



open sky qigong

Welcome to Summer 2012



NEWSLETTER

Summer and the Fire Element

“The heart has its own reasons, which the mind cannot understand. The heart has its own dimension of being, which is completely dark for the mind. The heart is higher and deeper than the mind, beyond the reach of it. It looks foolish. Love always looks foolish because love is not utilitarian. Mind is utilitarian. It uses everything for something else. That is the meaning of being utilitarian. Mind is purposive, end-oriented; it turns everything into a means. And love cannot be turned into a means. That is the problem. Love in itself is the goal.”

Osho

Summer is the time of the Fire Element. The organs associated with this time are the Heart (yin) and Small Intestine (yang), the San Jiao (yang) and the Pericardium (yin). The Heart is the Emperor and considered the Ruler of all the other organs.

Imbalances of the Heart can lead to poor circulation, a lack of joy or over excitement, speech problems, depression and mental illness and a scattered/confused mind.

When the heart is balanced the world is a friendly place.

There will be a great sensitivity to life, a feeling of openness, gentle love and acceptance. A person feels comfortable in their skin and solutions to problems evolve naturally without drama or a sense of being overwhelmed.

The Heart has always been considered the emotional centre of the human experience and needs to be nourished if a life is to be well lived.



Workshops

2012

Level 1

Michael Centre Warranwood

- February 18th and 19th
- May 5th and 6th
- August 18th and 19th
- October 13th and 14th

Level 2

Michael Centre Warranwood

- April. 20 – 22
- May 18 – 20
- September 14-16
- Nov 30 – Dec 2

Level 3

Retreat

Brahma Kumaris Frankston

- March 2 - 7

Love is a Practice

Sit quietly for a moment
Feet on the ground
Close your eyes
Relax

Take your Awareness to your Heart
Raise your eyebrows
Imagine a smile in your Heart
Feel your chest soften
Stay with that feeling...

Until you notice your belly moving in and out with each
breath

Practice this Meditation on a regular basis
(One minute, three times a day)
Soon you will notice that raising your eyebrows
Brings a smile to your eyes and mouth
And a feeling of Love in your Heart

You may often hear the saying

"Love heals all..."

If you are experiencing pressure in your life,
Illness or difficulty in a relationship...

Take a moment....

Place your feet on the floor, raise your eyebrows...

Experience the Transformation!



*Something unformed and complete
Before heaven and earth were born,
Solitary and silent,
Stands alone and unchanging,
Pervading all things without limit...*

Tao Te Ching Lao-Tzu

Level 1 Classes for 2012

We are delighted to offer day and evening Classes in a variety of locations.

Please check the Website for details and starting dates - www.openskyqigong.com.

Ongoing Classes

Please check the Website for any changes from last year.

- Croydon Park – Sunday mornings (Jacky)
- Panton Hill (Helen),
- Rosebud – Wednesday afternoons (Michelle and Melissa),
- Toolangi – Monday mornings and Thursday evenings (Jacky),
- Wantirna (Liz)
- Yarra Junction – Thursday evenings (Chris)

Relocations

- Upwey South – Wednesday evenings (Pamela) will be in Upper Ferntree Gully
- Mont Albert (Bridget) – will be in Mooroolbark for term 1
- Mooroolbark evening Classes will discontinue.
- Genevieve will offer a Class in Prahran on Tuesday evenings
- Melissa has moved to Mount Martha and will Co-Facilitate the Rosebud Class with Michelle

New Classes

- East Ivanhoe – Monday mornings and Wednesday evenings (Scott)
- Eltham – Thursday mornings (Sheilah)
- Melton South – Saturday mornings – will start with a mini Workshop February 11th (Kate and Nuray)
- Mooroolbark – Wednesday mornings (Bridget)
- Mooroolbark Seniors – Monday afternoons (Peggy)
- Prahran – Tuesday evenings (Genevieve and Kellie)
- South Melbourne – Wednesday and Friday mornings and Tuesday and Thursday evenings (Scott)
- West Preston – Monday evenings (Peter and Gina) – all welcome to Practice with Peter and Gina in a beautiful Space at their home. Call Peter to let them know you plan to join them – (0417 937 142)
- Wonga Park (Martine) – commencing mid March
- Yarra Glen – Friday mornings (Jacky)

Testimonials

Although I only was able to attend one day, the experience was amazingly beautiful, peaceful, full of learning and letting go, of acceptance and power and acknowledgement of courage and growing. Thank you!!

C

I found the experience profound, cathartic and invigorating, and I felt safe, supported and accepted in the process. The course was very inward-focussed which makes me feel surer I'll carry it with me from now on.

