

The following exercise develops awareness of hands as an indicator of qi flow. This time we take it a bit further. Instead of focusing on the substantial effects at the physical level, you are asked to tune in to the insubstantial quality of coherent energy itself.

Exercise: Filling with Coherent Energy

1. Stand with your hands by your sides, feet parallel the same width as your hips. Allow your knees to unlock, but don't bend them severely. Allow your weight to settle over the arches of your feet.
2. Point with your index fingers while keeping your hands relaxed. It needn't be a big movement, just enough to allow you to feel your fingers. Make small circles with the fingertips, if needed to bring them to awareness. But do as little as possible.
3. Very soon you should notice sensations in your hands, which then move up your arms. It may be tingling, fullness, heat, pulsing, etc. This is the improved circulation that follows an increase of qi. You will soon start to notice these sensations throughout your body. A shift in your energy state is occurring, usually first noticed in physical sensations.

The transformation began when you noticed your index fingers.

4. Continue this for a few minutes and you will feel your body fill with coherent energy. Don't overdo it. You may feel a little lightheaded if you take it too far. Gradually build up your tolerance to coherent energy.

Increasing qi flow is a little like increasing the amount of electricity in a home. You must also improve the wiring so as to handle the increased load. Daily practice upgrades your body's wiring in a comfortable way.

How does pointing the index finger help you access coherence?

Every movement that your body makes has a signature energy pattern, as does every cell, and every part of every cell. Ordinarily there is a great deal of confusion, contradiction, and non-coherence. It is up to the living matrix to read and respond to those trillions of varied energy patterns.

Any muscular contraction produces a type of electricity in the body, called *piezoelectricity* (pressure electricity). This is an electrical flow that is produced by compression or stretching of a crystalline substance.

Oschman says

The important point is that when a bone or cartilage is compressed, when a tendon or ligament stretches, or when the skin is stretched or bent, as at a joint, minute electric pulsations are set up. These oscillations, and their harmonics, are precisely representative of the forces acting on the tissues

involved. In other words, they contain information on the precise nature of the movements taking place. This information is electrically and electronically conducted through the surrounding living matrix. (27)

Pointing your index finger creates a small piezoelectric charge that energy-sensitive people may sense directly. This charge immediately passes through the living matrix to every cell in the body. If the system is already very coherent, the charge will encounter little interference from non-coherent patterns. Depleted or very non-coherent systems require a bigger flow of coherent energy to be noticed, just as sufficient clear water can flush a muddy pool.

The attention (*yi*) you give to the index finger allows the whole body to organize around this charge. Every cell in your body is reminded of your wholeness at that moment and all start dancing to the same tune. This produces resonance within the system and coherence is heightened. Each time coherence is consciously accessed, a pattern of coherence is reinforced in the body/mind. This makes it easier to return to coherence.

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