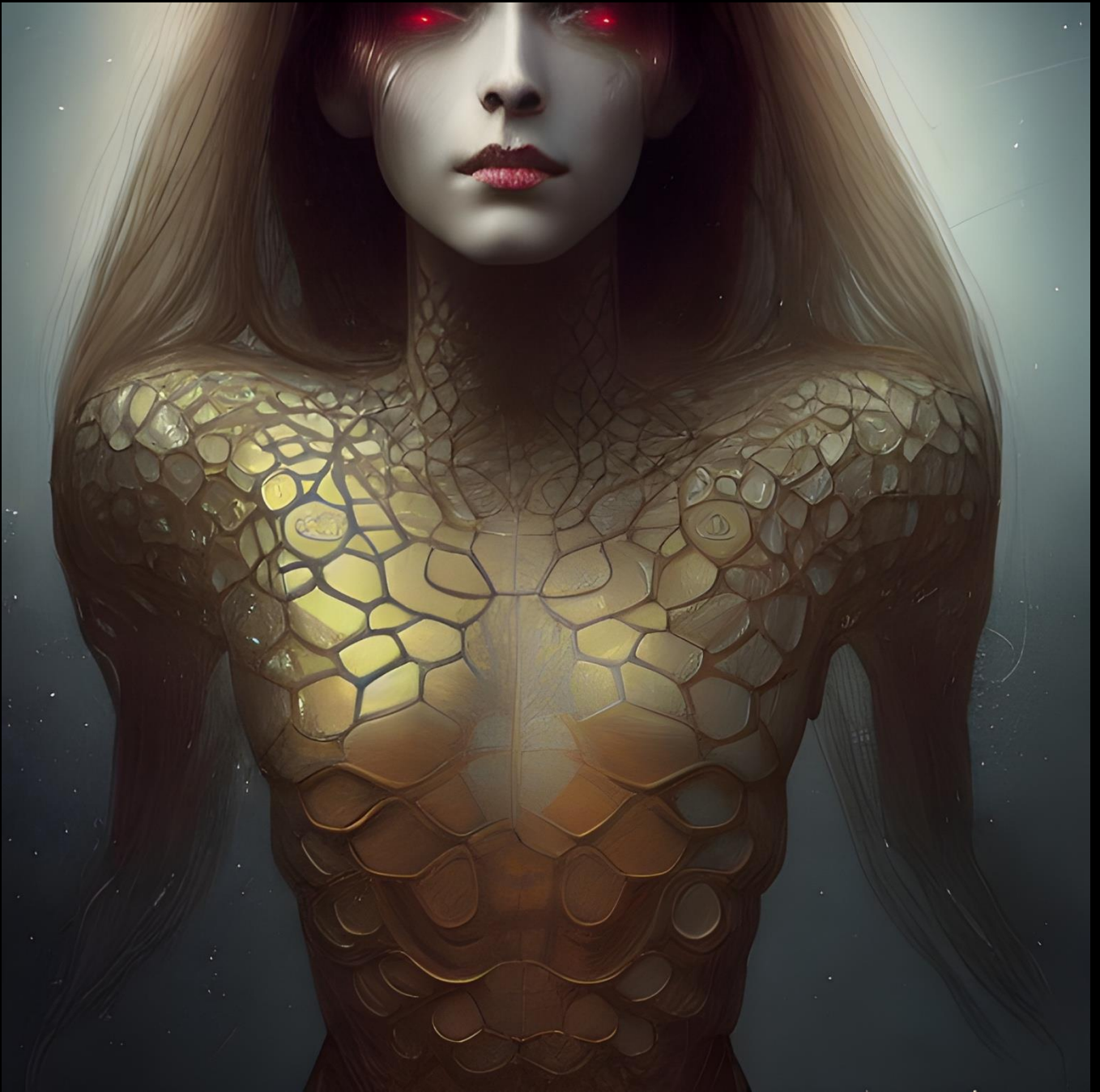
3. Disordered Qi: The flow of qi within the body is