



**“Awakening the Energy Within:  
Making Energy Connections - Inside and Out”  
T'ai Chi Chih Conference Presentation  
Minneapolis, Minnesota – June 2019 - Sheila Leonard**

**Objectives and Outline:** Below are the objectives and talking points for my proposal for my 2019 T'ai Chi Chih Conference Presentation as sent to Laurie Jacobi and Linda Zelig, Conference Co-Coordination, in March. It was indeed a joy and a privilege to present at Conference on something so dear to my heart and which has so profoundly deepened my personal T'ai Chi Chih practice which I so dearly love and so dearly love to share any chance I get. Thank you for this opportunity.

**Format:** I see my presentation focus as a mix of informational and interactive as I invite us to go deeper inside that amazing inner energetic landscape which Justin was clearly so aware of and has more than once made reference to without his elaborating much on it.

**What do I hope participants will come away with?**

An ever expanding, deepening understanding and experience of:

- ✓ “Everything is energy and energy is everything!”  
Body mind heart, the Universe, as a dynamic, unified, integrated energy system, as ONE ...
- ✓ “Coming Home to our Bodies!”  
Body mind heart working TOGETHER as ONE to facilitate healing and a return to the Circle of original Wholeness, the limitless energy of the original Divine Blueprint encoded within
- ✓ “Where the mind goes, energy flows!”  
Blocked or constricted energy, broken energy connections → distress → dis-ease → disease.  
Using our mind’s energetic focus we can free up the energy flow, and be re-energized for life!
- ✓ Shared purpose of all life - “Happy, healthy, whole, fulfilled!”  
Energy is alive, energy wants to move, energy wants to connect, re-awakening and fulfilling our shared vision and purpose, returning to yet another Circle, the Circle of WHOLENESS, of ONENESS ... for Life!

**Outline: Talking points ...**

- ~ Opening: Welcome ... making energy connections ...
- ~ Topic, Conference Symbol, Awakening the Energy Within through movement ... LCUPCD ... Haola ...
- ~ Posture: Spine as Energetic Highway! Neck as Energetic Overpass!
- ~ Guided Visualization (Energy Ball – Hoberman Sphere)
- ~ Energy Demo ... experimenting with flow ... and the feel of it ... interactive experience ...
- ~ Everything Is Energy, Energy Is Everything
- ~ Wishing you had the energy of little children!?
- ~ Mindfulness Practice: “Where the mind goes, energy flows!”
- ~ Mini Inner Smile Meditation
- ~ Our Bodies, Our Universe, form a Unified Integrated System
- ~ Feelings, Thoughts, too, are Energy
- ~ Building Capacity and Building Confidence via consistent daily practice - Potential Not Just Promise...



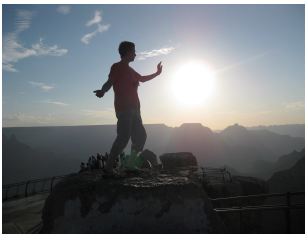
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**OPENING:**

Welcome ... so very happy to share some personal reflections with you today at our 2019 Conference!

A very special thank you for this opportunity ... it is both a joy and a privilege ...

→ “SOMETIMES TO KEEP SOMETHING, YOU HAVE TO GIVE IT AWAY!”



I would first like to make a reference to the T'ai Chi Chih Grand Canyon photo on the Home page of our newly updated web site. Kim had shown it to me earlier this morning as we got ready for the day. She called it “iconic”, representing each of us and at the same time, all of us. It was also used as an on-screen image in one of our presentations yesterday.

I was quite awed and humbled to see it on both occasions. It is actually one a friend, Carolyn, had taken of me doing Working the Pulley on holiday right after another Minneapolis Conference, the one in 2013. I smile doubly as I am thinking, “Yesterday on the screen ... today here I am in the flesh!” A fun thought!

Meanwhile, I would like our time this morning to be both reflective and somewhat interactive ...

Inviting you to come with a beginners mind ...

You may hear or feel something new ...

or you may hear or feel something “old” in a new way ...

Either way I will have achieved my goal and will be very happy and charmed!

