Our theme this year ... “Playing with Universal Energy” is a clever and interesting theme but I wonder just how many of us have any idea what this equation means, and more importantly, how can we learn to play with all that energy?

I first want to clarify what is meant by “Qi=mc2,” which came from Einstein’s famous equation E=mc2 and then we can discuss and demonstrate how to play with universal energy.
This is where and how a hydrogen bomb gets all its energy.

So how can we possibly learn to play with all that energy? The answer is because within our bodies, you have access to all the energy in the universe.

Before getting into all that, I don’t like the words “universal energy” and here is why... all the matter, and all the forces acting on that matter, are simply the universe vibrating at different frequencies, and those frequencies can create completely different states of matter. In order for us to enjoy the universal banquet, I am going to separate the different states of matter into bite size chunks so we can enjoy all those energies. So from now on, I will be referring to Universal energies... not universal energy. The only time there was a universal energy was right after the big bang, but eventually that 3 trillion degree plasma quickly cooled down into atoms, molecules, suns, planets, life forms and eventually self aware beings... well, maybe not on this planet... but don’t get me started on that subject!
Here are several of my favorite bite size bits that are describing the same energy frequencies...

The three phases of H2O are perfect examples of how hydrogen and oxygen are fundamental to all the transformations of water but also notice how completely different their worlds are at the different frequencies! The ice phase and the realm of our physical bodies share many traits in common. The most obvious is that at this gross frequency, ice and our physical bodies CAN NOT interpenetrate each other. (except for sex of course-and don’t get me started on that subject!) The water phase of H2O and the bio-electrical/meridian phase of our bodies CAN penetrate each other’s energy field ON CONTACT. At the steam or auric body phases, our auric fields CAN INTERPENETRATE with each other’s field EVEN AT A DISTANCE. And our white light bodies CAN INTERPENETRATE all other bodies EVEN AT GREAT DISTANCES.
If your qigong practices do not include all four phases of your being, then it is a partial practice. So today, I want to share with you what I have learned about how to do qigong for each of these 4 bodies and how to integrate them for a total qigong experience.

The format is the same for three of our four bodies...

detox
energize
refine
balance

And integrate with the other bodies

The fourth body, the white light phase, can come into and go beyond space and time so there is nothing that can be done to it. Just ALLOW it to manifest whenever it wants to. All practices, intention and effort are useless at that phase. Spontaneous, intuitive, transcendent being needs no help from us. But since it is your essence, you can BE it.
I am not one of the extremist practitioners who want to refine their physical body to the white light phase and get out of this realm of death, disease and suffering... because I know that all 4 bodies are divine just as they are. Only when all three bodies are balanced and integrated with each other can the white light body most easily manifest. And only then will you be in complete harmony with everything.

So now, let us look at how to best detox, energize, refine, balance and integrate the physical body with qigong practices...

SCALES STORY
BREATHING TECHNIQUES
DETOX AND STIMULATION TECHNIQUES
STRETCHING AND OPENING THE JOINTS