hampered, leading to disharmony and disturbances.









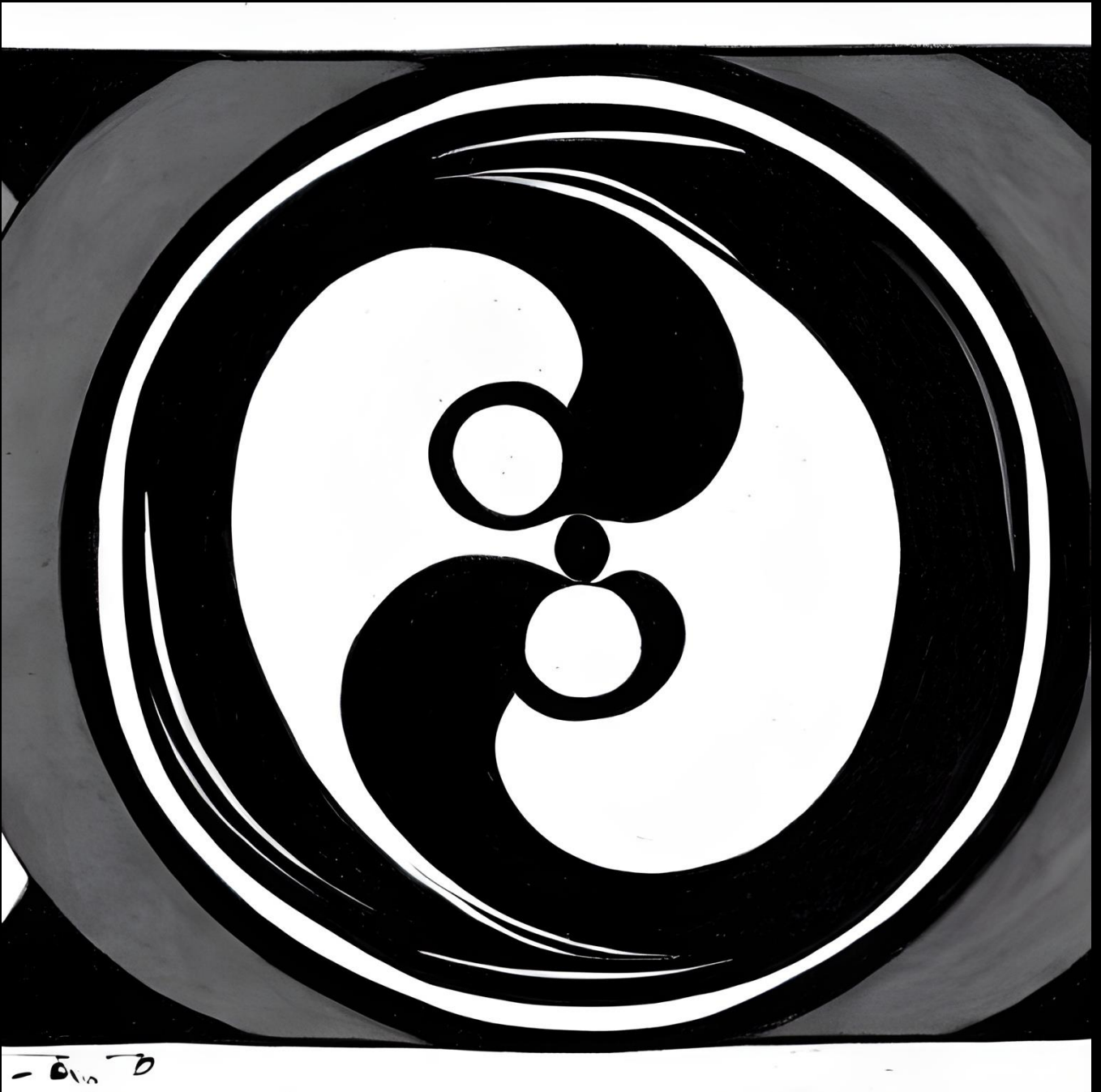