**Topic** → “Awakening the Energy Within: Making Energy Connections - Inside and Out”

**Conference Circle Symbol** → **the Enso** – see program booklet for Laurie’s full reflection ...

It reads in part: “The Enso is a visual indication of what it going on inside the painter. It literally records the physical and spiritual state of the painter at the moment of creation. I think it is the perfect symbol for the spirit of our T'ai Chi Chih practice. It illustrates a discipline which *“unites a world without and a world within”* according to Professor Sato, one of Laurie’s ink painting teachers.

Thank you, Laurie, and to all the committee, to all the hosting team ... so fitting.

How perfectly in keeping with us as practitioners, all painters of sorts.

This morning we will be exploring the inner landscape that Justin would often speak about ... as far more vast than the outer landscape ... and sometimes far more interesting!

**Letting the Chi lead ...**

Inviting us to COME HOME TO OUR BODIES more and more ...

so we can go more deeply into our practice ...

I recall in Sandy's opening comments how she encouraged us to "Go inside" ... to go inside our practice, too, to experience its gifts of healing and transformation in our bodies, minds and hearts ... in our lives, as we in turn invite others to share in that ...

Isn't the shared purpose of all that exists ... to be happy ... healthy ... fulfilled in life ...?

\*\*\* Whether 2-legged, 4-legged, or no-legged ... ☺ ... even what we call inanimate ...

I recall an August 2011 VFJ article by Antonia, our Guide at the time, about Awareness. It was called, "It Takes a Lot of Effort to Get to No Effort." In it what I remember most profoundly is her saying: "It is really quite simple: Know the form, be aware of how you move, and feel every part of it." Awareness! That is where, from another perspective, I invite us to go more deeply this morning ... awareness ... making energy connections, inside and out.

**With your indulgence, I would like to step outside of T'ai Chi Chih for just a bit ...** and yet it is really not outside at all. I invite you to a taste of something from another practice that has so profoundly deepened my T'ai Chi Chih practice. It is called Lift Chi Up Pour Chi Down (LCUPCD) from Wisdom Healing Qigong which I also teach.

I invite you to stand ... feel your feet deeply grounded in the earth ... feel the top of your head extending upward, connecting deeply with the infinite energy of the ever expanding Universe above. Inner Space and Outer Space ... all the same energy flow ... all ONE ENERGY!

Now opening your arms out and at the same time reaching down to gather up the abundant energy of the earth ... slowly lift it up until your arms are above your head, palms facing downward, visualizing the energy pouring down from the heavens into the top of your head through an energy opening there called your Bihui or "biway" (in the area of the fontanel, the opening babies are born with there). Visualize the energy like luminescent liquid light filling your entire body, awakening and enlivening it from tip to toe ... then slowly lowering your hands, slowly guiding the energy all the way to the soles of your feet, connecting deeply with the energy of the earth, hands and mind guiding it together. "Where the mind goes, energy flows!" Feel the energy flow inside. Repeat 3 times.

Then repeat 3 more times, adding a vibrational chant, "Haola" (How-la) ... "How" as you gather up from the earth and "la" as you visualize the energy pouring down into your body. Feel the vibration in your body from the Haola sound. Can do it loud or soft, fast or slow. As often as you like ... waking up the natural energy within, connecting internal and external energy as ONE! Noticing the new aliveness ...

\*\*\* **LCUPCD** \*\*\*

\*\*\***HAOLA!**\*\*\* means "All is well (bigger picture!) and getting better" – or "So be it".

**Haola – vibrational sound** like in Joyous Breath and 6 Healing Sounds ...

A great inner practice to use anytime, even at something as simple as red lights when you are in a hurry ... or dealing with any variety of challenging situations ... or simply anytime!

\*\*\*\*\*

Now let's next take a fresh look at posture, especially our alignment ...

First, have a seat again just for a bit ...

## **(ALIGNMENT) - POSTURE**

→ I invite you to think of your **SPINE AS AN ENERGETIC HIGHWAY!**

**POSTURE** - Aligning with heaven and earth ... and all points in between ... **BODY ... MIND ... HEART**

\*\*\* **Posture** is key in **OPENING** our energy pathways, our spine being like an “energetic highway”.