K

I loved the range of people that were here, all finding a common ground. Certainly helped me to shift some energy in my body after an intensive year. Thanks

P

Hard to put into words. The most intense NATURAL love, inner peace and happiness I've experienced. Has opened my eyes (and every cell!) to the possibilities of how I can experience life. Life changing

A

Like the 'openness' of Open Sky - individual viewpoints respected and embraced. Beneficial for my energy and resolutions of physical pain

C

Level 2 Classes for 2012

Helen will be offering Level 2 at Panton Hill and Chris will offer Level 2 Thursday evenings at Yarra Junction.

Genevieve will offer Level 2 at Mooroolbark after the Level 2 Workshop in April.

Level 3 and Qigong Facilitator

These Classes will continue on the first and third Monday evening and Friday morning of each month at Marg's in Mooroolbark.

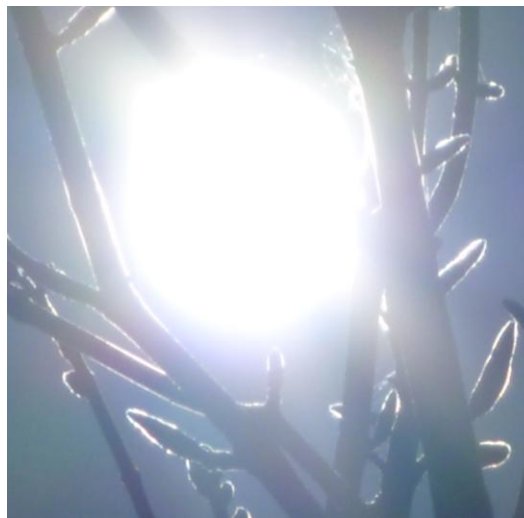
Manual Revision

We are currently doing a Review of the Open Sky Qigong Manuals.

As well as reviewing the content we will be adding more theory, photos and diagrams, helpful hints for Practice, testimonials of both Open Sky Qigong and specific Practices and resources (book reviews, links to helpful Websites, research, info re our CDs, DVD etc)

If you have any suggestions please email Marg at admin@openskyqigong.com. Thank you!

Deep Gratitude to Kate in particular and to the Class Facilitators who are very generously contributing their time and talents. ☺



Website Update

We are currently adding to the Website

- Photos and background information on Open Sky Qigong Class Facilitators
- A list of Open Sky Qigong Facilitators offering private Qigong Classes
- Photos and diagrams of the Open Sky Practices taught at Level 1
- More buttons to make the site easier to navigate
- A drop in box, so that people can more easily join as members and receive ongoing Newsletters and other online Support to Practice Qigong.

Check the Website out from time to time and let us know what you think



Japanese Character for Gratitude

Tabouli

1 ½ cups of cracked wheat (bulgur)

3 medium sized diced tomatoes

1 Lebanese cucumber diced

2 handfuls of chopped flat leaved parsley

2 handfuls of fresh mint chopped

The juice of 1 lemon

¼ - ½ teaspoon of ground cumin

1 tablespoon of olive oil

1 handful of thinly sliced spring onions

Ground black pepper

Method:

Soak the cracked wheat in cold water for 15 minutes.

Drain well to remove any water.

Combine all of the ingredients in a bowl and mix well.

Serve and enjoy!



Why is Tabouli a good summer recipe?

Many of you may be aware that in Chinese Medicine food therapy most of the recipes are for cooked meals. The reason for this is that cold and uncooked foods can damage and slow digestion leading to many problems elsewhere in the body.

Summertime is the one exception to this - it is the time when you can really enjoy the cooler styles of foods such as raw tomatoes and cucumbers as the warmer climate supports the body and aids digestion. Summer is a time of heat and expanded energy and as such a good supply of fine quality seasonal fruits and vegetables is the ideal source of quality Qi.

Wheat: benefits the Heart, Kidneys and Spleen and calms the spirit. It is cooling in nature and considered a sweet food. It can relieve anxiety, insomnia and night sweats.

Tomatoes: help to stimulate the appetite, calm the Liver and clear heat. They have both sweet and sour properties – sweet benefits the Spleen and sour benefits the Liver.

Spring Onions: These help to clear damp from the body remove toxins and strengthen the stomach from weakness caused by too much cold. Being bitter and pungent they affect the Heart and Lung and help balance the other ingredients in the recipe.

Lemons: These strengthen the Liver and are sour and astringent in quality. Useful for excess heat conditions or as a general daily Liver tonic – lemon juice squeezed into lukewarm water is a great way to begin the day.

Cucumber: This is another great food to clear heat, toxins and inflammation. It is cool in nature.

Parsley: Is warm, salty, bitter and pungent therefore benefits the Kidney (salty) Heart (bitter) and Lung (pungent).

The taste associated with summer is bitter. Bitter has the action of cooling, contracting and descending. Bitter foods such as dandelion, chamomile, alfalfa and lettuce for example can remove damp from the arteries and lower blood pressure. As with all of the tastes, it is ideal to balance them in each meal as too much of a "good" thing can have an undesired reaction.