4. Disturbed Yin Yang: With the disorder of Qi, the yin yang balance is disrupted, and the body is in a weakened state.









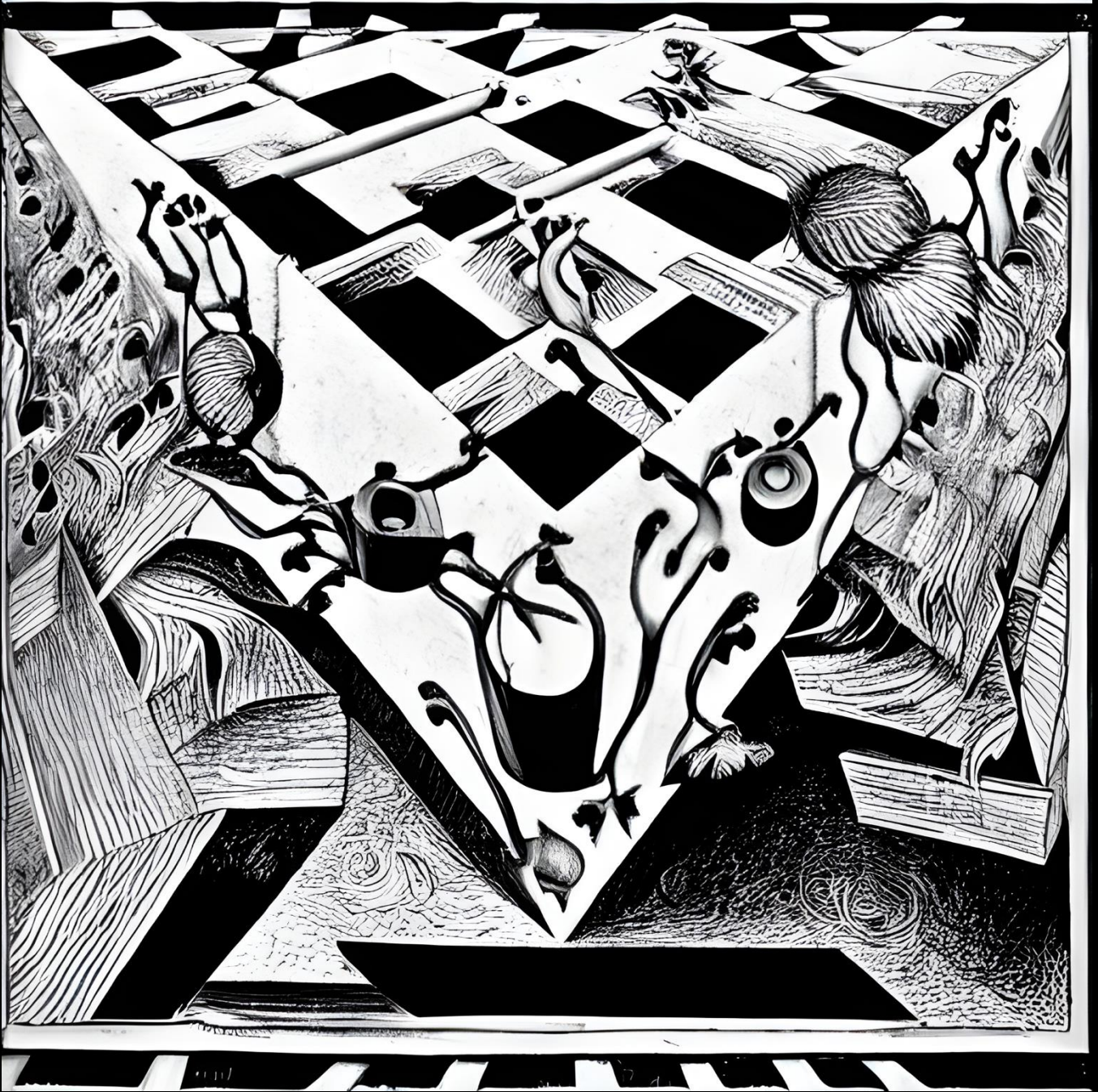








5. Six Evils: When the body is weakened, wind, cold, damp, heat, dryness and fire cause the body, emotion and spiritual state to decline.