\*\*\* **Relaxation** is key in **FACILITATING THE ACTUAL FLOW** of energy for releasing/opening blockages

\*\*\* Taking Justin’s image of “shoulders suspended by wires” to an even deeper level of energetic understanding of the **WHY OF GOOD POSTURE AND ITS LIMITLESS POSSIBILITIES AND BENEFITS** ... for facilitating healing, for new life on all levels! I find myself repeatedly adjusting my posture throughout my practice ... many of you probably do, too.

→ Think of our **NECK** as an extension of our spine... like an **ENERGETIC HIGHWAY OVERPASS!**

So much, some suggest a **HUGE** % of disease/distress can be increasingly healed in our body by releasing restrictions, energy blockages, in our neck and shoulders. When traffic is constricted in any way on an overpass, the flow is certainly inhibited. So it is, too, with the healthy, energetic communication that continuously flows between our brain and the rest of our body.

**Let’s stand again and do a little more grounding ... then let’s play some more ...**

- \* connecting with the Source Energy of the earth, of the Universe ... feeling our feet ...
- \* mindfully drawing earth’s energy up through our Bubbling Spring, soles of feet like **LUNGS!**
- \* allowing it to flow up through our spine, our neck ...
- \* connecting through the top of our head (bi-way) out to the infinite energy of the universe.
- \* visualizing the Source Energy of the Universe pouring down like that luminescent liquid light or a waterfall of energy penetrating our entire nervous system, (Violet Light Meditation!) promoting, facilitating, allowing optimum energy flow through all parts of our body and of our very being.

**Now noticing your posture** ... knees locked or soft? Just play with that. What do you notice?

Place the back of one hand on your lower spine ... what happens there when you lock and unlock your knees? Just notice whatever you notice! I call this your “Duck and Tuck”.

When knees lock, your tail bone sticks out behind ... your Duck!

When knees soften, your tailbone moves forward ... your Tuck.

For a healthy supported spine and deeper energy flow, you want more Tuck than Duck!

Now place one hand on the back of your neck ... draw your chin in ... release ... play with that.

What do you notice? Feel vertebrae opening in your neck?

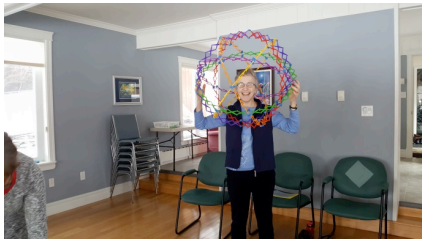
Like getting sticks out of the river ... Allowing deeper energy flow ...

Our necks clearly need a lot more care and support especially in this age of cell phone texting!

**Sharing my personal Trigeminal Neuropathy healing story** ... Over 30 years ago I was off on an extended sick leave ... experiencing big time severe auto-immune issues that pulled the rug right out from under me. I lost a major nerve in my face that left me literally feeling like what I



jokingly called a “Numb Skull”, though it was anything but funny at the time, quite scary in fact. It was at that time that I found T'ai Chi Chih ... or rather T'ai Chi Chih found me! It was one of several things that helped begin to turn around a condition I had been told was irreversible, though from the beginning I was determined otherwise. Today the nerve is totally back ... my neurologist calls it remarkable, saying I have done what their medical books say is impossible, and that he is learning from ME today, and wants to talk more with me. Posture, alignment, yes, plus other practices with a major focus on my head, neck and shoulder area were key.



### **Playtime with HOBERMAN SPHERE - “ENERGY BALL”- GAZING TIME**

I invite you to spend a few minutes simply gazing ... noticing ... as I play with the ball ... (Continuously expanding ... closing ... opening ... gathering ... gazing in silence ... 2 min)



- \*\*\* What is stirring in you as you gaze with your “energy mind” rather than logical/linear mind?
- \*\*\* Simply gaze ... Go INSIDE ... notice what you notice... thoughts, feelings, images, sensations.
- \*\*\* Inviting sharing of responses after some quiet gazing ... contemplative noticing ... inside and out ...

