



open sky qigong



Newsletter

Spring 2010

Welcome to Spring! - a Time of renewal and Growth!
 It's Awesome if we approach Spring in Awareness!
 I love the beautiful Saying:
*'If you want to 'know' your past—observe your body
 If you want to 'know' your future—observe your mind'*
 Neither 'matter' actually - for Life IS the Present!
 In the Present you can Notice your thoughts and feelings 'and let them pass by like clouds in the sky, coming from nowhere and going to nowhere'
 In this moment you can Notice Energy flowing through your body—and it will feel Good! - for this is Life flowing through you!
 Feel Life in this moment, enjoy this moment and you will feel Life and Joy in the next moment ...
 If you are experiencing difficulties in this moment—it is Good you Noticed!

"With the arrival of Spring the weather warms the earth. All plants begin to sprout and put forward green leaves, so the colour of Spring is associated with green.."

**The Yellow Emperor's
 Classic of Internal
 Medicine**

Take your Awareness to your lower belly and keep it there until you Notice your belly moving in and out in harmony with your breathing. Make a Commitment to yourself to come to a Workshop, or go to a park or to another quiet place where you can sit in Stillness and feel the Earth Supporting you and the Sky Guiding you and the Love and Life inside you.

Spring is a Time of Renewal and Growth ...
 Enjoy!
 Love Marg



November Level 3 Retreat

**2010 Level 3 Retreat is
 fast approaching!**

Beginning Wednesday November 3rd and finishing on Monday November 8th 2010 at Brahma Kumaris Centre in Frankston.

The Retreat is an **incredible** opportunity to spend five whole days and nights in Qigong Awareness in a beautiful venue with beautiful friends. Anyone who has experienced this will tell you of the enormous benefit they received from attending.

If you are considering the Retreat it is advisable to begin cutting back on stimulants such as tea, coffee and sugar. Getting good sleep and grounding deeply in your Practice is also advised.

Check your Manuals for some great ideas on how to prepare your body and mind to get the most out of this **life changing experience**.

Level 3 Participants are also strongly encouraged to Deepen their Practice by attending Level 1 and/or 2 Classes on a regular basis and by Assisting at or re-attending Level 1 and/or 2 Workshops.

Deposits are now due. Please check the Website for more information.

Yarra Valley Workshop and Classes

The December Level 1 Workshop will be held on the weekend of December 4th and 5th at the beautiful TempleSpace in Warburton.

TempleSpace is a purpose built venue created to host sacred events amid the magnificent beauty of the Upper Yarra Valley.

We are looking forward to holding our first Level 1 Workshop in this new venue! Anyone wanting to Assist, please contact Marg and if you have friends or family interested in Qigong don't forget to remind them of the last Level 1 Workshop for the year.

Andy and Veronica will be running ongoing weekly Classes in Yarra Junction and of course we will also still have Classes at our other locations.

Check our Website for further information or to enrol—or call Veronica on 0422 548 630 or Andy on 0407 503 212.



**Issue #7
 Spring 2010**

Workshops Calendar

September 2010

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2010

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2010

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2010

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Level 1 Workshop
- Level 2 Workshop
- Level 3 Retreat

Spring and the Wood Element



Spring is here! After one of the longest winters in recent memory we are emerging from a sleepy, contemplative state back into the world in pursuit of our dreams. Whilst Winter is the visioning time, Spring is the time of action and of renewal and new growth. A time to cleanse the body and mind and get moving!

The Liver is part of the Wood Element and is partnered with the Gall Bladder. In Chinese Medicine the Liver is responsible for the smooth flow of Qi in the body and the Gall Bladder assists in helping us to making decisions on where to use that Qi. It is important then that these two organs are in good health so that we can make the best use of this growth period and send our Qi in the right direction!

When the Liver functions smoothly, so does the body, mind and spirit. When the Liver is healthy it keeps us flexible and able to adapt to changing surroundings and make the most of new opportunities.

Some tips for Spring:

- 😊 One of the easiest ways to get in touch with this energy after the constriction of Winter is to *move* and *stretch*.
- 😊 Incorporate the **Open Liver** and **Slapping Qigong** into your Practice more often to get the Qi moving.
- 😊 Get up a little earlier and go for a gentle walk before breakfast.
- 😊 Add a little lemon juice to your water or squeeze over freshly steamed green vegetables.
- 😊 Practice Kindness to all beings - especially yourself!
- 😊 Take action on your dreams—even small steps can make the change.
- 😊 Spring Clean the house and let the fresh new Energy in!

"During Spring the subtlety and vastness of the Universe, the Intelligence and Intuition of the human being, the ability of the earth to produce the ten thousand things, the natural movement of the wind, the upward motion of all plants..."

The Yellow Emperor's
Classic Of Internal
Medicine



Element: Wood **Organs:** Yin: Liver, Yang: Gall Bladder
Emotions: Positive: Kindness Negative: Anger **Taste:** Sour **Colour:** Green

Reflections from Melissa

Warmest regards from what's been an intensely deep winter to say the least. I have had to sit quite still. The thread to Qigong is still there. The realisation I now recognise is that I have been tilling the soil of my soul. Managing to find the way down to bedrock. Cracking it open, and finding that wondrous gem of self. I feel to write this to you as the thread pulls. Thank you for all the love and support I received from everyone at Open Sky.

Having long been amazed by plants that appear to grow from rocks, at their determination and sheer will of being in the face of 'how could that be'. The quest for survival no matter how slim is the natural state of being. Moving beyond that to breaking open the rocks, tilling the soil, letting the good earth nourish, finding the water and planting the seeds that seek the sky with roots that go down deep to the core. A very deep winter, connecting deep within and seeing that the energy once solely placed on growing through a small crevice now becomes a field of dreams.

I am well, my children are well, and well and truly my practice at the moment and it is **ALL GOOD.**

THANKYOU AND MUCH LOVE to the Qigong family. Hoping to bless you with my presence soon, LOVE Melissa