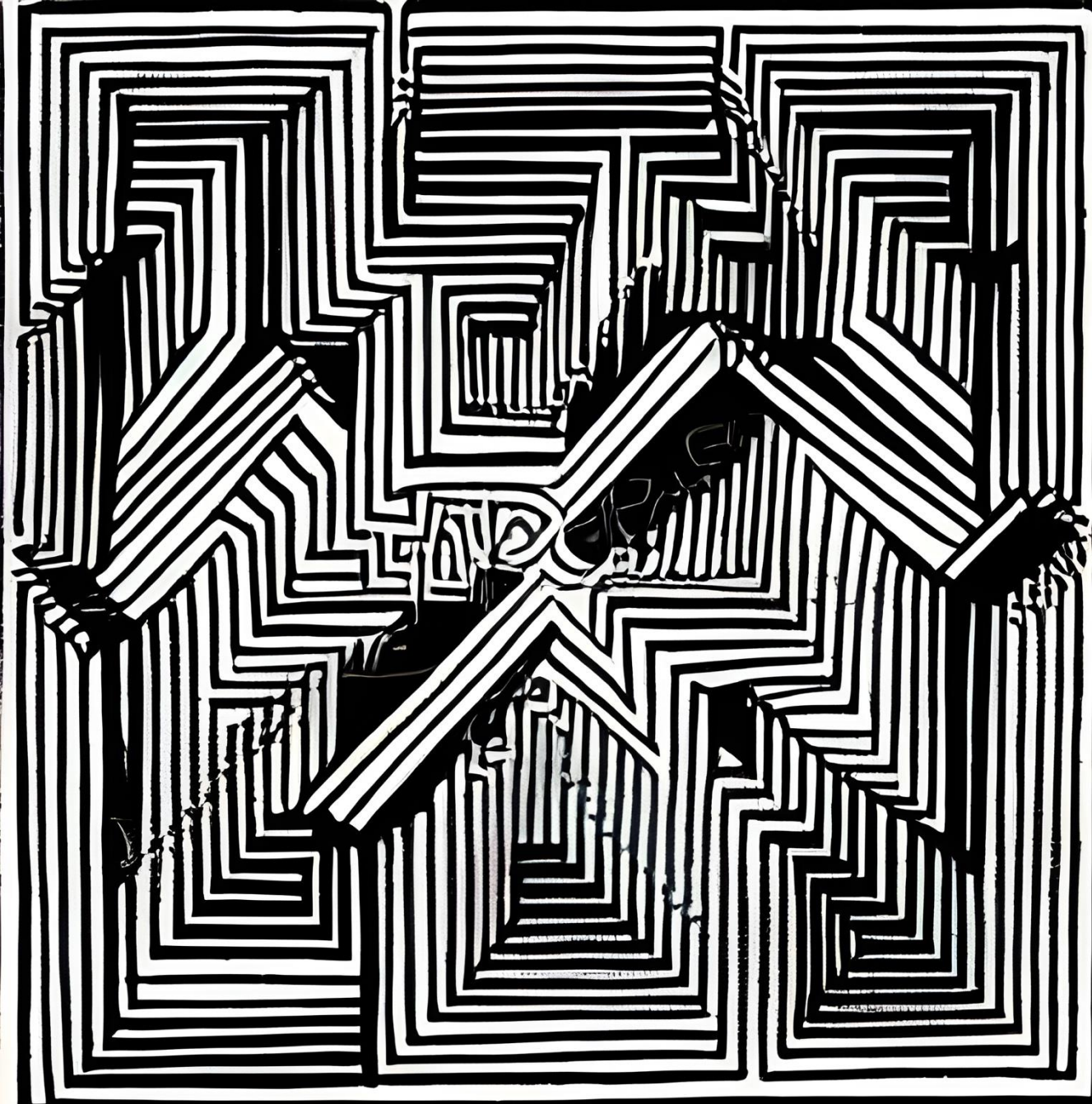