### **Do fish know they swim in water? Do we know we swim in an Ocean of Energy? of Light?**

We live in an Ocean of Energy. ENERGY is all around us, inside us, IS us and WE are IT!  
Take a moment now to visualize it ... feel it ... open yourself to its possibilities ...  
for healing and transformation ... ALLOWING NEW LIFE TO OPEN UP ... a new way of seeing ...

In our T'ai Chi Chih practice we talk about

- \*\*\*Expanding .... Contracting ... do we perhaps feel it as so much more ... energetically?
- \*\*\* How about OPENING .... GATHERING ... OPENING .... RECEIVING ...?
- \*\*\* Opening to the energy of the Universe ... Gathering in from the Universe?
- \*\*\* Connecting with the BIGGER PICTURE, integrating Outer Space and our Inner Space ... as ONE ...
- \*\*\* seeing it all as ONE ENERGY FLOW ... making new energy connections inside and out ...

Connecting much more deeply with the Living Universe ... with its Source Energy ... inside and out ...  
I can't help but think that was Justin's deeper experience and awareness ... though he only mentions visualization for Pulling in the Energy ...

### **ENERGY DEMO**

I invite you now to play some more, this time with a simple experiment of playing with energy ... OPENING ... RECEIVING ... SHARING ... an **ENERGY DEMO** borrowed from my Wisdom Healing Qigong practice. Again simply going inside ... eyes closed if you wish for deeper inner focus.

Sitting comfortably ... relaxing ... extending left palm upward toward the heavens in a receiving gesture ... receiving a free flow of energy from the Source Energy of the Universe, however you choose to name that Source ... and extending your right palm forward in a giving gesture, perhaps in loving service. Noticing what that feels like energetically. (pausing)  
(T'ai Chi Chih ... "a form of love, a service to humanity", as Justin says.)

Now close your left fist, your receiving hand, and continue to notice how you feel ... (pausing)  
Does anything shift for you? Now open your left hand again ... noticing ... (pausing)

Now close your right fist, your giving hand, and continue to notice how you feel ... (pausing)  
Does anything shift for you? Now open your right hand again ... noticing ... (pausing)

Now close both fists ... and continue to notice how you feel ... (pausing)  
Does anything shift for you? Now open your right hand again ... noticing ... (pausing)

Now open both hands again ... feeling, allowing an abundant free flow of life-giving energy...  
Again, taking time to notice, to feel ... to invite ... to allow ... (pausing)  
Making energy connections inside and out ... **(Take time to share responses ...)**

### **EVERYTHING IS ENERGY, ENERGY IS EVERYTHING**

"Everything is Energy. Energy is Everything".  $E = mc^2$ !

I don't pretend to understand the full meaning of the formula but seems that Einstein had it right!  
Everything is pulsating with life! When did **YOU** last feel like that?

### **Have you ever wished you had the energy of little children!?**

YOU ALREADY DO! Surprise???!!! It's already inside ... needing to be awakened ... freed up!  
For most children, their energy flows freely! Sadly, not so for some ...  
Ours is more blocked, constricted, contracted ... for a lot of reasons ... whether from fatigue, illness, environment, aging, injury, genetics, societal and generational factors or trauma.

We are ENERGY beings, or LIGHT beings, if you relate better to that or another choice of words.  
Energy is alive! It wants to move! It wants to connect!  
INSIDE AND OUT! (Dr. Ehlinger! Community! Healthy connections! Yesterday's presentation!)

True from the tiniest of the three trillion cells in our bodies  
to the tiniest of cells in our amazing and ever expanding 13.7 billion year old Universe ...  
We are pure energy, visible and invisible, form and formless,  
much deeper than simply thinking of ourselves as being machines or "molecules in motion".

Amazing discoveries in science ... including Quantum Physics ...  
Only 4% of the Universe is actually matter ... visible ... measureable ...  
96 % of the Universe is formless, invisible energy ... the subtle energy the Dali Lama spoke of as  
referenced in the video in yesterday's session!

So much yet to be explored, dare I say understood!

Such amazing potential yet to be revealed ... and experienced ...

Science is now discovering that only a tiny % of our DNA is actually coded, as we know coding, and is also affirming that so much of it can be reprogrammed ... WOW!