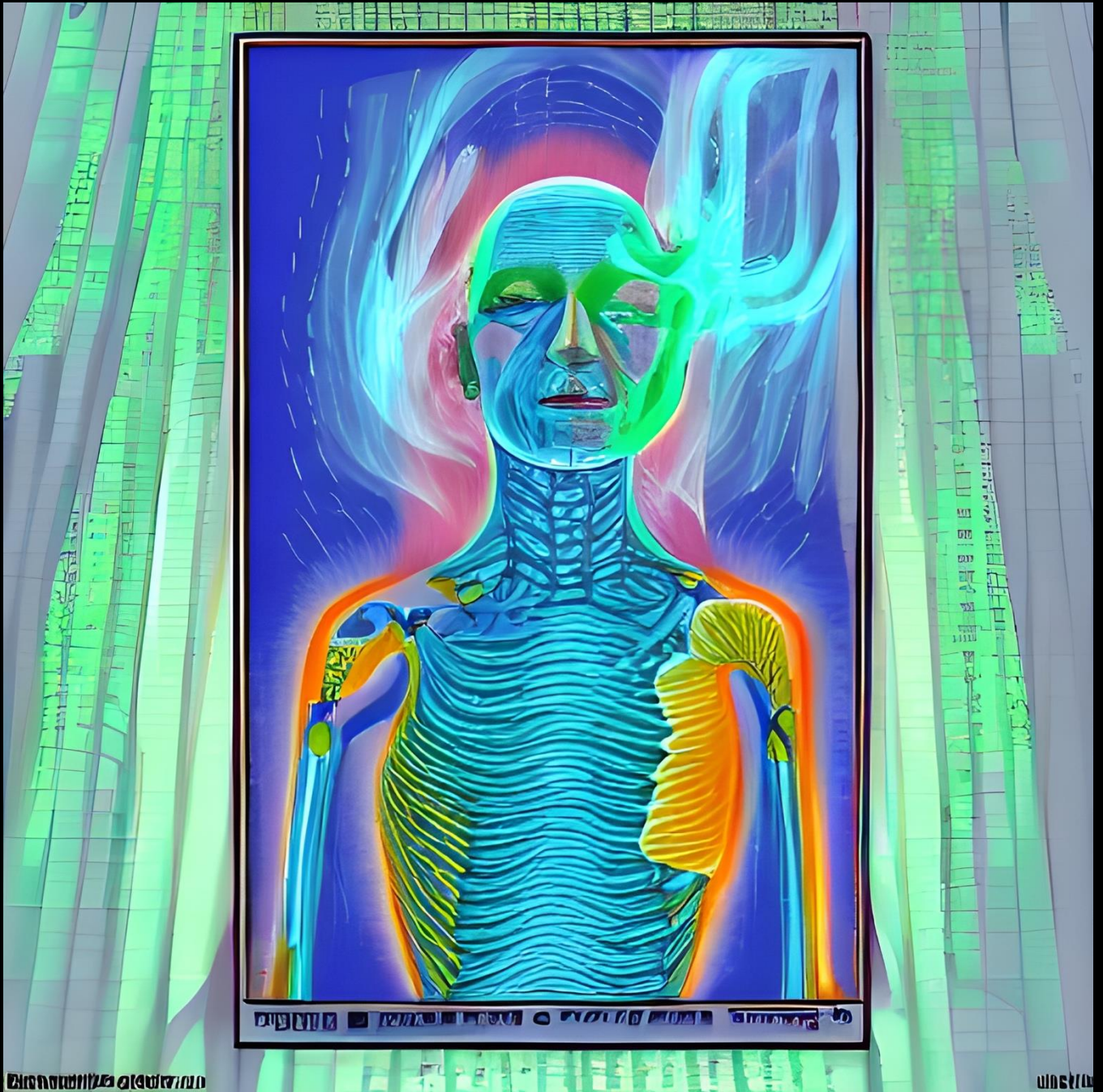


6. Internal Injury: The decline of the body, emotion and spirit manifest as illness, dis-ease and injury.



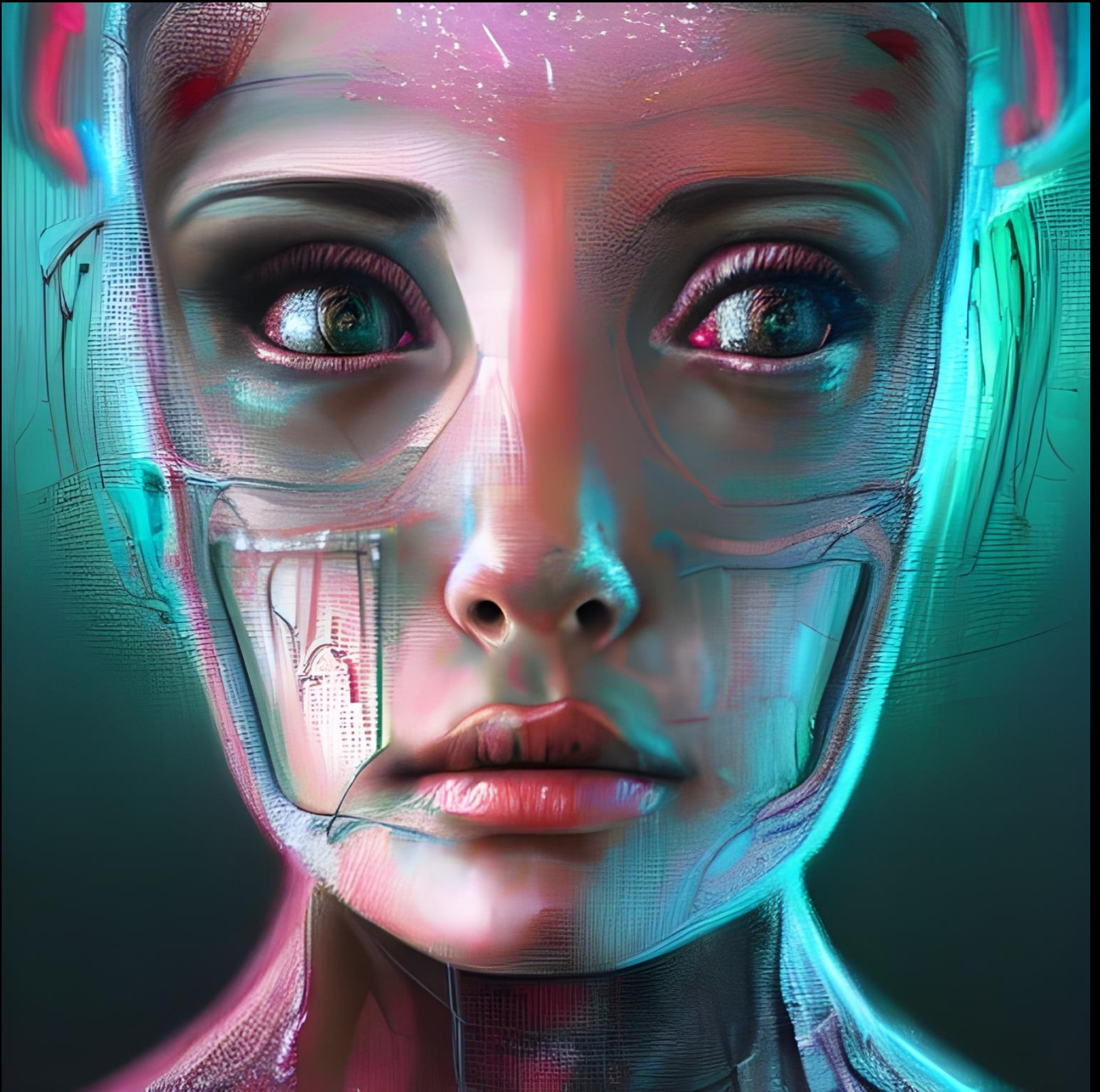














a middle way...