**And we would add ... “through T'ai Chi Chih and other energy practices!”**

**MINDFULNESS PRACTICE: “WHERE THE MIND GOES, ENERGY FLOWS!”**

T'ai Chi Chih is a Mindfulness practice ... “Where the mind goes, energy flows!”

\*\*\* Body mind heart working TOGETHER as ONE to facilitate healing

and a return to the Circle of WHOLENESS, of ONENESS not just the mind healing the body.

Ultimately, each of our body's cells 3 Trillion cells

has its own wisdom, its own intelligence, and its own memory.

Justin has sometimes refers to the Chi as the Divine, Intelligent Energy in everything that exists.

Each of our cells remembers and can “re-member” its original Divine Blueprint ... happy, healthy and whole, already encoded from the beginning. (Our face before we were born!)

Each cell longs to be happy, healthy and whole (AGAIN!?) ...

and wants each other cell to be the same.

Cheerleaders for each other!

A truly loving COMMUNITY INSIDE ...

Naturally connecting with all the other big hearts all around us as well ...

Our bodies form a unified integrated whole

as well as comprising a unified integrated healing system,

everything connected and everything working together

towards Oneness and Wholeness.

When we begin to heal anything, we begin to heal everything!

When energy connections inside are broken,

when that original pattern or blueprint is disrupted

from any # of life's would-be challenges,

we experience STRESS energetically in our bodies ... on every level ...

with a new emerging understanding of the deeper experience of stress ...

STRESS more widely seen as the cause of 95% of all dis-ease ...

STRESS → dis-comfort → dis-ease → disease ... in our entire being on every level ...

GOOD NEWS!

Each of our cells can still remember - and can “re-member” and be “reprogrammed”, or in

modern day language be “rebooted” to our original “default” state as happy, healthy, whole. Like doing an UPGRADE to our internal Operating System ... AMAZING!

When these broken or constricted connections are restored through any # of avenues, so that energy again flows freely, and they can be ... life is again energized and regenerated. Truly, when we begin to heal anything, we begin to heal everything!

T'ai Chi Chih is one of the many ways of reprogramming the energy operating system within our “energy bodies”, in our “energy brains”, including amazingly our DNA, with new (or rather, old/original) energy information to facilitate the restoring of the original healthy programming. Reminiscent of Justin’s teaching on Habit Energies or Vashana’s in the telling of his Folsom Prison Story and the radically reduced recidivism rate there, attributed to Jim’s teaching TCC.

More GOOD NEWS!

We can set ourselves free as well ... Via Movement, Visualization, Sounds, Posture (Alignment), Intention, Attention. We no longer need to stay stuck or to return to old unhealthy thinking and behavioural patterns that hold us captive and no longer serve us ...

#### **MINI INNER SMILE MEDITATION PRACTICE**

There is an amazing what I will call **Inner Smile** already naturally happening inside, and it is a daily practice we can consciously choose to cultivate more deeply so the not so happy cells can be helped to heal, and our healing can be deepened overall ...

**I invite you to close your eyes and SLOWLY enter into this simple Inner Smile Meditation.**

I invite you to begin by thinking of something that makes you smile ...

It may be a person, an image, an experience ...

Feel that deep smile on your face ... or even just visualize one as if real ...

Now turn it inside and smile into your energy brain, lighting it up with loving energy ...

Feel your energy brain smiling to your heart and circulatory system ...

gradually lighting up your whole body with loving, healing energy ...

Then smiling to your kidney system

which also governs your reproductive system ...

and your skeletal systems, with its bone marrow, producing your very life blood ...

as well as governing your hormonal and adrenal systems ...

Then smiling in gratitude to your digestive system which helps digest your food

but also helps us digest the very stuff of our lives ...

then smiling to your liver purification system ...

and then to your respiratory system ...

Completing the full circle ... another CIRCLE OF LIFE ...

as you return to your energy heart!

Feeling a new aliveness within ...

Now take a moment to savour that experience ...  
knowing you can repeat it anytime you like ... as often as you like ...  
in as many variations as you like ...  
reminding ourselves that happy cells are healthy cells ...  
and every one of those 3 Trillion cells wants to be happy and healthy  
and wants every other cell to be happy and healthy as well ...  
True indeed for all of humanity! The Community of all life!