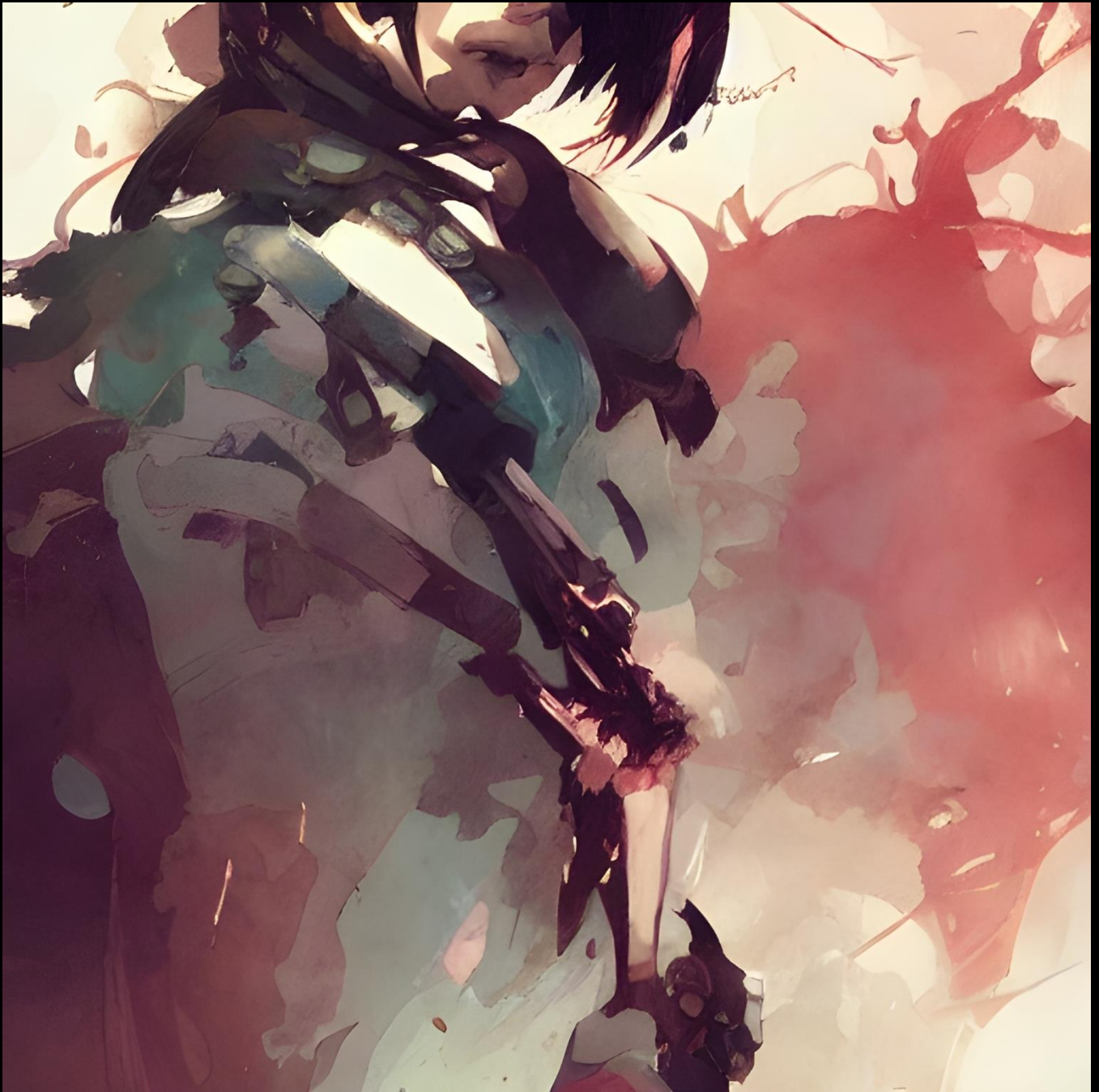