### **OUR BODIES, OUR UNIVERSE, FORM A UNIFIED INTEGRATED SYSTEM**

Our internal energy naturally wants to connect with the energy outside of us, extending to the furthest limits of the Universe, and vice versa. Like with Pulling in the Energy, the energy from that most distant star is flowing into our bodies in a steady stream, connecting deeply, enlivening, healing, transforming, restoring. At the same time our internal energy, as we visualize with our Bubbling Spring, is steadily flowing beyond our bodies, and in all directions, through multiple other energy openings as well.

That ONENESS energy is seeking to continually connect with itself as manifest in us and beyond. The entire Universe, indeed, is a unified, integrated system. We continually seek to find how we “connect”, how we “relate”, how we “belong”.

ONE ENERGY ... internal and external ... the SAME energy ...  
Our logical linear minds want to separate them!  
Instead they are, in fact, one gentle steady flow ...  
Softness and Continuity! Sounds familiar! Justin KNEW!

### **FEELINGS, THOUGHTS, TOO, ARE ENERGY**

Feelings are also energy. Thoughts are energy. Feelings are essentially neutral. They take on for us whatever value we choose to give them by the “stories” we attach to our experience.

**A quote on my fridge reads:**

**The pessimist sees only red lights ...**

**The optimist sees only green lights ...**

**The truly wise person is colour-blind ...**

The essential qualities of healthy flowing energy are loving-kindness, joy, confidence and creativity, compassion, purposefulness, equanimity, peacefulness, empowerment and courage, and the list could go on. When energy becomes blocked or constricted, whatever the cause, it mutates to meanness, unhappiness, sadness, depression or anxiety, fear and anger. Love is the fruit energy, Justin says, of T'ai Chi Chih. He also says that Joy becomes our natural heritage. We don't get rid of “negative” emotions through our practice. Rather we release the emotional constrictions and our energy essence flows freely and overflows into our lives ... we experience

“healing”, our relationships change, our lives change, we stand taller, we walk more softly on our earth and with each other.

### **BUILDING CAPACITY AND BUILDING CONFIDENCE: TRUE POTENTIAL NOT JUST PROMISE**

Consistent daily practice is #1! It builds capacity and it builds confidence and depth. We don't need to believe or understand for it to work and yield an abundant harvest! Remember the Chinese Bamboo Story! Justin says “Just do it! Start even with 2% trust and watch it grow! Start by being willing to explore a new perspective ... even simply being willing to be willing!

When we align our dreams, our vision for ourselves with how we live our lives, the Universe always meets us half way.

Thinking from a place of abundance, our best effort is always ENOUGH ... and not just “good enough” as if it could be more or better if we just tried harder.

The “effort of no effort” ... a familiar Justin refrain! Our best is always sufficient!

An exhilarating journey into greater wellness and wholeness awaits for those who dare to be led by the Chi, who dare to be open to a deeper energy experience ... of that indeed Divine, Intelligent Energy of the Universe that goes back to 14 billion years ago with that first big explosion of heat and light energy and what I also choose to call Love energy, Love that cannot contain itself and simply continues to birth newness in us and through us. Haola! “All is well and getting better” in the often elusive bigger picture!

Love indeed is more than just the fruit energy. Joy is indeed more than just our natural heritage. They are our ESSENCE ... our very life energy. We simply need to show up to claim it in all its fullness ... like a huge inheritance ... faithfully and patiently waiting for us ... as in a huge energy bank!

Practice, practice, practice! As Justin says, “Just do it!”

Only two good times right!? When you feel like it and when you don't feel like it, he says!

Thank you Justin! Thank you all! Again, it's been a joy and a privilege to share with you.

Together we bow in deep gratitude ... for all of our wisdom traditions ... for all of our teachers ... and for the teacher within us all ... as together we rededicate and recommit to consistent daily practice ... for the highest good of all, ever more mindful that when we help heal anything, we help heal everything ... including our world, so very much in need of healing energy ...

May all energy flow freely. May all your hearts desires be fulfilled!

Haola!