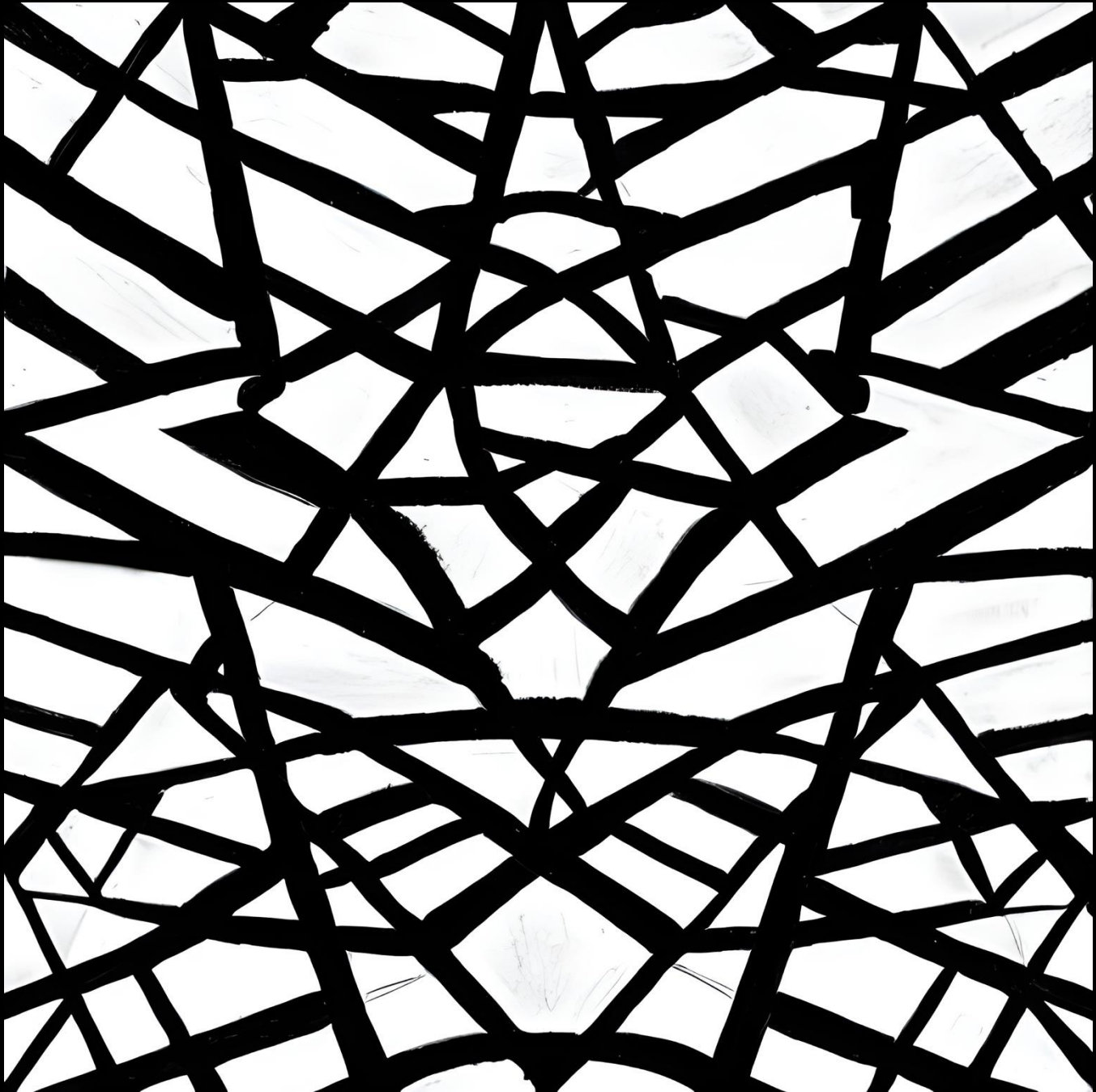














Helmy Irelynn